

Index

- A**ARP, 53
Abercrombie & Kent, 58
Abra de Runcuracay, 275
Access-Able Travel Source, 52
Access America, 47
Accessible Journeys, 52
Accommodations
 best, 18–21
 tips on, 63–64
Achoma, 329
Active vacations, 85–104
 listings of activities, 90–97
 organized adventure trips,
 86–90
 packing tips, 101–102
 tips on health, safety and
 etiquette, 100–101
Acueductos de Cantalloc
 (near Nasca), 170
Addresses, 72
Adventure Life Journeys, 58,
86–87, 276
Adventures Abroad, 58
Adventure Specialists, 87, 92
AeroCondor, 41
Aeropuerto Carlos Martínez de
 Pinillos (near Trujillo), 372
Aeropuerto Francisco Secada
 Vigneta (Iquitos), 355
Aeropuerto Internacional Jorge
 Chávez (Lima), 40, 106
Aeropuerto Internacional Padre
 Aldamiz Puerto Maldonado,
 338
Aeropuerto Manco Capac
 (Juliaca), 286
Aeropuerto Rodríguez Ballón
 (Arequipa), 304
Aguada Blanca Nature Reserve,
328
Aguas Calientes (Machu Picchu
 Pueblo), 257–260, 264, 265,
276, 278–283
Agua y Tierra (Lima), 142
AirAmbulanceCard.com, 52
Air travel, 40–42
 insurance, 47–48
Alegría Tours, 167
Alfonso Sulca Chávez
 (Ayacucho), 181
All Alpaca (Lima), 142
All Ways Travel, 297
Alpaca goods
 Arequipa, 312–313
 Cusco, 225
 Lima, 142
Alpaca 111 (Lima), 142
Alpaca Peru (Lima), 142
Alpacas, 329
Alpamayo, 431, 433
Altitude sickness, 49
 Colca Valley, 324
 mata de coca for, 22–23, 49,
 73, 186
Alvaro Valdivia Montoya
 (Arequipa), 313
Amantani Island (Isla Aman-
 tani), 294–295
Amazing Peru, 60
Amazonas Explorer, 94, 97, 241
Amazonia (Amazon region),
4, 8, 30, 87, 334–370
 climate, 36
 northern, 352–370
 preventive medicine for the
 jungle, 338
 southern jungle, 335–352
 threats to, 350–351
Amazon Tours & Cruises,
95, 363
American Airlines Vacations, 57
American Express, 72, 74–75
 Lima, 112
American Foundation for the
 Blind (AFB), 52
Amigos Spanish School, 104
Amnesia (Lima), 144
Ampato volcano, 331
Analie Tours, 57
Andean Expressions (Huaraz),
417
Andean Life, 273
Andean Lodges, 277
Andean Treks, 87, 241, 273, 276
Andes Souvenirs (Huaraz), 417
Andina Travel, 241, 273
Antiques, 142, 225, 313
Apu Expeditions, 241, 331, 427
Apumayo Expediciones, 52, 94,
241, 331
Apu Salkantay (Puno), 302–303
Aqlla (Cusco), 226
Aqua Expeditions, 363–364
Arandú Bar (Iquitos), 370
Archaeological museums and
 exhibits
 best, 10, 11
 Cajamarca, 402
 Caraz, 426
 Chavín de Huántar, 424
 Cusco, 214–217
 Ferreñafe, 392–393
 Huaraz, 416
 Ica, 160–162
 Lambayeque, 391
 Lima, 136–138
 Trujillo, 377
 Yungay, 426
Archaeological sites and ruins
 Cahuachi, 170
 Chavín de Huántar, 423–424
 Chincheró, 250
 near Chiclayo, 393–395
 Cusco, 215
 near Cusco, 218–223
 El Estaquería, 170
 Huari archaeological complex,
 182
 Kuélap, 397
 Lima, 139
 Machu Picchu, 264–268
 Moray, 249–250
 most intriguing, 8–10
 Nasca Lines, 167–171
 Ollantaytambo, 252–254
 Pikillacta and Rumicolca, 234
 Pisac, 239, 242

Archaeological sites and ruins (cont.)

