



**WE —
SHARE
— LIMA**



Welcome!

We Share Lima is back! In this second installment of the guide, we have updated all our Lima addresses and included essential travel destinations all across Peru.

The Pandemic caused havoc to normal life in Peru, but we are delighted to see how this did not tame the entrepreneurial spirit of the Limeños. Even during times of distress, lots of initiatives have been taken and now Lima is sprouting with new and interesting addresses that have been added to the long list of the good stuff already here.

As something new, we have added a travel section to help you get out and about. Whether you are looking for luxury hotels or more essential accommodation we have something for you. And to please our “Lara Croft” readers, we are not forgetting the adrenaline-kicking adventures. We want to enable you to travel safely and enjoy this vast and diverse country wholeheartedly.


Let's get this circus on the road!

Bon Voyage!

Kristine Cardoso & Catherine Mannaerts

We Share Lima editors

* It should be noted that We Share Lima or its writers cannot be held accountable for any of the services listed in this document, including in the health sector.



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THANK YOU

We would like to thank all our collaborators from the diplomatic community. WE SHARE LIMA would not have been the same without your inputs.

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photo: Athena Sooklall

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photo: Athena Sooklall

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Installation

The oceanfront in Lima is charming. Surfers in the water, emerald cliffs tumbling towards the ocean and the skyscraping backdrop. Lima brims with life and great green breathing spaces.

NEIGHBORHOOD

Choosing a place to live can be difficult, in Lima it is basically a choice between: 1) A larger house in the suburbs, or 2) A smaller apartment close to the bustle around Miraflores.

It is around the green areas, notably in San Isidro and in Miraflores, that you find the prime real estate in town, but certain areas of Barranco are also sought after. It is in these three neighborhoods you feel the Limeño vibe the strongest. You are close to the ocean, to the restaurants and to the principal attractions. Most of which can be reached by foot or by bicycle.

Alternatively, there are great suburban areas in Lima. La Molina, Surco and San Borja are zones of predominantly single family residences, many with a pool and large outdoor spaces. You can also find apartments here and one of the main advantages living in the suburbs is the proximity to the international schools.

TEMPORARY HOUSING

There are many temporary housing options. Depending on the level of comfort you seek and how you are travelling – alone or with family and pets.

PRIVATE RENTALS

Providing a home away from home, **Airbnb** and **Flipkey** style apartments can be a suitable choice especially for those travelling with children and pets.

SERVICED FLATS

Serviced flats is another option, a little more expensive than Airbnb, but they can provide more customized service depending on demand.

- **Roosevelt Flats** (San Isidro). Unbeatable location in the heart of San Isidro just off Miguel Dasso. Flats are functional with all amenities on hand. They get an extra bonus for allowing pets.

- **Urbano Apartments** (Miraflores), central location in the middle of Miraflores, minimalist furnished flats with wifi, fully furnished kitchen, washing machine, daily cleaning service etc. Host, Guillermo Bedoya is open to pets on a special request basis.

HOTELS

- **Hotel B** (Barranco). Member of Relais & Chateaux, boutique hotel chic.

- **Hotel Casa República** (Barranco). Relaxed boutique hotel, nice open seating area.

- **Quinta** (Miraflores). Small boutique hotel, elegant and with personalized service.

- **Swiss Hotel** (San Isidro). Great for conventions and sizable groups of travellers.

NECESSITIES

Not two houses are identical and every time we move we end up needing the unimaginable. From home appliances to skilled crafts people we have made a list of some of the addresses that might come in handy.

HARDWARE CENTERS

Lima has two main hardware centers and they have anything from magnetic paint to nails, appliances and decoration items or even plants. Both have online shopping available.

- **Sodimac** (various locations).
- **Promart Homecenter** (various locations).

In addition to the hardware centers, we suggest you pay a visit to the small hardware stores scattered around Av. Tomás Marsano

cuadras 5-7 in Surquillo. There you can find paint, tiles, marble or faucets at great prices.

DEHUMIDIFIERS & HEATING

Most houses get freezing cold in winter and the humidity plays a dominant factor in this. We have listed a few examples of shops where you can find most of what you need to heat your house and keep it dehumidified.

Best practice shows that **Bionaire** apparatus are the most efficient and silent of the available models. The larger the container capacity the better. A dehumidifier with a 5L container capacity fills up in less than 24 hrs during winter months, sometimes much less. You can find Bionaire at **Falabella**, **Hiraoka** and **Sodimac**.

House Crazy

*Have you heard of the **Mulder house**? It is one of the Limeño houses that features in many international architectural magazines. Its characteristic pale pink curved facade with the small inserted glass ornaments is incredibly playful. Postmodern magic, the Mulder House looks like a Bauhaus project on Ayahuasca.*

Tuc Tuc in Color

Did you know that the Limeño tuc tuc (picturesque three wheeled moto-taxi) has a special color code depending on its neighborhood? A tuc tuc from Chorrillos is mainly blue whereas a tuc tuc from Barranco is red.

Home Appliance

Hiraoka (Various locations). If you need any appliances for your home, from rice cooker to fridge, film projector or hair dryer we recommend you have a look at Hiraoka. You can buy online or in their shops, they have the widest variety.



UPHOLSTERY, FABRIC & BEYOND

If your furniture desperately needs a fixer-upper, we have a few addresses that can take care of this:

- **Deco Elegance.** Lidia Rodrigo has both the fabric and the knowhow. Reliable service even for complex tasks such as reupholstering of designer furniture. (T: 959 500 490 / 01 43 710 44).

- **Fundas Tapasol.** Specialized in to-measure covers both for your garden and interior furniture. (T: 997 004 011).

- **Tapicero Reyes.** Reliable service, good price. You need to bring the fabric and give clear instructions. (T: 999 583 828).

If you need fabric for your home improvement project **Multitop** (la Victoria) has anything from foam mattresses over curtains to laminated fabric and cushions. If you cannot find it anywhere else, chances are Multitop has it.

High-end fabric for upholstery and curtains can be found at **Romantex** (San Isidro) or **Deco Interior's** (Miraflores).

CURTAIN MAKERS

- **Cortinas Salinas.** Need curtains? Look no further (T999 704 705)

- **Teodomiro.** (T: 998 548 860)

RUG CLEANER

- **Lidia Rodrigo.** Rug cleaning and maintenance also of curtains & sofas. (T: 959 500 490).

- **Alfombras Rodríguez** (Miraflores). Wash and restoration of oriental rugs and cleaning of upholstered furniture. Quite expensive but tried and trusted. (T: 998 191 150).

ART FRAMING

- **Singular** (Miraflores). Fernando and his family are from Ecuador and they have been store owners at Singular for more than a decade. He has incredible taste and an eye for which piece of art goes best where in your home, and he is very reasonable. (T: 944 439 655).

DRY CLEANER

- **Martinizing Dry Cleaning.** Home pick-up & delivery available, reliable. (T: 01 448 5263).

- **San Isidro City Express Lavandería.** Home pick-up & delivery available. Neighborhood favorite. (T: 989 229 509).

WATER

Tap water is not safe to drink unless it is filtered. Some install filters on their taps and filtered water is safe to drink as long as the filters are maintained according to instructions. Many also purchase bottled drinking water in the supermarket or buy a counter top filter. It is also possible to install a water dispenser, the company **Bonavista** has more than one model.

Money, Money, Money

Peruvian National Bank is issuing new currency notes. The first note to enter into circulation in July of 2021 is the 10 soles note, picturing the famous singer and composer Chabuca Granda. Her sound is crisp and her tunes are a mix of Criollo waltzes with Afro-Peruvian rhythms.

Pritzker in Miraflores

The UTEC building on the crossroad between Barranco and Miraflores secured Yvonne Farrell and Shelley McNamara's Pritzker Prize win in 2020. The building is inspired by Machu Picchu and its stacked terraces and you will notice the campus has the form of a vertical grid of open and closed spaces.

FLORISTS

There is nothing like a home full of flowers. You get the best value for your money when you buy them in shops around the open markets.

- **Florería San Sebastián** don't be deterred by the humble appearance of this shop. They know how to make beautiful minimalist bouquets and have a popular flower delivery service, delivering weekly bouquets to buildings all over San Isidro. Felipe is in charge of the deliveries. Calle General Mendiburu 1196. (T: 956 507 666).

If you need an upscale bouquet for a special occasion there are several flower studios that sell flowers in gorgeous packaging.

- **Boutique de Fleurs** (Miraflores), is an online flower shop that specialises in tasteful bouquets for every occasion.

- **Maison Lanvéé** (Miraflores), with an aesthetic inspired by the iconic french macaron maker Ladurée, a box of flowers from Maison Lanvéé is sure to please. (T: 999 953 060).

- **Orchilove Lima** (Online). It can be difficult to find a florist that can make larger orchid arrangements, however Claudia specializes in orchids and sells individual or larger arrangements. She also delivers. Enter in contact via whatsapp. (T: 997 368 454)

- **Atemporal Flower Bistro** (Online). Free, wild & stylish! Delivery only. (No shop) Atemporal Flower Bistro

PLANTS

Swiss owned **Vivero los Inkas** is a great place with lots of options and competitive prices. You can coordinate delivery. The other option would be to make it a family trip to **UNALM**, (Universidad Nacional Agraria la Molina), where you also can do a little shopping of all their organic products.

Tip: **Agro Costa** in San Borja has everything for your flowers or gardening project.



Lima Orquídeas

*Martha Bauer is the owner of **Lima Orquídeas**, an incredible orchid wholesale establishment with endless rows of delicate flowers grown with passion and care. On special request Lima Orquídeas receive private groups for touring and purchase.*

CHILD SAFETY

If you are moving with children, the safety requirements for your new home is on your priority list. Note that in Peru there are no governmental guidelines for how to protect children in your home and therefore no obligation for the landlord to provide child-safety protection. We strongly recommend that you set up balcony nettings for all windows and elevated outdoor spaces and that you run this by the owner.

Basic childproofing tools are readily available in Lima. Stair safety gates can be found at hardware stores like **Sodimac**. Childproofing items like outlet protectors and drawer seals are available at baby goods shops like **BabyInfanti**, which has various locations throughout Lima.

WINDOW AND BALCONY NETTING

With window screens for insects being uncommon, many parents choose to install netting over windows and balconies if they have young children in their homes. This is very common and therefore easy to get installed in your home. **Mallas y Mallas** takes care of this for you. Comparing them to similar companies they win in both price and efficiency. You can simply send them pictures of the windows you want to cover and they will send you a proposal. The installation is fast and smooth, and they clean after finished installation.

POOL SAFETY

If you have small children and a pool, you need to instal a pool fence or netting. **Ezcurra Ingenieros** does a great job at this and they have various pool safety options.

Cantuta Flower

The Cantuta Flower, or Quantu in Quechua, was the sacred flower of the Incas. In the Andes region around Puno it continues to be used in coming of age rituals and as adornment. Besides its great ornamental value of the flower, the thin branches of the Cantuta are used to make baskets while the leaves provide a yellow dye.

STAFF

There is a huge informal market for house help in Peru, however, we recommend to follow the local labor legislation. It is better to be safe than sorry!



DAY MAIDS

Day maids can be hired two days a week without a contract. The salary varies from 80-100 Soles for an 8 hour day, depending on the tasks, the number of people in the household and if they are expected to cook. If you like your day maid, you should give her an extra half salary in July and December when the contractual maids get it.

Some find it more comforting to hire day maids via agencies. This way you are guaranteed no sick days as the agency will send a replacement. **Manitas Limpiadoras** or **Hadas** both provide cleaning services. However, be aware that agency cleaners are not allowed to cook, take care of children or do messenger services, like grocery shopping etc.

FULL TIME MAIDS

If you contract a permanent maid either to live-in (cama adentro) or live-out (cama afuera), you will need to make a written contract (we recommend you make a contract for a determined period of time) and enroll your maid with the pension and health care system. We recommend you [read up on the legislation](#) so you know what your obligations are.

To give you an idea about the costs, a full time live-out maid receives a net salary from 1600-2200,- Soles, then comes an additional 4-500,- Soles for the pension and health insurance, the twice a year extra half salary and holiday compensations.

HANDYMEN

For structural work to your dwelling either your doorman or the house owners will know who to contact. Alternatively, we have a few options here. All round help:

- **Eliás Flores.** Allround handyman. (T: 01 780 9845 / 998 862 873).
- **Gudelio Collas.** Allround handyman. (T: 991 718 437).
- **Sr. Otiz.** Allround handyman. (T: 999 084 113)

CARPENTER

- **Sandra Leon** (Miraflores). Sandra can refurbish, do maintenance and even paint your wooden furniture. The service is impeccable and fairly priced. (T: 981 532 238)

ELECTRICIAN

- **Sr. Valencia.** Trustworthy and accustomed to repairing German industrial machines or US appliances that have suffered a voltage shock! (T: 999 607 095).

PLUMBER

- **Saniservice.** For all problems with water and electricity. Av. Conquistadores 350, San Isidro. (T: 01 440 0440).

The Legend of Cinchona

If you look at the Peruvian Coat of Arms you will find a depiction of the Cinchona tree that grows on the Andean foothills. The tree was named after the beautiful Lady Ana de Osorio, Countess of Cinchona, who was married to the Viceroy of Peru. In 1631, she was miraculously cured from Malaria using a mixture of bark from the tree. In recognition of its medicinal benefits Bolívar included the Cinchona tree in the National Coat of Arms.

POOL MAINTENANCE

If your house comes with a pool, maintenance tools can be found at **Sodimac** and **Promart** or at the more specialized **Blupools**. We recommend you hire a pool maintenance service.

- **Jesús Mendez.** Pool maintenance. (T: 01 479 1849 / 998 952 456).
- **David Huaman** (La Molina). Recommended by the moms at the American school. (T: 985 222 835)

GARDENER

- **Julio Ucharima Vicente.** Honest and reliable gardener, former Vivero los Inkas. (T: 997 188 106).

Quipu

The name quipu is Quechua for knot, and the system is sometimes referred to as "the talking knot". The quipu dates back to before the Inca empire and are made from colored spun and plied thread or strings of llama hair. The color, the knot, the placement and type of cord are all part of the reading of the quipu. Quipus were used for record keeping and sending messages by runners throughout the empire. A message is meant to have traveled about 280 km per day, using a relay system.

HOME OFFICE

The pandemic taught us the importance of a good home office. Here we have listed some essentials for you to get it up and running!

COMMUNICATION

Most of the communication in Peru is done via WhatsApp. Consequently, it is important to get telephones and a good internet connection up and running.

The Internet in Peru is not as fast as in other parts of the world, in fact Peru's average connection speed places it at 91 in the global rankings, out of 143 countries, but do not be deterred, it does work, and is fairly reliable.

INTERNET

Both **Claro** and **Movistar** provide internet home solutions along with cable TV, landlines and cell phone plans. According to **speedtest**, **Movistar** is the fastest broadband provider, while **Claro** is fastest for uploading. A good thing to remember is to ask them to include signal repeaters if your house is big, otherwise you will have service only in a limited area.

LANDLINE

Most packages include a landline telephone for little or no extra cost, and although many opt not to have it anymore it can be valuable when you want to make good quality international calls. However, you will have to ask for activation of the international call service as it is not automatically included. You will then receive a 4-digit code to introduce before dialing the international number.

CELL PHONE

To obtain any phone line pre or post-paid you will need to present your ID. Many times **Movistar**, **Claro** and **Entel** provide free same-provider calls, this can be a determining factor if a spouse gets a company phone. It is also worth noting that you can purchase phones cheaper when you commit to a long term post-pay service plan. If you plan to travel to rural Peru, **Claro** is the company that offers the best coverage outside of Lima.

Prepay lines are easy to charge. If you have a Peruvian bank account you can transfer credit via your mobile app (phone

or on your computer. The credit transfers instantaneously (a matter of minutes). If you do not have a bank account you can easily purchase credit in the supermarket, at gas stations or at the pharmacy.

CERTIFIED TRANSLATOR

If you need to find a certified translator, the **Peruvian Ministry of Foreign Affairs** has a list of certified translators in practically any language. You just press this link and you have an ample choice. If you want it easy, you can call **Diego Carbajal** and he will find the right translator for you.

NOTARY OFFICE

- **Notaría Cruzado** (Miraflores). Notary offices are part of the official communication structure in Peru. We use them when children travel unaccompanied by their parents. You also need the notary office when you sell or buy a car. If you don't like to spend time lining up in the notary office, we recommend you contact **Diego Carbajal**, he can take care of it for you.

NOTARY INTERMEDIARY

- **Diego Carbajal** can take care of everything "tramite" related. He works with several notary offices and handles legalization of documents, translations and "apostilamento de la Haya" and many more things. He can also help you enroll your staff with the necessary authorities or help with paperwork when you sell your car. (T: 941 154 225).

LAWYER

- **Rocío Cornejo García** (San Isidro), civil and property law specialist. (T: 998 266 037).

TECH REPAIR

If you need Apple product repair we recommend the **iProstore** located inside hotel Estelar on the corner of Larco/Benavides in Miraflores. It is a crew of mainly female computer engineers. (T: 01 226 9847 / 984 316 386).

For PC repairs we recommend **Boris Vargas**, who assists the German Embassy. (T: 998 157 808).

- **Julio Vilca**, is another option, he can deliver or repair any pc or pc related issue. He operates out of a house in San Isidro. (T: 997 901 183)

TRAVEL AGENT

- **Sierra Galana Tours**. Jimena Gallardo can help you with all travel related matters. She has more than 20 years of experience and can help you with both family and corporate trips. (T: 989 591 875)

- **Travel Agent Escape**. Contact Susana Luna del Castillo for custom made luxury trips around the world and in Peru. (T: 997 356 633)

200 Soles Bill

If you are lucky enough to get your hands on a 200 Soles bill, it features Saint Rose of Lima. Born Isabel Flores de Oliva into a noble family in Lima in 1586, she was an attractive young woman who instead of marrying, took a vow with the Dominican Order. Saint Rose of Lima (apparently she was renamed Rose because of her beauty) was the first person from the Americas to be canonised by Pope Clement X in 1671, and to this day she is celebrated in Peru with a national holiday on August 30.

GRAPHIC PRINT

- **Impresso Gráfica.** Everything from business cards and office stationery to larger assignments, and they have an eye for recycled material.
- **Filigrana Perú.** For a smaller, more independent and creative print of everything from invitations to business cards or birthday invitations.

GRAPHIC DESIGN

- **Nani Maezono.** Nani is a graphic designer who works for big organizations and businesses, but she can also take your project to the next level! (T: 997 319 266).



BANKS

When you shop locally, it is a good idea to have a Peruvian bank account and also a local debit/credit card. Many online shops only accept Peruvian debit/credit cards, this includes many supermarkets and online purchases of domestic and international flights. Talking of which, when you get a local credit card you can ask for a Priority Pass to the airport, that way you have access to the VIP lounge area.

TRANSFERRING MONEY

When you have a local bank account you depend on making money transfers from your home country. If your home banks' transfer fees are too expensive, we recommend you have a look at **TransferWise**, they are safe and easy to use and normally cost a fraction of the traditional bank transfer fee.

PAYING BILLS

All utility bills can be paid online if you have a local bank account. Besides saving you a lot of time (not lining up in banks to pay bills), it is also worth to note that bills arriving by post often arrive late or not at all causing you trouble with the utility provider. Remember to ask the utility provider to send you an electronic bill.

POSTAL SERVICE

Sending and receiving post/parcels is fairly easy. However, if relatives are planning to send you a package from abroad, ask the sender to purchase a tracking service so you are sure the packet reaches its final destination. This is possible with **SerPost**, the Peruvian public postal service.

NB: If you need to mail a letter or a parcel, remember you have to pay in cash!

For urgent mail and parcel post we recommend using **DHL** that has offices in most parts of town.

IMPORTING GOODS

According to **SUNAT**, Peruvians may import goods worth up to USD 1000,- three times a year. If the value of one parcel exceeds USD 1000,- it is permitted only once per year.

Note the yearly import value limit is USD 3000,- . If the product value is below USD 200,- no custom is charged. It used to be that books did not count towards the three yearly importations but as of lately that is not true in praxis...

OFFICIAL HOLIDAYS

January 1	New Year's Day
Varies	Maundy Thursday (Easter)
Varies	Good Friday (Easter)
Varies	Easter Sunday
May 1	Labor Day
June 29	Saints Peter and Paul
July 27*	Independence Celebrations
July 28	Peru Independence Day
July 29	Great Military Parade
August 30	Saint Rose of Lima
October 8	The Battle of Angamos
October 9*	Bridge Day
November 1	All Saints' Day
December 8	Feast of the Immaculate Conception
December 25	Christmas Day
December 31*	New Year

* Dates marked with an asterisk are holidays in the public sector only.

NAVIGATION

Chaotic traffic is the norm in Lima but getting around is fairly easy once you learn the ropes. For those who prefer to lean back and relax during the ride, many hire private drivers or use a requested ride company.

DRIVING IN LIMA

Your national drivers' license will be valid for the first six months only, so if you are driving, you need your consulate to help you with information on how you qualify for a Peruvian drivers' license.

During rush hour, driving in Lima can be a challenge. We suggest you install the app **Waze** or GoogleMaps on your phone and get a magnetic car vent phone holder (f.x. at **Coolbox**), so you can have an easy view of the map and the driving instructions while focusing on the road.

Tip: Be aware not to follow **Waze** directions blindly as they can get you through some dodgy areas. In unknown neighborhoods, always stay on major streets and check the route in advance. Waze will get you 1 minute faster, but you want to be safe at all times.

TAXI / REQUESTED RIDES

It is easy to get around Lima by taxi. Street taxis are the less expensive option, they are always paid in cash and the price is negotiated before entering the taxi.

For safety reasons, many prefer to order a taxi (requested ride) via an app. We recommend **Cabify**, **Beat** or **Taxi Satelital**. They have cash or credit card payment options. Note that Satelital's fleet of cars are equipped with a global satellite positioning system for your safety. On most rides, you will have the choice between superior or basic vehicles and we recommend upgrading to the superior category for a pleasant ride. No matter what app you use, you will always know the price of the trip before confirming the ride.

All the rides to order apps are considered safe, however it is always good to take precautions, and verify that the drivers' name is the same as the one that appears on your booking confirmation in the app.

CHAUFFEURED CARS

For a personalized service, **Jaime Romero** operates several drivers and his service is reliable and ensures a certain level of comfort. It is more expensive than "requested ride" taxis, and you can also customize your trip, or rent a car with a driver for the day. Jaime will always send you a picture of the driver (always wearing a suit) and the car along with the price of the ride beforehand. (T: 997 532 601).

Come Hell or High Water

In 1947, Norwegian ethnologist and explorer Thor Heyerdahl left the Callao harbor on a balsa wood raft called the Kon-Tiki. The raft ran aground on the Raroia atoll in Polynesia after 101 days in open waters. The Kon-Tiki expedition demonstrated that it was possible for pre-Columbian South Americans to have traveled to the South Pacific. This daredevil expedition has been turned into a movie more than once, most recently with the Oscar contender Kon-Tiki in 2012.

• **Taxa Mama.** This is a company of female taxi drivers only. They mostly freight children from home and to school - if you have more than one child it can be cheaper than the school bus.

CAR INSURANCE

If you have a car in Lima, it is necessary to have two insurances, the compulsory **SOAT** (Seguro Obligatorio de Accidentes de Tránsito) and your private insurance.

Pacífico Seguros, **Rimac** and **Becerra Brokers** all come recommended for private car insurances. You should expect prices for a SUV to be around 900 USD yearly on a "Todo Riesgo" plan. The SOAT insurance can be purchased at the brokers offices along with the private insurance. Most brokers can also provide personalized insurance plans for home, health and travel.

Car Radio

If you are stuck in traffic, nothing better than to tune in to your favorite radio station. The car is the perfect place to catch up on the latest news, the global hits or the unexpected cultural programming. We have a few favorite radio stations that will make your time on the road a total bliss!

• 89.7 FM RPP Noticias.
For news.

• 92.5 FM Studio92.
Commercial music (Spanish).

• 102.7 FM Radio Filarmonía.
Non commercial music and culture.

• 106.9 FM Oxígeno / 107.7 FM Planeta.
Commercial international music (English).



EMERGENCIES & HEALTH

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Emergencies & Health

When you have an accident, it is good to be prepared. We have listed the emergency numbers you need to register in your phone along with a list of health professionals, labs, dentists, hospitals and more. We have also included information regarding your pet.

EMERGENCIES

USEFUL NUMBERS

Police:	105
Firefighters:	116
Ambulance (SAMU):	106

SERENAZGO (Neighborhood Police):

Miraflores:	(01) 350 9090
La Molina:	(01) 207 3000
Barranco:	(01) 247 0366
San Borja:	(01) 631 1000
San Isidro:	(01) 319 0450
Surco:	(01) 411 5555

COVID-19

It is likely that Covid-19 is here to stay. Protect yourself and others, wear a mask to help prevent the spread of Covid-19! For this and other recommendations have a look at the **World Health Organization's** advice for the public.

For Covid-19 related updates on the current situation in Peru we recommend you have a look at the website of the **Peruvian Ministry for Health**, the site gives you clear and comprehensible information.

Covid-19 vaccinations are available by age and district. Check **Minsa** for more information about a vaccination post near you.

COVID-19 TESTS

Need a Covid-19 test for traveling? Here are a few options of trusted labs - and remember you can request home visits from most labs. In general, a Molecular test (CPR) is around 180 Soles. Some air companies have partnered up with specific labs to offer their customers a discount - so check with your air company before booking your test. (fx Latam and Synlab are collaborating.)

The labs listed below are huge international commercial labs that also perform a multitude of prescribed (and unprescribed) bloodwork.

- **ROE Laboratorio**, is perhaps the fastest and the most complete lab, it attends 24/7 and can perform home tests.
- **Suiza Lab** is another lab you find all over town.

• **Synlab** has just opened a new top notch lab on Comandante Espinar in Miraflores, they are open 7 days a week, but with defined opening hours. They also attend at home.

• **Lelys Inbiomedic Laboratorio Lab** has specialised in "at home" covid-19 tests. They do Molecular tests from the comfort of your home with a normal test result arriving in 6-12 hours against the normal 24h (T: 990 046 330).

OXYGEN AT HOME

• **Oxígeno Vital**, Efraín Rojas delivers oxygen bottles and oximeters. (T: 999 987 527).

EARTHQUAKE

Lima is situated on the ring of fire, which results in a significant amount of seismic activity. We have listed a few general recommendations in case of Earthquake.

IGP

(Instituto Geofísico del Perú), has an **app** where you can track the seismic activities in real time. Also, we recommend you install

Mystical Medicine or Diabolic Brew

Ayahuasca is a millenia old hallucinogenic substance used for spiritual rituals by shamans in the Amazon region. It is made from the vine of Banisteriopsis caapi and the leaves of the psychotria viridis. Most recently Ayahuasca tourism is booming in Iquitos with starlets flocking here. There has always been a Hollywood connection. Did you know that Paul Simon made his song "Spirit Voices" about Ayahuasca?

the app **life 360**, in your childrens' phone, that way you can monitor the movement of all your loved ones.

Health Logistics

*Two Peruvian companies stand out as specialists in improving the national patient experience. **Salog** and **Salutare** provide medicines for the Social Health Insurance and private sector. Their models and advanced technology have been recognized as making a huge positive impact in changing the experience in the health sector in Peru and elsewhere.*

EARTHQUAKE GUIDELINES

Before

- Have an emergency kit ready (water, food, first aid kit).
- Make a family communication plan.
- Know the safe spots in each room and also the designated areas in your neighborhood.
- Never hang anything above your bed.
- If you have a bike helmet, keep it in an easily accessible place.

During

- Drop to the ground.
- Take cover under a sturdy table or in a doorway.
- Cover your head and face.
- Stay away from windows and glass, lighting fixtures and furniture that can fall (e.g. bookshelves).
- Do not use elevators.
- If outside, stay in the open away from buildings or other potentially collapsing structures.

After

- If trapped in debris, tap on a pipe or wall so rescuers can find you.
- Expect aftershocks.
- Be careful when opening cabinets things can fall out.

HEALTHCARE

Here you will find a selection of healthcare professionals recommended by our community.



CLINICS & HOSPITALS

There are three main private hospitals **Clínica Delgado**, **Clínica Anglo Americana** in Miraflores and **Clínica San Felipe** in La Molina. When booking non-urgent consultations you call their central number and book any specialty doctor or general practitioner. You can check out doctors by specialization on their webpage before calling.

VACCINATION

For common (non covid-19) vaccinations there are many good options in all the clinics, we have used **Clínica Delgado**.

CARDIOLOGIST

• **Dr. Juan Patricio Alzamora Pierantoni**, **Clínica Anglo Americana**. Dr. Pierantoni studied in São Paulo (Escola Paulista de Medicina) and Spain. Booking through the clinic.

DENTIST / ODONTOLOGIST

- **Dr. Richard Koenig** (Miraflores / La Molina), Orthodontist specialized in children/ adolescents. (T: 01 442 6492).
- **Dr. Jorge Escudero** (Surco), Odontologist, speaks English and is recommended by the US Embassy. (T: 998 143 138).
- **Dr. Wendy Johnson** (Surco / San Isidro). (T: 01 441 9378 / 01 434 3309).

GENERAL PRACTITIONER

- **Dr. Aldo Espino**. Great general practitioner that takes a genuine interest in his patients. **Clínica Delgado**. (T: 01 377 7000)
- **Dr. Barbara Schulke de Denegri** (Miraflores), specialist in internal medicine, speaks English/German and Spanish. (T: 01 444 1944 / 999 144 122).

NEUROSURGEON

• **Dr. Michael Hinojosa** (San Isidro), comes recommended for cervical problems with your spine. **Clínica Anglo Americana**. Speaks German. (T: 01 616 8900 anexo 4089).

