

SACRED LAKES Trek 2D/1N



Offered by the Traditionalist Weaving Society Apu Runawana

Native Community of Amaru

Experience ancient, living nature and culture

This trek is a perfect combination of spectacular landscapes and authentic cultural interaction.

Experience the pristine natural beauty of this remote part of the Andes, visiting the sacred land and lakes. Enjoy breathtakingly expansive vistas, but most importantly engage in an authentic opportunity to interact with locals preserving their ancestral way of life and world vision in their traditional Andean community.

“This trek is ideal for those who really want to be in an area that is scarcely seen by tourists with only nature surrounding them. Amaru, situated above the Sacred Valley of the Incas in the remote highlands above Pisac, offers a shorter trek that combines an authentic cultural experience, and close proximity to Cusco. Perceive the land through the eyes of a native Quechua, and learn about their worldview and the connection to the sacred lakes and mountains that surround you. A trek that has profound cultural content - a very rare opportunity.”

Day one: Amaru, Maraway Lagoon, Limancocha

Depart Pisac Inn at 8 am, and delight in a 45 minute drive into the majestic Andes. Arrive to the traditional highland community of Amaru where a genuinely authentic way of life is still practiced to this day. Members of the community who are consciously preserving their ancestral heritage will welcome you. Meet the support crew, and begin the four hour trek through the patchwork fields replete with potatoes, fava beans and corn arriving at Maraway Lagoon. Enjoy lunch, and continue tracking for or approx. 2 hour trek to the Limancocha, a large lake. Here, we will set up camp and enjoy dinner underneath the starry sky. Enjoy an evening observing the stars interwoven with rich local storytelling, and begin to understand the interconnectedness and sacredness of this territory.

Camping Meals: L, D

Day two: Isku Isku, Pukara, Amaru Cultural Center

After an early breakfast begin an approx. 5 hour walk to Isku Isku and on to the Cultural Center of Apu Runawana Weaving Society. Along the hike, learn about the medicinal herbs and their uses; identify flowers, roots and plants for natural dyes. Through participation in a communal workday a beautiful cultural exchange unravels as you experience this incredible opportunity to step back in time and appreciate a quality of life with an admirable simplicity that is strikingly moving and profound. Enjoy a traditional lunch prepared with prized agrarian products from their fields, as the women begin to spin their naturally dyed wool. Others meditatively set up their back strap looms to share their ancestral weaving skills with us. This wonderful opportunity to purchase textiles directly from the weavers is not to be missed. After a farewell, begin the 20-minute return walk down to the private transport and a 40 minute drive back to Pisac Inn.

Meals: B, L

Please [contact](#) us for price and availability.

Included

- Private tourist level transportation from Pisac to Amaru and back to Pisac
- English speaking professional guide
- Local Andean specialist guide from Amaru
- Fresh, organic meals celebrating prized Andean products in set menus (vegetarian available)
- Camping in rugged conditions, high altitude, intense weather conditions
- Participation in communal work day
- Spinning & weaving demonstration
- Special cultural events

Not Included

Airfare, travel insurance, personal expenses, any tips or donations, snacks or beverages not included in meals as indicated in program.

What we provide:

- Tents
- First-aid kit
- Horsemen and horses (to carry tents, food, cooking equipment and some passenger belongings)
- Hot water every morning and evening for washing purposes, boiled water to fill in your water bottle every morning and night (and at lunch time if requested with enough time ahead)

We recommend that you bring:

- Daypack
- Sleeping bag
- Trekking poles if preferred
- Clothes for variable temperatures (layers for DRASTIC weather changes, especially cold at night)
- Proper raingear
- Strong footwear, ideally trekking or sport shoes
- Snacks: energy bars, chocolate, fruit, trail mix etc.
- Flashlight and batteries
- Metal water bottle to refill with boiled water (plastic not recommended because water will be hot)
- Toilet paper, hand wipes, tissue
- Camera, film and batteries (batteries consume more quickly under cold conditions)
- Hat to protect you from the sun, rain and cold
- Sunblock and sunglasses
- Personal medications
- Copy of your passport
- Cash for tips and textiles etc. (soles or dollars)

Altitude: approximately 12, 500 ft.

Description: Very high altitude walking with strenuous physical exertion. Not recommended for people with difficulties walking in high altitude. Availability is limited; no daily schedule, not on a daily basis. Prior arrangements are absolutely required.

Recommended: Bring layers for drastic temperature changes; be prepared for extreme sun, extreme cold and rain. Bring sunblock and sunhat, and plenty of drinking water. Be prepared for authentic cultural immersion at its height; come with respect, honor and open mindedness as guests invited into a sacred ancestral culture.

Special notes: Photographs are welcome; please do not tip for photos in the community. Photos cannot be used for commercial use or for financial gain without consent of the members of the community. You can bring healthy snacks such as fruit; trail mix etc., or thoughtful gifts to share, though this is not expected. Please do not bring candy, gum, or money to give in the community. If you feel moved to make a gift that will make a difference, please ask about making a donation to support events at their Cultural Center and projects in the Apu Runawana Weaving Society.

Bargaining: Textiles will be exhibited offering an amazing opportunity to purchase weavings. We encourage purchasing exquisite textiles as a wonderful way of showing appreciation and support, and we highly suggest not bargaining when purchasing these hand made, one of kind weavings. We encourage them to offer their works of art at fair trade prices that honor the time, energy and ancestral knowledge that is invested in each piece. We feel this is an opportunity for travelers to practice respect, reciprocity and solidarity with this ancient culture full of profound values and teachings preserved by them, and that enrich our lives. Each textile you acquire will be personally from the weaver, and we assure that it will carry profound meaning and will be a most special memoir of your journey in Peru.