- Puca Pucara, 223
- Pumamarca, 256
- near Puno, 296–298
- Q'enko, 222–223
- Sacsayhuamán, 221–222
- Tambomachay, 223
- Tipón, 233–234
- near Trujillo, 378–381

Architecture

- best, 15–17
- Inca, 438–439

Area codes, 72**Arequipa, 3, 16–17, 303–323**

- accommodations, 313–318
- banks and ATMs, 305
- colonial churches, 313
- colonial mansions, 311
- emergencies, 305
- getting around, 305–306
- Internet access, 305
- nightlife, 321
- post office, 305
- restaurants, 318–321
- safety, 306
- shopping, 26, 312–313
- side trips from, 322–323
- sights and attractions, 306–312
- Spanish classes, 104
- traveling to, 304–305
- visitor information, 305

Armando Revoredo Aeropuerto de Cajamarca, 399**Arte Colonial (Arequipa), 313****Artesanía Anclla (Quinua), 182****Artesanía del Norte (Trujillo), 382****Artesanía El Quinuno (Quinua), 182****Artesanía Expo Inti (Lima), 142****Artesanías Mendivil (Cusco), 226****Artesanías Miraflores (Lima), 142****Artesanías Olave (Cusco), 226****Art Gallery Camu-Camu (Iquitos), 359****A Taste of Peru, 104****ATMs (automated teller machines), 46****Autobuses (buses or omnibuses), 42****Aventours, 241****Ayacucho, 13, 173–182**

- accommodations, 179–180
- festivals, 179
- getting around, 176
- history of, 173–174

- restaurants, 180–181
- retablos*, 177
- shopping, 181
- sights and attractions, 176–179
- traveling to, 174
- visitor information, 174

Ayahuasca ceremonies, 27, 363**Babysitters, 72****Backroads, 55, 87, 277****Baco (Cusco), 228****Bajada de los Reyes Magos (Ayacucho), 179****Ballestas Travel Service, 152****Ballooning, 90****Baños de la Ñusta (Ollantaytambo), 254****Baños del Inca (near Cajamarca), 403–404****Baños Termales de Monterrey (Huaraz), 417****Barranco (Lima), 13, 110, 138**

- accommodations, 123–124
- nightlife, 144–145
- restaurants, 129–131

Barrio Chino (Lima), 132**Barrio de Belén (Iquitos), 26, 358****Barrio de San Blas (Cusco), 25, 216, 224****Barrio Santa Ana (Ayacucho), 181****Basílica Menor (Ayacucho), 176****Batán Grande, 393****Beaches**

- near Chiclayo, 395–398
- Lima, 140
- south of Lima, 147

Belén Church (Cajamarca), 402**Biblioteca Amazónica (Iquitos), 357****Big Foot Tours, 273****Bikehike Adventures, 95****Biking and mountain biking, 15**

- Cordillera Blanca, 433
- Lima, 140
- Sacred Valley of the Incas, 241
- tour operators and outfitters, 94–95

Bingham, Hiram, 3, 263, 266–267**Birding Peru, 91, 349****Bird-watching, 15, 91, 345, 348–349****Biringo (Peruvian hairless dog), 380****Blanquillo Macaw and Parrot Lick, 349****Blues Bar Café (Aguas Calientes), 279****Boat tours and cruises, 95**

- Iquitos, 356, 359–361, 363–365
- Pisco, 152

Bodega Catador (Ica), 162**Bodega Ocucaje (Ica), 162****Bodegas (wineries), Ica, 162–163****Bodegas Vista Alegre (Ica), 162****Bolivia, traveling to, 303****Bolivian Consulate (Puno), 288****Books, recommended, 68–70****Brisas del Titicaca (Lima), 145–146****British Council (Lima), 143****Bullfighting, Lima, 140–141****Bullfighting Museum (Lima), 131–132****Business hours, 72****Bus travel, 41–43****Butterfield & Robinson, 58****Butterflies, 91****Caballero de Fina Estampa (Lima), 145****Cabanaconde, 327****Cabo Blanco, 378****Café Ayllu (Cusco), 230****Café Bar Kitsch (Lima), 146****Café del Museo (Lima), 136****Café de Rat (Caraz), 427****Café-Teatro Amauta (Iquitos), 370****Café Varayoc (Cusco), 230****Cahuachi, 170****Cajamarca, 4, 14, 398–411**