OBSTETRICIAN / GYNECOLOGIST

- **Dra. Claudia Lozada**, **Clínica Anglo Americana**, (T: 01 616-8910 / 997 921 444).
- **Dr. Gonzalo Grande**, **Clínica San Felipe**. Speaks English. (T: 01 219 0000).
- **Dr. Antonio Levano**. Dr. Levano is the preeminent obstetrician in Lima and is a strong proponent of natural childbirth. He has trained in the United States, and has his own medical practice in Miraflores called **OBGYN**. To book a time you call his secretary Mariela. (T: 942 030 095 / 999 416 595).

OPHTHALMOLOGIST

• **Dr. Mario de la Torre** **Centro de Diagnóstico Oftalmológico** (Miraflores), comes highly recommended. (T: 01 396 7015 / 999 755 590).

OTORHINO

• **Dr. Percy Ruiz** **Clínica Anglo Americana**. (T: 01 616 8910).

PEDIATRICIAN

- **Dr. David Golergan** (Miraflores / Chacarilla), speaks perfect English, trained in the US. (T: 01 372 1112 / 999 771 432).
- **Dr. Javier Ferreyros** (San Isidro), **Pediatras El Golf**. (T: 01 262 8333).

PHYSIOTHERAPY

• **CRYMEF**. Centro de Reeducción Neuromuscular y Medicina Física (San Borja), are famous for treating athletes. Ask for Sra. Analí Barturen Ramos. (T: 01 225 8774).

PODOLOGIST

• **Eduardo Edwards** (San Isidro). Professional care of “foot/nail” related matters. Eduardo Edwards always delivered when everybody else failed. (T: 945 444 397 / 01 421 5551).

PSYCHIATRIST

• **Dr. Mattos** **Clínica San Felipe** (Jesús María). (T: 993 597 703).

PSYCHOLOGIST

- **Kine Flores** (San Isidro), specialized in children. (T: 992 747 234).
- **Roberto Lerner** (San Isidro), specialized in children. Consultations in English & Spanish (T: 01 264 4237)

THORAX SURGEON

Dr. Victor Gomez. Great Thorax Surgeon, conservative and efficient. **Clínica Delgado**.

TRAUMATOLOGY

- **Dr. Fernando Ruiz González** **Clínica Ricardo Palma** (San Isidro).
- **Carlos Vildozola**. **Clínica Angloamericana**. Great traumatologist who also speaks english and has practiced in the US (Yale). (T: 6168900 anexo 1425 / 996572421)

• **Dr. René Frank Vera Alarcón** **Clínica San Felipe** (La Molina), recommended for children.

COACH

- **Adela Jara**. **Coach**. (T: 997 348 994).
- **Jossie Aspauza**. Career consultant. (T: 994 609 989).



PHARMACIES

Farmacia Universal, **Inka Farma** and **Mi Farma** are three of the most well stocked pharmacies in Lima and they all have shops all over town. They also work with online purchases and delivery. Lima also has homeopathic options, and **Botikas Homeoperu** is a good place to start.

CHILD BIRTH

Peru is a wonderful country in which to be pregnant and have a baby. There are numerous excellent clinics in Lima, and many expatriate women have their babies either at **Clínica Delgado** or **Clínica San Felipe**.

It is worth noting that **Clínica San Felipe** has the best Neonatal Intensive Care Unit (NICU) in the country, and their pediatricians are excellent. Dr. Levano, listed in our **OB/GYN section**, delivers at Clínica San Felipe. When having a baby either your obstetrician will dictate at which clinic you deliver or you can choose a clinic and respective **OB/GYN**.

Many obstetricians might choose elective caesareans over natural childbirth, as this is how they have been trained. Therefore, do feel empowered if you prefer to explore natural childbirth to express this to your obstetrician and/or seek a doctor who has experience in natural deliveries. The doctors often speak English, but the nurses and midwives will likely only speak Spanish, so if you want some added help, there are bilingual doulas in the expatriate community who can also advocate for you as needed.

If your delivery has no complications expect to be in hospital for 2-3 days during which time you and the baby will receive multiple medical checks. Your baby will also receive the Hepatitis B vaccine at birth. While in labor and once your baby is born, you are also able to express your preferences eg. if you do not want your baby to be bathed.

Sometimes your pediatrician will be present at the birth, other times the hospital on-call pediatricians will see your baby and you will then see your pediatricians within 72 hours discharge.

The hospital will issue you with a certificate of live birth, which you will then switch to a birth certificate at **RENIEC** (only one parent is required, but the infant needs to be present). This is the document you will also use to obtain your own Consular Report of a Birth Abroad for your country.

Baby Names in Peru

According to *Registro Nacional de Identificación y Estado Civil* these are the most popular names in Peru 2020:

Girls: Mia, Camila, Alessia, Zoe, Luciana

Boys: Liam, Thiago, Dylan, Gael, Mateo

BEAUTY

Yes, please! We all need a little care and pampering!

HAIR, NAILS & BEYOND

In Lima you find many great manicurists around town but know that you can also find them at every hairdresser. The major hair saloons have turned into full-fledged spas with everything you need in beauty treatments.

- **Specchi** (Miraflores). In Specchi you find both a hair salon, nail bar and a spa all in one place. Everything from makeup over eyebrows to hair removal (also threading) is available. Men are also welcome.

- **LimaFloat** (Miraflores). Crave something totally different? Float is a spa where you float in the futuristic dreampod while you recharge your batteries. They also offer cupping and acupuncture.

- **Montalvo** (various locations). A lower price-point than Specchi, but a similar model. Ideal for simple services like manicure/pedicure or a simple haircut.

- **SelfClub** (Miraflores). SelfClub is a new and natural way of doing hair and spa treatments. All products are organic or natural and include aromatherapy. (Nail polish by OPI). You can have a pedicure with coffee scrub, a long list of accompanying aroma therapy including "Into the Woods" or "Flirty mode On". Relaxing and youthful ambience.

- **The Shoppe** (San Isidro), specializes in nails & waxing. For nails, ask for Erika. She is super gentle. (T: 01 422 4891).

MASSAGE

We know you like a good massage and have two really great places for you.

- **Centro E'Manuel** (San Borja). E'Manuel is a chiropractic center run by a medical doctor, and they give great massages. Last we checked, sessions cost 70,- Soles for a wobbling two hours! They can also come to your home, but then they charge double. (T: 01 225 5552).

- **Dora** operates a team of female massage therapists that comes to your house. They charge around 70,- Soles for an hour, more if they need to bring their massage table. (T: 999 353 381).



BEAUTIFY ME

- **Eli Angeles Beauty Bar**. The uncrowned queen of make up and phi-brows. Former Specci beauty consultant has now opened her own atelier where everybody flock to get the perfect brow and a gorgeous makeup. She is also a specialist in semi-permanent make-up.

Baby Luxury

How about a splurge? **Ecobebe Peru** creates baby clothes in sustainable organic cotton and alpaca fibers. Designs are sober and we are particularly fond of their baby alpaca knits.

Beauty or Beast

Ladies in Peru are famous for their beauty, and Gladys Zender was the first South American to win the Miss Universe title in 1957. For most people in our day and time, a beauty pageant is somewhat controversial. Ahead of its time Grupo Chaski made a critical **documentary** “Miss Universo en el Perú”.

- **Stefano Tattoo Gallery.** If you feel like getting a tattoo you have one of the best tattoo artists in Lima. Stefano is a tattoo artist to the rich and famous. If he is not around you can trust Karem to do a great job.
- **Ear Piercing.** It was not easy to find a place to get our ears pierced! We ended up at **Safari Kids Peluqueria** (!) a childrens' hairdresser off Santa Cruz. Perhaps you can do better? But it worked for us! (T: 01 719 8181)

AESTHETIC DERMATOLOGY

Since the days of Cleopatra and her famous milk baths, women (and now men too) have strived to maintain a youthful glow. It is no secret that sometimes we need a little extra push in keeping that glowing complexion going. We have a few suggestions to where you can find that little help.

- **Aquamed** (Miraflores/Surco), is a supermarket for aesthetic dermatology. More customized approaches you have to find elsewhere,

but in general quality is fine and prices are competitive.

- **Dra. Úrsula Rivas** (San Isidro), comes recommended for a more personalized experience.
- **Dra. María Carmen.** Botox at home? Dra. Maria Carmen is a young, certified Venezuelan dermatologist who can attend in the privacy of your home. (T: + 58 412 86 70 527).

Soaking it Up

At **K'allma** you find soaps, bath gels and other small presents with a certain Peruvian touch. Nice packaging and exotic ingredients, a sure hit gift!

and you can also purchase more exclusive cat food through her. If you are going away for a few days, she can come see your cat everyday. (T: 993 832 252).

PET HOTELS

It can be difficult to go on vacation if you have no one to look after your pet. We have found a few options that will please your four-legged friend.

For cats

- **Gatuario.** For cats exclusively there is the Gatuario.

- **Vanessa Vet.** If you are gone less time you can hire Dr. Vanessa to come have a daily look at your cat. (T: 993 832 252).

For Dogs

- **Ladra.** One of the oldest and biggest dog hotels and training centers. Here your dog can roam around in the large outdoor space and even get a swim in the dog pool.

- **La Casa Bellota.** A great place with lots of outdoor space for the dogs to run around. Personalized service with daily photos.

TRAVELLING PETS

When you are leaving Peru with your pet, it is a good idea to have an ally who knows all about the paperwork that needs to be done. For a small fee **Pet Wings** (USD 100,-) coordinate and take care of your pet move.

PETS

When in Lima, your pet will feel like a king. All imaginable pampering options are available. From chef food to grooming on wheels and more.



PET SHOPS & GROOMING

- **Alvin Pet Spa.** Here they take pampering your pet seriously!
- **Fancy Pets.** If you need anything for your pet Fancy Pets has a great selection of toys, grooming equipment and food.
- **Groomers.** Groomers has it all, it is a vet and grooming service and you can also find a great selection of treats and toys for your pet. They also provide door to door service.

- **Patas y Bigotes.** A fun new concept. Patas y Bigotes are groomers on wheels. Call and book and they will come to your door to bathe your doggie.

DELUXE

If you insist on giving your pet gourmet habits, **Pet Chef** offers natural and balanced food preparations for your four legged friends.

VETERINARIANS

- **SOS Veterinaria.** Dra. Paola del Valle owner and veterinarian at SOS Veterinaria. (T: 01 222 8967).

MOBILE CAT VET

- **Dra. Vanessa** comes to visit on her scooter, she can bring the vaccine card up to date

Peruvian Hairless Dog

12 of June is the day of the Peruvian Inca Orchid - the hairless dog with the characteristic mohawk. **Museo Larco** celebrates the dog with a special exhibit of pre-Columbian pottery with depictions of the dog. You can find the unmistakable image of the dog on pottery and art dating from the 8th century A.D. Its depictions and reverence in ancient Peruvian art — adorned with jewelry and buried with its owner — is not unlike the treatment of felines in Ancient Egypt.

LEISURE & EDUCATION

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- House Riding
- Tennis
- Dance
- Pilates
- Yoga
- Surf
- Skate / Surf
- Swimming



photo: Ana Elisa Sotelo

A determining factor in settling down well is finding great leisure time activities and the right school for your children. We are listing most of the international schools in Lima along with sports clubs and activities both adults and children can enjoy.

EDUCATION

Casinos were opened before schools in Peru! But there was one school that opened its compound to its students as soon as sports clubs were allowed to operate. Roosevelt. This fact has cemented it as the most attractive international school in Lima. Reminding you that schools are only open on an experimental basis as of now.

INTERNATIONAL SCHOOLS IN LIMA

The clear expat favorite in Lima is the American School (Roosevelt) followed by the British and French schools. All of these schools are located in the La Molina area.

Do note that, there are two local favorites in Miraflores: San Silvestre (Christian girls' school) and Markham (British). Both schools have fostered many of the country's creative talents.

NB: Only The American School (Roosevelt) and the International Christian school follow the Northern hemisphere calendar.

BILINGUAL SCHOOLS - LA MOLINA AREA

- **Colegio Roosevelt** (English/Spanish). American school.
- **Colegio Peruano Británico** (English/Spanish). British school.
- **Colegio Franco Peruano** (French/Spanish). French school.
- **Colegio Italiano Raimondi** (Italian/Spanish). Italian school.
- **Nordic School**. From 2022 a new Nordic International School (bilingual, English/Spanish) based on Finish principles and on the didactic vanguard will open its doors in Chorrillos in Lima. Firstly for primary school children and from 2026 they will also offer secondary school.

BILINGUAL SCHOOLS - MIRAFLORES AREA

- **International Christian School** (English/Spanish). North American curriculum
- **Markham College** (English/Spanish). British school.
- **St. George College** (English/Spanish). British school.
- **Colegio Peruano Alemán Humbold** (German/Spanish). German School.
- **San Silvestre** (English/Spanish). Christian girls school.

SCHOOL BUS

Some schools have integrated school bus services as part of the school program (Roosevelt), others do not. Even if the school does not offer this service, they can provide you with a list of approved school bus operators. The private bus shuttles are à la carte and prices are negotiated directly with the driver.

HOLIDAY CAMPS

If your children are enrolled in a sports club or doing a sports activity after school, those institutions most often provide the children with options of intensive classes or camps during the school holidays. However, there are also many cultural and sports institutions offering a wide variety of courses and day camps.

HOLIDAY CAMPS & CLASSES

Summer holidays are long in the Southern Hemisphere and lots of schools and cultural institutions make holiday camps and activities to keep the limeño children busy. If your children are enrolled in a club they will typically offer intensive summer classes, however for those who look for something else, we have listed a few places that organize great stuff for school age children.

- **Centro Cultural PUCP**. Many different summer courses from the arts to sports.
- **Circus La Tarumba**. Summer programs in circus & acrobatics.
- **Lima Cricket Club**. Receives children aged 4-14 for a summer program of sports.
- **Markham**. Summer camps for children aged 4-11. Program announcements usually from November on their website.
- **Museo de Arte de Lima**. Intensive classes in art and corporal expression.
- **Roosevelt**. Summer and winter camps for all children aged 3-15. Enroll early to get a vacancy!

KINDERGARTEN

Nurseries or Nidos tend to start from when the child is steady on their feet (approx 18 months) and run until the child is 4 before entering school. It is important to note that many parents enroll their children in 3K school classes, so the older classes at nido may be rather small.

Nidos generally have a program that runs for half the day, from approximately 8h30am - 13h00pm. Some nidos offer a 'guardería' service, which is a full day. Many families who send their children to nido also have nannies to bolster childcare.

There is an abundance of nidos in Lima and many are excellent and serve their immediate neighborhood. If you are looking for a nursery, definitely explore one that is walking distance from your home as there will likely be several. Some are accustomed to international children while others are not. Some use Montessori methods and others have a more traditional style.

KNOWN NIDOS

- **Nido Kids Place** (Miraflores).
- **Nido Casa Amarilla** (San Isidro).
- **Nido Two Sisters** (Camacho).

Peruvian in Space

We all know that with the right education and lots of tenancy we can reach for the stars. That is literally what peruvian engineer Dr. Jessica Marquez has done. She is working as a human space exploration engineer at NASA. On a daily basis she creates the tools and software that help astronauts do their job at the space station.



SPORTS

There are many options for the athletically inclined in Lima. From a plethora of activities in the expensive membership clubs to the less costly specialized neighborhood gyms.

THE LIMA CLUBS

It is impossible for us to list all the clubs available in Lima, we have chosen a few traditional Limeño clubs that are known not only for their athletic chops, but also for being nice social environments where you can mingle with the locals.

It is worth noting that during extended school holidays, most clubs provide intensive camps and some even have extensions at the beach (Asia) in summer and in the mountains during the winter months.

- **Country Club de Villa** (Chorrillos). A beautiful club on the Southern exit of town, de Villa is the only club we know that offers 3 month membership deals, ideal for you to check out its amenities during summer!

- **Club Regatas** (Chorrillos). This is the elite club per-excellence in Lima, the facilities are great and it is almost a sports village. It is where you get the best trainers and programs for the whole family. However, as a foreigner it is almost impossible to become a member.

- **Club Terrazas** (Miraflores). It is in Terrazas that you find Peru's best tennis players training. The club is at a prime location in Miraflores with a view to the Pacific from the tennis courts.

- **Lima Golf Club** (San Isidro). Is not accessible to foreigners unless you are already a member in one of the affiliated clubs abroad.

- **Los Inkas Golf Club** (Surco). Golf might be the principal attraction at this club, however, there are a host of other activities for its members. A great club if you live in the La Molina area.

- **Real Club de Lima** (San Isidro). Is one of the more accessible clubs for foreigners in Lima, and if you live around San Isidro that is a great option. Lap pool, tennis and green areas in the heart of San Isidro!

If you prefer to be among countrymen, there are many clubs with links to particular countries or cultures and it should not be difficult for you to find. (fx: **Club Arabe, Nikkei, Germania**)

SPECIALIZED TRAINING

If you do not want to spend the money or the time on going to any of the major clubs in Lima, perhaps practicing your favorite sport in a smaller and cozy neighborhood setting works for you? We have listed some options to inspire you to get moving!

GYM & PERSONAL TRAINER

- **Bodytech**. Classic gym. If you travel a lot in South America, Bodytech has the advantage of having many affiliations so you train in a known environment while on the road.

- **KO Urban Detox Center**. Contemporary gym for Box & Yoga (only).

- **Personal Trainer Romina Peralta** has worked with various foreign families. She can either come to your home or to a nearby park. She will bring all the relevant equipment and this is a convenient and cost-effective option to stay fit! But note she only speaks Spanish. (T: 940 243 869).

Las Truchas

*A female open water swimming group that was created during the pandemic. **Las Truchas** explore the coasts of Lima and participate in beach cleanups and organization of events that promote the sense of solidarity and protection of the oceans. Join them in the waters around Peru or from the safety of your couch on Instagram.*

HORSE RIDING

- **Club Ecuestre Huachipa**. This is the prettiest equestrian club in Lima, with access to a forest for you to ride in. In addition, the club has private lessons by **Jaizel Selleslaghs**, an amazing Dutch equestrian. (T: 949 474 982).

- **Luz de Luna Equestrian Center**. A homey equestrian center on the beach.

Pacific Dip Anyone

*How about a dip into the big blue? **Edgardo Merino** operates a group of swimmers that brave the waves of the Pacific and swim three times a week from Playa Pescadores in Chorrillos. Call to join! (T: 990 577 448).*

Caballo de Paso

The Peruvian Paso is one of the smoothest rides in the world. The horses are known for their gentleness and good energy. The breed dates back to the horses that arrived with the conquerors. It is famous for its "termino" - a particular and recognizable outward swinging movement of the front legs. Coastal Peru is a desert landscape and the horses were used as transport animals. As they assimilated to their new environment they developed the technique to "swim" the sand dunes, this is how the gait is thought to have originated.

TENNIS

In all tennis clubs you pay to rent the court and tip the ball boy when you finish your game. Normally, the tip for the ball boy is 10,- Soles, but you can verify this with the administration.

- **Academia de Tenis Alejo Aramburú** (Surco). If you live around the La Molina part of Lima, and want access to the same training as in Club Terrazas but without paying the membership fee. Alejo Aramburú has his own tennis club out of Surco.

- **Centro Promotor de Tenis Miraflores.** Beautifully located just in front of the Pacific next to the emblematic Miraflores lighthouse. These are the Miraflores public tennis courts. Everybody can book a court, but it is cheaper if you are a Miraflores resident. To book a court, you have to go there in person and show your documents and pay the rental up front. The court costs 10-15,- Soles (plus 10,- in cash for the ball boy).



DANCE

- **D1** (Various locations). Modern dance. This school is one of the best in Lima and the go-to institute for modern dance, hip hop and lots of other styles.

- **Rosie Schottland Classical Ballet** (Miraflores). One of Lima's best schools for classical dance, (Vaganova method), with many performances and yearly tests supervised by Russian instructors.

PILATES

One of the most popular activities is Pilates, we have found four amazing options for you.

- **Andrea MacLean.** Andrea provides private and personalized sessions for one or a small group of friends. (T: 987 519 249).

- **Fit Studio** (Miraflores). Great pilates classes. (T: 998 354 821).

Marinera

The Folkloristic dance La Marinera is incredibly popular all over the country and is taught in most schools as part of the curriculum. It has regional variations but is always danced with a handkerchief. It is meant to have its origin in the Afro Mestizo Zamacueca and although the partners cannot touch La Marinera is a very flirty courtship dance.

- **Karin Scheuch Pool** (Surco). Karin is said to have brought Pilates to Peru. She practices from her home studio in Surco, but can also come to your place. (T: 970 486 489)

- **Tamara Di Tella** (Miraflores). Great space and excellent teachers! (T: 01 442 0255).

YOGA

Peru is a hub for Yoga lovers, and there are centers all over the country. Some of the best yoga you get if you contact the cultural section of the **Embassy of India**, in collaboration with Cricket Club Lima they organize yoga classes with Dr. Aayam Gupta (India). Or we recommend you visit **Instituto Vedika** in Miraflores.

Yoga Retreat

*20km North of Lima on the Panamericana, you find a spiritual retreat center **Ecotruely Park**. There is an impressive ambience and we recommend you try one of the center's full-day Sunday retreats, which includes a delicious vegetarian meal. From 8am-17pm.*

SURF

- **Olas Perú**, is very popular within the community of the American School. Contact Silvana Pastorelli. (T: 998 346 885). <https://www.olasperu.com/>

All levels of surf with Javier from **Pukana Surf**. Surf lessons cost around Soles 70,-. Call or send a WhatsApp to book. (T: 980 822 946).

SKATE / SURF

- **Skate Surf** (Chorrillos). This is a surf lab project where you can learn to skate and surf. Trainer Omar Valdez gives you a personalised session. 120 Soles (1x) - 400 Soles (4x) - 600 Soles (8x). Avenida Los Pinos 584



SWIMMING

It is not so easy to find a good place to swim in Lima, but here are a few recommendations: The most flexible option is a membership at one of the clubs in Lima. If that is out of the question, **Academy Ismael Merino** or **Aqua Lab** are suitable alternatives. Also, you can try to contact **Edgardo Merino** of H2O, who operates pro and semi-pro swim teams in many of the clubs and he also runs the open water training out of Pescadores.

Surf

Peru has some of the longest surfable waves in the world. During the Moche time 100-800 A.D. Pottery shows that fishermen from Huanchaco used an ore and a construction called a small "reed horse" to ride the waves when out fishing. You can find the Moche "surf" pottery in the Museo Larco or Museo Amano ceramic collections.

MUSIC

Said Platon: “Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” No matter your ambitions, we have a few suggestions for classes that can inspire you.



BAND / MUSIC SCHOOL

- **Rock es Cool**, is a music school for kids that want to play in a band, but at the same time study the fundamentals of various instruments. Goofy place for all ages. (They also have a parent band).

BASS

- **Rau Ramos**, professional bass player. Individual online & home classes. Very kind and professional and adapts to demand. (T: 978 110 272).

Queen of Quechua Rap

Renata Flores is an interesting musician who uses her native Quechua language when rapping. Her music is a fusion of the language and sound of the Peruvian countryside paired with trap, rap and the Latin rhythms found in reggaetón.

CAJÓN

- **Teacher Jair Santa Cruz**, is son of the legendary Peruvian musician and renowned cultural personality Rafael Santa Cruz - and the rightful heir, (and musician in his own right), to the Peruvian drums. (T: 951 850 412).

PIANO

- Piano teacher, **Erick Fernandez**, comes to your house and teaches mainly classical piano. Serious and well prepared young man. (T: 961 822 856).

- **Gisela Vidal Cabeza**, is a piano teacher who services the La Molina area. (T: 997 368 904).

PIANO TUNER

- **Armando Becerra** is an excellent tuner. He is recommended by one of the best Peruvian jazz pianists, José Luis Madueño. (T: 998 809 470).

ADVANCED MUSIC SCHOOL

- **Open Music** (San Borja/Online). Headed by Peru’s leading jazz pianist Jose Luis Madueno, this school can customize classes to suit your need. Lean to read, play and make musical arrangements. Classes can be individual or in groups. You are guaranteed to learn from the best.

Cajón

A cajón is a box-shaped percussion instrument originating from the afrodescendientes in Peru. It is said that it began in the churches. When it was the slaves that were in charge of collecting the offerings during mass. To this purpose they used a small hollow box with which they found a rhythmic meaning and that was how it is thought the cajón appeared. You can find your own Cajón in any of the many musical instrument shops around Park Kennedy in Miraflores.

HOBBIES

There are many ways to spend your leisure time in Lima. A practical place to start is with some Spanish lessons. If you think that ship has sailed, you can learn some Spanish while you attend a class on a topic that interests you. Below, we have listed some great classes for you to feel inspired.

CINEMA

If you would like to learn anything from screenwriting to camera or direction, **Epic** has some of the top professionals teaching their courses and masterclasses online.

CERAMICS

- **Nanay Valdivia Seibt** (Miraflores). Courses of 1 hour of duration or more. For adults and kids alike.

COOKING

- **Azafrán Taller**. Uncomplicated food making and fun. Learn to cook some of the traditional Peruvian fare.

- **Urban Kitchen**. Offering cooking classes where you can learn to cook Peruvian food. You can organize a group of friends for a night out or just join one of their classes.

ART CLASSES

- **Corriente Alterna** provides everything from theory and art history to artistic ateliers in photography, sculpting or painting. Great place to mingle with local artists and teachers.



CHESS

At the **Academia de Ajedrez Entre Maestros** they teach chess and make tournaments. Ask for Marco, he is a great teacher! (T: 970 949 995).

Iconic Portrait

Born into a humble Quechua speaking family of gold mine workers at the end of the 19th century, it was not in the cards that Martin Chambi would become one of the greatest indigenous photographers in South America. His work is widely celebrated for its intimate and revealing photography of the daily and magical universe of the Andean culture. In 1979 MOMA in New York celebrated his unsurpassed work with a retrospective exhibition.

Pastry

For those more inclined to learn about the desserts, pastry chef and **A Cake Boutique** founder Álex Martínez does courses in both Spanish and English.

Professional classes

- **Le Cordon Bleu.** Le Cordon Bleu is an international institution and industry standard. Many of Limas chefs have started here.

- **D’Gallia.** A lesser known but no less established chef school. Here you find professional curriculums and shorter courses for the leisure chefs.

PHOTOGRAPHY

Founded by Swiss art collector Jan Mulder, **Centro de la Imagen** is a great place for learning photography or visiting the gallery of contemporary photography.

SILVERSMITHING

Peru is famous for its silver, and a great place to join classes for jewelry making. **Instituto Peruano de Joyería y Arte** offers classes in all aspects of silversmithing. You will be sure to learn to make your own professional quality collection. Courses normally run three times a week in the early morning.

SPANISH LESSONS

- **Erika Villar.** In the privacy of your home Erika teaches adults and children alike. Great references from Roosevelt Parents. (T: 997 190 917).

- **El Sol Escuela de Español** (Miraflores). Language school with on-site/online classes. Highly recommended.



El Cóndor Pasa

Panpipes is a musical instrument that has been used in many ancient cultures all over the world, also in the ancient Pre-Columbian culture. Peruvian composer Daniel Alomía Robles composed “El Condor Pasa” in the early 20th century after travelling the Andes region in search of autochthonous music and traditions. His famous composition was turned into a global hit in 1970 when Simon and Garfunkel recorded it under the name “If I could.” Since then the panpipes have become a synonym with Andean culture.

CHEAP THRILLS

Here we list a number of fun activities you can do on a hobby basis. No need to enroll, it can all be a one-off.

- Game shops. **Play & DIA-D Juegos** (various). Games on! If there is something we have learned during the pandemic it is to revive boardgaming and puzzles.

- **BMX.** The public BMX bike circuit on the Malecon in Miraflores is sure to get your pulse racing. The view of the Pacific from the race ring is phenomenal. If you want more than just enjoy the view you can enroll with the **Phoenix Power Peru** and become part of their team. The circuit is behind the skatepark (where Joaquín Capello meets the Malecon).

- **Miraflores Bowling Park.** With 20 bowling lanes, there is rarely a queue at Miraflores Bowling Park. The club is a little old, but the service is correct. Bajada Balta 135. (T: 01 71 727 71).

- **CluedUp** offers outdoors murder mysteries. First time in Lima will be in November 2021. If you are into escape rooms or just like to crack a difficult puzzle, book a spot and help solve the crime!

- Cinema. There are two main commercial cinemas around town: **Cinemark** and **Cineplanet**. Cineplanet has most films in the original language, with subtitles in Spanish, but our advice is to always verify this.

- Escape Room. **Trap Lima** (Miraflores) or **Adventure Rooms** (Barranco), are popular with the young crowd. In escape rooms you fight against time to solve a complicated enigma and break the codes to free yourself from the entrapment. During the pandemic they have also made online escapes available.

- Go-Kart. **Formula Kart** (La Molina). Is a fun indoor race circuit. They also organize birthday races, and next to the cart on the same floor there is a Virtual Reality studio that you might want to include in the program for your teen.



- Horseback Day Trip. **Cabalgatas** is a nice place for a group of max 8 people to make a horseback riding day trip.

- Laser Tag. **Laser Quest** (Chorrillos), is an indoor set laser tag court you can rent for a game of laser shooting and games.

- Mountaineering. **Pirqa** (Miraflores), has an impressive wall for urban climbing. Walls of more than 15m. No prior experience required.

- **Paragliding.** If you go for a stroll along the boardwalk in Miraflores you will most definitely pass the parapuerto, the point for paragliding. Trips cost almost 100,- USD for 5 min rides, but you will get to see Lima from a completely different angle and they will record the trajectory.

- **Parque de la imaginación** (San Miguel), is a little run-down, but nevertheless, kids with a penchant for science will have a great time exploring the park and the earthquake simulating tunnel is a thrill.

- **Parque de las Leyendas** (San Miguel), for the little ones this is a great place, you have archeology, botany and a zoo all in one place. They have fun educational activities.

