

### 3. AREQUIPA



**Arequipa** is situated in the south of Peru in a fertile valley between the coast and the mountains. It was once an important train station on the route between the silver mines of Bolivia and the Peruvian coastline. The “White City” is the second biggest urban center of Peru and a touristic highlight with its wonderful colonial mansions made of white volcanic sillar stone. According to the legend, it was the Inca Manco Capac who was so impressed by the beauty of the valley that with the words “ari quipay” (yes, here we stay), he stopped and founded the city.

The **Colca Canyon** is located about 100 miles (160 km) northwest of Arequipa. It is Peru's third most-visited tourist destination and best known as one of the world's deepest canyons, reaching a depth of over 13 feet (4.160 m). Its depth can most easily be appreciated from the Cruz del Condor, a viewpoint where Andean Condors can be seen most days throughout the year. It also offers a vibrant indigenous culture, high-quality handicrafts, and a range of activities from adventure sports to mystical tourism and tourist home-stays. The valley also features an incredible amount of Inca and pre-Inca agricultural terraces and the irrigation systems necessary to operate them.



### Arequipa & Colca Canyon - Excursions

#### City Tour with visit of the monastery Santa Catalina (3h)

You will be picked up at the hotel and start your City Tour through Arequipa. It will bring you to the impressive Cathedral (visited from the outside), to the church La Compañía with its clusters, to the district of San Lazaro and the outer districts of Yanahuara and Cayma. Later, you go to the „City within the city“, the monastery Santa Catalina. Here, for over 400 years, nuns were living cut off from the outside world and without any contact to their families. Only in 1970, it was opened to the public.

#### City Tour, visit of the monastery Santa Catalina, the market and the museum of mommy Juanita (6h)

You will be picked up at the hotel and start your City Tour through Arequipa. It will bring you to the impressive Cathedral (visited from the outside), to the church La Compañía with its clusters, to the district of San Lazaro and the outer districts of Yanahuara and Cayma. Later, you go to the „City within the city“, the monastery Santa Catalina. Here, for over 400 years, nuns were living cut off from the outside world and without any contact to their families. Only in 1970, it was opened to the public. Later, you go to the market San Camilo, one of the traditional markets of Arequipa. Try some of the exotic fruits that are offered here and maybe get some souvenirs. Your last destination on this tour is the museum “Santuarios Andinos” where the mommy Juanita is shown. She was found in 1995 during an excursion to the volcano Ampato.

**\*\*Remark:** Mommy Juanita is exhibited in the museum from May to December. During the months of January to April, she is in a laboratory due to research.

**Walking City Tour with visit of monastery Santa Catalina (3h)**

You start your walking tour through the „white city“ with the district of San Lazaro, from where you reach the main square Plaza de Armas with the Cathedral. Afterwards, you visit the church La Compañía with its beautiful clusters. The building dates to the 17th century and is a fine example of mestizo style, reminding of a baroque style. The interior of the complex contains the chapel of San Ignacio with paintings at the ceiling and various objects in gold. Therefore, it is called the Sistine Chapel of Arequipa. Later, you go to the „City within the city“, the monastery Santa Catalina. Here, for over 400 years, nuns were living cut off from the outside world and without any contact to their families. Only in 1970, it was opened to the public.

**Walking City Tour with visit of monastery Santa Catalina and market San Camilo (5h)**

You start your walking tour through the „white city“ with the district of San Lazaro, from where you reach the main square Plaza de Armas with the Cathedral. Afterwards, you visit the church La Compañía with its beautiful clusters. The building dates to the 17th century and is a fine example of mestizo style, reminding of a baroque style. The interior of the complex contains the chapel of San Ignacio with paintings at the ceiling and various objects in gold. Therefore, it is called the Sistine Chapel of Arequipa. Later, you go to the „City within the city“, the monastery Santa Catalina. Here, for over 400 years, nuns were living cut off from the outside world and without any contact to their families. Only in 1970, it was opened to the public. You end the tour by going to the market San Camilo, one of the traditional markets of Arequipa. Try some of the exotic fruits that are offered here and maybe get some souvenirs.