- accommodations, 406–409
- banks, 400
- emergencies, 400
- getting around, 400–401
- history of, 400
- Internet access, 400
- nightlife, 411
- organized tours, 401
- post office, 400
- restaurants, 409–410
- shopping, 406
- sights and attractions in and near, 401–406
- traveling to, 398–399
- visitor information, 399

Cajamarca Travel, 401**Cajamarca Valley, 400****Calendar of events, 37–39**

- Calle del Medio (Ollantaytambo), 254
 Callejón de Huaylas, 15
 Calle Loreto (Cusco), 215
 Calle Santa Catalina. (Arequipa), 312
 Camelids, 329
 Camino del Inca. *See* Inca Trail
 Candlemas (Puno), 18, 37, 285
 Cañón del Pato, 426
 Cantalloc Aqueduct, 8
 Capilla de la Sagrada Familia (Cusco), 212
 Capilla del Triunfo (Cusco), 211–212
 Caraz, 426–427
 CARE, 103
 Caretaker's Hut (Machu Picchu), 264
 Carhuaz, 425
 Carlos Zárate Aventuras, 331–332
 Carnaval, 37
 Ayacucho, 179
 Cajamarca, 401
 Cusco, 219
 Puno, 289
 Car rentals, 44
 Car travel, 44
 Casa Aliaga (Lima), 135
 Casa Aranda (Trujillo), 377
 Casa Arango (Arequipa), 311
 Casa Arróspide (Arequipa), 311
 Casa Azul (Lima), 142
 Casa Barbieri (Lima), 136
 Casa Bracamonte (Trujillo), 377
 Casa Cohen (Iquitos), 358
 Casa de Fierro (Iquitos), 357–358
 Casa de Guías de Huaraz, 429, 432
 Casa de Klaus (Arequipa), 322
 Casa de la Emancipación (Trujillo), 377
 Casa de la Logia (Lambayeque), 391
 Casa del Altar (Cusco), 227
 Casa de la Moneda (Arequipa), 311
 Casa de las Trece Monedas (Lima), 136
 Casa del Corregidor (Puno), 290
 Casa del Mayorazgo de Facalá (Trujillo), 377
 Casa del Moral (Arequipa), 310–312
 Casa de Osambela Oquendo (Lima), 135
 Casa de Pilatos (Lima), 136
 Casa de Rada (Lima), 136
 Casa Fitzcarrald (Iquitos), 358
 Casa Ganoza Chopitea (Trujillo), 375–376
 Casa García Holguín (Trujillo), 377
 Casa Goyeneche
 Arequipa, 311
 Lima, 136
 Casa Hernández (Iquitos), 358
 Casa Iriberry (Arequipa), 311
 Casa la Riva (Lima), 136
 Casa Lynch (Trujillo), 377
 Casa Mendiola (Ica), 163
 Casa Montjoy (Lambayeque), 391
 Casa Morey (Iquitos), 358
 Casa-Museo María Reiche (near Nasca), 170–171
 Casa Negreiros (Lima), 136
 Casa Orbegoso (Trujillo), 376
 Casa Ricketts (Arequipa), 311
 Casa Riva-Agüero (Lima), 135
 Casa Santiesteban (Cajamarca), 403
 Casa Toribio Casanova (Cajamarca), 403
 Casa Tristán del Pozo (Arequipa), 311
 Casa Urquiaga (Casa Calonge; Trujillo), 376
 Casinos
 Lima, 147
 Trujillo, 388
 Casona Alvarado (Ica), 163
 Casona Colonial El Portón (Ica), 163
 Casona Cristóbal Castilla y Zamora (Ayacucho), 178
 Casona del Corregidor Nicolás Boza y Solís (Ayacucho), 178
 Casona del Marqués de Mozobamba (Ayacucho), 178
 Casona del Marqués de Torre (Ica), 163
 Casona Flores del Campo (Arequipa), 310
 Casona Jáuregui (Ayacucho), 178
 Casona Olano (Ayacucho), 178
 Casona Ruíz de Ochoa y Monreal (Ayacucho), 178
 Casona Vivanco (Ayacucho), 177–178
 Castillo (Chavín de Huántar), 424
 Cathedral (Cathedral)
 Arequipa, 310
 Ayacucho, 176
 Chiclayo, 391
 Cusco, 211–212, 214
 Lima, 131, 132
 Puno, 290
 Trujillo, 375
 Cathedral rock and cave formation, 155
 Cayesh, 431
 Cedros Gorge, 431
 Cellphones, 61
 Cementerios de Chauchilla (near Nasca), 171
 Centers for Disease Control and Prevention, 48
 Central Andino Railroad, 1, 176
 The central coast and highlands, 2, 29, 36, 149–182
 Central Market. *See* Mercado Central
 Central Plaza (Machu Picchu), 268
 Centro (Cusco), 230
 Centro Andino de Tecnología y Cultural de las Comunidades de Ollantaytambo (Museo CATCCO), 255
 Centro Artesanal Anaconda (Iquitos), 359
 Centro Artesanal "Conde de Gabucha" (Cusco), 226
 Centro Comercial Larcomar (Lima), 143
 Centro Cultural Peruano Norteamericano, 104
 Centro Cultural Ricardo Palma (Lima), 143
 Centro de Idiomas UNSA, 104
 Centro de Intercambio Cultural, 104
 Centro de Textiles Tradicionales del Cusco, 225
 Centro Q'osqo de Arte Nativo (Cusco), 229
 Cerro Santa Apolonia (Cajamarca), 404
 Ceviche, 23
 Chachani, 331
 Chachapoyas, 440
 Chan Chan, 9–10, 378–379
 Chaquiras, Carlos (Cusco), 227
 Chaska Tours, 60, 265, 273
 Chauchilla Cemetery, 8
 Chavín culture, 423, 424, 436–437
 Chavín de Huántar, 10, 423–424
 Chavín Tours, 429
 Chicha, 22, 249