- **Skatepark.** There are seven skateparks all over town! We recommend the skatepark on the Malecon in Miraflores - with a view of the Pacific! On weekends it gets pretty packed. If you are a beginner, get some lessons at the school and hang out with your fellow skaters. Fun is guaranteed!

- **The Races.** Jockey Club del Peru (Surco), is a great place if you like to bet on horses or just like the thrill of a good race. The Jockey Club has horse races every Saturday and Sunday.

Park Olivar

In 1560, not long after the fall of the Inca Empire, the Spaniard Antonio de Rivera sailed from Spain to Peru. Onboard he had more than 100 olive saplings. Only three survived the journey, but from them 3,000 more would grow by the time Peru gained its independence in 1821. Those same trees are at the heart of Parque el Olivar in San Isidro.

MEETING LIKE-MINDED

Vale Todo Downtown

During Covid-19, the gay disco in Miraflores **Valetodo Downtown**, was transformed into a supermarket. Drag queens replaced the stage with the counter, selling vegetables, organic coffee and other groceries. But keep an eye on their website, where they make announcements of their drag and other shows.



Although it is great to find local friends, as a foreigner it can sometimes be comforting to seek company from other foreigners. Or perhaps, you would like to meet people from your faith or sexual orientation. We have listed some organizations below that are active and accepting new members.

LGBTQ

Every year in June there is a Gay Parade in the center of Lima. It is organized by **Marcha del Orgullo Lima**. It is tradition that after the parade people (supporters and families included) meet up for pisco sour at the once glorious **Gran Hotel Bolívar**.

Other groups of interest could be the **MHOL** (movement of homosexuals in Lima).

- **Promsex Perú** is the female Peruvian NGO promoting and defending sexual and reproductive rights.

INTERNATIONAL SOCIAL CLUBS

- **ACODAPE**. Association for diplomatic spouses.

- **CIC**. Cultural International Club. Philanthropic organization that convenes monthly. Welcomes people from all nationalities.

- **Internations**. A networking organization for expats with monthly meetings and social events.

- **The Lima Hash House Harriers**. A group of non-competitive runners and walkers that meet up monthly for a day out on a trek.

- **American Women’s Literary Club (AWCL)**. Is a group of ladies that assemble monthly around a common interest for art and literature.

- **Lima Accueil**. The French language social club with monthly meetings and social events.

- **Miramoms**. This is a group of mothers based in San Isidro, Barranco and Miraflores. They meet for coffee and exchange information about having small children in Lima.

PHILANTHROPY

There are many worthy philanthropic organizations in Lima. We have made a small selection of NGOs that you might be able to support one way or the other.

- **Cima**. An organization that helps abandoned and high-risk children, in desperate need for rehabilitation and care, (living on the streets) get back on their feet and reintegrate them into society.

- **Hogar de la Esperanza Mamá Victoria**. Run by Nelly Villegas, this home welcomes women and children victims of domestic violence. Besides providing the women with a safe-haven, Nelly also provides skill-building activities for the women, to help them become more self-reliant. Nelly sells organic eggs and chocolates to help with the costs of running the home.

- **Parroquia Fátima**. If you would like to be involved in distributing soup for the poor, there is always room for another helping hand at the Parroquia Fátima in Miraflores.

- **Qorito**. Provides reconstructive surgery and speech therapy to the poor with facial deformities specializing in cleft lip and cleft palate operations. Cleft lip and palate is widespread in Peru and the team is travelling to remote areas to help mostly (but not only) children with deformities.

- **Reciprocity**. NGO that works hand in hand with the community leaders of the Shanty Towns on the dirt hills around Lima. The NGO is fundamental in providing daily food, childcare and setting up rail guards on the steep staircases in the shanty town. They pay particular attention to the needs of women and children.

The World’s Smallest Church?

We challenge you to discover Nuestra Señora del Rosario (1555), which is easily overlooked as it is one of the smallest churches in the world. (It measures 5 by 10 meters). Cute and pink and picturesquely squeezed in between two yellow colonial buildings a few steps from the government Palace on the “other” side of the Rimac river. (Jirón Trujillo 275).

FAITH

In the old days there used to be a bible in any hotel room or humble tavern in any city in the Christian world. This tradition is no longer practiced, but we are a group of global nomads, some are atheists others are firm believers in a religion practiced in their home country. To most it is an imperative to find a place of worship and in an effort to help you navigate this personal matter we have listed some options.

Buddhism

There are 22 Buddhist groups in Peru, but the most important presence is related to the Soto Zen lineage. On their website the community of **Zen Sotoshu** announce meditations, and other activities for the community.

Christian Catholic Church

Peru is a Catholic country and offers plenty of places to practice your faith close to where you live. If you would like to know more about masses in a particular district at a particular time, the Archbishop of Lima, (Carlos Castillo Mattasoglio), has a very comprehensible **website**, and you can also find the Archbishopric on all **social media** platforms. For those not comfortable in Spanish, there are a few places you can enjoy a Catholic mass in other languages.

- **Iglesia Santa María Reina**, (in the chapel), provides masses in English on Sundays 11h. For more information and updates to their services please contact them through the site.

- **The San José Catholic Church**, for masses in German.

Christian Orthodox Church

- **Iglesia Ortodoxa de la Santísima Trinidad**, Built by Russian immigrants this is the only church in Peru that unites the Pan-Orthodox community. The church is under the Greek Orthodox Archdiocese, the Ecumenical Patriarchate of Constantinople.

Christian Protestant Church

- **Angelican Cathedral of the Good Shepherd** (Miraflores). Several Protestant churches give masses in English, German or Spanish.

- **Evangelisch Lutherische Kirche** (Surco). For masses in German.

- **The Union Church of Lima** (Miraflores), is an international interdenominational church that provides English language sermons and bible study groups.

Hare Krishna

There are several places around town dedicated to the practice of Hare Krishna. We suggest you find the right place for you via the many **ISKCON** websites and recommend a daytrip to visit the **ISKCON** temple in Chosica.

Hinduism

If you're curious to learn and practice Hinduism and its teachings we suggest visiting **Geeta Ashram, Vedika Institute**, and the **Satya Sai Baba foundation**.

Islam

The Islamic Association of Peru runs the main Islamic center in Peru, and they run a Mosque in Magdalena del Mar. We recommend you get in touch with them to get more information on their activities and services to the community. (T: 01 263 4447).

Judaism

The Jewish community in Lima is relatively small but there are various synagogues. Please contact **Unión Israelita** for further information. (T: 01 440 0290).

FOOD & EVENTS

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Food & Events

As South America’s gastro-nomic capital, Lima does not disappoint! You will quickly get familiar with: hierba luisa, chirimoya, rocoto, chicha morada or the favorite soft drink in Peru, the emblematic yellow Inka Cola.

GROCERIES

All the main supermarkets have online shopping and delivery options. **Wong** is considered the best, as it has the largest variety of products, including a small organic section. However, you can find most things less expensive at **Plazavea**, **Vivanda** or **Tottus**.

If you would like to buy in bulk you can visit **Makro** in Surco. (Note: Makro does not accept VISA as a payment method).

ECO-MARKETS

Speciality and organic mini-markets are popping up all over town. Our clear favorite is Flora & Fauna, but there is quite a selection around town, and all quite appealing!

- **FLora & Fauna** (Various).
- **La Sanahoria** (Various).
- **Madre Natura** (Various).
- **Punto Orgánico** (Various)
- **La Bodega Orgánica** (La Molina).
- **La Calandria** (Barranco)

OPEN AIR MARKETS

If you want a truly local experience, head to the neighborhood open-air fair! Most are open daily but some only one day a week or on weekends.

- Magdalena / Córpac: **Agroferias Campesinas** (Friday, Saturday or Sundays).
- Barranco: **Feria Ecológica de Barranco** (Weekends).
- Miraflores: Mercado Municipal Santa Cruz. Ca. Mendiburu 1175 (daily).
- Miraflores: **Bio Feria** (only Saturday).
- Mercado no.1 de Surquillo, Paseo de la República Cdra 53 (daily).
- **Mercado Palermo** (La Victoria), stand 40. Gladys Reyes and her husband are the owners. They sell a mixture of vegetables and imported Asian goods and the prices are competitive. (Av. Palermo 456, Balconcillo)



FOREIGN PRODUCTS

Some of our most precious addresses are related to the taste from home. We love to explore new things, but it is wonderful to find a slice of home in Lima.

Note : The main supermarkets have a small selection of imported goods (ex. Lotus from Belgium, Mackays Marmalades from England, pumpernickel bread from Germany, pão de queijo from Brazil).

- **María Panela**, sells Brazilian specialities, if you feel like açai, homemade guarana, or how about picanha? María Panela has it all and also provides restaurant services and catering.
- China: **Hong Kong Market**, foodstuff from all over Asia.
- Europe: **Cheese Corner**, best European cheese selection from England, France and Italy. In addition, you will find specialty products like champagne vinegar or grissini with truffles.
- France: **Deli France**, best deli in Lima for everything French. Baguette, cheese, duck, wine, they have most here.

Quinoa

*The Andean highlands are thought to be the cradle of the “golden grain.” Beautiful fields in multiple shades of red and green have covered the highland landscape around the lake Titicaca, for more than 7000 years. The quinoa plant can grow in arid areas with low levels of soil moisture. This is due to being covered by calcium oxalate crystals which allows the plant to absorb the environmental humidity at night and help control excessive perspiration from heat exposure during the day. (Download this **book** to learn more about how to cook with Andean Grains.)*

- Israel: Get in contact with **KosherPerú** to get on their mailing list and they will send you a list of their products. k
- Italy: You find Italian products everywhere, but for an authentic feel try **Il Pastificio** or **Fini**.
- Middle East: Halal meat to order with Rajae. It is a private operation and her husband works in the Mosque. T: 934 049 139. Note that **Halal Perú** (meat certifier) welcomes orders superior to 25 kg, Contact **Dr. Santo O. Monteblanco** for more information.
- Japan: **Super Nikkei**, is a small shop with a great selection of condiments like furikake, pickled ginger and sesame oil, a basic selection of containers and candy.
- Spain: **Selectos Ibéricos**, the best-stocked place for Spanish delicacies and wine.
- Belgium: **Casa Belga**, has the best selection of Belgian Beers.
- **El Cacaotal** (Barranco), has an edible library of Peruvian chocolate, you will be able to see, taste and learn about the process of chocolate making and the story behind each bar of chocolate while you decide which to buy.
- **La Gastrónoma** (Miraflores), this restaurant sells great local cheese along with specialty piscos and other nice products.
- **La Ladrillera** (San Isidro), housed in an old brick factory in Lurín, La Ladrillera produces gourmet artisanal products of high quality. Online or in store on the second floor inside the commercial building at Dasso 126. We are particularly smitten with their dried beet topping.
- **La Pulpería** (Miraflores), a gem of a specialty shop, with lots of interesting local top quality products including delicacies from top chef Schiaffino. This is our personal favorite!
- **Mercattino** (Miraflores). Next to La Pulperia (a local favorite), you find chef Pedro Miguel Sciaffino's new gourmet shop. We noticed a fridge stocked with precooked dishes by the famous chef, a real treat for the busy home cook, but we are told that he will focus on meat.
- **Mó Bistró** (Miraflores), is really a cafe/brunch/informal restaurant, however in the back they have a small deli that sells roast beef cuts and a few local specialties.
- **Té Quiero té** (Miraflores), a small, very well-stocked teashop, with pure rooibos tea & green tea from Cusco to boot!
- **Roselen Chocolatier** (La Molina). The only European style chocolatier we know of with this level of attention to detail is located in the Polo shopping center. The chocolates are delicious and the boxes are pretty.

Perú: The Cookbook

Peru's most popular chef Gastón Acurio has penned this 500 recipe Bible on Peruvian food. If you want to learn how to cook quinoa, ceviche and lomo saltado you will have no better guide than Gastón Acurio, who is the chef many say is responsible for putting Peru on the world food map.

- **Punto Nieve** (Miraflores). When we found this shop all we wanted to do was to bake! It has all you need for making beautiful cakes & desserts!! Punto Nieve (@puntonieve.pe)

- **UNALM** (Universidad Nacional Agraria la Molina), purchase the best yogurt in Lima, (and also vegetables, meat, cheese, plants) at the Agraria and stroll around in the nice environment, it is a good place to bring the kids since it is safe to run around and they sell great ice cream and pancakes.

Hatun Phaqcha

*If you are interested in knowing about the wealth and traditions of peruvian crops you should watch Delia Ackerman's new documentary **Hatun Phaqcha** (2021) that sets out to inform about and preserve the peruvian culinary heritage.*

FISHMONGER

- **Sustainable fish for your freezer.** Karin Abensur is a phenomenon: she's the only female fisher of Peru who has specialized in the tradition of small-scale artisanal fishery and to top it, has made it a virtue that her operation rests on responsible and sustainable fishing. We can only applaud Karin Ecofish and her pre-packaged frozen fish and seafood.

- **PESCO** (Miraflores). On Mariscal la Mar you find this little feinschmecker shop specializing in high quality fish and shellfish products. All fresh fish are purveyed from small local artisanal fishermen. The Pesco shop is part of the top chef Schaffino gourmet empire.

Tunki

Did you know that one of the worlds' best organically grown coffees, the Peruvian Tunki is named after the national bird of Peru, the Cock of the Rocks (Rupicola Peruviana) known in Quechua as Tunki. The birds live in the cloud forests in the tropical part of Peru.

WINE

Due to the high import taxes, imported wine is often 25% more expensive in Peru than in the country of origin. This leads many to explore the local wines and spirits. Peru has a long tradition for producing wine that dates back to the beginning of the conquest, as the church needed wine for its liturgical acts. The Peruvian wine country is found in the South of the country particularly in Ica. We have a few addresses where you can get both international and local wine.

- **Almendariz.** Here you can find most of what you need in terms of liquor and wine. Look out for their great time limited offers!

- **Deli France.** For French wine the selection at Deli France is quite nice although small.

- **La Pulperia.** A great selection of wine including interesting Southamerican natural wines and Peruvian artisan beverages such as gin. They also have nice Spanish wines.

- **Selectos Ibéricos.** Spanish Wines are well-stocked at Selectos Ibéricos.

Maras Salt

The celebrated Maras pink salt is a type of salt that has been traditionally sourced from the ancient salt terraces that are strategically dug into the Andes mountains in the Sacred Valley at 3000m above sea level. The thousands of shallow pools are filled with salt water from an ancient underground spring. These salt pans have been in operation for more than 500 years. To this day they are mined by local families for their special pinkish salt.

- For a local flair you can try many of the wines from the **Queirolo** estate. The **Queirolo vineyard** hotel is one of our favorite places to stay overnight in Ica and it also happens to be one of the best wine producing farms in the area.

TREATS

Indulge in some of these fabulous treats made by skilled artisans and entrepreneurs.



SWEETS

It is no secret that the French are fabulously good at making sweets. But it is a surprise that there are two amazing patisseries in town run by groups of young french immigrants. We encourage you to indulge in their skillfully executed deserts. We also found a few other delicious sweet purveyors you should try out.

- **La Raffinerie** (Miraflores), the great cooperative of young French people who are making La Raffinerie our favorite place to order desserts or petit fours for dinners. Ask for Antoine!

- **Napoleon** (Miraflores). New kid on the Block: French high end - haute patisserie Napoleon. Your freshly available favourite cannelés,

paris-brest, mille-feuille, macarons, amongst many delights are diligently made in this artisanal atelier. Genuine French Tradition in the heart of Miraflores!

These are other sweet purveyors that have no shop but sell from an online catalogue. They deliver beautiful cakes and biscuits for everyday and special occasions.

- **Macademia Patisserie** (online), from Macarena Cilloniz Isola. We recommend taylormade sugar coated cookies with embroidery from Ayacucho.

- **Open Oven** (online), home-baked goods by pastry chef Pierina Battifora del Pozo, we recommend the X-mas catalogue of sweet goodies.

- **Ale Camino Smile Baker** from Ale Camino has specialized in thematic cakes and has a signature tall cake.

- **Dulce Fina** has specialized in thematic cakes. Also makes gingerbread houses for Christmas. (T: 01 421 4047).

Number One Ice Cream flavour

*Lúcuma is the top selling ice cream flavor in Peru. It is a beautiful and delicious fruit with overtones of nutty caramel. (Best ice creams in town you get at **Blu** in Barranco.)*

BEST ARTISANAL BREAD

Bread is something very basic and yet sharing the proverbial bread is something incredibly uniting and comforting. We have found the top places for artisanal bread in Lima.

- **Café de Lima** (Miraflores), has a small but great selection of bread, especially their multigrain bread is popular.
- **El Perro Pan** (Instagram), delivery only. Great little hidden gem, only for the insiders.
- **La Panetteria** (Barranco), they have the largest variation of sourdough breads and they are all approved!
- **La P'tite France** (Surquillo), has great bread from traditional baguettes to sourdough.
- **Pan de la Chola** (Miraflores), probably the best bread in town! We love their pan rustico or their Danish rye!

FAST FOOD

The best place to start looking for your favorite (junk) meal delivery is **Rappi**. It is an app that will connect you to all the restaurants that are open for delivery at a given moment.

There are however, a few distinct local options that are in a category by themselves:

- **El Enano** (Miraflores). Completely its own, street kitchen cum fast food joint a la peruana. The best place to get salchipapas and try one of their many tasty fresh juices too! Sitting in the emblematic green bar on the corner of Arica and Chiclayo is an experience entirely limeño.
- **La Lucha** (Several locations). Especially Park Kennedy, this local sandwich place is packed with people. You cannot go wrong with la Lucha. Their juices are yummy as is their french fries and burgers.

- **Grimanesa Vargas** (Miraflores). If you are a little more adventurous - and we know you are! Then you should try the best anticuchos of Lima. Anticuchos are popular and inexpensive meat dishes that originated in the Andes during the pre-Columbian era. Grimanesa Vargas is especially famous for her "pure heart" anticuchos.

- **Al Toke Pez**. (Miraflores) You have to try this. Tomás Matsufuji is the local master of Street Food.

- **Rossa Pizza Appassionata** (San Isidro). This is absolutely one of the best pizzas in town. It is not really a "fast food" joint but pizza is pizza, so we wanted to give you a treat in this category. Enjoy!

PARTIES

Whether you are making a children's party and need everything from entertainment over packaging to a thematic cake or if you are inviting friends over for a formal affair - we have got you covered. Below you will find some party essentials we cannot be without.

RENTING EVERYTHING

If you need tents, rugs, tables or champagne glasses we have listed a few places you can rent everything you need for your event.

- **Il Argento Rentals**, rental of high-end utensils and porcelain for dinners and events. Liked by top chefs in Lima.
- **Volf Perú**, rental of utensils and porcelain for dinners and events.

CATERING COMPANIES

- **Carla Bianchi** is great for small cocktail events, she has the utensils as well as the food. (T: 977 235 374).
- **El Mionka** is the best food truck in town. It can come for birthdays or corporate events.
- **CCORI**, delivers great sustainable food - a "zero-waste" menu using all of the vegetables including peelings, etc.). They come with a whole team; cooks, waiters, helpers in the kitchen, gas heater, pans. Great food, great project. The project was initiated by renowned chef Palmiro Ocampo

and directed to teach under-privileged families to eat cheap and healthy food while advocating for reduction of food waste.

- **Jessica Bendezú Ayala**. Gourmet catering and wedding planner. (T: 996 596 333).
- **Lucha Parodi**. More than 45 years in the gourmet catering market. Laura Cúneo de Vetter works there. (T: 01 449 8998).
- **Pedro Miguel Schiaffino**. One of the great chefs of Lima and purveyor of Amazonian delicacies, chef Schiaffino is available for private catering. (Schiaffino is the man behind our favorite gourmet store La Pulperia)



HIRING WAITERS

- **Carlos Mozo.** A young waiter for a small affair at your house, Carlos is great at handling the drinks. (T: 957 287 474).
- **Mozo Quique.** Quique works in tandem with his nephew, and he has worked a lot of embassy functions. The duo is around 200,- Soles for a night (until midnight). (T: 999 657 198).
- **Walter Mozo.** An experienced waiter who is used to supporting functions. (T: 991 182 787/ 991 182 787).
- **Escuela de Cocina Pachacutec.** Under the auspices of chef Gastón Acurio this culinary school educates waiters too. The school is licensed by the Ministry of Education and its best students will after finishing studies work in top restaurants around the world. They also provide waiters for events as part of their training program.

PROFESSIONAL HOME BARS

- **Drop Social** offers personalized bartending at events.
- **The Bar Keeper Peru** offers personalized bartending at events.

Artisan Pisco

Pepe Moquillaza is a self made pisco aficionado turned pisco and natural wine producer. His "Inquebrantable" pisco is amazing and available in specialty shops around Lima.

KIDS BIRTHDAYS



In pre-pandemic Peru, children and adolescents tended to invite the entire class (or year) to their parties! They invite people to their gardens or rent a space. Entertainers are hired to provide a program packed with fun and activities. Never expect the party to begin or finish on time. Parties are informal and the timeframe flexible. As Lima is a big city, parents are often invited to stay and enjoy the party. Some children are not comfortable with big parties and invite a few good friends for an activity instead. We have included some options for this purpose below. We suspect these old habits will pick up again soon.

RENT A SPACE

- **Hipopótamo Amarillo** is a soft play space in Miraflores that also is a safe and fun space for children, they have a range of birthday packages.
- **La Placita** is a cute space for the little ones to have fun for 3 hours in a safe environment. They have various packages and depending on the ages of the children they adapt the activities.
- **Small Place** is a franchise of soft playhouses that also offers birthday party packages.
- **The Little Gym** is an international enterprise that ensures movement and fun for the younger ones. Children from 1-6 are sure to have fun for 3 hours when they have a party at the Little Gym. This is a higher price-point for a party option, but the Gym itself is a wonderful resource for young children and the parties are extremely well set up.
- **Yeee** in Magdalena del Mar, similar to the above mentioned soft play spaces.
- **Cumplearte.** An alternative option is **Cumplearte** they used to make celebrations in the garden of the MAC contact them to know what they are up to now.
- **Mundo de Barro** (Miraflores). For a group of max 8 people you will be welcomed and learn the basics of working with clay, making your own ceramics.

- **Choco Museo** (Miraflores). You can contact Choco Museo to organize a visit to their museum and workshops, where children get a briefing on the history of chocolate and then embark on making their personalized chocolate to take home.

- **Multicines UVK** (various locations). A teen favorite and a great venue for a birthday, as it provides a more personalized experience with more space and better reclining chairs.

PARTY TOOLS

- **Esfera Entretenimento** is a great group that provides entertainment for the smaller children, they have a famous soap ball show, music and magic.
- **Karaoke Delivery** is a company specializing in home karaoke packages. They also have special kids Karaoke for children +8 years old. We have to admit that we have not tried this option yet, but it looks tempting...
- **Miss Ale** is a primary teacher who has an educational approach to party activities for the smaller children.

- **Pattymania** Juegos Infantiles is a place where you can rent bouncing castles, trampolines, or snack waggons. Lots of things for your party!

PACKAGING

- **Love Packaging** has everything you need for your party and sometimes more.
- **Pagua** is all about eco friendly paper carton utensils.
- **Party Balloons** sells balloon bouquets, ideal for a festive day! You order via WhatsApp.
- **Gift Ideas Lima.** A small shop with all the essential things for a birthday party. From napkins to crowns and party favours.

CULTURE

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Culture

photo: Athena Sooklall

Lima is a cultural hub and little by little cultural life is getting back in the swing. We have a collection of interesting things for you to explore. Enjoy the many offers!

AGENDA

To find out what is “on” in Lima, we recommend you personalize your social media account by following your favorite cultural institutions along with a few of these below mentioned sites.

- **En Lima Agenda Cultural**, is a site that brings you cinema, art and popular culture in many forms.
- **Eventos Gratis Lima**, is an organizer that will feed you a host of options of free entertainment all over town.
- **Guía de Arte Lima**, is a curated guide to contemporary art expositions and related events.
- **Join us** (Online). Join Us is a instagram site where you can see many of the payable cultural events that are on the agenda.
- **Panorama Cultural**, is one of the sites that brings you cinema, major classical music concerts and the ballet program for the Gran Teatro Nacional.

CULTURAL CENTERS

Cultural centers play an important part in the cultural life of Lima. The Peruvian centers represent the best of the local artscene and the international centers mix it up with guest performances from great international names, all in a mix of talented vanguard or more established names.

However, if you want to see culture at work, you have several brooding local intercultural houses full of emerging artists with aspirations, initiative and interesting proposals.

PERUVIAN CULTURAL CENTERS

- Centro Cultural **CAFAE-SE** (San Isidro), operates as a neighborhood cultural center with cinema, music and workshops. Lots of programming for children, including storytelling and theater.

- Centro Cultural de **San Marcos** (Centro), has a broad variety of offers from dance, theater and cinema to courses on archeology and folklore.

- Centro Cultural **PUCP** (San Isidro), is a neighborhood cultural center, with cinema, theater and other cultural events and keep an eye on their courses program, lots of interesting subjects for all ages.

- **Centro Cultural Inca Garcilaso** (Centro), is a gallery administered by the Peruvian Ministry of Foreign Affairs. They organize rotating exhibitions of important Peruvian artists present and past. Online you also find their boletin **Quipu**, a small informative paper on art.

LOCAL CULTURAL HOUSES

- **Casa Fugaz** (Callao), a cultural center with lots of galleries and resident artists.

- **Centro Cultural Mansion Eiffel** (Centro), focuses on new national talents and contemporary art.

- **Proyecto Amil** (San Isidro), in the basement of an old shopping mall, Proyecto Amil is brewing cultural avant garde.

- **Socorro Polivalente** (Barranco), edgy creative space, with resident artists - open when projects are finalised.

INTERNATIONAL CULTURAL CENTERS

Among all the international cultural centers particularly those of the United Kingdom, The United States and Spain stands out as references in feeding the community with serious quality programming.

- Brazil, **Centro Cultural Brasil-Perú**
- France, **Alianza Francesa**
- Germany, **Goethe Institut**
- India, **Centro Cultural India**
- Italy, **Instituto Italiano de Cultura**
- Japan, **Centro Cultural Peruano Japonés**
- Rusia, **Ruso de Ciencia y Cultura en Lima**
- Spain, **Centro Cultural de España**
- UK, **Centro Cultural Peruano Británico**
- USA, **Instituto Cultural Peru Norte Americana**

University of San Marcos

Peru is home to the oldest University of all of the Americas, the National University of San Marcos, which was founded by Charles V in 1551. The University also runs the cultural center popularly known as the Casona, and two important museums, namely the National Museum of Archeology, Anthropology and History of Peru (founded by Julio C. Telles) and the Museum of Natural History.

THEATERS & THE PERFORMING ARTS

For the major events tickets can be found at **Tu Entrada**, **Teleticket**, or **Joinnus** they can also be purchased online or in person at the ticket counter in the supermarket Wong, which also has a catalogue of events.

A Grand Show

- **Gran Teatro Nacional** (San Borja). The national scene for large quality presentations of theater, concerts, ballets and operas. You can be sure that if you have tickets for the Gran Teatro Nacional you are in for a treat.

Great Scenes

- **Teatro Municipal de Lima** (Down Town). The main stage for ballet in town.

- **Teatro La Plaza** (Miraflores). Located inside the Larcomar shopping mall on the waterfront in Miraflores. Teatro la Plaza is an institution in limeño theater life. Both for adults and children. Tickets can be bought off their website.

- **Teatro Marsano** (Miraflores). One of the most important dramatic theaters in Lima is currently closed as they lost their director during the pandemic.



- **Teatro Luigi Pirandello** (Miraflores). A popular theater that often has musicals on their program.

- **Teatro Segura** (Down Town). Currently under reconstruction and scheduled to open in october 2021, Teatro Segura is a showcase for opera, ballet and modern dance.

- **Teatro PUCP** (San Isidro). PUCP is getting ready for new programming at their great location in the heart of San Isidro. Tickets available at Teleticket. Enjoy a coffee in the restaurant!

Noteworthy Programming by International Community

- **Teatro Británico**. Is back with lots of programming both in person and online.

- **Teatro Alianza Francesa**. The Theater of Alianza is back with a combination of online and in person programming. Tickets available at **Joinnus**.

- **Auditorio ICPNA.** Easily one of the best scenes for contemporary dance in Lima.

- **Auditorio del Centro Cultural España.** At present CCE has free online performing arts programming.

Keep an eye on these three theater groups:

- **Yuyachkani.** This is one of the most traditional yet experimental cultural theater groups in Peru. For more than 50 years the group has been a main exponent for modern peruvian theater and participated in worldwide theater events.

- **Maguey Grupo de Teatro.** Theater group that work the interdisciplinary spectra from music, dance, investigation to traditional theater.

- **El Grupo Teatral Expresión.** From Huancayo, this theater group has fast become part of the triumvirate of Peruvian theater.

MUSEUMS & ART

Lima is a melting pot and there is a lot on offer in terms of museums and galleries. We have listed the best for you to explore.

MUSEUMS

- **MALI** (Cercado de Lima), Museo de Arte de Lima has a great combination of pre-Incan artifacts and an important collection of colonial paintings, including many famous Cusqueña paintings. Spend some time in the garden or playing with their spinning-top chairs in the lobby. You also find a small workshop with fun for children. When you go, do not forget to download the app! But do verify that they are open before leaving, as they are about to have major renovation work done.

- **MAC** (Barranco). The Museum for Contemporary Art presents a collection of national and international contemporary art dating from 1950 onward. It has a beautiful sculptural garden where there used to be a nice cafe. Shortly we are sure they will bring that element back.

- **Museo Larco** (Pueblo Libre). One of the most celebrated of the Limeño museums. Larco has great museology and an impressive collection of ceramics. Don't miss the erotic collection! Also, there is a great little shop and a restaurant on the premises.