**Excursion to the surroundings of Arequipa with visit of the Mansion of the Founder of Arequipa (3h)**

You will be picked up at the hotel and start your tour into the agricultural surroundings of Arequipa. First, you enjoy a panoramic view from the viewing point Sachaca before continuing via Tingo to the house of the founder of Arequipa. The colonial Mansión del Fundador was built 1540 with a small church, erected by the Jesuits. Your next destination is the watermill of Sabandía where you visit a picturesque house with antique furniture and paintings from colonial times.

**Excursion to the museum of the mommy Juanita (1h)**

You will be picked up at the hotel and brought to the museum „Sanctuarios Andinos“ where the mommy Juanita is. The princess of the ice was found in 1995 during an expedition to the volcano Ampato. Research discovered that she was a 12 year old girl, offered to the apu, the god of the mountain. Thanks to the conservation in the glacier ice, the mommy is well preserved after centuries.

**\*\*Remark:** Mommy Juanita is exhibited in the museum from May to December. During the months of January to April, she is in a laboratory due to research.

**Visit of the monastery Santa Teresa (1h)**

You will be picked up at the hotel and start your excursion to the Monastery Santa Teresa. It is known for its museum of religious art dating back to the time when Peru was vice kingdom. The monastery of the barefooted Carmelites was in closure for about three centuries, therefore, some of the most breathtaking treasures of the church and other riches could be collected.

**Excursion to Toro Muerto with lunch (10h)**

You will be picked up at the hotel for your excursion to the petroglyphs of Toro Muerto. In the valley of the Majes River, there is an area of about 2 square kilometers with one of the most important historic stone art scattered. With this tour, you will get to know one part of the 3.000 engraved stones. They were made from the locals about 4.500 years ago and show

animals, people or supposedly gods. At the end of the tour, you have lunch in a local restaurant.

### **Ashlar Route (4h)**

Arequipa is known as the White City due to its old houses, monuments and temples built with white ashlar, which led the UNESCO to declare this city a World Heritage Site in 2000. The volcanic lava was used by the ancestors to create ashlar blocks, which they used to build houses and temples. Now, the quarries from where this white material was extracted have been turned into a circuit where both the natural landscape and the living culture are shown. This trip takes half a day, and it starts on the new road Arequipa/La Joya until you reach the Quarries of Añashuayco and Quebrada de Culebrillas, taking you back to the past while you follow this narrow gorge whose mouth has been eroded by wind and water for thousands of years.

During the trip you can rest under the shade on ashlar seats while you behold the desert-like landscape offered by nature. When you descend through the gorge you will find impressive rocky peaks of different shape, which under the sunlight appear in different color tones, from beige to pink, thus creating beautiful views thanks to the contrast between light and shadow. In these quarries you will see a mixture of natural landscapes and living culture. During the trip you will listen to the tinkling of the bars on the rocky peaks and see the expert quarry masters at work. Here, visitors will be offered a demonstration of the ancient process of extraction, rock-cutting and carving of ashlar using simple instruments such as bars, hammers and chisels.

### **Culinary Walking Tour (3h)**

Enjoy a culinary experience with interactive classes of local cuisine led by Roger Falcón, son of the owner of some of the most typical Picanterías of Arequipa that is located in the district of Characato. Roger has managed to mix the ancestral knowledge of his mother with his new culinary concepts and opened the Picanterías La Benita de Los Claustros and Victoria. Among the stories and anecdotes Arequipeñas, Roger combines his knowledge and studies on Traditional Arequipa Cuisine and their customs in an authentic atmosphere of a Picantería showing 500 years of gastronomic history, architecture and culture. The program the visit of the San Camilo Market with its variety of fruits and vegetables. Here you will buy the ingredients which you will need later for your cooking class.

Continue to the restaurant and start with the cooking demonstration.

From April to December Soltero de Queso (salad with beans and cheese) and Chupe de Camarones (soup of crayfish) will be prepared.

From January to March Soltero de Queso (salad with beans and cheese) and Cauche de Queso (cream soup of potatoes and cheese) with Black Quinoa will be prepared.

The tasting of the prepared dishes is of course included!

**\*\*Remark:** Schedule: 10:00am-13:00pm. Minimum 2 pax, maximum 20pax.