- Chiclayo, 4, 388–398**
 archaeological sites near, 393–395
 banks, 390
 emergencies, 390
 getting around, 390
 Internet access, 390
 nearby beaches, 395–398
 sights and attractions, 390–395
 traveling to, 388–389
 visitor information, 389–390
- Chifas (Lima), 125**
- Children, families with, 53–54**
 Cusco, 223–224
 suggested itinerary, 83–84
- Chimú Art & Gifts (Cusco), 227**
- Chimú culture, 138, 227, 372, 377, 393, 416, 439**
- Chincho, 13, 25, 250–251**
- Chivay, 326, 328, 329**
- Chocho, 262**
- Choquequirao, 277**
- Choquetico stone, 327**
- Chucuito, 297**
- Ciccolina (Cusco), 228**
- Cinemark Perú Jockey Plaza (Lima), 146**
- Cinemas**
 Cusco, 231
 Lima, 146
- Cine Primavera (Trujillo), 388**
- Class Adventure Travel, 60, 89, 140**
- Climate, 35–36**
- Coca leaves, 448–449**
- Cock-of-the-Rock Lodge, 348**
- Cojup Valley, 431**
- Colca Canyon, 3, 8, 14, 27, 322**
- Colca Geyser (Hatun Infernillo), 329**
- Colca Trek, 95, 331**
- Colca Valley, 12, 323–333**
 accommodations and restaurants, 332–333
 adventure and extreme sports in, 330–332
 organized tours, 325–326, 328
 sights and attractions, 326–327
 tour agencies, 331–332
 traveling to, 324–326
 villages of, 13–14
 visitor information, 326
- Colectivos, 42**
- Colla people, 296**
- Combis, 42**
- Compañía de Jesús, Templo de la**
 Ayacucho, 178
 Cusco, 214
- Conchamarca, 275**
- Condor Cross, 327–328**
- Condor Journeys and Adventures, 87**
- Condors, 8**
- Conjunto Monumental de Belén (Cajamarca), 11, 402**
- Contacto Lima, 140**
- Continental Airlines Vacations, 57**
- Continental Journeys, 104**
- Convento de Santo Domingo (Lima), 134**
- Convento y Museo de San Francisco (Lima), 10, 132**
- Convento y Museo de Santa Catalina (Cusco), 11, 211**
- Cooking classes, 104**
- Coporaque, 327**
- Cordillera Blanca, 15, 411–433**
- Cordillera Huayhuash, 431**
- Coropuna, 331**
- Corpus Christi (Cusco), 38, 219**
- Cotahuasi Canyon, 331**
- Crafts. See also Alpaca goods**
 Arequipa, 313
 Ayacucho, 181
 Chinchero, 250–251
 Cusco, 224–226
 Huaraz, 417
 Iquitos, 359
 Lima, 142
 Pisac, 238–239
 Quinua, 181–182
 Trujillo, 382
- Credit cards, 46**
 emergency numbers, 74–75
- Crime, 50–51**
- Crocodilo Verde (Lima), 145**
- Cross-Cultural Solutions, 103**