- **National Museum of Archeology, Anthropology and History of Peru** (Pueblo Libre). This gem of a museum is packed with important artifacts and has a great museology. It is said to re-open its doors to the public during the "bicentenario". Until then check out their online programming.

- **AMANO** (Miraflores). Easily one of our favorite museums in Lima. Amano is a small gem of a neighborhood museum that houses an impressive collection of pre-Inca textiles and artifacts. There is a small Sol Alpaca shop in the back with a collection of beautiful scarves elaborated in collaboration with the museum archive.

- **MUNA** (Lurín). This brand new National Museum opened its door to the public in July 2021 as part of the bicentenario festivities. In the museum, you will find the newly returned and important Karell collection of Paracas textiles, that was recently returned to Peru by the Government of Sweden. Check the Museum webpage for a myriad of activities.

GALLERIES

Lima is home to important commercial galleries that take part in the major international art fairs, but the cultural life is diverse and you will also find exciting neighborhood galleries with artist ateliers, exhibitions and other cultural activities. During the pandemic one of the top Galleries "Revolver" moved its space to Buenos Aires, but several great galleries remain. And we might see other great galleries opening as things slowly turn back to normal again.

- **Crisis Galería** (Barranco), former 80m2 collaborators Juan Luis Balarezo y Alejandra Monteverde opened Crisis where they have an eye on emergent artists.

- **Galería 80m2** (Barranco), from gallery owner Livia Benavides has a focus on contemporary conceptual South American art.

- **Galería Wu** (Barranco). Owned by Frances Wu is a small former art book editor turned gallerist with a focus on discovering new talent.

- **Ginsberg Galería** (Miraflores), focuses on taking national talent to international fairs.

- **Impakto** (Miraflores), national and international contemporary art.

The Iconic Gallerist

Lucía de la Puente no longer has an active gallery, however, she still maintains a large collection of important Peruvian art inside Hotel B. Guests can enjoy private viewings, special events and a connection to Lima's emerging art scene organized in collaboration with her.

ARTWORK

Purchasing art from noteworthy artists is a great way of exploring the local art market. To help you get started we list a few artists that have caught our attention.

AMAZONIAN ART

- **Christian Bendayán**, representing Peru in the 2019 Venice Biennale, Peruvian visual artist, most prominent promotor of Amazonian Art.

PHOTOGRAPHY

- **Lorena Noblecilla**, is a Peruvian photographer and digital artist, whose latest work on forgotten landscapes (environmentalist critique) has gotten her quite some attention also from abroad.

- **Atoq Ramón**. Raw photography from the fringes of society.

- **Ana Elisa Sotelo**. Young and promising photographer who has already made headlines in major international papers and has her photographs featured in Vogue and with National Geographic. You cannot go wrong with a photo from Ana Elisa.

URBAN - MIXED MEDIA

- **Alexander Tongombol**. Peruvian artist from Cajamarca, whose main theme is the architectural urban reality of decaying historical buildings in Lima and other Peruvian cities. He creates delicate, yet impactful work intervening onto cardboard.

SCULPTURE / TEXTILE

- **Alexandra Grau**. A Lima-based artist, who uses recycled materials when she reinvents the traditional use of the quipu allowing her to explore her own artistic language through the use of new materials.

- **Rocío Rodrigo**. Sculptor and first female South American woman to be present at the Biennale in Venice.

- **Sarah Zapata**. A textile artist who is getting a lot of traction for her fabulous, multicolor, yarn based installations.

ART & SOCIAL CONSCIENCE

- **Maria Abaddon**. Installations showcasing disturbing figures of flesh and people in impossible positions. A critique of social degeneration and violence and hence the fragility of life.

- **Natalia Revilla**. Is a Peruvian artist who reminds us that art should raise our conscience. She works with themes such as violence, relationships and the environment.

- **Venuca Evanán**. Inspired by traditional Warmi cultural paintings, she takes her compositions through a contemporary grinder and turns it upside down using her artistic expression to criticize the built-in oppression in traditional societies.

ART FAIRS

Lima is a creative hub and is home to two major annual art fairs: **Art Lima** and **PARC**. Both events are among the most important art fairs in the region, with participation of many interesting international galleries and their scouts.

If you are really into discovering the up and coming Peruvian artists, you might want to check out **La Carniceria**. La Carniceria is the brainchild of artist Maria Abaddon and a yearly art fair organized by emerging and experimental artists themselves. And it has become a catalyst and lighthouse for the alternative art scene in Peru.



FILM

There are few options in Lima for art film cinema. **La Filmoteca** inside **Centro Cultural PUCP** along with the cinema at **Centro Cultural de España** or the Ministry for Culture's Sala **Armando Godoy** are the principal venues.

Every August, **Festival de Cine de Lima de PUCP**, it one of the major cinematographic events of the year, with prizes to both national and international films in competition. In November, Universidad de Lima organizes **Semana de Cine**, a weeklong film festival with great national and international films and in December there is **Trans Cine**

Festival. It is worth noting that each year there is a great **European Film Festival**, with most of the top films from European countries. European Films have a hard time getting distribution in Peru, so keep an eye out for this festival.

If you are interested in reading up on Peruvian cinema, we recommend the first volume of the **Hablemos de Cine Anthology**, edited by renowned film critic Isaac León Frías. The anthology is a treasure trove of articles on national film and it compiles articles written during the past decades for the Hablemos de Cine Magazine.

Grupo Chaski

Grupo Chaski is an important collective of filmmakers formed in 1982. They are committed to making socially significant features and documentaries that trace the lives of the disenfranchised from within their communities. The name Chaski, is a nod to their historical heritage where Chaskis were messengers of the Inca empire carrying the quipus throughout the realm.

ESSENTIAL FILMS

For you to have an idea of the wealth of Peruvian cinema we have some recommendations. Gold from the Archive, is a selection of older movies while Films by the Rising Stars is the newer contemporary Peruvian cinema.

GOLD FROM THE ARCHIVE

- (1972) **Muralla Verde**, by Armando Robles Godoy. A pre-dictatorship film about the man versus nature struggle.

- (1984) **Gregorio**, and (1988) **Juliana** by Grupo Chaski. (Fernando Espinoza, Stefan Gaspar y Alejandro Legaspi). Both films center on the despair of poverty and the hardship faced by the children who have to deal with its consequences on a daily basis.

- (1988) **La boca del Lobo**, by Francisco José Lombardi. (Based on Vargas Llosa's novel) this film takes a critical view on the military during the dictatorship and the ethical dilemma you can find yourself in when you have to follow a command.

- (2000) **Tinta Roja** by Francisco José Lombardi. Tinta Roja is a book adaptation of the namesake novel by Alberto Fuguet. It is a coming of age film about an aspiring writer interning at a local newspaper.

Film by The Rising Stars

- (2004) **Días de Santiago** by Josué Méndez. The film is about a soldiers' struggle for identity after the fight against terrorism has ended, and he is out of a job and society does not need him anymore.

- (2009) **La Teta Asustada**, by Claudia Llosa, was nominated for an Oscar, and won several prestigious international film awards. This film is about the inheritance of disenfranchisement and violence, and the numbness that powerlessness produces.

- (2016) **La Última Noticia** by Grupo Chaski. A radio host decides to report on the sufferings of the citizens from the shining path and the military and becomes the enemy of both groups.

- (2016) **La Casa Rosada** by Palito Ortega Matute. During the terrorism a mom is killed and the dad, a university professor is charged with supporting the Sendero Luminoso. It has huge consequences for their family.

- (2017) **Retablo** by Álvaro Delgado-Aparicio, a film about the conflicts between traditions, expectations and sexuality.

- (2017) **La Hora Final** by Eduardo Mendoza de Echave. A thriller that describes Operation Victoria that led to the capture of the leader of the Sendero Luminoso, Abimael Guzmán (who died incarcerated in 2021).

- (2020) **Manco Capac** by Henry Vallejo Torres. Peru's contender for the Oscars in 2022. At its core, Manco Capac shows us how a poor man can be invisible and contempted all at once.

Troubled Road

German auteur filmmaker Werner Herzog is known for taking on impossible film projects with natural obstructions as part of the scenario. Twice he came to film in the Peruvian Amazon. First "Aguirre the Wrath of God" (1972), then "Fitzcarraldo" (1982). For "Fitzcarraldo", he famously made the film crew push a 320 ton steamboat over a mountain isthmus deep in the jungle before it could continue its journey towards Iquitos. It was all part of Herzogs' vision for the film, and his philosophy in general, to document truth in fiction.

LITERATURE

Lima is heaven for literature lovers, full of great bookshops and quality programming related to poetry.

The enthusiastic reader will not lack for books or bookshops. We have compiled a list of bookshops worth a visit.

BOOKSHOPS

• **Babel** (Miraflores), a tiny but well stocked shop, Babel aims at being a boutique bookshop that will get you any title you don't find. Located in the iconic Casa Inclán it is a very nice pitstop to make. It is particularly great with cooking and the arts.

• **Book Vivant** (San Isidro), is one of the most pro-active bookshops on the list. It has a lot of literary events throughout the year. Contact them to get on their mailing list.

*Vino el pájaro
Y devoró al gusano
Vino el hombre
Y devoró al pájaro
Vino el gusano
Y devoró al hombre*
- Blanca Varela

• **Escena Libre** (San Isidro). A tiny well stocked shop inside PUCP specialized in cinema, theater and independent literature.

• **Euromatex** (Miraflores). A simple shop that carries a small selection of French literature including dictionaries, pocket books and children's literature.

• **Librería Sur** (San Isidro). One of the best selections and a hidden gem for the serious reader. They have a small section of collectors items such as out of catalogue and signed books.

• **Lupas** (Miraflores). This is hands down the best bookshop for kids. It is a small shop with all the best international literature (in Spanish) and a few selected Peruvian authors too, and there is always a small reading corner for the little ones.

• **Arcadia Mediática** (Miraflores), a great little bookshop specialized in literature on

*Cada una de las edades
que conforman mi edad
pasarán turbulentas y yo
volveré a ser
la jovencita que a los
quince estuvo a punto de
sucumbir
pero que aún respira.*

- Mariela Dreyfus

architecture & design, they normally sell Moleskine agendas and notebooks just before Christmas.

• **Librería Communitas**, (San Isidro). Communitas is the bookshop with the largest volume of books in Peru. On top of that, Communitas is one of the few bookshops that makes most geeks happy. It has a large stock of everything from classic comics, manga and other graphic novels.

• **Librería La Rebelde** (Barranco). A cosy bookshop placed in an old soulful Barranco house. You will always find interesting contemporary literature, great literary events and also a good selection of children's literature. You can enjoy a coffee as there is an attached cafe.

• **Librería Cultura Peruana** (Miraflores). LCP is a second hand bookshop just off Park Kennedy in the heart of Miraflores. This small store is an academic's delight. You can find a great selection of books that have become out of print but are still relevant. It also carries a large section of books on the Sendero Luminoso. A gem of a bookshop if you know what you are looking for.

• **Placeres Compulsivos** (Barranco). A phenomenal bookshop with titles from female writers only.

*¡Subes centelleante de
labios y de ojeras!
Por tus venas subo, como
un can herido
que busca el refugio de
blandas aceras.*

- César Vallejo

FOREIGN MAGAZINES

Foreign magazines are hard to get by in Lima. Less hard if you are a French speaker. **Guillaume Flor** is the representative of **Uni-Press**, and he is selling subscriptions to French language magazines. Magazines range from kids magazines over fashion to scientific magazines. (T: 954 771 331). If you are looking for English language magazines, the small kiosk off Dasso, on Víctor Maurtua has a small selection of American Vogue, Vanity Fair etc

PERUVIAN LITERATURE

There are three giants in Peruvian literature, the poets Blanca Varela and César Vallejo and the more widely known novelist and Nobel laureate Mario Vargas Llosa. However, Peru is home to many well established authors. Below we have made a list of our favorites.

OLDIES BUT GOODIES

• **Garcilaso de la Vega el Inca** (1539-1616). For a historic perspective on life during early colonial Peru we recommend "The Royal Commentaries of the Incas and General History of Peru"

• **Sebastián Salazar Bondy** (1924- 1965). Most famous for his "Lima la Horrible," an essay in book form about the Limeño ethos.

*De las estaciones frías.
De las distancias.
De haber sido,
de seguir siendo,
de llegar sin llegar,
de instalarse a medio camino,
de dar miedo, de no poder,
de no querer...*

- Gabriela Wiener



POETRY

- **Blanca Varela** (1926-2009). A must read! Surreal poetry and part of the international modernist movement. We recommend “Canto Villano” translated into English as “Rough Song.”
- **César Vallejo** (1892-1938). Recognized internationally as one of the greatest poetic innovators of the 20th Century. We recommend beginning with “Trilce”.
- **Mariela Dreyfus** (1960-). Contemporary poetry that centers her writing around love, lust and death. We recommend “Gravedad” which is a compilation of her work.
- **Maria Emilia Conejo** (1949-72). Her first poems were published post mortem - after a suicide at the tender age of 23. Nevertheless, her remarkable talent marked a generation of readers - especially the young female readers with a brooding sexuality were inspired by her frank and forward thinking prose.

THE GRAND PERUVIAN NOVEL

- **Mario Vargas Llosa** (1936 -). The grand man of Peruvian literature, Nobel Laureate in 2010. We would start with his first novel “The time of the hero” that has also been turned into a film by Francisco Lombardi (La Ciudad y los Perros, 1985).

CONTEMPORARY

- **Alfredo Bryce Echenique** (1939 -). The chronicler of the Peruvian elite. We recommend the coming of age novel “Un Mundo para Julius.” It will be released as a film in October 2021 by Rossana Diaz. We also recommend you get his “Atlas Peru”, which is a fabulous visual documentary and cultural critique of Peru. (and hence not a written book as such).
- **Fernando Ampuero** (1949 -). The particular Ampuero “long essay” style is compelling. He writes from a male perspective with precision and often with a subtle touch of humor. We recommend “Taxi Driver sin Robert de Niro”.

EDGY

- **Gabriela Wiener** (1975 -). The fearless Gabriela Wiener writes about colonialism, racism and sex - like no one else. We recommend her new book Huaco Retrato that was published in October 2021. With a razor sharp dissection of current ways of thought, Wiener dishes on neo-colonialism, racism and a family story about polyamorous relationships. Wiener is part of the new Latin American chroniclers and also a journalist at El País in Spain.
- **Jaime Bayly** (1965 -). Bayly’s semi-autobiographical writing takes on sexual ambivalence and politics. We recommend his first novel “No se lo Digas a Nadie.” (Don’t tell Anyone) that has also been made into a film by Francisco Lombardi.

SOCIAL PERSPECTIVE / NOIR

- **Alonso Cueto** (1954 -). Writing about family secrets during the military dictatorship. We recommend “La Hora Azul.”
- **Karina Pacheco Medrano** (1969 -). Writes about loss of innocence, inequality, racism and family life in Peru and draws from her experience as an anthropologist. We recommend “La voluntad de Molle”.
- **Laura Riesco** (1940 -). A refined view of the clash of cultures between the “Spanish” and Andine Peru. We recommend “Ximena de dos Caminos”.
- **Santiago Roncagliolo** (1975 -). Writing about the conflict between shining path guerrillas and government forces. We recommend “Abril Rojo”.

FOR KIDS

- **Erika Stockholm**. Writes with humor about important issues without ever being moralistic. Fabulous children’s books. We recommend beginning with Maria Julia.
- **Jorge Eslava**. The holy grail of Peruvian children’s book authors. We recommend beginning with his story about love: “Una Banca en el Parque”.

- **Michaela Chirif**. One of the most widely translated Peruvian children’s authors. We recommend “Donde está Tomás?”.

PODCASTS

If you are a podcast fan you will surely appreciate **El Buen Libro**. A podcast and vlog site full of useful information.

You could also have a look at the podcast **Radio Ambulante**. It is an award-winning podcast distributed by NPR, that chronicles Latin American life, including stories from out of Peru. Journalist Daniel Alarcón is co-hosting the podcast.

If you are looking for a Spanish language podcast that focuses more on politics look no further than **El Hilo**. Each Friday a new episode is launched with the most important news from Latin America. This is a great podcast made by the people behind Radio Ambulante and Vice News. It is packed with great journalism from Latin America, including Peru.

LITERARY EVENTS

There are two major literary events in Peru, in August/September, in Lima you find **Feria Internacional del Libro de Lima** and around November the United Kingdom brings the **Hay Festival of Literature & Art** to Arequipa.

Casa de la Literatura Peruana (Downtown) has reopened, and you have access to their permanent exhibit along with the Mario Vargas Llosa Library and their children’s exposition. You have to book a time in advance and comply with their bio safety measures. They also organize **Mapa Literaria de Lima**, a walk through downtown Lima in the footsteps of literary works and the traces they left. Keep an eye on their social media for other literary events.

Soy la mujer que lo castró con infinitos gestos de ternura y gemidos falsos en la cama. Soy la muchacha mala de la historia.

- *Maria Emilia Conejo*

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Time Out

New York has its museum mile, but Lima has a restaurant mile. “Mariscal La Mar” is a hotspot for many young chefs and for a while restaurants in Lima were popping like popcorn on a hot pan around this area. This said you can find great restaurants and things to do all over town. We will try to give you our version of a good time below.

DINING

It is inevitable to talk about restaurants in Lima. Peru has become a gastronomic superweight and is one of the few countries to boast more than one restaurant on **San Pellegrino's** top 10 list of the **World's 50 Best Restaurants again in 2021. (CENTRAL and MAIDO).**

Summum is the Peruvian reference for everything gastronomy related. They list not only the chefs of the year, but also the best producer, best atmosphere and so forth. Many times Summum overlaps with the San Pellegrino's list, but it is a more complete list as it focuses on Lima only.

We have made three lists for you. One based on San Pellegrino's ranking of the Best Restaurants in **Latin America**. The second, where we complement the list with our favorites and the third with restaurants outside of the normal categories.

THE TOP CHEFS AND THEIR RESTAURANTS (As ranked by World's 50 Best 2020)



• **Maido** by Mitsuharu Tsumura (Maido). A darling among chefs, Micha (chef) prepares Nikkei food at Maido. Nikkei is a typical Peruvian cuisine with strong influences from Japanese gastronomy. Maido is a true gem. Ask for a seating at the sushi bar! You'll be part of the bustling cooking action. (#2 in Latin America - #7 in the World)



• **Central** by Virgilio Martínez (Central, MIL). No introduction needed, Virgilio Martínez's restaurant has put Peru on the world map. His highly experimental tasting menu composed of food from different biomes, sampled and divided into latitudes has earned him a following that other chefs can only dream of. Leave some space for the cacao dessert: eating chocolate like you never did before! (#3 in Latin America - #4 in the World)



• **Osso** by Renzo Garibaldi (Osso). A meat lover's paradise, Osso is the best meat place in town and Garibaldi spent more than three years learning about sustainable butchery. After your meal, step into the side shop of Osso where you'll find a selection of the meat you ate and more! (#10)



• **Kjolle** by Pía León (Kjolle, MIL). Best female chef in the world! Named after a yellow Andean flower, her restaurant Kjolle, is experimental and daring, Kjolle uses the same ingredients as Central but mixes ingredients differently. Her signature dish is "The Native Tubercules Tart". (#18)



• **Isolina** by José Del Castillo (Isolina Taberna, Las Reyes, La Red). It is difficult to get a table at Isolina. The corner house is always full, as they serve traditional criollo food with recipes from the chefs' grandmother. Most of the dishes are meant to be shared, so bring your friends like everyone else seems to do. We suggest you ask for a table in the upper part of the restaurant. (#20)



• **Astrid y Gastón** by Gastón Acurio (Astrid & Gastón, La Mar, Tanta, Panchita, Papacho's, Madam Tusan, Chicha, El Bodegón, Barra Chalaca). Gastón has been credited with attracting international attention to the Peruvian cuisine. He has built a restaurant empire both at home and abroad. His restaurants are always packed with people as he is the master of creating a good atmosphere. His flagship restaurant has a beautiful patio at the back where you are sure to enjoy your meal fully! (#22)



• **Mayta** by Jaime Pesaque (Mayta, Sapiens, Mad Burger, 500 Grados). Chef Pesaque has worked in world renowned Spanish restaurants before he opened Mayta. He is definitely a chef who is up and coming, and is inventive with local produce. During the pandemic Pesaque has boosted his creativeness and you should go for the tasting menu! Don't leave without the trying the jaw dropping Tarta de Muña! (#24)



• **Rafael** by Rafael Osterling (Rafael, Felix Brasserie, El Mercado). All three restaurants are beloved and on the top 10 of best restaurants in Lima. Rafael, the flagship restaurant is international fusion food paired with a great ambience and tasteful decor with emphasis on contemporary art. Start with a cocktail! They are divine here! (#29)



• **MIL** by Virgilio Martínez, Pía León & Malena Martínez (Central, Kjolle, MIL). Situated in the breathtaking Sacred Valley close to Cusco, MIL is a living food lab turned restaurant. Malena Martínez is mapping the local flora and fauna while they are experimenting with the local produce. A true experience. (#35)



• **Merito** by Juan Luis Martinez (Merito). Fresh out of Central's kitchen, Venezuelan chef Martinez opened Merito and soon after earned a well-deserved space on the sought-after San Pellegrino list of best restaurants in the world. Everything is good at Merito, but better experienced when seated in front of the ground floor kitchen. (#37)



• **La Mar** by Juan Lopez for Gastón Acurio. La Mar is an institution on Mariscal La Mar. It boasts one of the best ambiances in Lima and is super relaxed without lowering its standards. Drinks are great and food plentiful. The best spot is at the fish bar! (#45)

LOCAL FAVORITES

These restaurants didn't make it to San Pellegrino's list, but they unquestionably belong on our list of favorite places.

- **Awicha** (Barranco). Super relaxed and informal atmosphere paired with food that comforts you. It is peruvian with a touch of french. Absolutely lovely!
- **Cosme**. (San Isidro) Cosme serves contemporary cuisine with a twist. Young and dynamic crowd. We love the photography on the walls.
- **El Mercado**. (Miraflores) This outdoorish restaurant is a great place for an informal lunch. Food is great and the ambience likewise. It sometimes feels like a place where people go to check who is there...
- **Felix**. (San Isidro) This is a little gem of a restaurant with a lovely ambience and a great menu. Especially great for families.
- **Jeronimo** (Miraflores). A local favorite, this small corner restaurant packs easily and is a cosy place for lunch. Besides, we love the decor with the hanging plants and open windows.

- **Siete** (Barranco). A well designed, well located restaurant with upcoming chef Ricardo Martins. Their pejerrey and pasta dishes are sublime! Don't cheat yourself for one of their fabulous cocktails prepared by Head Bartender Gerson Arteaga.

- **Tomo Cocina Nikkei**. (Surco). Japanese fusion at its best. Very interesting Nigiris!! Restaurant headed by young and creative chefs.

- **Tropo**. (San Isidro) Great Italian place in the heart of San Isidro. Great aesthetics and well made traditional Italian fare.

SOMETHING ELSE

These restaurants are not competing for anything, they are just great in their own right.

- **Don Fernando** (Jesús María). If you have had enough of designer restaurants and want a truly local experience, the Fernando Veras brothers have an original proposal with home cooked norteño dishes. Try their deep fried pejerrey, absolutely delicious. No wonder the queue is long outside!

- **Huacahuasi** (San Isidro). Most "haute-cuisine" in Peru is inspired by its indigenous heritage. Huacahuasi is a traditional indigenous restaurant. You should try their pachamanca which is a famous dish prepared in the "underground" ovens. Go here before you go to Central. It will enhance your experience.

- **Limana** (San Isidro). Need something vegan? This is your restaurant. Their menu is designed for the "woke" food crowd - anything your heart desires: paleo, keto, no gluten, no lactose - they have it! In addition, Limana makes the best flavoured kombucha in town.

Food Science

Virgilio Martinez is one of the best chefs in the world. What sets him apart is his commitment to the origin of the Peruvian produce. He traces ancient ingredients and makes menus based on altitudes and specific ecosystems (from 25m below to 4000m above sea level). To help map out the flora and fauna of Peru, he collaborates with his sister, biologist Malena Martinez, who besides working on cataloging, also experiments with ingredients beyond their historic context. The kitchen of Central bears similarity to a science lab.

World's Best Female Chef

*Pia León has just been awarded World's Best Female Chef at only 34! You can try her talent by booking a table at her restaurant **Kjolle**. Pia León played a vital role at Central, which she and husband Martinez led to No.1 in Latin America's 50 Best Restaurants for three consecutive years.*

- **Matria**. (Miraflores). One of the few female chefs to reach the top of the competitive restaurant food chain in Lima. Matria restaurant is highly innovative. We recommend her razor clams!

- **Osaka**. (San Isidro) This is absolutely one of our favorite nikkei places. You can be in the bar or outside on the couch. You cannot go wrong at Osaka.

• Granja Azul

(San Isidro/Santa Clara). Grilled chicken is a phenomenon in Lima. Everybody loves it! Granja Azul is the most iconic restaurant to get your chicken. They have more than 70 years of operation and for the very hungry they have a popular "all you can eat" option. Dive in and enjoy! NB: If you have children it is well worth it to go to their country location in Santa Clara where there is a huge green area and lots of space for play.

MUSIC & BARS

There is no Blue Note in Lima, but there are places that have great music programming. You will also be surprised to see that top musicians play at neighborhood venues so keep an eye out the likes of, guitarist Andrés Prado, pianist José Luis Madueño or singer Pilar de la Hoz.

We recommend these establishments as go-to places for quality music in Lima, they are all warming up after the long shutdown, so keep an eye on their social media accounts for information on opening hours.

MUSIC

• **El Cocodrilo Verde.** Our number one choice for live music in Lima. Its live music lineup spans jazz, rock, blues and traditional Peruvian sounds.

• **Jazz Zone Perú.** Another favorite music lounge that has a great line-up of Latin Jazz, bossa nova, blues and experimental Jazz.

• **Dossis** (San Isidro). During the pandemic this little place became a bastion of resistance - a semi-clandestine wateringhole for the city's musicians and their entourage. Outside seating ensured sanitary protocols were upheld and the music and drinks would flow into the night.

• **La Oficina.** If you want an experience with musica criolla (Peña) you should visit La Oficina in Barranco. It is one of a very few places left dedicated to the Criolla traditions. It is very typical Limeño, very "dans son jus." It is a popular place so you need to make reservations.

BARS

The sad thing during the pandemic was to lose some of the best bars in the world. We have lost the likes of **Carnaval** (best bar in the world) and **Bitter Cocktail Club**. But check their web pages as they might announce a comeback. Thankfully, Lima didn't lose all its great bars, and we have made a list of those we frequent.

• **Ayahuasca Restobar** (Barranco), is set in an iconic old mansion; you can find a range of cocktails and snacks here.

• **Cala Lounge** (Barranco), the best bar on the oceanfront. This is the place where the "pitucos" (well off Limeños) hang out in the summer (when they are not in the southern resort town, Asia). The restaurant

is excellent, but it is the lounge area that is the great attraction.

• **Celeste Solar Rooftop Bar** (San Isidro). In the summer, nothing better than a sundowner on a roof deck. Hyatt Centrics' Celeste bar is a great place for this.

• **Bottega Dasso** (San Isidro). The ultimate San Isidro late afternoon, chic, drinking hole. They make a great Campari Spritz - this is an incontournable neighborhood hangout!

• **Ladybee** (Miraflores). Brand new Bistronomic Bar ! Creative Combination of Sublime Cocktails & Gastro-food. Yum!

• **Molly's Irish Pub** (Miraflores), is the go-to pub for a pint and for watching a game of football. It is a local favorite among expats in Lima. A great spot.



• **La Destilería** (Miraflores), ground & first floor, live music on certain evenings.

• **El Infusionista** (Miraflores), is a fun and quirky cocktail bar that boasts a range of delicious and creative cocktails. During the pandemic they delivered popular "medicine kits".

We also suggest you go on a pub crawl in Calle Manuel Bonilla in Miraflores! It is one of the best streets for a range of fun bars and craft brewed beer.

Pisco Sour

- PISCO SOUR
- 3 measures of Pisco
- 1 measure of syrup
- 1 measure of lime juice
- 1/6 measure of egg white
- 4 ice cubes
- 3 drops of Angostura bitters to top

Add all the ingredients in a cocktail shaker (except the Angostura bitter) Shake for 15 seconds.

Serve in an iced glass and sprinkle with 3 drops of Angostura bitter.

COFFEE SHOPS

Lima is full of wonderful places with great coffee, treats and bread. Most of the places listed enable you not only to enjoy their goodies but also to purchase them for home consumption

This is our list of best coffee spots in town!

• **Café de Lima** (Miraflores), one of the more elegant coffee houses, with both an open space and a more corporate closed space (great for work) on the top floor.

• **Colonia & Co** (Barranco), hip neighborhood cafe with great coffee and a good vibe.

• **La Folie** (Surco), nice eclectic place for a coffee.

• **La Panetteria** (Barranco), a great little place for a coffee either stay or takeaway. (Their sour-dough bread is divine).

• **La Teoría de los 6 Cafés** (Miraflores), one of the best espressos around and with the best chocolate truffles in town.

• **Neira Coffee Lab** (Miraflores & San Isidro), officially the best coffee place in Lima, you can also buy lots of coffee beans to bring home and brew your own. Neira opened a new satellite coffee shop in San Isidro just off Dasso - mostly coffee to go!

• **Pan de la Chola** (Miraflores), great place for coffee and a good working wifi so you can hang out a little and get some work done.

• **Quinta Esencia Tea Shop** (Surco), if you are not into coffee, but appreciate a nice cup of tea, try Quinta Esencia in Chacarilla, they have more than 150 types of luxury tea and are a slice of heaven for tea lovers.

- **The Coffee Road** (San Isidro), one of the few new wave places for specialty coffee in San Isidro.

- **Franklin** (San Isidro). Don't be fooled that this is a hotel cafe. We never really visited before the Covid hit town, and it was one of the only places open. We got to know this place for its nice staffers and great coffee and jazzy soundtrack. Now we are regulars!

- **Millimetrica** (Miraflores). The ultimate real specialist coffee shop in Lima. A simple, no frills location, where the focus is on the variety of Peruvian Coffee beans. Thanks to the availability of the uttermost quality coffee grinders.

- **Origen Tostadores de Café** (Surquillo). Great coffee that also delivers home grinded beans.

- **Ché Cha**. (Miraflores). One of the very few urban terraces in Lima. This is a great little food shop with cafe style food. We love that you can sit on the pavement in the heart of Miraflores. They have great juices, tea, mocktails and cocktails.

- **Mo Bistro**. (Miraflores) A great neighborhood cafe with a nice outdoor space.

- **Demo Lima**. (Barranco) From the same creative owners of Merito Restaurant, and located right next to it. A Scandinavian inspired decor for scrumptious confectionery and delicious bread, Demo Lima serves breakfast and lunch. In the evening, the space becomes the bar/seating area for Merito. New and Fab!!

Pima

Peru is famous for its quality Pima cotton. Pima cotton is a term that refers to the length of the individual cotton fibers. These longer, silkier fibers produce a luxuriously soft fabric that is also incredibly strong and durable. It is resistant to fraying, tearing, pilling, wrinkling, and fading. Archaeologists have found Pima cotton fragments in Peru that date as far back as 3100 B.C.

RETAIL DELUXE

Lima has many things to offer however, the best places are not necessarily obvious. We have listed some interesting things in the categories below, but we also suggest you connect to the Instagram account **Lima Confidential**, and check out **Living in Peru** and **Culture Trip**, they are curated guide book sites that provide you with great places to eat, sleep and experience all over Peru.



ALPACA

Living in Peru gives access to reasonably priced alpaca goods. Alpaca wool is one of the most valued animal fibers used in textiles and often compared to cashmere. It is known to be as soft as cashmere; it is hypoallergenic, pills less than cashmere and is much warmer and lighter than sheep's wool. In Pre- Columbian times, Vicuña fiber was used to make clothes for the royalty and was known as the fiber of the Gods.

You can find many specialized alpaca stores, but the most famous Peruvian brands are **KUNA** and **SOL Alpaca**. You should know that once a year most alpaca manufactures make a common sale in July / August in Centro Convenciones Casa Prado in Miraflores.

ALPACA OUTLETS

If you like a good bargain, we have two addresses for factory outlets that accept group visits. To organize with the factory, you simply call them in advance to make the booking. Booking is important as it is by appointment only!

- **Artesanía Lanera Andina**. Alpaca blankets can be gotten in the small sales room inside the compound of this textile factory. Most of the production is for clients abroad hence the items for sale have little or no ethnic ornamentation. They are "clean/simple" models in various colors. They sell shawls and throws at incredible prices. Call **Rocío Colero** to book your visit. Avenida San Alfonso 399, Santa Clara. (T: 998 346 099/01 461 3500).

- **Artesanías Mon Repos**. At this alpaca outlet (**Mon Repos**) you can purchase from current and past collections. Av. Los Tucanes Mz T2 Lt 1,2 CPM Santa María de Huachipa. (T: 01 371 0342).

- Another alpaca outlet store that is located in the heart of San Isidro is **Michell**. Here you will find a small selection of scarfs, coats and sweaters in alpaca wool. No need for booking, the store has normal opening hours.

PIMA COTTON

Sleeping in pima cotton sheets or in a pima pyjama is an affordable luxury in Peru. We have a few addresses that can help you find the right one for you.

- **Claire de Lune** is the ultimate pima pyjama boutique, their designs range from simple to more elaborate and they have (a small selection) for the entire family - including your four legged friend.

- **Jocathex** (San Isidro). Probably the best little shop for home textiles. You find everything for your bed and table and what they don't have they can customize.

- **Kicott Pima Pijamas**. If you want great quality pima cotton sleepwear Alida of Kicott Pima Pijama is your best bet. We super recommend her boyfriend PJ that comes in a variety of colors.

- **Plumas** (Various). This shop holds the largest selection of sheets and duvet covers alike and it includes a selection of pima pajamas too. Here you can also have your bed sheets, towels or throws engraved with your logo or a personalized message.

CUSTOM MADE JEWELRY!

Fernando has his own line of jewelry but can also attend to your dreams and wishes, by creating custom jewelry for you. Service is impeccable and prices are very reasonable.



Alpaca Grading System

To help you understand the alpaca fiber grading system we have listed an overview to help demystify the grading of the precious wool.

Alpaca. Regular alpaca fibers. This is considered a pair with or even better than the more known cashmere wool.

Baby alpaca. The term “baby alpaca” refers to the fineness of the fiber. Baby alpaca and royal alpaca come from the softest parts of the alpaca, usually around the chest of the animal where the hair is more refined.

Royal alpaca. Like with baby alpaca, the fiber comes from around the chest of the animal where the fiber is softest. Royal means that it is an even finer grade than baby alpaca.

Suri is a special breed of alpaca that appears long-haired or rastafari if you like. Their long hair has a very recognizable luster that translates into long visible (shiny) textile fibers. Garments made from Suri alpaca tend to be more expensive than common alpaca.

Vicuña. Vicuña is even more precious than alpaca, and almost prohibitively expensive. Considered the rarest and most precious fiber in the world, the vicuña comes from the wild ancestor of the alpaca. Vicuñas are not domesticated, but rather they run in carefully guarded herds that are rounded up and shorn only once every three years.

FASHION

Every year around March Lima Fashion Week clears the front pages of all the glossy magazines. It is the major fashion event of the year and the opportunity for established names and newcomers alike to compete for attention. Past Fashion Week designers include oldtimers like **Ana María Guiulfo**, **Claudia Jiménez**, **Fátima Arrieta**, and the millennials **Pat Sedano** and **Annaiss Yucra**.

An event that is no less fun is **Perú Moda**, part of the export Peru organization that you can find on a yearly basis in the centro de convenciones in San Borja. If you can get a special pass, you should definitely try to go. Besides fashion shows, there will be two floors full of goods ready for export, sometimes they sell on the spot to individuals.

Pop-up stores are also in vogue in Lima and some of the most interesting designers have united under the banner **Alianza de Diseñadores del Perú**. They make pop-ups mainly at the **Hyatt Centric** in San Isidro. You will find solid designers like **Meche Correa**, **Sumy Kujon** and **Sitka Semsch**.

We also think you should keep an eye open for designers like **Ayni**, **Escvdo** and **Susan Wagner** that are all part of the new wave of eco and socially conscious fashion frontrunners.

We have our eye set on **Balcanica**, fabulously creative clothes with an artistic vibe. You can buy their things directly with them or you can check out the selection at **Neo Concept Store** in Barranco.

GETTING DRESSED

It is not all about fashion forward looks we also need to get dressed for our mundane life. Below we have a few of our favorite local clothing stores:

- **VÄV** (online only). We have found a peruvian company that makes the perfect t-shirt of 100% pima cotton. Knock yourself out with Väv’s gorgeous staples.

- **Neo Concept Store**. For all the best limeño designers gathered under one roof.

- **Saya** (San Isidro). This is a soothing shop with quality linen staples in the summer. They also carry accessories for you and your home.

SHOE WOW!

Fashion in Peru is by no means limited to clothes, there are several shoe designers that are catering to the fashion crowd. **Butrich** is an example of outrageously exuberant female shoes designed by fashion darling Jessica Butrich. The shop – pink inside out – is well worth a visit. Shoes meant for the catwalk and on the feet of the fun-loving fashionistas. <https://butrich.com/>

For a more conservative look, **Botería Negreiros** is a shoemaker specialized in custom-made shoes. You can also have a favorite shoe copied. (T: 940 998 567).



Polleras

European clothing styles crossed the Atlantic during colonial times. One of the popular fashions that found a local expression was the long puffy skirt worn by the Spanish ladies. Since it was round, locals linked its shape to that of a bird cage (therefore its name pollera - pollo means chicken). Soon Andean women began wearing polleras made of alpaca wool and decorated them with embroidery in multicolored patterns. The pollera has since become synonymous with Andean culture and identity.

OUTLETS

Lima has more than prêt-à-porter. You can also find a host of outlets stocked with well known Italian, Argentine and North American brands. Many of them are found in the San Luis district behind la Molina. If you do not know your way around, it is recommended you hire a driver who can wait for you while you shop.

• **Cotton Kinz Outlet.** Here you can find items from designers such as Burch, Lacoste, Burberry, Polo, Hugo Boss. It is a factory outlet, so you have to call to coordinate your group visit. Mariscal Eloy Ureta 225, Urb. El Pino, San Luis. (T: 01 207 6660).

• **Mara Outlet.** Pima cotton nightwear outlet. Just 10-15 m down the street from the Cotton Kinz Outlet.

• **Kids Made Here Outlet** (San Luis), in addition to past seasons of Kids Made Here you can also find the occasional Abercrombie & Fitch garment. Pasaje José Olaya 137 - Distrito: San Luis (behind Clínica San Juan de Dios).

TAILORED CLOTHES

If you are in the market for tailored clothes, skilled and reasonably priced tailors are available and make Lima a brilliant place for updating or copying favorite pieces in the Wardrobe.

• **Sastrería Arbildo** (Miraflores), is a great tailor (unisex), makes men's suits for about USD 700,- and can copy anything. Not cheap, but of great reliability. Many customers continue to have Arbildo send them suits after they have left Peru.

• **Lucía Soliz** (San Isidro), an excellent seamstress who is used to altering high-end clothing. (T: 999 963 630).

• **Bottonificio** (Miraflores), is an Aladdin's cave for designers. They have great service and sell buttons and other accessories for your fashion project. (T: 969 737 852).

Textiles can sometimes be gotten with the tailors like Arbildo, but we recommend you make the trip to the notorious **Gamarra** and find a good deal at La Europiana Textiles, where you will find many fabrics including silk. Jr. Hipólito Unanue 1356 Int 102, La Victoria. (T: 01 324 5713).

Textiles

The Incas valued textile above all other commodities, even gold. In large measure because of the amount of time and care expended in producing them. This also explains the care with which their textile tools were prepared and decorated, like small objects of art themselves. Pre-Columbian Peruvians are recognised as the best textile makers in the Americas. Museo Amano houses an important selection of textiles and tools.

REPAIR OF CLOTHES

If you have a pair of pants that need hemming or a blouse with some issues, there are many neighborhood repair shops. Places that accept repairing your old clothes for a very reasonable sum.

Alterations. Just off Miguel Dasso, on Leonid Yerovi you find a tiny shop with no name on it, but don't be fooled, the door is always open and they make alterations at a reasonable price. Most San Isidro ladies go there after a shopping spree to make "custom" changes to their bargain finds. (they have a tiny changing room).

• **Bazar Martha** (Miraflores), general repair, humble service, reliable and fairly priced. Calle Arica 759.

• **Verónica** (San Isidro), neat and reliable, but not cheap. (T: 993 899 045).

ANTIQUES

If there is a center for hunting treasures you find it downtown. In Jiron Camaná, just in front of the pretty church on Plaza Francia, there is a "galeria commercial" where tons of little antique shops have a booth. You can find anything from toys to mirrors or old video films and porcelain. Other than that, antiques shops are scattered around town. If you pass by the French Napoleon bakery in Calle Alfonso Ugarte in Miraflores you will find a few great antique shops nearby.

• **El Desván** (Miraflores). Is a small shop with an eclectic collection of European and South American antiques.

• **Artes Oficios Restauración** (Miraflores). An art restoration and antique shop including courses in and maintenance of all types of antiques from porcelain to furniture. (T: 950 141 006).

HOUSE BEAUTIFUL

If you are in the market for some fancy design furniture or accessories we have a few favorite places to share. You can get anything from top domestic designer furniture to international classics. There are also several shops with knock offs, but we won't list them.

• **ID.** Contemporary Spanish furniture and accessories.

• **Lima Modern.** Perhaps the most interesting of them all. They have an interesting selection of international design furniture and accessories, but some of the best items are by local architects.

• **Mariano Márquez Studio** (Barranco), Mariano designs lamps and mobiles in origami style. The lamps have a following with the design savvy limeños for their beautiful aesthetic and special soft lighting. (T: 945 089 845).

• **Primas.** Furniture and accessories gathered from around the world.

• **Puna** (Barranco), founded by a young couple with a background in design, this contemporary deco shop carries a variety of lifestyle objects all curated with an eye for the ethically and environmentally friendly.

• **Neo Concept Store** (Barranco). In the basement of the store you find a nice selection of national and Scandinavian designers and on the third floor you have antique retro furniture.

SILVER

Arriving in Lima most people think of the beautiful and traditional peruvian silverware. Head towards Avenida La Paz in Miraflores

just behind Park Kennedy, there you will find the streets lined with silver shops and packed with new and old alike. Or visit one of **Ilaría's** many quintessential silver shops around town.

If you are adventurous, less expensive silverware and silver plating is available in the many shops around Jirón Salaverry in Chorrillos. We suggest a visit to **Platería Liam** and **Manos de Plata** where they sell silver frames, trays and other ornaments.

In the city center, just behind the Plaza de Armas, you find a small shop called **Meliza**, where you can buy silver jewelry and adornments by the kg, which means there is a substantial discount if you buy in bulk. (T: 01 426 6911).

If you want to try something more contemporary, have a look at **Sissai**. It is a small personalized jewelry shop that translates Peruvian jewelry heritage into something contemporary. They use fair mined EcoGold (18 karat), Peruvian silver and many of the precious stones available in Peru, including the Peruvian opal.

TRADITIONAL HANDCRAFT

• **Ruraq Maki**. Organized by the Ministry of Culture, Ruraq Maki is the most traditional market with a great representation of artisans from throughout the country. During the pandemic they made an online platform where you can also make your purchase year round.

• **El Rastrillo**, is a yearly beneficial event that offers many things from artisanry to contemporary fashion all sellers have been selected with an eye for quality.

• **Jardín Abierto**, the yearly fair in the Country Club in San Isidro is another beneficiary organization that has a very nice selection of handcrafts.

• **Las Pallas** (Barranco). Mari Solari has a great selection of traditional handicrafts, textiles, ceramics, hand-painted frames, trays, baskets, amulets. There are no signs in front of the small blue house in Calle Cajamarca 212. Ring the doorbell to get in.

• **Nina Project**. If you are fond of ceramics and would like to support a great project. A souvenir from Nina Project is a great way to help. Founded by the french Déborah Hellequin, it teaches and helps inmates in a Lima prison to generate income and skills, while selling ceramics.

If you are looking for typical souvenirs, take a walk down Av. Petit Thouars in Miraflores, (around Hiraoka) there are several artisan markets that are open on a daily basis. Although they mainly cater to tourists, you can find nice things if you look around.

GIFT SHOPS

• **Cajamarca 219** (Cajamarca 219), a little-known gem of a shop with an eclectic selection of prime quality design. Thibault van der Straete, a French designer based in Peru, has made his name selling alpaca and pima cotton designs of everything from slippers to sofas. Besides the design and clothing items, he has a great selection of art books, eco-chocolate and to make you relax and feel at home you can get a coffee while you shop around.

• **Cuarto Creciente** (Online), small contemporary artisan shop, limited selection of cute items from jade rollers to flowerpots. The shop closed during the pandemic but still sells online.

• **Dédalo** (Barranco), is a concept store housed in the attractive Av. Sáenz Peña just opposite Hotel B. Founder María Elena Fernández curates the best in contemporary artisan work and there is a small cozy cafe by the patio.

Peruvian Opal

If you want to invest in a jewelry piece, think about using Peru's national stone, the "ópalo andino," a rare stone only found in the Peruvian Andes. The color ranges from sky blue to pale green. It is considered a gift from pachacamac and it is said to be the most powerful of all healing stones. It can increase creativity and inspiration, the stone is associated with good luck - what not to love!

• **Índigo Arte y Artesanía** (San Isidro), is the Dédalo of San Isidro, an old house in the iconic Av. El Bosque houses a variety of local artisan and artists. (T: 441 2232).

• **Neo Concept Store** (Barranco). It doesn't get more high end than this concept store created by Wu Gallery owner Frances Wu. Three floors fully packed with carefully selected (mostly) Peruvian designer goods. Everything from house articles to clothes is covered and you are sure that something will tickle your fancy. Wu Gallery is part of the shop so you can also shop for installations, sculptures or paintings or just go there for a gallery experience.

• **País Textil**. Peruvian fine textiles that specializes in textiles for the home and accessories. It is handcraft at its best – a young and dynamic design paired with respect for the ancient textile tradition in Peru. We are huge fan of their small party clutches! Contact them to get on their mailing list. Showroom by appointment. (T: 966 419 355)

Peruvian Silver Standard

Silver is always mixed with an alloy, typically copper, to enhance and preserve the forms, designs and durability. The most recognized Silver standard is the 925 Sterling Silver. In Peru however there is more silver in the silverware with the Peruvian Silver Standard being 950.

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Apu Siqay

Certain itineraries are almost obligatory when you live in Peru. There are a multitude of worthwhile destinations and sometimes the true gems are not the most obvious ones.

Of course, travelling is many different things to different people. We like luxury destinations and hotels, but we are also explorers and love to enter uncharted territory, so rest assured that we have plenty of adventure to offer you besides the more conventional leisure spots.

Just like the Incas we have divided the country into four parts (Suyus): The Capital, The North, The South, the Amazon. This way you can navigate based on geography. You'll also find a chapter with two Adventures Abroad.

Unesco Heritage Sites in Peru

Peru has 13 UNESCO World Heritage Sites: City Center of Arequipa, Center of Lima, The ancient observatory of Chanquillo, The geoglyphs of Nazca and Palpa, The Qhapaq Ñan (the Inca road system), The archeological site of Chavin, The city of Cusco, The sacred city of Caral, The archeological site of Chan Chan, Huascarán National Park, Manú National Park, Rio Abiseo National Park, and last but not least; The natural sanctuary of Machu Picchu.

Hire a Local Friend

Daniela Villa Houghton is a local “fixer”. She can fix everything for you. She listens, shops and she accompanies people who do not wish to do things on their own. If you hire her to come along, you pay the way and a 10-15 USD per hour - fun guaranteed! PS: she is also a great hire when you have family in town, but no time to show them around! (T: 976 331 669).

The Balcony Tour

Colonial architecture in Lima is fascinating especially when you look at one particular feature: The boxed balconies. Their origin is not one purely Spanish and your trained eye will surely recognize the Mudejar style of architecture.

“Streets in the Sky” was what Friars Calancha and Melendez supposedly labeled the Limeño balconies - that they found out of proportion to its small houses (16th century). The truth is, the balconies are one of the main characteristics of Lima’s historical center.

An amusing part of this architectural feature is what people say or imagine about it. Often the balconies are romanticized as a place of temporary refuge, illicit encounters, confessions, flirts and exchange of favours. Other times, it has been seen as a way of oppressing women, who were under severe social control. The balcony was an expression of womens invisibility; they can see, but not be seen. No matter how you choose to look at the balconies, one thing is sure, they were only constructed by the very well heeled. There was a clear social distinction” to have - or not to have” a boxed balcony. The more elaborate and exquisite, the more upper crust.

What is indisputable is the similarity of the Limeño colonial balcony and the characteristics of the “mashrabiya” from Islamic Arab houses. The Lima balcony is like a huge box attached to the front of the house occupying sometimes one third of the facade; It has a bottom part with solid wood panels. The lattices occupy the upper part of the railing level (the window);



they can be fixed or placed in frames that open like window panes. Unfortunately, in the twentieth century, glass replaced latticework in many of the balconies.

As a side remark, you should know that when Lima was founded, Spanish women were scarce and the first women to arrive were moorish. They covered their hair and face with veils (tapadas) and Lima women imitated that fashion. So much so, that the second archbishop of Lima, Toribio Alfonso de Mogrovejo, (unsuccessfully) ordered women to remove their veil or face excommunication.

Below is a list with some of the amazing buildings featuring boxed balconies.

However, we encourage you to look for Arab influence all over town - not only on balconies, but also in doors, window treatments and patios. Have fun!

- Palacio Torre Tagle, Jirón Ucayali 363
- Casa Goyeneche, opposite Torre Tagle in Jirón Ucayali
- Casa de Osambela, Jirón Conde de Superunda 298
- Casa Negreiros, Jr. Azángaro 532
- Casa Barbieri, Jr. Callao 358
- Casa de Pilatos, Jr. Ancash 390
- Casa la Riva, Jr. Ica 426
- Casa de Oidor, Plaza de Armas (Augusto Wiese)
- Palacio del Arzobispo, Plaza de Armas (Jr. Carabaya)

Iglesia de San Antonio de Padua

Roberto Wakeham was a Peruvian architect who worked directly under Le Corbusier. This trace is very recognizable in one of his signature works, the church of San Antonio in Jose Maria. The building is constructed in a mixture of brick and concrete. Its clean lines are evident, but they are interrupted by two towers, one pyramid and a square totem pole. The playfulness follows into the interior of the church with some beautiful stained abstract glass panels.

Tour guide in Lima: **Haku Tours** is our choice when touring Lima. It is not only a great agency that all can custom make programs for you at a very reasonable price. It is also an agency with a social conscience. All surplus from your trips goes towards improving the life of the people in the neighboring slums where owner Edwin Rojas operates an NGO. (T: 960 631 122)

Statue Squirmish

Did you know that the statue raised in the honor of Pizarro on Plaza de Armas in 1935 was removed in 1952 after the Archdiocese complained that it had the horse rear-end facing the church. The statute was then relegated to a corner of the square. Then 50 years later, in 2003, the very nature of Pizarro himself became the center of a controversy that ended in the removal of the statue altogether. After a year in storage it was placed in a low key spot in the Parque de la Muralla. Humbled, but not entirely hidden, this is where Francisco Pizarro stands today, not on his original massive pedestal, but on a simple concrete base.

Change of Guards

If you happen to be at Plaza de Armas at 12 noon, you will be able to watch the change of guard by 'Los Húsares de Junín' as they parade the national anthem. Camera ready steady go!

The Socially Conscious Walk

Villa El Salvador, San Juan, Pamplona, Villa Maria, are the names of a few of Peru's largest slums. If you want to burst your bubble, call **Edwin Rojas**, he is a reference for anthropological tourism. He and his team can give you a tour of the Shanty Towns you see towering the dirt mountains on the outskirts of Lima. You will get deep into the real Peru and even climb the emblematic yellow stairs. (well it actually changes color according to who won the election). As a contrast to the humble dwellings, the town's huge dimensions and breathtaking views are impressive. Don't worry, It is safe! In fact, Edwin Rojas operates an NGO that helps the local community and you are welcome to bring kids clothes or books and other items for the children in the community. (T: 924 260 744)

Gauguin's Peruvian Connection

French post impressionist painter Paul Gauguin was half Peruvian on his mothers side and when his journalist father had to leave France during Napoleon III, he took to Peru. Gauguin, then only 1 1/2 years old, spent the following four years in Lima living with his aunt and mother. You can still find the remains of his childhood house in the center of Lima. (Av. Emancipación 249-253)



Fierce Woman

The Shanty Town communities in Lima are organized in 18 nucleus, with each their elected leader - A throbbing 15 of whom are women. One of them, Señora Tuanama, has fought drug gangs and pimps to clean up her neighborhood and make it a safe place for children. If you take a guided tour of the shanty towns you might be lucky to bump into her. She is now planning to build a school and a hospital inside the town. Help her if you can!

The Graffiti Walk

Since the foundation of the port in 1537 (by Francisco Pizarro), Callao has had a vital importance for Peru. The Real Felipe fortress has provided protection against notorious pirates as well as served as a line of defence both for and against the Colonial power. Callao is often overlooked due to an outdated reputation of being the center for organized crime. However, contemporary Callao has become a reference for art and social transformation since many cultural initiatives have been set in motion that makes Callao a safe and worthwhile visit.

Graffiti Artist

Elliot Tupac pioneered "Chicha Art." The aesthetic tradition of chicha art emerged in the 1980s with the rising popularity of chicha music, a combination of tropical and Andean rhythms. Tupac started printing posters for musical groups in fluorescent colors - a characteristic of the traditional indigenous textiles of the Huancayo region, where Tupac's family hails from. Tupac began experimenting with modified typography and a social-political message. That is how he became a household name in the graffiti world.



Callao Monumental



Callao Monumental

Callao Monumental is a common denominator for an area full of art galleries, design shops, music and more. Tokio Galería, IK Project, Selva Invisible, Galería 360 y Galería Evolución, are some of the galleries that make up the DNA of Callao Monumental. However, it doesn't stop here and as a strong manifestation of the commitment to urban art, Callao has more than 60 Graffiti works for you to locate and they are made by some of South America's top graffiti artists.

Bonus: If you would like a guided tour around Callao, we recommend you use a tour guide.

• **Sightseeing.** Begin your graffiti hunt by the historic Plaza Matriz. The main attractions are in the immediate surroundings of this square, namely in calle José Gálvez (that is named one of the coolest streets in the world) and calle Constituyente. Both are part of Callao Monumental, a hub of art galleries and street murals. If you are adventurous, find Pasaje La Mar, and Pasaje Ecuador and enjoy the murals of Nyeth, Entes, Decertor, Oso de Agua, Caro Paz, Fiasco & Ilustronauta. Round off with a visit to **Fugaz** (Casa Ronald), visit the 1st floor galleries, the artist workshops and the rooftop.

• **Private Graffiti Class!** Eventually, you could book a graffiti workshop at Fugaz and

learn the ropes from the pro! You can book via the Callao Monumental website!

• **Palomino Boat Trip.** If you have time, we suggest you get a boat trip to Palomino Island, which is a 45min ride from la Punta. Palomino is brimming with animal life and it is home to the famous South American Sea Lion and guano birds. Boats depart from the quays of Callao and La Punta, and trips are of around 4 hours duration. Don't forget your bathing suit, as you are allowed to swim with the sea lions.

To Eat

• **Cabos** (Callao). Best fusion seafood restaurant in the harbour.

• **El Comedor** (Callao). Located on the famous Gálvez street, El Comedor is a very traditional restaurant. If you like your Peruvian fare served in a homey fashion this is where you should have lunch.

• **BarraD7** (Callao). Real chalaco! This cevicheria is one of the oldest in Callao, real yum!

To Buy

We recommend an artistic souvenir from **Rika** - a design shop that works with recycled objects only.

Parque Ecológico La Molina

This small escape can be done in less than a few hours in the morning or the afternoon. The dirt hills behind La Molina provide a safe environment with both possibilities for bicycling and walking. Once on top, you will have two contrasting views of the city. To one side, you have the view of wealthy La Molina and the Agraria, while on the other side of the hill, you will see the humble dwellings of the general population. The contrast leaves an impression long after! It is possible to attempt reaching Apu Sipaq from here, although it is not the official route. In the winter months you should go early to get a view of the cloud cushion covering Lima. During summer the clouds set in during the late afternoon, but beware the park closes at 17h!

The Virgin and Christ

By the end of the bay of Chorrillos, just above the fishermen's port, two of the city's most famous religious monuments protrude. The "Virgen del Morro" and "Christo del Pacifico". An easy walk will take you to both and beyond!

The Virgen is easy to find and is above the fishermen's port in Chorrillos right next to "La Cruz del Papa" - the huge iron cross you will see illuminated at night. Virgin Mary is the patron saint of Chorrillos and the fishermen working in the docks below. Her placement on the hill enables the fishermen to use her for navigation purposes. From the Virgen, you continue past the observatory in the direction of "Christo del Pacifico" which is located on the adjacent hill. The hike up here is easy-peasy, and when you arrive you have one of the best views of Lima.

If you are the sporty type, you can continue the hike all the way towards La Chira, a beach 6 km South of Lima. Just beware that you enter the mountain biking zone so watch where you hike! The area isn't the safest, so don't walk alone and leave your valuables at home.

Wall of Shame

Have you noticed the wall around the dirt hills behind La Molina? It is a six-mile-long concrete structure dividing the city's rich and poor. Today, the nearly 10-foot-high barrier, topped with barbed wire, runs like a jagged scar through four municipalities. It divides the poor areas from the rich districts of La Molina and Santiago de Surco.

RURAL EXPLORATION

If you like a good hike and the outdoors, we have some options in the outskirts of Lima that offer you a different perspective.

Apu Siqay

Feel at the top of the world and get a view of the cloud carpet, popularly known as "El Colchón de Nubes", covering Lima. A steep but rewarding hike.

Apu Siqay, (Villa Maria del Triunfo), is a fun and strange place to hike. It is a series of dirt hills on the outskirts of La Molina with access from the shanty town of Vila Maria del Triunfo. You will spend roughly two

hours trekking uphill, the reward you get for reaching the summit is the cloud carpet that surrounds the dirt hills and makes the place look magical. Although it is of dubious taste, there are two incontournable statues you need to look for: the Inca head and the white swan, each protruding from a mountain peak. Don't forget to bring your ID card, as sometimes (not always) it is required when you pay the one Soles entrance fee. Try not to get down too late as the neighborhood is not the safest at night.

Bonus: If you don't feel like doing it on your own, we recommend you contact Edward Rojas from **Haku Tours**. He is a specialist in the area and can even take you "off-piste" to the peak of Apu Siqay.



Virgen del Morro

CIENEGUILLA

In Cieneguilla you will be able to trek part of the Inca road ("Qhapaq Ñan"), as Cieneguilla was a pit stop on the way from Xauxa in the mountains to the Pachacamac sanctuary in Lurin. Particularly the part of the road by Nieve Nieve is pretty. Other than hiking the Qhapaq Ñan you will be able to inspect the UNESCO heritage site **Centro Arqueológico Huaycán** that is recognized for its ornamented walls. It is smaller and more accessible than Pachacamac.

Bonus: If you would like to continue the discovery in that part of Lima, another 2 hours away you find the small village of Antioquia, considered a live-in retablo, for its lively painted facades and pretty colorings.

Paddington Bear of Lima

Did you know that the city of London has donated a sculpture of the famous Paddington bear to Lima? You can find it on the boardwalk in Miraflores close to the Larcomar shopping center. (intersection of del Malecón de la Reserva and Armendariz).



To Eat

• **Mesa de Piedra** - Restaurante Cultural (Cieneguilla). The Mesa de Piedra restaurant is a family favorite, with animals and a large green area for the children to roam around. Food is based on local rural cuisine and the service is correct. You feel a little like in a Flintstones environment as the tables are in rough unpolished stones. (T: 989 065 489)

• **El Jardin Vivero Cafe** (Cieneguilla). Not a restaurant per se, but a small magical cafe, where you can get coffee and some food while you relax in the garden that doubles as a vivero.

GRANJA SAN VICENTE

A cute farm visit without making any larger physical effort.

For those with little children a visit to an Urban Farm like **Granja San Vicente** is a sure hit. Full of activities for the whole family and an eye for educational programs, this is a visit that the small members will enjoy. A tour of the granja costs 59,- per person and provides more than 2 hours of entertainment, from pony riding, over gardening to a ride on the 4*4 motos. The Granja is located in Lurin. (T: 960 830 649)

CALICHERA-CHANCAY

Talking about a place off the beaten track! The Natural pool of Chancay is very IGble if you get there a day with few or no people (weekdays). But to get there you have to be adventurous. And when you park, don't leave valuables in your car. Best from January to March. This is a [link](#) with instructions on how to get there. (around 2hour drive from Lima). Bring your own picnic.

CALLAHUANCA

From Lima, you drive 50 km on the Carretera Central and at 1800m you find Callahuanca - a district ripe with chirimoyas, mangos, avocados and more. An ideal visit

is the last week of April when they celebrate the chirimoya festival with typical dances and other festivities (April and May are the height of the chirimoya harvest). While there, you should go for a trek inside Centro Ecológico Piedra Huaca, where you will find a fish farm. The trek is about 40 min before you reach the fishing spot, and with a little luck you will be able to taste your fresh caught trout for lunch. There is a 40 soles entrance fee to enter Piedra Huaca. Good to know: December to March is the rainy season - don't go!

Bonus: Cascashoko. 5km from Callahuanca you find this pre-inca citadel.

LOMAS DE LUCUMO

This is a relatively easy 8km trek with an elevation of about 600m. Inside the reserve you will find ruins predating the Incas. There is a 10 soles entrance fee to the park. It is situated 50km South of Lima on the Southbound Panamericana by Pachacamac. Entrance by Quebrada Verde. The Park was closed during the pandemic to protect the vulnerable population in the area, it is good to check up on the status before you leave. Best time to go is August and September, when the hills are lush and green. This October new sign posts have been put in place to welcome tourists from August 2022

Chirimoya

Chirimoya, a fruit native to the Andean foothills, is a peculiar looking green scaly fruit with soft white flesh - sweet almost like sugar cane. Most restaurants will have chirimoya on their dessert list and you will have to try this delicate yet wonderfully perfumed fruit.

LOMAS DE LACHAY

This is a 8km trek. An easy hike in a green cocoon in the valley between the mountains and the desert. Once the mist sets you get to take fabulous pictures. Best to visit Lomas de Lachay between June & November. Entry fee 11 Soles. Open year round.

Bonus: on the way back, before taking the route down to Ancon, above Pasamayo, you can enjoy a wide view of the coast.

Torito de Pucará

*Since 800 A.D., the **Pucará** population has been known for making objects out of clay. Since pre-inca times a small alpaca figure - also known as the Qonopas - was crafted and used by the sacerdots in livestock ceremonies and celebrations as vessels containing blood offerings to Pachacamac. But as the Europeans entered the altiplano they were obliged to change their customs and the local artisans to turn the Alpaca into a more European friendly symbol, and hence was born the figure of the Toro de Lidia.*

PACHACAMAC SANCTUARY

For more than 1200 years Pachacamac was the most important sanctuary of the Andean coast. The archeological complex takes its name from a heavy weight pre-hispanic Peruvian deity. Pachacamac was the rejuvenator of the Earth; God not only of creation but also of fire and earthquakes. He was also believed to be invisible and was therefore never depicted in art.

The French Ministry of Culture collaborated with Peru on construction of the museum, and it is a good place to start before you explore the archaeological site. You can use your car to drive around or you can rent a mountain bike. The museum covers a vast geographical area (a staggering 450 hectare) so we do not recommend you try on foot unless you come prepared with this purpose.

To Eat

• **Chaxras.** This one is high-end. A rural set restaurant where they also produce eco products. They have a small animal farm, a children's area, artisanal beers and a nice food presentation. There is a marinera dance show on weekends.

• **La Grilleria.** This rural eco restaurant comes highly recommended. We haven't been, but have it from a trustable source. It has a nice outdoor space and you will probably need to reserve in advance as it gets booked fast.

• **La Casa de Don Cucho.** A famous Huarique on Pachacamac’s Plaza de Armas known for its traditional Huatia or Carapulcra! Simple and true!

• **Don Torcuato.** If you are looking for more than lunch but also an experience, this simple and small restaurant lets you pick your own veggies & edible flowers. If you just want to establish contact and have them delivered on a weekly basis that is possible too. Don Torcuato delivers specialty veggies to the restaurants in Lima. “Your Pachacamac experience back to your doorstep”

ARCHEOLOGICAL DAY TRIPS

If you would like to travel further back in time and profit from the proximity of the many pre-Incan archeological sites in and around Lima.

• **Archaeological site of Huaycán de Cieneguilla.** These Inca ruins are part of the Qhapaq Ñan that runs from Cusco to Pachacamac. 30 Km east of Lima in Lurín.

• **Archeological site of Caral.** Here you find the oldest traces of man in the Americas. Located a 3-4 hour drive North of Lima.

• **Archeological site of Garagay.** One of the largest centers of pre-Columbian culture on Peru’s central coast during the second millennium B.C. One hour drive from San Isidro.

• **Archeological site of Huaca Pucllana.** Easy access in the middle of Miraflores, guided tours available and restaurant on-site.

• **Archeological site of Pachacamac.** One of the more impressive pre-incan sites. 31 km from Lima on the Southbound Pan American highway.



Inca Road Cieneguilla



Pachacamac Museum



Pachacamac Sanctuary

NEARBY GETAWAYS WITH KIDS

For those with kids at home who need an easy escape.

Here are a few popular hotel options that people use time and again when they wish for a quick change of scenery.

SANTA CLARA

• **Decameron El Pueblo** is a go-to weekend hotel for Limeño families escaping the cold weather during the winter months. It is very close to the city, just behind la Molina, but located in-land enough to provide a warmer and drier climate. The rooms are clean and spacious and there are plenty of activities for the children. It is an all inclusive kind of place.

CIENEGUILLA

• **Kankay Hotel.** Rural hotel with pool. It is simple, but nice with big water slides to entertain the kids.

PACHACAMAC

• **Duna de Flores.** Duna de Flores is a direct-rental, an ideal option if you are a group of friends with kids that wish to overnight together. The country house has a large garden, a pool and you can ask to have the maid too, she cooks great food!
(T: 981 340 816)

Paragliding in Miraflores

If you need to spread your wings and fly, just head toward the boardwalk in Miraflores, not far from Larcomar you can find the Paragliding station. The aerodrome is more like a lawn where the superlights take off and land. A trip will cost you around 85 USD for 5 min. But you will feel at the top of the world and have the pictures to prove your courage. Paragliding over the Pacific, watching the limeño skyline is as beautiful as it gets. Remember, the best pics are taken just before sundown.



ICA

• **Las Dunas Hotel.** Our favorite hotel in Ica! A great place to escape the city for a short weekend getaway. The hotel is family friendly and located in an area close to many interesting sites and there are many options for activities on the premises as well.

• **Hilton Doubletree.** Placed on the waterfront and close to the Paracas Natural Reserve this is one of the go-to hotels in the area. The accommodations are spacious and kids love the heated pools. The downside: You need to wear their “all inclusive” bracelets during the stay.



EXTREME ADVENTURES

Into the wild baby! Do you like to go on survival mode, but not go too far away from Lima?

We have some exciting options. Be aware that these destinations offer little or no comfort whatsoever, but what they lack in comfort they make up for in adventure. Anybody can do one night in a tent in the freezing mountains - right? - we promise you it will be memorable!

NB: We do not recommend these itineraries unless you have prior experience in mountain hiking and overnighting. Basic survival skills can also come in handy as can a past with the scout movement.

MARCAHUASI

Hike until the plateau at 3000m with wonderful stone formations.

Marcahuasi is stone formations galore! It is an area of immense eroded rocks in anthropomorphic and zoomorphic formations and recognised as a place with magnetic and esoteric powers. The stone plateau where you camp overnight is almost at 4000m this means that it is quite strenuous to get there and also that the nights are freezing - below zero degrees celsius. This said the starry night is out of this world!

Marcahuasi can only be reached by foot (and donkey). The trek begins in San Pedro de Casta (78km from Lima) and is 4km long. It takes an average of 2h30 to reach the high plateau of Marcahuasi. We vividly recommend going with a guide, so you have someone to cook you a meal when you arrive, but if you like to do it on your own it is in San Pedro de Casta you can find locals who can help with donkeys, food, firewood, or rental of a tent and other necessities. Last we checked, there was a 10 soles entrance fee for locals to Marcahuasi.

NB. You should go during the dry season from April to October. And don't forget to bring food and water!

To stay

There are no hotels or mountain cabins at Marcahuasi, the only way to overnight is by camping. Bring your own tent or have it organised with a tour operator or rent one with some of the locals in San Pedro de Casta. Remember to get a winter tent



that is more sturdy and appropriate for the altitudes. At 4.000m it is freezing cold at night. If you are keen on sleeping in a bed there is a municipal hotel in San Pedro de Casta. It is zero comfort, not too clean and with shared toilets and baths and cold water only. Perhaps a tent in the cold mountain is more romantic?

To eat

A portable gas stove is the only option for hot food and drinks. And let's be frank you will need that up on the plateau. Make sure you have all the necessary equipment for making a warm soup, tea or the like once up there as there is no place to buy anything -you are off the grid - off the beaten track

for real. If you have not organized a helper for the trip, do be careful if you make a bonfire, if you are not used to making them we recommend you get informed and watch a **video** like this to know about safety and best methods.

Bonus : If you have time, on your way back to Lima, we recommend you try to rappel at Cañon de Autisha. It is the deepest canyon in Lima (170m) and you will be rewarded with the view of the subterranean waterfall, Sheque. If that is too little adrenaline? Bungee jumping into the canyon might be your thing? You can count on **Puenting Peru** to organize your jump.



RUPAC

The Machu Picchu Limeño, The City of Fire, Rupac has many names. We like the poetic name: City of Fire, which refers to the few times a year where the sun is reflected in the stone wall constructions with such an intense red that it looks like the city is on fire. Rupac was constructed by the Altavillos culture that dates back to 900-1400 A.D. Rupac is believed to have been constructed as a fortification and legend has it that they gave a good fight before they were integrated into the realm of the Inca. Some buildings reach more than a stunning 10m into the sky and its strategic placement gives it a superb view of the valley. It is when the morning clouds cover the valley just before the sun rises it is at its most beautiful. When you overnight, set the alarm to 04h30 you get up and have the magical moment of perfect light and hopefully perfect weather.

To get to the RUPAC archaeological site you need to pass through the ghost town of Pampas. The trek is considered at a moderate difficulty, taking into consideration that the hike will reach the peak at 3400m. If you are staying overnight camping, bring enough warm clothes as the nights in the mountains are freezing.

First leg of the trip is from Lima to Huaral (two hours). Then from Huaral you drive inland towards Florida and the ghost city of Pampas (an additional two hours, whereof one hour is on dirt roads). Pampas is where the trek begins. The trek is another four hours on a well marked but uphill path.

To stay

Only overnight possibility is to bring a tent. You can rent it with your tourist operator. We recommend you bring your own sleeping bag. That way you can ensure that it is warm enough and that it is clean. Remember that in Peru there are two types of tents, summer and winter tents. Make sure you get a winter tent. Summer tents will not withstand the cold, and in case of rain... just saying... don't even try...

To eat

Have your tourist operator bring a donkey with enough water and food for the night and breakfast. Having dinner by a bonfire is the best mood booster ever and you will keep warm as long as you keep the fire going.

Bonus : On the homebound bus trip, you might want to stop at Casa Hacienda Huando, (1 ½ hours from Rupac). The hacienda is located in the heart of "orange land" and has some of the best oranges in the area.

Another pitstop is on the waterfront in Chancay at the hotel **Castillo de Chancay**. It is a kitsch castle constructed around 1920 and in no specific style - in fact it is a real eyesore; A little English, a little Grecian, even a little Indian inspiration is thrown into the mix. It is what it is, but beers are cold and the view of the Pacific is great.

Another option could be **Truly Eco park**, for a vegetarian meal and a yoga session...

NOR YAUYOS-COCHAS RESERVE

A beautiful national reserve where you can camp.

A mere 220 km, 7h drive from Lima you will find Yauyos-Cochas. This beautiful fairytale reserve is full of turquoise colored lagunes, snow capped mountains, vast native forest and deep canyons. The main attraction of this spot is the section between the towns of Huancaya and Vilca. The Cañete River forms the impressive Cabracancha stepped waterfalls and in the Love Forest you find lagoons that resemble mirrors of water. If you are looking for a place to camp, the Love Forest is the place. Remember that you will be off the grid, meaning your phone will not work and there is no infrastructure inside the natural reserve.

NB: If you plan on visiting the Yauyos-Cochas Reserve, you can combine it with a train ride from Lima to Huancayo on the world's highest train track. From Huancayo you have several tour operators that will take you on day trips to some of the main attractions inside the reserve. That way you don't need to camp inside the reserve. And although we recommend camping in the Love Forest, there is also a hotel inside the reserve, the **Mountainlodge Villarma**.



FERROCARRIL CENTRAL ANDINO

Ride on some of the highest tracks in the world and explore the backside of Lima. A train trip is rarely considered an extreme adventure, however this train runs on the highest tracks in the world and that can give some health issues for those who are not faring well in the altitudes. (The train journeys at 4781m). It is not a luxury train, but seats are comfortable and you will find a basic bar carriage.

You will take an amazing 12h journey going from Lima to Huancayo. You embark from the historical center of Lima at the pretty yellow colonial building “La Estación de Los Desamparados” (at the back of the current Museum of Peruvian Literature). The 12h train ride halts several times to help you get accustomed to the height before reaching the most elevated point at Paso de Ticlio at 4781m! The rest of the journey takes you along open iron mines and green valleys before reaching the Train Station of Huancayo.

Be aware that the train only runs in the “dry season” - once or twice a month. We recommend that you buy a one way ticket and come back by airplane from Jauja. If you go back to Lima by plane, do not miss out on the visit to the **Convent of Santa Rosa de Ocopa**, that is halfway between Huancayo and Jauja!

To stay

- **Hotel Turismo Huancayo** (Huancayo). The most traditional hotel in Huancayo. Nothing special, but the best option in town.
- **Mountainlodge Villarma** (Pueblo Antiguo de Huaquis). A three hour drive from Huancayo you find the only lodge inside the reserve. The lodge also organizes trips to the reserve and its main attractions.

To buy

- **Hand Scribed Gourds** (“Mates Burilados”). Close to Huancayo, in the cities of Chocas Chico and Chocas Grande, you find the most skilled hand scribed gourd artisans. Visit a studio to see how they work. Christian Alfaro won the national gourd competition. He hails from Chocas Grandes where he works alongside his six brothers, also known as the Alfaro Núñez brothers. (T: 987 308 170)

- **Felt Hats**. In the St. Augustin de Cajas district of Huancayo you will find beautiful felt hats. You should go to Casa Artesanal Lapi Chuco, where Celso Calderón Puente can show you how his family has maintained the production through generations. The typical Peruvian “sombbrero” is called a Wanka. Since the Spanish first arrived in Peru there was a fascination with the hats, and over the centuries they have been produced by local artisans now with a distinct peruvian look.

- **Silver and Filigree**. In the San Jerónimo de Tunan district (about 30 min from the center), you find a neighborhood famous for its filigree work in silver and gold. The production is artisanal and made in their homes. You can try to contact Arte Andino, which is a family based workshop (3rd generation!) that works in filigree and mokume. Head of the production is Carlos Yauri. (T: 965 915 654)

Tintin and the Bridge

In the pages of Tintin, “Le Temple du Soleil,” you will find the bridge “Infiernillo”. The creator, Hergé, was inspired by the red metallic bridge you will see during the journey on the Carretera Central. Hergé actually never set foot in Peru, but was inspired by the 1938 National Geographic Edition on the Incas and Peru.

THE NORTH

The North of Peru has a lot to offer, but it has been majorly overlooked by the large foreign crowds. Those enjoying the northern riches are surfers, bohemians, archaeologists and serious hikers that arrive in slow but constant streams to very specific locations.



Huaraz, photo: Athena Sooklall

HIKING PARADISE

Have you heard of the Himalayas of the Americas? A rough nine hour drive from Lima you enter one of the most precious trekking destinations in the Americas. Here the Andes range is home to some 50 peaks soaring over 5,700 m. After the Himalayas, the Huaraz region truly is the roof of the world! (To put this in perspective, North America has just three mountains exceeding 5,700 m - one in each of Mexico, Canada, and the USA.)

HUARAZ

Huaraz is the official trekking capital of Peru and the seat of the Ancash region. This is where we find the Huarascán National Park, home to the giants of the Andes range, including the tallest mountain in Peru, the Huarascán (6768m).

This corner of the world is particularly famous for its beautiful treks and people flock here to do the famous Lake 69 route

or the Santa Cruz Classic Trek. However, less will do and nature is breathtaking even on the less demanding treks, including the fairly easy and child friendly Llanganuco Lakes trek, that can be done in half a day.

NB: You need to take into account that you might not head straight out to the mountains as you might need to get your body accustomed to the altitude.

Treks

• **Laguna Wilcacocha.** The hike is fairly easy and is good for getting accustomed to the altitude. It reaches 3700m and takes you through the magnificent scenery of rural Peru.

• **Llanganuco Lakes.** A half day trek between the beautiful Llanganuco lakes. A route where you can bring your children.

• **Santa Cruz.** This is a five day trek for those who like a good hiking challenge. The trek is 48km and reaches 4765m as it takes you

over the Portachuelo pass. You will see a spectacular sunrise over the snow capped peaks and the Llanganuco Lakes.

• **Route 69.** This classic full day trek is among the main reasons people visit Huaraz. It is a challenging hike where you reach 4600m. You will be rewarded with a view of shimmering crystal blue water in front of the emblematic and snow-capped Pisco Peak. This is considered one of the most beautiful treks in the world.

NB : Always talk to your accommodation host about coordinating your hikes. For some hikes it is recommended to bring a local guide.

Mountain guide

Alberto Cafferata is based in Caraz just north of Yungay. He can organize walks, transport or both while you are there. If you are the sporty type he also organizes paddle board, mountain bikes and this type of thing. (T: 944 941 214)

There are no cash points in the area so you will need to bring lots of cash. From most accommodations you will need to take a taxi to get to the beginning of the trails. Taxies are not cheap and it is a good idea to ask the lodge host about the estimated taxi-prices for the destinations you like to enjoy so you are sure to bring enough cash. One person traveling can easily have extra expenses for 300 soles a day depending on their itinerary. Also bring snacks from Lima. Chocolate are sometimes scarce in the mountains and you will appreciate the afterthought when you are out hiking.

Hiking Maps

If you like to plan your own hikes or would like to get inspiration, sign up with **Wikiloc** to check for routes in the area.

To stay

- **Apu Ecolodge.** (Caraz).
- **Llanganuco Lodge.** (National Park inland from Yungay). This lodge is owned and run by an English former military man, Charlie Good. The lodge has a perfect location inside the mountains, practically you can trek out of the front door, which is very uncommon in the region. Also, you have the best views ever of Peru’s highest mountain Huarascarán. A true beauty with an unbeatable location!
- **The Lazy Dog Inn.** (In-land from Huaraz). Cosy cottage style hotel, that does tour-packages for those who need help with the itinerary.

Bonus : A three hour drive from Huaraz you find the archeological site of **Chavín de Huantár**, one of the 13 Peruvian sites that is registered as a UNESCO world heritage site. It was a civilization famous for its stonework. At Chavín you find the remarkable stone heads in gradual transformation into anthropomorphic figures (puma). A hint of the use of hallucinogenic drugs (San Pedro Cactus). Projected on the outside walls, the heads are a prominent feature of the architecture. This is also the site where the Raimondi Stella and the Lanzon stones were found. It’s worthwhile having a small torch as you go down the steps into the labyrinths. Before you go to the archeological site you should visit the **Museo Nacional Chavín** (the museum was funded by Japan) 1km north of the site (included in the ticket price). Be aware that the site is at 3000 m, and if you drive there you will drive through a pass at 4.500 meter to get there.

ARCHEOLOGY OVERDRIVE

It is hard to compete with the North of Lima when we speak of important archeological sites. It is in the North you find the oldest known human settlement in the Americas. It is also up North that you can find several relatively well preserved, large pre-Columbian settlements.

We have marked out two areas we think you should visit.

CARAL

The most impressive and oldest known human settlement in the Americas.

You might make Caral a long day trip from Lima or you can stop by Caral on your way

to the North. If you take the car from Lima, you will arrive at Caral after three and a half hours on the Panamericana Norte. This UNESCO world heritage site is a 5000-year-old sacred city and the oldest known center of civilization in the Americas.

The golden age of Caral spans from 2600 BC to 2000 BC, which makes it contemporary to the Egyptian pyramids. In its heyday it was home to at least 3000 inhabitants. Traces from the excavations point to a life of trade and agriculture and more surprisingly they seem to also have had a keen interest in music.

Contact the administration of **Caral** to plan your visit, and ask for a guided tour. It will take you on a historical and archeological journey through the site. (Ask for Dino!)

NB: Visit ONLY from April to November, when the asphalted road to **Caral** is in use - the other months Caral is only reachable via an isolated and complicated desert road with no GPS signal.

To stay

- **La Empedrada Lodge.** This Range Lodge situated 25min from the archeological site of Caral is your pick! The hotel has a small pool and gives classes in the cycle of both avocado and tangerine trees, to help us understand the vital role of mother trees in the development of the large hectares and their nourishment.

To eat

Lunch at **Tato Restaurant** in Barranca comes recommended. In front of Barranca Beach - good typical Peruvian food.



Caral

Influential Archeologist

Ruth Shady is a Peruvian anthropologist and archaeologist and the founding director at the archeological project in Caral. In 2020 she was on BBCs list of 100 most influential women throughout the world.

TRUJILLO

At first glance, Trujillo seems to be merely a nice pit-stop halfway to Mancora. However, Trujillo is a pretty colonial city with a trademark canary yellow Basilica sitting on its Plaza de Armas. But there is much more to Trujillo than meets the eye.

It is the unofficial dance capital of Peru and where the Marinera originates. More importantly, It is the center for one of the largest pre-Columbian archeological sites: Chan Chan.

Chan Chan

The adobe metropolis of Chan Chan was the seat of power for the Chimu civilization, which lasted from A.D. 850 to around 1470. Chan Chan was the largest city in the Americas and the largest adobe city the earth had seen until then. Thousands of buildings were woven in a maze of passageways and streets. Palaces and temples were decorated with elaborate friezes, some of which were 30m long. In a testimony to the grandeur of the lost city, you will find a wealth of friezes beautifully carved with birds, fish, warriors. However, what we want you to locate are the remnants of the beautiful latticework on the adobe walls.



photo: Athena Sooklall

Huaca Arco Iris / Huaca del Dragón

This is a large religious monument, administrative and ceremonial center for the Chimu culture. It is constructed of the characteristic adobe bricks, and upon entering the Huaca a ramp leads to the first level where you will find murals decorated with friezes in relief showing a dragon that is crowned by a rainbow (hence its name).

Huacas del Sol y la Luna

In this Moche cultural archeological complex you will be able to visit Huaca de la Luna. (The Huaca del Sol is closed for excavations.) However, Huaca de la Luna is quite impressive. In its interior you will be able to see fabulously well preserved friezes with representations of the God Ai-Apaec popularly known as “ the cutthroat God”. The most important deity in the Moche universe. He was the creator and the punisher. The rainmaker and the provider of food. Warlord-like he was feared and beloved. The place was used for human sacrifices and during the excavation lots of human bones were found. When you locate the beautiful Moche paintings of the sharp-toothed Ai-Apaec please bear in mind that flash cannot be used if you take a picture.

Treasure Hunt

It is treasure hunting time! We are challenging you to this scavenger hunt!

In the surroundings of Trujillo there are three distinct things that you can have fun locating.

We want you to find:

- The characteristic architectural element of the latticework on the adobe walls at Chan Chan
- The rainbow stone carving at Huaca Arco Iris
- The head of the Ai-Apaec God, engraved and painted in stone at la Huaca de la Luna - (This is actually from Moche culture and thus predating the Chimu culture.)



photo: Athena Sooklall

BEACHES GALORE

The North is famous for its tepid water (compared to that of Lima and the South). Limeños typically go here from July - October when they need a little break from the wintercold Lima.

CHICAMA

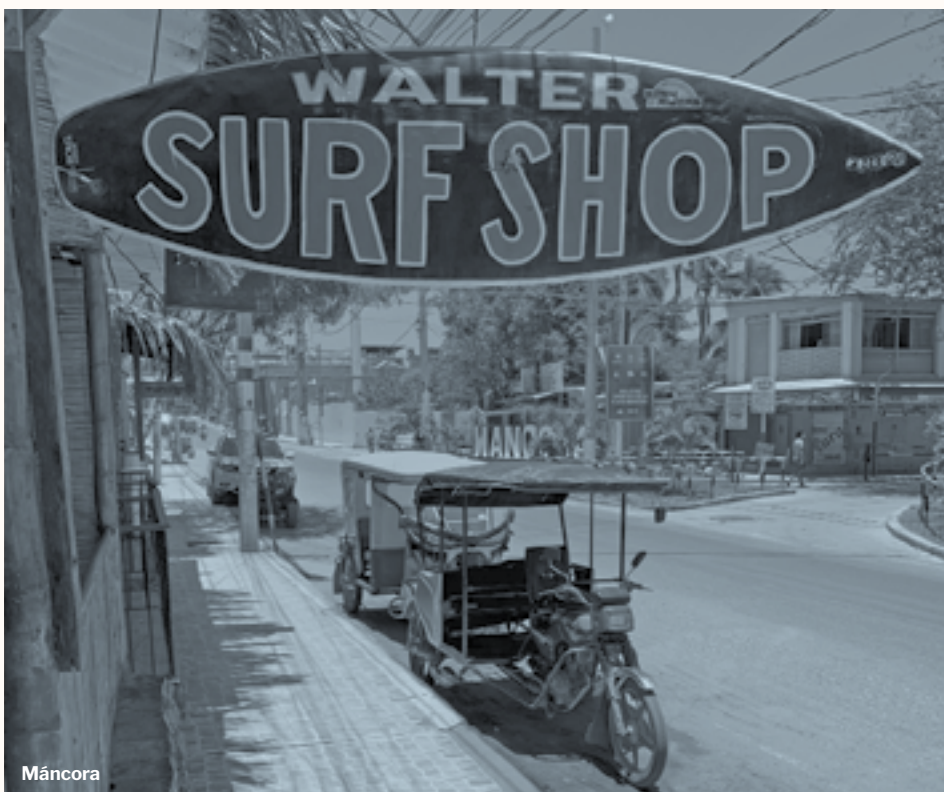
Located 70 kms North of Trujillo, Chicama it is home to the longest surfable wave in the world! People from around the world flock to ride this epic wave. If you are yearning for a mix of me-time, sports and ocean, you should head out to Puerto Malabrigo.

To stay

- **Chicama Boutique Hotel & Spa.** This is just that kind of place where you can take a step back! A hidden resort providing an infinity pool in front of the Pacific, as well as Yoga, Meditation, Spa, Gym and Surf Classes! So, book a plane & organise for a taxi ride and you are all set!

Chicama

*Entitled the “lost jewel of South America”, the endless waves in **Chicama** are legendary. In 1965 Hawaiian surfer Chuck Shipman was returning from the world surf championship in Lima when from the airplane he spotted the wave. He actioned the local surfers who after an intense chase located the world’s longest surfable wave to Chicama.*



MANCORA & THE NORTHERN BEACHES

No trip to Peru is complete without a visit to the Northern beaches. This is particularly true if you have surf in your blood. Peru is famous for its waves and is consistently putting out many of the worlds’ best surfers. However, don’t expect Caribbean beaches with the luxurious combination of tepid turquoise waters, white sand and palm trees. The charm here is different. More rustic and with the Humboldt running along the coast, the water never gets to be a bathtub. It is more invigorating and attracts the sportive types.

Many Argentinian surfers have come and set up shops, and live here, and as we all know - Argentinians are famous for their

good taste, so there is no way to go wrong up here. You will unwind and relax and come back from your holiday with your batteries charged! Mancora unites locals, lost souls, people passing by. You should know that Vichayito is considered one of the most beautiful beaches in the North, and is a large virgin beach punctuated by bohemian hotels and bungalows for rent. It is a perfect place for kite- and windsurfers too and gear can be rented on the beach.

From July to October humpback whales are migrating from the Arctic, up alongside South America’s coast following the Humboldt current. On their way they pass in Mancora. Particularly the beaches of Los Organos, Cabo Blanco and Punta Sal (North of Mancora) are good points for your whale watching expedition.



Mancora Beach

How to get there

You can drive up to Mancora from Lima if you calculate two days and an overnight in the middle. If you are not up for the 2 day drive, you can take a plane. Most people take the plane to Talara Airport that is one hour and a half drive from Mancora. Atsa which is a small air company with a fleet of small planes flies directly to Mancora. If you stay only for a few days you can move around in taxis or tuc tucs but if you are there for a longer period you should consider renting a car.

To do

- **Whale Spotting.** (July- October). This is one of the main attractions in Mancora. If you don't like to go on your own to the docks of Los Organos, to find and negotiate a tour, have your hotel help you book it for you and don't forget to organize the return transport. There are no taxis in Los Organos, only tuc tucs. Viewing is almost guaranteed. You approach the whales during their transhumance. The later you go (October) the more likely you are to meet a pair of mother and baby whales, returning South. This means you will not see them jumping or diving (tails up) but you are sure to see them as the babies need to come up for air with more frequency than the adult whales. Be

aware that there are several tour operators and the price differences reflect the time you stay on the ocean and the boat type. There is a larger boat that takes you out for three hours and if you see the whales in the first 10 minutes they will not return until the three hours are up - so think about it before you plan your trip and ask around. Some will say they are more responsible, but our take is that they all do the same route the same way and the real difference is in the time you spend on the water and perhaps the comfort, as the larger boat has a cushioned seat, while the small boats don't.

- If you need a little injection of culture, **Nu House Mancora** is focussing on developing projects related to art & health.
- **Lobster.** How about a small detour to taste the best lobster on the coast? Eduardo El Brujo is famous for having the best lobster on the coast. It is well worth a drive up to Tumbes.
- **The Bird House Commercial Center.** The center has a flair of Key West or Nassau; a definite Caribbean touch on the Pacific Ocean. Many great shops and restaurants.
- **Walter Surf Shop.** Surfers in need of gear and accessories will find their luck here.

To stay Mancora

- **Alma Loft** (Playa Vichayito). Wonderfully decorated aparthotel. The feeling of being at home but with the comfort of being in a hotel.
 - **Arennas Mancora Hotel** (Playa Las Pocitas). Perhaps the most luxurious option if you want to stay in a hotel. Food is great and the living is easy. If you don't stay here come for a sundowner!
 - **Kichic** (Playa las Pocitas). If you want to be in a hotel where you are guaranteed there are no screaming children around? This bohemian chic hotel is for you! It caters exclusively to adults and has 9 Rooms, each with their own personality, going by the names Suite Balance, Suite Chic, amongst others. Yoga classes on site.
 - **Sunset Boutique Hotel** (Playa las Pocitas). A bohemian hotel great for families. Owner Pepino is half Italian and at night the food is purely Italian. The atmosphere is relaxed and the Argentine staff is friendly and attentive.
- To stay south of Mancora**
- **El Navegante** (Punta Veleros - 30 min South of Mancora). Is a great place to rent a house

if you travel with more families together. Super house and the location is superb on the spot on the coast with the least possible wind.

To stay in Punta Sal and further north

• **Cabo Merlin** (Zorritos. 1h North of Punta Sal). Cabo Merlin is a condominium of beach houses, with a clubhouse, restaurants and all amenities you can think of. Home away from home. They are very good at attending to your special needs - just ask! Gina Cassinelli is the person responsible for the rentals of Cabo Merlin in Zorritos. (T: 996 499 118)

• **Punta Sal Bungalow & Suites** (Punta Sal. 30min North of Mancora). Renting a bungalow here is a very good family-friendly option. (Watersports, mini-golf, table football, tennis, family bungalows).

• **Yemaya Boutique Hotel** (Punta Sal. 30min North of Mancora). A more private option for those who wish for more privacy (and fewer bungalows and guests).

To eat Mancora

RESTAURANTS

• **Atelier.** Lovely service (Argentinian owner) and good food using local Peruvian ingredients.

• **Cevichería Altamar.** The best cevicheria in Mancora.

• **La Mosca en la Sopa.** Have a tasty dinner.

• **La Sirena de Juan.** A teeny-weeny restaurant with great seafood and good ambience.

• **Sunset Cucina.** Restaurant serving good Italian food in a bohemian interior.

COFFEE

• **La Bajadita Restaurant - Café.** Lovely place with tasty desserts.

• **El Rincón Café Bar.** An eclectic mix of worldlers sharing a coffee in this neighborhood favorite.

Best Surfer in Peru

*The Peruvian surfer that keeps on winning the world title is **Sofia Mulanovich**. Born South of Lima in the surf town of Punta Hermosa, Sofia is one of the few surfers in the world to have won the world title more than once. Latest win was in 2019.*

• **Green Eggs & Ham.** A 2nd floor patio with a view on the Pacific Ocean to enjoy breakfast & brunch all day - serving very good omelettes, waffles and organic yoghurt. Fresh pressed juices in mason jars.

• **Delistop.** The only gourmet food & drinks shop on the Northern beaches. Imported goods and premium peruvian products & drinks.



THE SOUTH



Punta Hermosa

The South is packed with some of the main attractions in Peru. To facilitate navigation we have dissected it into four geographic areas.

THE SOUTH COAST

The quintessential summer destination for the Limeños.

The Southern Coast is where Limeños construct their second homes and flock to during the summer months. Here are the highlights.

PUNTA HERMOSA

The surf shrine and laid back beach.

Home to Peru's surf aficionados, and considered Peru's big wave shrine, Punta

Hermosa is a laid back village style resort town about one hour drive from Lima. The perfect place for you to learn to surf or just enjoy a weekend at the beach.

To stay

There is no obvious choice in Punta Hermosa, most people book an apartment via a site like booking.com or airbnb.

To eat

- **Cucharitas.** Seafood restaurant with an outside terrace in a quiet street.

- **La Pescaderia Punta Hermosa.** Responsible fishing is central to this small and cosy fishing shop cum kitchen. You can have them deliver fresh fish or have a bite at their premises. A perfectly relaxed spot for a chilcano or ice cold beer too.

- **Food Trucks.** There are a variety of cool food options all in one place! Avenida Sunset! **La Curva FoodTrucks**

- **Charcuteria Lucaffé.** A great charcuterie plate and a glass of wine? This is the place. It is also a place where many of the top surfistas hang out.

- **Artesan.** Great place for a coffee or a healthy-ish snack, they have a great avocado sandwich or an açai bowl.

To buy

- **La Tiendita.** Summer pop-up shop - 2nd floor of La Curva - Selection of handmade, eco, comfy, natural Peruvian Lifestyle Items.

- **PlayBoardGameStore** is also in Punta Hermosa!! Juan Valez Mz. B'Lote 15



CHINCHA

The cradle of black culture.

Chincha is known as the heartland of Afro-Peruvian culture. Many musicians live here and there is a strong local tradition.

Anytime of year is good to visit Chincha, but in November and February you can enjoy Festival de Danzas Negras and the Verano Negro respectively. Especially, the Verano Negro in February (coincides with carnival) gathers large crowds dancing for days!

El Carmen is home to several traditional bars and clubs that host Afro-Peruvian peñas, it was also the hometown of the renowned Amador Ballumbrosio, who was a local musician and tap dancer. His memory is still celebrated for his lasting influence on the local culture. In this [video](#) clip you will be touched by the brilliance of this giant and his importance for the local culture.

To stay

- **La Hacienda San Jose** (El Carmen). The Manor House, now a delightful vintage/boutique hotel, was once home to one of the richest cotton plantations in Peru. Dining on the terrace at sundown is a must. A large pool and IGble swing are on site! Rooms are available both in the historical building and next door in new built spaces. If you don't sleep over, you can still have access to the grounds & building and enjoy the guided tour for a little fee.

- **Casa Andina** (Chincha Alta). Tried and tested, Casa Andina is a great choice for families with kids. Their rooms are fairly spacious and there is a nice pool and playground in the garden. Your four legged friend is also welcome.

To eat

- **El Palmar** (El Carmen). Resto-bar by Omar Cartagena (Cocina de Autor). Great fusion food and a nice ambience. (T: 986 759 568)

- **El Refugio del Mamainé** (El Carmen). If you want a local experience, you have to visit Mamainé. She is credited for salvaging the black cuisine and traditions in the area. She gives out autographs and takes pictures with everyone and is quite a figure. (T: 922 956 339)

LUNAHUANÁ

The action-packed hangout.

If you like a big thrill and extreme sports, then Lunahuaná is a great place to explore. Most people come for the river running (best in summer months where the river is full) and for the ziplining. But there are also things of cultural interest as you can visit the pre-incan ruins Incahuasi (15th century military complex) and taste a pisco at one of the oldest wineries in Peru, **La Reyna**, before heading back home. Lunahuaná is a three hour drive South of Lima on the Panamericana Sur.

To stay

- **La Confianza**. Cosy hotel where you can sleep in huts and in white crisp bed linen. Not easy to find in Lunahuana. The hotel offers lots of outdoor activities.

- **Refugio de Santiago Eco lodge**. Correct, rural charm. Relaxed atmosphere. The eco lodge is on the river for easy access to rafting and other activities.

- **Hotel Los Palomos**. Nice hotel that offers lots of activities.

- **Hotel Viñas del Sol**. Family hotel run by Jeysson Pauls, who also runs a Parque de Aventuras, where you can kayak, go horseback riding, and do other fun outdoor activities.

To eat

- **Restaurante Piscuy**. Simple and local, but honest food.

ASIA

The summer glam beach destination par excellence!

The Pacific coastal town of Asia is the place where the local glitterati relaxes in the summer. Think of it as the Hamptons of Lima. Everybody moves there. If you are a member of a fancy sports club, chances are their satellite in Asia is booming during the summer months. It is a place where beaches are private and families go and let their teens roam around and party in a safe community. If you don't want to miss the action this is where you should book your summer vacation. The beaches are packed from December to March (when schools are back again).

To do

Nothing really - just relax!

- **Kartódromo Racing Dakart**. Peru's first professional kart ring is for those who need a good kick of adrenaline.

- **Centro Cultural Rimac**. Behind the Shopping Center Bulevar de Asia, you find the Cultural Center. It might not sound fancy, but this is where people go for exhibitions, workshops, theater and concerts.

To stay

- **Awa Hotel** (Asia). The only hotel in the area we have tried. It is located South of the main street Asia Boulevard, and situated on a wide open sandy beach. It has a large nice pool. Services and rooms are okay, but not fabulous.

- **Airbnb**. Most people rent out their homes via sites like Airbnb. In the summer season the best properties get snapped up fast!

- **Hotel Vista Pacifico** (Asia). Basic and clean. Wonderfully placed on a private beach with a good swimming pool.

To eat

- **Mamma Tomato**, an institution in Asia, sandwiches, pizzas and other comfort foods, they have a great selection of juices.

- **La Granja Azul**, specialist in grilled chicken. And a great family restaurant!

- **La Carreta**, meat lovers delight.

- **Punta Sal**, traditional Peruvian food.

Along Asia Bulevar, lots of top chefs have opened establishments along the Bulevar so you just have to make a choice.



Paracas

• **Museo Julio C. Tello.** The architecture alone is worth a visit, you find this contemporary building that melts into the desert and has been conceived with utmost care for its placement in the desert landscape. It is one of the most important museums of the region and has received the Leading Culture Destinations Awards 2018 for best new museum in Latinamerica. It is a perfect point of departure for your investigation into the Paracas culture, its fascinating textiles and the mystery of the elongated skulls.

• **Regional Archaeological Museum “Adolfo Bermúdez Jenkins.”** Good presentation of high quality regional artefacts, including many musical instruments. Museo Regional de Ica “Adolfo Bermúdez Jenkins”

• **Kitesurf.** Paracas is a Kitesurfers paradise. At **Peru Kite** you can rent, learn and enjoy a day full of kitesurf. If you are more the onlooker type of person, they do have a great restobar too, where you can sip a refreshing chilcano and watch the sunset while you watch the others out on the water.

• **Huacachina** Go on a day trip to the oasis town in the midst of the Ica desert. Here you can sandboard, drive buggies and hang out around the oasis.

PARACAS

Nature, culture and great hotels!

One of the first and easier trips to do by car is Paracas. Four hours in the Southbound Panamericana takes you there, so it is an overseable journey even for families with small children. Paracas is an ideal weekend (or even extended weekend) destination. It is a mix of great hotels, beautiful nature and cultural sites, and all within a small radius. Those who choose to extend the stay in Paracas often combine it with exploring an area a little further inland and south towards Nazca.

To do

• **Islas Ballestas.** All major hotels can organize a trip to the Ballestas for you. Naturally, they overcharge for that service, which is why most people “do it themselves”. You just go to the harbor and start negotiating with the tourist operators, that will then cost you around 30 soles per person. The best time to visit the Islas Ballestas is during mating season from January to March. Islas Ballestas are popularly called the poor man’s Galapagos; they are brimming with life; sea lions, penguins and tons of birds. You will also see the geoglyph “chandelier” on the cliff off the coast off the Natural Reserve.

• **Paracas National Reserve.** A visit to the National Reserve is a very civilized experience. By the entrance to the reserve you will receive a map with your ticket purchase and you can follow this map on the round trip. If you are adventurous we suggest you continue off the map towards the salt lakes, where you will see flamingos flocking. If you feel naughty and safe we encourage you to go beyond, there are beautiful and almost untouched beaches a little further away. But bear in mind that it is not without danger to embark on a trip in the desert. The car can easily get stuck and there is little or no mobile coverage so it is better to have at least two cars convoying the trip. The reward for going off piste however is sweeping views of the desert beaches and cliffs with the unbeatable feeling of being completely off script.

Peruvian Galapagos

Islas Ballestas are often called the poor mans’ Galapagos. A mere one hour boat ride away from the Paracas harbour you find this important marine life sanctuary. You will have close encounters with sea lions, Humboldt penguins, guana birds and more. We recommend you visit in February where the large mammals are mating.



Huacachina, Ica

To stay Paracas

- **Hotel Paracas** (Paracas). This Luxury Collection Resort is the best option in Paracas. Large pool, beach, green lawns, bar, shop, different restaurants and a private muelle with restaurant **Chalana** at the end!

- **Hilton Double Tree Resort** (Paracas). This is a great place for families. Your kids will love the many pools, and especially the heated one. However, it is the type of place that insists on you wearing their bracelet during your stay and that gives it a lesser upscale feel. They have large family rooms. And although you most likely cannot swim at the private beach (due to the large quantity of oversized medusas) you can play beach tennis and have tons of fun in the groomed sand.

- **Hacienda Hotel** (Paracas). Next door from the Hilton, the Hacienda offers nearly the same services but without the bracelets. The aesthetic is more “country club” with chesterfield elements.

To stay Ica

- **Hotel Viñas Queirolo** (Country side) Very nice bodega/hotel with comfortable rooms & various pools, surrounded by large vineyards. If you stay for the night, you can go onto a guided tour of the vineyards. Very pleasant as you will finish your tour with bubbles & a sunset view!

- **Fundo Aranyay** (Pisco). If you are going to Ica with a group of friends, including kids, Fundo Aranyay, which is a private house, is a great option. It is a charming property with all the amenities you can think of and with the capacity of 16 people. Contact owner Jazmin Sarria. (T: 998 182 354).



Julio C. Tello Museum

- **Hotel Las Dunas** (Ica). A family favorite, for a year round weekend getaway. Las Dunas is a hotel that offers many outdoor activities and a safe environment for children. Water slides and horseback riding are among the top activities, plus the proximity to places like Huacacina where you can tour on buggies or sandboards.

To eat

- **Il Covo** (Paracas). If you just feel like Italian comfort food, Il Covo is an Italian owned restaurant with great pizza and pasta dishes. It has a great outdoor veranda too.

- **Restaurant 8 Cepas** (In Cachiche, Ica). 8 cepas is a favorite by the wine aficionados of Lima and your good plan for Peruvian wine accompanied by tasty Criolla Food!

- **Bodega Tacama**. (Countryside) Picturesque wine producing hacienda that has a great lunch restaurant, large green areas for children to roam around, shop. You can get a guided tour of the pisco & wine-making facilities!

- **Kokopelli**. (Paracas). If you are looking for a laidback, bohemian, backpack type of moment where you can enjoy a drink, you should head to Hostel Kokopelli Paracas.

- **Intimar**. (Natural Reserve). Inside the Paracas National Reserve this off the beaten track restaurant and guesthouse offers fresh conchas at the beach! Small, simple, tasty, laidback “feet in water” kind of place - small pebble beach with chairs. You can opt for an overnight stay there, but there are no fancy amenities, just a beautiful view.

World Class Architecture

The Tello Museum in Paracas, located in the Paracas National Reserve is a brilliant example of how to harmonize a building to its desert landscape. But it doesn't stop there; the geometry of the walls as well as the reddish color of its material, pozzolan cement, mimics the geometry of the pre-hispanic ceramics which are also on display inside. It was made by the architects **Barclay & Crousse**, who are also behind many residential buildings in Lima, including the sought after UN Park Apartments in Miraflores.



Tacama

NAZCA

The mystic destination that draws you in.

One of the greatest archeological enigmas to this day is the Nazca Lines. Created by the ancient Nazca culture the 2000 year old Nazca lines depict plants, animals, and humanoides and geometric figures and they extend over an area of nearly 500 square km. Given their massive size the lines can only be fully appreciated when viewed from the air. Despite being studied for over 80 years, the geoglyphs—which were designated a UNESCO World Heritage Site in 1994 are still a mystery to researchers. Going on a flight overlooking the Nazca Geoglyphs is an absolute must!

To do

- **Antonini Archaeological Museum.** This gem of a museum is not to be missed; it is brimming with ancient artifacts from the Nazca civilization.
- **Pottery.** If you fancy a good reproduction of Nazca Ceramics, go visit the Taller de Artesania Andres in Calle Flores.
- **Cahuachi Archeological Site.** If you feel adventurous, a 1 hour drive, South of Nazca, will lead you to the Archeological site (still under discovery by a team of Italian archeologists) of Cahuachi.
- **Cantalloc Aqueducts.** The hydraulic system of the ancient Nazca culture, known as the puquios, is a combination of underground tunnels, small reservoirs, and strange swirling holes that lead from the surface to the water below. The puquios allowed the Nazca civilization to thrive and distribute water in one of the most arid places in the world.
- **Nazca Lines Tower.** If you are afraid of flying you can always make a pitstop on the Panamericana Sur Highway, around 30 km North of Nazca. Here you will find the



Nazca Lines

Nazca Lines Tower (Mirador de Las Lineas de Nazca). And for next to nothing you will be able to view two (less important) Nazca geoglyphs, the tree and the hand. You will both see them from above and close by and that is a difference to when you fly over.

- **Fly!** At the airport in Nazca you will find several air companies that offer you a 30 min flight over the large area with the Nazca lines. The trip is expensive, 85USD per person, but it is well worth its money! You see most of the geoglyphs in their geographical location. Watch out for flight sickness!

To stay

- **Casa Andina.** The hotel options in Nazca are not fabulous, but Casa Andina can be relied upon to give you value for money. It is also a great little hotel for families as they have (no frill) family rooms that sleep up till 5 people. The hotel also has a tiny pool that comes in handy for those travelling with children. Front desk is helpful.

To eat

- **El Porton Restaurant.** Make sure you make it to the upper floor of El Porton, that is the reference restaurant for out-of-towners in Nazca. Servings are generous and the fare is local.
- **La Taberna.** A younger crowd and a menu that has vegetarian courses and burgers side by side. Nothing fabulous, but a sympathetic place where travellers meet and service is correct.
- **Mamashana.** One of the nicer establishments in town, with great food and correct service.

Lady of the Lines

German-born Peruvian archaeologist, Maria Reiche (1903 -1998), famous for her contributions to the research of the Nazca Lines. Known as the “Lady of the Lines”, Reiche helped gain national and international attention for the Nazca Lines and following her death, her former home in Nazca was converted into a museum, the **Museo Maria Reiche**.

CUSCO & THE SACRED VALLEY

One of the world's most sought after travel destinations!

CUSCO

The navel of the world, Cusco is the center for Andine culture in Peru. Although there is an abundant influx of foreign and local tourists, Cusco is still one of the safest and most charming cities in Peru, and it is packed with some of Peru's best hotels.

We focus on giving you our best tips once you have done the main sites in Cusco city.

Foundation of Cusco

The first Inca leader Manco Capac, is said to have founded Cusco. Manco Capac is a mythical figure that is said to have emerged from the Titicaca Lake with his sister (and wife) Mama Ocllo, exploring the land carrying a sacred baton that sank into the ground at the place where he then founded Cusco.

To stay Cusco

- **Hotel Retablo.** Boutique B&B painted in retablo style, cosy and clean.
- **Antigua Casona San Blas.** Lovely boutique hotel.
- **El Mercado.** As the name indicates this hotel is located in an old marketplace. Newly refurbished with eye for the details, a great hotel for families.



Cusco, photo: Athena Sooklall

- **Sol Guest House.** This is a great little design guest house, with the possibility of having a kitchenette. It is located 10 min walk from Plaza de Armas with views of the Qorikancha temple. Simple yet good value. (free wifi).
- **Palacio Nazarenas** (A splur!). This is one of the Belmond hotels and epitome of old school elegance. What not to love? Comes with a price tag!

To stay outside Cusco

- **Andenia Boutique Hotel** (Urubamba). A casual, but elegant design hotel. Attention has been made to all details. If you are just passing by they have a great coffee shop - **Aulita**.
- **Tambo del Inka** (Urubamba). A hotel of the Marriott chain, with all the amenities that follows including a nice spa and a gym. Lovely garden with mountain view.

Skylodge Adventure Suites (Ollantaytambo). Adventure night!! If sleeping in a tiny transparent luxury capsule directly attached on the steep mountain side sounds like your kind of fun. Look no further! To sleep at Skylodge, people must climb 400 mt. of Via Ferrata or hike an intrepid trail through ziplines. Packages include breakfast & gourmet dinner with wine and transportation from Cusco. There's no room service, gym, or concierge. It's just you, the swirling wind, the Milky Way and the occasional train horn echoing through the valley beneath. 90min drive from Cusco.



The Qoricancha

The temple of the Sun, the Qoricancha, was the most important temple for the Incas. Its fundament can still be admired in today's Cusco, but the conquistadores built the convent of Santo Domingo on top of it. In its heyday the Coricancha temple was fabulous beyond belief. Its walls were said to be covered with sheets of pure gold and gold sculptures inside and out were covered in precious and semi-precious stones.

To eat

- **Kion.** Kion is a Peruvian Chinese restaurant and boasts of the best chifa in town.
- **Limo.** This is a gorgeous Nikkei restaurant. The food is great and so are the drinks.
- **La Chomba.** Typical Peruvian Food of quality.
- **Uchu.** Peruvian Steakhouse comes recommended if you crave some meat!
- **Ceviche Seafood Kitchen.** Ceviche in the Andes ..? It is possible at Ceviche Seafood Kitchen Cusco.
- **Incanto.** We know you didn't come to Peru to eat Italian food, however, sometimes comfort food is needed and this Italian restaurant is a great spot for a pasta or a pizza, and it is easy to find just off Plaza de Armas.
- **Pachapapa.** If you want to try cuy (guinea pig) this is where to try it.
- **Panadería San Francisco.** (Pisac). Run by Elías Camala, the bakery is one of the most traditional in the region.

Coffee

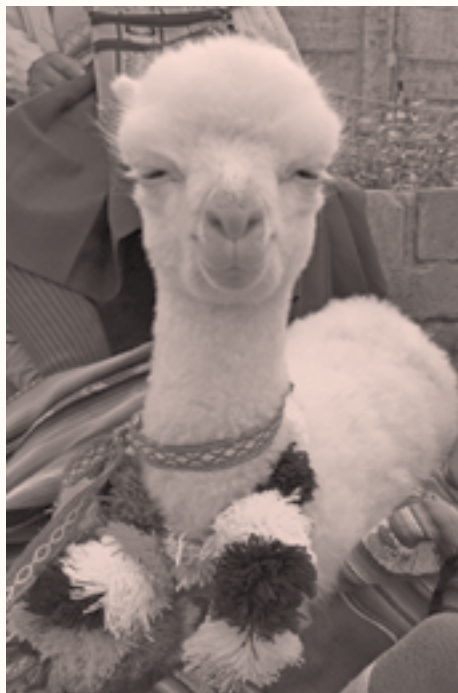
- **The Meeting Place.** This cosy place is run by volunteers, and gives its profits to NGOs around Cusco.
- **Cafetería Siete & Siete.** The steep climb to the Pension Alemana café is rewarded by the wonderful coffee and panoramic views you'll find here.
- **Café Loco.** Besides great coffee, this welcoming eatery offers farm-fresh food and Andean music. Plaza San Blas, Calle Tandapata.
- **Aulita Café Boutique.** Design café with a boutique market where you can find a selection of wines from Lima based **La Gastronomía**
- **Three Monkeys Coffee.** Best specialty coffee in Cusco.

To buy

- **Cocoliso.** Beautiful shop in San Blas run by Elise Anahi Chaparro, a French in love with Peru! She designs contemporary knitted clothes in alpaca working with local communities.
- **Pallay Cusco.** Wonderful textile products with an eye for the sustainable.

Other Activities outside Cusco

- **Cervecería del Valle** (Valle Sagrado). Microbrewery - Taproom and beer tasting in Pachar, on the road between Urubamba and Ollantaytambo. Open location with magnificent Andes mountain backdrop.
- **Destilería Andina** (Valle Salgrado).





MACHU PICCHU

Entry **Tickets** for Machu Picchu Sanctuary are limited and demand is high, especially during peak season from April to October. So planning in advance is essential to make sure you can visit! Sometimes contacting a travel agent can help you find the best way to get into Machu Picchu.

But be aware some agencies would like you to get up very early to reach Machu-Picchu before noon. This is only a good idea if you are an early riser. We recommend you go later, the best pictures are never taken between 12-15h.

TRAINS TO MACHU PICCHU

Trains don't run from Cusco to Machu Picchu. They run to Aguas Calientes where you need to get on a bus to reach Machu Picchu. Be aware that most passengers board the train halfway in Ollantaytambo as it is the fastest route.

There are two main train agencies Inca Rail and Peru Rail that operate the tracks. You need to decide if you want - a standard (Expedition) or a high-end (Vistadome) train. The difference is that the Vistadome has panoramic windows. The Vistadome is double the price of the Expedition train, but in our opinion it is worth it - at least if it is your first time going there.

If you buy a Machu Picchu package with a tourist bureau they make "door to door" service. They purchase the train and entry tickets and make sure you get on the right busses and trains!

If you want an out of this world luxury train ride a pair with the orient express, **Hiram Bighams Belmond** train is here for you to indulge. You will be pampered with cocktails and gourmet dinners and polite service. It comes with a price tag too, but it is a once in a lifetime experience.

NB: If you would like to catch the train all the way from Cusco to Aguas Calientes, bear in mind that the route is closed from January to April due to the danger of landslides. Trains run year-round between Ollantaytambo and Aguas Calientes.

DAY TRIPS

• **Machu Picchu 11h trek.** The one day trek to Machu Picchu is our best advice. The view of the sanctuary entering via the sungate will be all the more memorable because of your hike! Of course you need to be in good shape to be able to do it in one day. Most agencies can arrange this option for you. However, we enjoyed the route with Auqui Peru.

• **Pisac & Sacred Valley.** Pisac, known for its immense Sunday market but also home to impressive Inca ruins. View the enigmatic agricultural terraces of **Moray**, and continue to **Maras** to see pre-Inca salt pans stacked up the mountainside.

Bonus : Don't forget to book lunch at **MIL** (#90 of World's Best Restaurants 2021 List) - the restaurant and experimental grounds of world renowned chefs **Virgilio Martínez** and **Pia León**.



• **Village of Chinchero.** The small mountain city of Chinchero is located off the road between Cusco and Urumbamba. It is an Inca city that overlooks the sacred valley and has carved terraces and aqueducts that are in use to this day. In this picturesque city you will find an architectural treasure: the church of Chinchero. It was built on the top of ancient Inca ruins - but not just any Inca ruins, on the top of Inca Tupac Yupanqui's country resort. The old Inca stonework is the base of the church while an European style building has been integrated to this old traditional base structure.

• **The Andean Baroque Route.** The Andean Baroque Route is a rewarding treasure hunt. If you are pressed for time we recommend the Chapel of San Pedro the Apostle. The Chapel is one hour drive South from Cusco (Direction of Puno) in the village of Andahuaylillas. At a first glance it doesn't look like much with its humble whitewashed walls, but inside you find a display of colorful murals, an exquisite gold-leaf altar, most remarkable kaleidoscopic and eye-popping ceiling paintings, no wonder it has earned the popular moniker the Sistine Chapel of the Andes. **Ruta del Barroco Andino** can organize your visit if you like a specialized guide.

Tupac

Tupac Amaru II was the Inca leader who led the major Andean uprising against the Viceroyalty of Peru that marked the beginning of the Peruvian War of Independence. Dying a martyr he became a mythical figure beyond his native Peru. Until today the name Tupac is synonymous with fierce rebellion.

• **The Rainbow Mountain.** Located roughly 3 hours from Cusco near the city of Cusipata. To get to the Mountain you have to hike 3 kilometers - mostly uphill. The hike will take about 1.5 hours, depending on your level of fitness. With a little luck you will meet wild llamas and alpacas on the way.

• **Standup Paddling** (Valle Sagrado). A great family program that includes standup paddling on Lake Huaypo or Laguna Piuray. (6 hours). Contact **Munaycha** or **Piuray** for more information.



Virtual Trip

*During the pandemic not much travel was going on. If you are still not in the mood to embark on much physical travelling, **National Geographic** has made it possible for you to travel virtually. Their new game takes you to Machu Picchu in the comfort of your sofa.*

WANDERLUST CUSCO

If you come to Cusco to enjoy a good adventure we have three hiking suggestions for you that vary from strenuous to extremely strenuous. Then, for those who want adventure from the comfort of a chair, we have the ultimate luxury train ride for you too.

THE INCA TRAIL

Probably one of the most popular and talked about treks in the world.

To conquer the strenuous **Inca trail** is a feat that is rewarded not only with a badge of honor but also with the best view of the Machu Picchu, when you enter from the Sun Gate. There are treks of various duration. The classic Inca trail is 3-5 days, however you can get a taste of it by signing up for the intense 1 day hike too (If you are in a great physical condition). It is important to book in advance as the trail has a limit on the guests permitted per day.

CHOQUEQUIRAO

The trek to the archeological site of **Choquequirao**, famous for its easily recognizable stonewalls with lama depictions, is considered tough (very strenuous). The site is located at 3000m and you need to employ considerable effort during the trek. However, you can make it easier on yourself and ask for pack donkeys to help carry your gear. There are only camping options available once you reach Choquequirao, and hiking is the only possible way of reaching your destination. We have found a local specialist who can take you to Choquequirao. It is an absolute Lara Croft itinerary, so bring your gear, good mood and lots of energy. For this trip we recommend you contact **Marco Magri** from **Choquequirao Lodge and Tours**.



Follow Lara Croft

Lara Croft, the beloved adventure heroine from the Tomb Raider series has several times been to Peru on her (virtual) expeditions, but did you know that one of her most daredevil adventures took place around Choquequirao - the city where the Incas took refuge during the colonization.



Glacier Quelccaya, photo: Athena Sooklall

GLACIER QUELCCAYA

If you are a natural born mountain goat or like the combination of hardship and mountain climbing look no further than Quelccaya. You will find the impressive tropical glacier in the Cordillera de Vilcanota at an impressive 5600m, almost halfway between the ruins of Machu Picchu and the Titicaca Lake. The Glacier is the center of many scientific expeditions that are particularly focused on climate change. **Cusco Expedition** is the agency that has been used timeover with the logistics of the operations and they also make taylormade private tours of various lengths.

NB: This an extremely strenuous trek that should only be taken on by serious and longtime practitioners of mountaineering.

THE BELMOND ANDEAN EXPLORER

Ever since the Orient Express was inaugurated there has been a magical ring to a good train ride. **The Belmond Andean Explorer** puts the glamour back into adventurous travel. The interior has been made with a nod to peruvian history with fabrics from peruvian **PaisTextil**. You will also find a spa on wheels, so you can get pampered along the journey. You will eat, sleep and drink to the beautiful scenery. It is as luxurious as it gets, and the price tag is definitely presidential. The Explorer runs from Cusco to Titicaca Lake (Puno) and then further down to Arequipa through the Colca Canyon. Currently, the Belmond Train is at the station, waiting for the green light to take you on one of the most beautiful train rides in the world. (it is said to re-open in april 2022)

GUIDES FOR YOUR CUSCO EXPEDITION

If you are planning a trip to Cusco and need an experienced local agency to help you plan your trip we have a few suggestions for you:

- **Piuray.** For an active holiday by the Cusco lakes and beyond. They can organise stand up paddling on the mountain lakes or other outdoors adventures. They also have an “experience” program, where you can work the fields, make adobe bricks or learn more about textile production.
- **Duillo Vellutino.** Duillo from Munaycha Travels never fails to impress if you want to organise an active holiday! Duillo is a specialist in the Sacred Valley. From horseback riding to stand up paddling or trekking, Dullio is on it.
- **Auqui Peru.** This high-end travel agency is run by the Belgian Honorary Consul in Cusco. They organized the Cusco part of the Belgian Royal Family’s visit. The contact person for details is Rubén Giraldo (he is not the consul). He is great for the Inca Trail (any length).
- **Cusco Expedition.** This is an agency specialized in mountaineering.
- **Choquequirao Lodge & Tours.** Marco Magri from Choquequirao Lodge & Tours specializes in the Choquequirao trek and he is our choice for this trek.

PUNO / LAKE TITICACA

Legend has it, everything began in Puno when Manco Capac and Mama Ocllo emerged from Lake Titicaca to found the Inca dynasty. You can still feel the breath of history with the spellbinding indigenous culture omnipresent.

Most people fly from Lima to Juliaca (30 min drive from Puno) to get to the Titicaca Lake. However, if you have time you should consider taking the 6-7 hours scenic drive from Cusco taking you past Pucara. At nearly 4000m, the majestic and vast Titicaca Lake is located on the border of Peru and Bolivia and absolutely worth a visit!

The real attraction of reaching Puno and braving the sudden altitude pressure is to visit the numerous islands on the Titicaca lake. You can either do day trips on the lake or you can book a room on one of the islands for a full experience.

Climate in the Andes can be mischievous, but whether you are blessed with a clear blue sky or a full-blown thunderstorm we can assure you that either experience won't fail to impress you.

To do

- **Uros Floating Islands.** The more than 50 floating islands are an extraordinary feat of engineering. Made of reed, harnessed from the lake, woven to form a sturdy layer of approximately 2m. About 1200 people live on the islands that form an archipelago in the Titicaca Lake.

- **Taquile Island.** The Taquile people are known for their precious textile art and were as a consequence proclaimed a UNESCO Masterpiece of the Oral and Intangible Heritage of Humanity in 2001.

- **Sillustani.** Visit the archeological site of the pre-Incan cemetery of Sillustani with its impressive circular tombs.

To stay

Lodgings are mainly focusing on backpack tourism. Visitors often stay in Puno, because that's where you take the boats navigating the lake. But, we have to tell you, Puno is not very interesting. Therefore we recommend staying on the islands or on the lakeshore.

PUNO

- **Casa Andina Premium.** Count on Casa Andina to provide you with a hotel of great quality to a very reasonable price. This hotel is a 10 min drive from Puno and you should ask for one of the rooms with a view.

STAYING ON THE UROS ISLANDS

- **Titicaca Lodge.** One of the few luxury options on the lakes.

- **Home-stay.** For an authentic cultural experience try to book a homestay on either Amantaní or Taquile Island. It is an original way to stay at a resident's home in a typical bed and breakfast setting. Homestays are widespread and can be booked via a travel agent or through booking.com. Be



aware that depending on your choice some homestays are with no thrills and you will share (a cold) shower and toilet with the host family.

STAYING ON THE LAKE SHORE

- **Hotel Titilaka.** The epitome of luxury on Lake Titicaca is staying at the secluded Hotel Titilaka. Located on a beautiful peninsula, a two hours drive from Juliaca's airport, this Relais & Château Hotel truly takes care of you. You will feel at the end of the world and you will be delighted by it! The flat fee is substantial, but includes it all: Luxuriously designed lodging (full-sized windows for ample enjoyment of the lake's view, private transportation, full board, open bar, excursion in luxury boat to Uros & Taquile Islands (with lunch outdoors in private location with a breathtaking view), bikes, kayak, outside jacuzzi, boat trip through the bulrushes, and more.

To eat

On our venture in the region, we did not come across a restaurant that stood out. But do not worry, the usual tasty Peruvian specialities can be found at numerous locations, although mostly in Puno and Juliaca (the main centers around the lake).



Los Uros, Puno

AREQUIPA

The white city, surrounded by volcanoes.

Arequipa is the most well kept secret in Peru. “The white city” is known to Peruvians as the most beautiful colonial city. And, it is!! The architectural harmony of the historical center is rendered by the volcanic tuff used to build the houses and monuments. On top of this, most of the authentic buildings have been renovated, the center is mostly pedestrian and last but not least, particular care is given to maintain the streets clean.

You can easily walk all around town. Most of the interesting venues and places of cultural interest are within walking distance. Although Arequipa is the second largest city of Peru, its historical center is small, walkable and very pleasant!



Arequipa

To do

Arequipa’s Plaza de Armas is your first stop. A walk inside the Cathedral is worth it. Then, do not miss out on La Iglesia de la Compania, on one of the corners, for its beautiful sculpted facade.

• **Museo Santuarios Andinos.** You should also step into the Museo Santuarios Andinos to discover Juanita, an incredibly well-preserved body of a girl sacrificed in the 1450’s and found in 1995 atop the Ampato Mountain.



• **Yanahuara area.** Yanahuara is a beautiful area off the usual center of Arequipa. There is a beautiful San Juan Bautista Church and el mirador with a nice view of the city, at one corner you can eat yummy buñuelos and the best picantería is La Nueva Palomino.

• **Monasterio de Santa Catalina.** If you don’t visit El Monasterio de Santa Catalina, your trip to Arequipa will have been wasted! A mysterious & magical city within the city, the monastery spreads out onto 2000m². Besides the coloured walls, the vaulted patios, the nun’s numerous cells, you should look out for the interesting kitchen spaces!

• **San Lazaro.** Equally interesting and mysterious, is the quarter of San Lazaro. Replete in quiet streets, small plazas, flowered balconies. Less busy and often neglected by tourists, this area deserves your attention. When in San Lazaro, head to el Museo de Arte Virreinal de Santa Teresa. Inside the monastery’s spaces, you’ll discover the most.

• **Colca Valley.** The best part of visiting the Colca Valley is the road trip there! The route is beautiful and recommendable. Particularly, the road from Arequipa to Chivay is memorable. Here you reach the altiplano and a peak at 5000m, passing by hordes of vicuñas, shepherds guarding their alpaca & llamas and flamingos enjoying altitude lakes. You might get caught in the occasional snow storm, so be prepared for an adventure! While you are moving along the serpentine roads you will pass through

small picturesque villages with tons of interesting facades of the village churches, Village of Maca, Village of Pinchillo, Village of Yanque, Village of Coporaque. That is truly the height of going to the Colca Valley.

To stay Arequipa

• **Cirqa Hotel.** The epitome of chic city hotel, Cirqa is one of the few Relais & Châteaux hotels in Peru. It has an unbeatable location just off the Plaza de Armas. Top service, beautiful architecture including contemporary design furniture and good food & drinks in addition to a very good playlist! If you don’t stay for the night, at least enjoy an evening drink in the cosy patio next to a brasero or inside on the comfortable couches! A must. You won’t be disappointed!

• **Palla Boutique Hotel.** Located in the area of the tambos (artesanal area), but only a 6 min walk from the Plaza de Armas, Palla is a hidden treasure. The hotels’ roof terrace is where breakfast is served with a 360° view of the volcanoes surrounding Arequipa. A gem of a boutique hotel with a budget price.

To stay Colca

• **Casa Andina.** You never go wrong with a Casa Andina hotel. This one is nothing special, but it is a great option in the Colca.





Colca, photo: Athena Sooklall

The White City

Arequipa was built with the particular white volcanic stones (Sillar) that are abundant in the area. Paired with its location in the valley below the numerous volcanic peaks, this gives the city a magical and unique look.

Coffee

- **La Despensa.** right opposite of the entrance of the Santa Catalina Monastery. A decent espresso in the right location!
- **Kaffeehaus.** Kaffeehaus does its own roasting and toasting of their coffee beans, and the coffee is delicious. They also have a great Biergarten to relax in and it is run by a German- Peruvian couple, Antonia y Manuel.

- **Kafi wasi.** This is a young team of baristas that also does their own toasting/roasting on location. The beans are from Cajamarca. Tailored coffee tasting classes available!

Tea

- **Munanqui.** if you are not a coffee person, this tea concept store might be right for you.

To buy

- **Mundo Alpaca.** Owned by the Michell group, the museum cum shop explains all about the Alpaca Fiber and even has a few different alpacas on its grounds to the great delight of the visiting children.
- **Chaqchao.** Chocolate-based products made in Arequipa! (inside the same historical building as Las Gringas Pizza)

Bonus : Mercado San Camillo. The covered daily market of Arequipa, is a feast for the eyes. It has a freshly made fruit juice mixture prepared just for you by one of the 20 or so fruit juice ladies! You'll also find a fantastic variety of potatoes, rocoto's & cheeses!

- **Colca Lodge Spa & Hot Springs Hotel.** This is a very popular hotel due to the hot springs that are on its premises. Rooms are nice and spacious.
- **Las Casitas Belmond.** If price is not an obstacle this Belmond hotel is a delight. Effortless chic and in a perfect corner, you will get your own little casita.

To eat

- **13 Monjas,** best pizza in town, contemporary cuisine with an unbeatable ambience. At night it can be difficult to get a table, so make sure to make a reservation. Best home baked bread in town too!
- **La Picantería Nueva Palomino** (Yanahuara). An absolute favorite you need to go to when in Arequipa! (Only open for lunch)

- **Las Gringas Pizza.** Peruvian Casual Pizza, an outdoor space in a traditional building, close to Plaza de Armas (kaniwa, quinoa, purple corn dough!) . And interestingly, they serve an Arequipeña Cider (made with cranberries) called Chancho Cojo - that you will have to try.
- **Tio Dario** (Yanahuara). Picantería fusión, right next door from the Yanahuara Mirador with a nice view onto the volcanoes surrounding Arequipa. The restaurant has a flowered garden and a nice terrasse.
- **Zig-Zag.** This restaurant is an institution by now, everybody goes to ZigZag. It is not amazing and the interior is of an older date, but they do serve alpaca steak on a hot stone and many tourists seem to want to try that. The service is correct and the food is good. Try their local trout! If you can, get the window table on the 1st floor. It is undoubtedly the best.

Origin Story

There is some dispute as to what is the origin of the name of Arequipa. One theory is that the name Arequipa comes from Ari (summit) Quipa (lies beyond) and is referring to the numerous volcanoes that surround the city. The other theory is that Ari - Quipay means "lets stay" in Quechua and the Inca Mayta Capac is supposed to have uttered this once he came here on his way from Cusco to the coast.

THE AMAZON

Peru is so diverse that there are many types of jungles. They are all within what geographically is called the Amazon, but with a completely different experience.

IQUITOS

A trip to Iquitos is a meeting with a new world and a new culture all together. The jungle is replenished with exotic fruits and vegetables, and the sounds of the jungle gives the experience a completely different and exuberant soundtrack. In particular, those who have an interest in the flora and fauna of the Amazon, find it fascinating to visit as you are likely to have close encounters with loads of animals, from parrots, pink dolphins, sloths and anacondas to caimans and piranhas. Pack your bag and don't forget your binoculars!

To do

When you book with a lodge mostly it comes with a free "to do program", however, we are listing a few options for your inspiration.

- **Amazonian Manatee Rescue Center.** Bottle feed the manatee babies and meet the many different species that have been rescued from illegal pet trafficking. The center focuses on rehabilitation and conservation of the amazonian ecosystem.

- **Belen Market** and **Pasaje Paquito.** The exotic street market in Iquitos is amazing. You can find everything from exotic fruits and traditional dishes to more mundane things such as batteries. The Pasaje Paquito is sort of an ambulant amazonian pharmacy where you can find elixirs and powders and vitamins for all types of ailments. **NB be aware of pickpockets!**

- **Eiffel House.** At the epitome of the rubber boom, money was not an issue for the well heeled in Iquitos, and as a reminder of its glorious past you find the house designed



by Gustav Eiffel sitting on Plaza das Armas. Prefabricated in Paris and transported the long way over the Atlantic and deep into the impenetrable peruvian jungle. If you are curious there was a restaurant on the first floor last we checked.

- **Monkey Island.** La Isla de Los Monos is a monkey rescue center, for primates rescued from illegal pet trafficking. On Monkey Island you can see a variety of species in their natural habitat and learn about how we care for young monkeys.

- **Visit indigenous tribes.** The Iquitos area is home to two main tribes. The Bora and the Yaga people. We recommend you book a trip with a respectful local operator to make a visit. You can support the indigenous people by purchasing some of their beautiful handicraft.

There are several options when you go to Iquitos: you can stay in the city of Iquitos, or you can get further into nature and opt for



Amazon River

Indigenous Muralist

The Muralist **Olinda Silvano** is part of the all female artist collective **Madres Artesanas** and she is gaining fame for her bold and beautiful murals with the easily recognizable **Shipibo-Konibo** designs. (Amazon region of Ucayali). You can find a large mural by Olinda Silvanos inside the newly inaugurated **Bicentenario** park in San Isidro (Lima).

one of the many lodges. We recommend that you book a lodge. However, sometimes it is nice with one night in Iquitos and we have thought of both.

To stay

- **Amazon Oasis Floating Lodge** (Amazon River). If your dream is to be in the middle of the amazon on its floating lodge this is a pretty cool place to stay. You will be able to behold sloths, snakes and much more, a true amazonian experience in close contact with nature. They can pick you up and transport you to their dock.

- **Boutique Hotel Casa Morey** (Iquitos City). Located inside a beautiful antique house reminiscent of the heyday of the rubber trade.

- **Doubletree by Hilton**. (Iquitos City). Only upmarket hotel in Iquitos; central location with outside pool.

- **Delfin Boats** (Amazon River). This is as high-end as it gets on the Amazon! A floating luxury cruise up and down the Amazon river. You will be pampered and have access to well equipped cabins, great food and service on board while you take in the breathtaking nature from the safety of your well equipped boat. A delight for those who want a five star adventure without any hazards.

- **Camping!** It is possible! You can camp inside Pacaya Samiria National Reserve. We have not tried ourselves (and are slightly afraid), but a friend recommends the immersion experience. You can use an agency like **Amazon Experience** if you plan on camping.

Tucupí : Amazon seasoning in your kitchen cupboard

Peruvian Chef **Pedro Miguel Schiaffino**, is known for spreading awareness on the food of the Amazon jungle. His collaboration with NGO **Despensa Amazonica** has led to a sustainable project, producing Tucupí Negro (salted extract made from fermented Yuca Brava) as a gourmet product! Preserving an ancestral Amazon tradition, bringing it onto the Peruvian market, useable as a daily seasoning in our kitchens!

To eat

- **Tierra & Fuego**. In the middle of the Amazon, this restaurant is a floating temple of joy! Well almost. It is an incredible joint complete with a pool and private transportation dock. You just have to try it!

- **Mercado de Bélen**. A real authentic experience! This local market is full of buzz and the most unimaginable regional delicacies. You have to visit, but be aware of your wallet and phone - pickpockets operating actively!

- **Bar El Refugio**. This is a kitschy and borderline sleazy bar on the port of Iquitos. The explicit and psychedelic wall decorations painted by the famous local artist Ashuko Arartaga, are quite worth the visit. Don't bring valuables.

Floating in Luxury

The **Delfin Boats** might not sound very swanky, but this is a Relais & Chateaux floating luxury hotel, with your personal, onboard maitre! The Delfin Boat Cruises are four- and five -night long. The boat navigates along the tributaries of the Amazon River. Each day, passengers go into the rain forest with bilingual naturalists to view birds, mammals and amphibians in the Pacaya Samiria National Reserve. It is an all inclusive type of boat, so all activities and food are taken care of. A once in a lifetime experience!



Pozuzo Beerfest

Pozuzo, located in the central jungle zone of Peru, is perhaps not the first place you would look for a beerfest. However this jungle town was settled by Germans and they have preserved their roots by celebrating their traditions and customs including the celebrated beerfest - So keep an eye out - as in October the German community in Pozuzo carry out the one of the more traditional beer fests in the continent - also called Dorcherfest Pozuz.

OXAPAMPA

The high, other jungle of Peru! The food cabinet of Peru!

In Peru, you have more than one type of jungle, and the Jungle in Oxapampa is called Selva Alta, or high jungle, this means that it is not as hot as the “other “ jungle, as Oxapampa sits in the subtropical mountain region and therefore is cooler due to the altitude. The city, founded by Germans, is famous for its agro produce and tyrolean style architecture.

Getting to Oxapampa can be quite an endeavor. You have to cross the Andes Mountain range via the Carretera Central. It is only 500km so in principle it shouldn't take that long, however, it is a one-lane route with lots of heavy traffic, both from the mining and the agro business, and you will pass through many smaller villages on the way and it will slow you down. It can take anywhere from 9-15 hours! However the road is beautiful and as you drive up the arid Carretera Central you will reach an altitude of 4,818m before you begin the descent into the jungle. That change in climate is a beautiful part of the trip. The other option is to fly to Huanuco, then rent a car, however, that is still a 6hour drive to reach Oxapampa.

To stay

- **Altare de Oxapampa.** Ecolodge with off grid deluxe cabins, for forest, hiking escapes in Sierra Central.
- **Ulcumano Ecolodge.** Ecolodge with off the grid deluxe cabins. It is an all inclusive type of place, safe and great for smaller children. The proposed activities are great and you get to plant a tree by the end of your stay.



Oxapampa



Tropical Germans

In the 1850s, Peruvian President Ramón Castilla proposed to build a railroad from Lima, across the Andes Mountains to the Amazon Basin. However, the only part of the plan that was realized was the importation of about 300 German workers. They were sent on a hazardous journey, on foot and mule, crossing the Andes to arrive in the Amazon Basin. Many deserted or perished during the journey but about 170 Germans made it to Pozuzo and the town was established in 1859.

CHACHAPOYAS

Off the beaten track, Chachapoyas, in the Peruvian Selva Alta, has become the Inca trail of the insiders as you can trek on untouched virgin forest up until the Kuelap fortress that in return is a much older settlement than Machu Picchu, dating back to the 6th century AD. Chachapoyas, is proudly home to the cloud people. Its proximity to the Amazon may make you think it is hot, but the mountain is high and the clouds that cover its forests make for quite a chill thermal sensation. The city has a pretty colonial feel with its whitewashed facades and cobbled streets.

It is not an easy destination to arrive at since there is only one small local air company **-atsa-** that flies directly to Chachapoyas with their 50 passenger aircrafts. It can seem quite nerve racking to board that little machine and fly towards the subtropical highlands, but it is the best and least time consuming option. This said many prefer to fly on normal air carriers to Jaen and then continue the day after to Chachapoyas.

To do

- **Gocta Waterfalls.** The majesty of the Gocta waterfall is well known for their beauty and an obvious attraction for visitors in Chachapoyas.

- **Kuelap Fortress.** An impressive mountaintop fortress of massive exterior stone walls and well preserved buildings, where many are constructed with impressive ornamentation. The structure is situated on a ridge overlooking the Utcubamba Valley. There are several ways of getting here, the easy and the hardcore way. You can arrive in a very civilized way by car, or you can take a hardcore trek from the slopes (4 nights in precarious cabins along the selva alta).

- **Sarcophagi of Carajía.** Giant mummies carved into the cliffside and topped with skulls. The Sarcophagi of Carajía kept watch over the Utcubamba Valley for hundreds of years before researchers were able to investigate the mysterious mummies.

- **Museo Leymebamba.** From its humble exterior, you would never imagine that more than 200 mummies, (some staring right at you) are housed in this village museum. A must see! The museum is 1h45m from Chachapoyas.

- **Pueblo de los Muertos.** (Lamud). This archeological site of Pueblo de los Muertos



is not for the faint at heart. It is a two hour hike to get there and people with vertigo are not recommended to visit. The city of the dead is hanging on a cliffside and you are walking on a knife's edge at times. There are no safety measures so don't bring children! But you will be rewarded for your efforts. Unspoiled access with little or no other tourists around. The site is 1h40 from Chachapoyas plus the hike.

Trekking to Kuelap.

- **Special Cloud People** offers a 3 night hike to Kuelap. Roger from Special Cloud People was born and raised in Kuelap. He and his family will take you on a road little traveled before and you will get through virgin jungle and see unexcavated archeological sites. He will use a machete to get you through the most impenetrable parts of the journey. The views are breathtaking and the dangers are many. If you chose to take this trek, remember that you always have to think of your own safety. Especially the part of the trek that involves horseback. Get a donkey not a horse. There is zero comfort and you can only have cold showers on this trip. You will sleep in places that at first will seem eerie but exhaustion will knock you out. Despite the dangers and the discomfort this trip will leave your inner Lara Croft happy! To make it through the trip your physical condition needs to be good.

To eat

- **El Batan de Tayta.** If in Chachapoyas you must visit El Batan de Tayta. It is an exotic restaurant where you can get delicious specialties and strange looking drinks with decorative chocolate covered ants. Unique and fun place with a great ambience.

To stay

- **Gocta Natura Reserve.** Accommodation inside the natural reserve and serenity is guaranteed. It is 1h drive from the city so you will be quite isolated.

- **Hotel La Xalca,** is a great centrally located hotel that makes a good starting point for exploring the city. Rooms are airy and clean and the inner patio is charming.

- **Casa Mallqui** in Leymebamba was originally designed as a residence for researchers who had worked on the Leymebamba Museum and archaeological remains of Laguna de los Condores Mausoleum. Over time the purpose was expanded to also become a lodge for other visitors.

- **Urqu Hotel** is a great option if you decide on arriving via Jaen instead of the direct flight to Chachapoyas.

To buy

- **Miguel Huamán** (Leymebamba). Miguel Huamán, was part of the group who discovered the treasures at Laguna de los Cóncores in Chachapoyas. He now carves wooden replicas of the artifacts, (sarcófagos de Carajía) on sale in his tiny workshop in Leymebamba (close to Chachapoyas). You can also order by phone. He will ship to Lima by bus. Reliable and beautiful work, we are fans of his "Pinchudos". (T: 941 878 830).

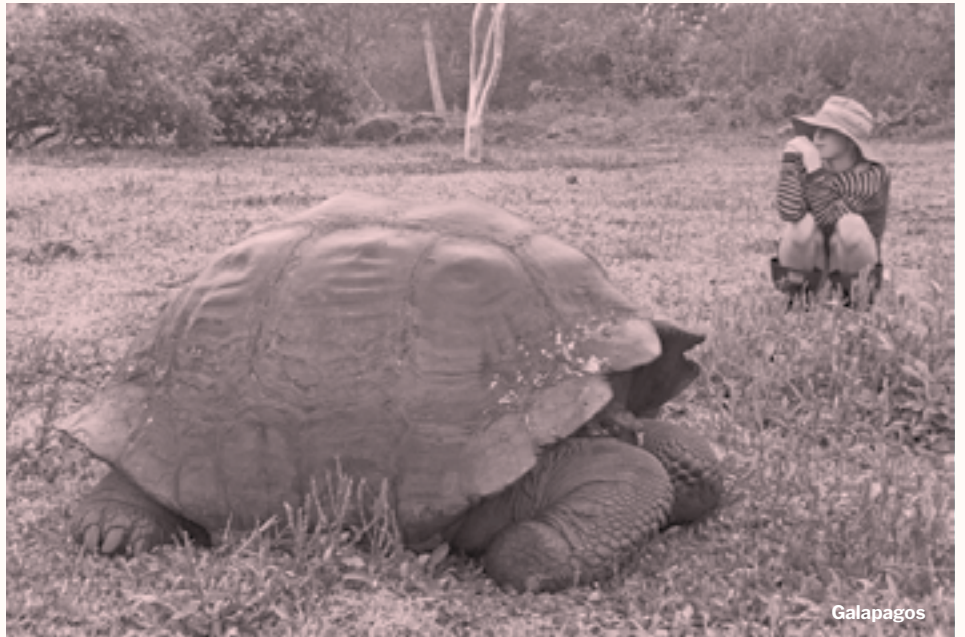
ADVENTURES ABROAD

GALAPAGOS

Do you dream of swimming with hammer sharks, giant turtles and scary looking iguanas? Plan a vacation to the Galapagos! It is a unique place in the world where wildlife reigns supreme, and you will feel transported to a different era. It is easier than you think. We have found a tried and tested tour operator in Ecuador that has perfectly packaged cruises to the Galapagos. You are sure to have a great time and encounter wildlife beyond belief. Of course you also have the option of staying on board and view wildlife from a safe distance.

Boat to take

- **Galapagos Legend.** Many have been happy with the Galapagos Legend that will provide you with a luxury cruise sensation while you enter into uncharted territory.



Galapagos



SKIING IN THE ANDES

Skiing in the Andes Mountain is a must for Ski aficionados. The best option is to take a plane to Santiago, the capital of Chile, and from there - after a few hours of driving you are at some of the best ski resorts in South America. WARNING: it doesn't have the same infrastructure as the Alps in Europe or the Rocky Mountains in the US, but it does have a charm and there is great snow to be had - so much indeed that nationals ski teams flock here to "summer train". Valle Nevado and Portillos are especially famous for powder snow. Ski season is roughly from July - October. At all resorts you can rent ski gear and clothes!

- **Portillo.** The ski resort Portillo is known to be a good destination for families, there is a great ski school and there is also lots of steep skiing to be had. It is a luxury resort that draws return guests year after year. However you should know that there is no town around the hotel, the iconic yellow resort building is the town.

- **Valle Nevado.** This is Chile's most modern ski resort, with an upscale infrastructure and a variety of lodging options. It has well-groomed slopes and an abundance of off-piste gullies and rollers that gives the feel of a natural terrain park. There is also an outdoor terrace where you can get a hot chocolate while you wait for family members on the slope. Valle Nevado is the highest placed ski resort and has recorded snow for the longest period of time.



From the Editors

We Share Lima would like to thank our generous sponsors for making it possible to provide you with a free, comprehensible guide to Peru.



Kristine Cardoso is an independent documentary film producer with a M.A. in philosophy. Her productions are shown in the US (PBS), in Brazil, Nigeria, France and Portugal and has won numerous awards including a United Nations Correspondent Associations' silver medal, the audience award in Sao Paulo, best documentary at Durban, Denver, Austin, Detroit, New Haven Film Festivals. Films have also had special screenings at Harvard, Columbia, Georgetown, Yale and Stanford Universities, among others. Special screening at the Tribeca Festival and at the UN headquarters in New York and the Brazilian Foreign Ministry. She has lived in Copenhagen, Brasilia, Moscow, New York, Geneva, Montevideo and Lima.

Catherine Mannaerts is a luxury industry executive with years of experience as Head of Sales at Cartier in the Benelux countries (Awarded Best World Cartier Boutique Director) and has been active as a Business Consultant for Paris-based Luxury Knitwear Leetha. Managing high-end projects for more than a decade, she has an eye for detail and a love for quality supported by her Fine Arts Degree from Christie's in London. Throughout her life abroad, she has been active as a Diplomatic Public Relations Liaison and operated as a Consultant and Organiser of Events. She is also sharing curated unique lifestyle and travel findings on IG blog @lima_confidential. She is a specialist in Islamic Arts and Diamond Grading & Identification. She has lived in Brussels, London, Cairo, Ankara and Lima.

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