- Cross Keys (Cusco), 228**
- Cruz del Cóndor, 322, 327–328**
- Culinary vacations and cooking classes, 104**
- Cumbe Mayo, 17, 405**
- Cumbe Mayo Tours, 401**
- Curiosidades (Arequipa), 313**
- Currency and currency exchange, 44–46**
- Cusco, 8–9, 29, 183–234**
 accommodations, 2, 191–203
 arriving in, 184–186
 banks, 189
boleto turístico, 212
 cafes, 230
 consulates, 189
 doctors and dentists, 190
 emergencies, 190
 festivals, 219
 getting around, 187–189
 hospitals, 190
 Inca ruins near, 218–223
 Inca walls, 215, 223–224
 Internet access, 190
 for kids, 223–224
 language schools, 190
 laundry, 190
 layout of, 187
 maps, 190
 massage, 190
 nightlife, 227–231
 post office and mail, 191
 restaurants, 2, 203–210
 safety, 188
 shopping, 224–227
 side trips from, 231–234
 sights and attractions, 16, 211–223
 telephone, 191
 tour operators and travel agencies, 191
 visitor information, 186
- Cusco Massage Center, 190**
- Cusipata Viajes y Turismo, 331**
- Customs regulations, 33–35**
- D**
Dance, 450
- Dead Woman's Pass, 27, 275**
- Debit cards, 46**
- Dédalo (Lima), 142**
- Déja Vu (Arequipa), 322**
- Deja-Vu (Lima), 146**
- Delta Vacations, 57**
- De Rompe y Raja (Lima), 145**
- Día de los Muertos, 39**
- Día Internacional del Pisco, 160**
- Dietary distress, 49–50**
- Disabilities, travelers with, 51–52**
- Discrimination, 55**
- Doctors and hospitals, 72**
- Doctors Without Borders, 103**
- Downtown Vale Todo (Lima), 146**
- Drinks, 65–66**
- Drug laws, 73**
- Drugstores, 73**
- E**
Earthquakes, Pisco and Ica (2007), 157
- Earthwatch Institute, 103**

- Easter Week, 37
Ayacucho, 179
Cusco, 219
- Eco Montana, 94, 241
- Ecotourism, 55–57
- Ecotravel.com, 55
- Edgar Adventures, 297
- Eko Club (Cusco), 230
- El Almacén de Arte (Lima), 142
- El Armario (Cusco), 225
- El Brujo, 380
- El Bus Parrandero (Lima), 140
- El Carmen, Iglesia y Monasterio (Trujillo), 376
- El Cinematógrafo (Lima), 146
- El Cuarto de Rescate (Cajamarca), 403
- Elderhostel, 53
- ElderTreks, 53
- Electricity, 73
- El Ekeko (Lima), 144
- El Estaquería, 170
- El Estribo (Trujillo), 387
- El Misti, 330–331
- El Señor de los Milagros (Lima), 17, 39
- El Sol Escuela de Español, 104
- El Tambo (Huaraz), 423
- El Tupo (Lima), 142
- El Tuturutu (Arequipa), 321
- El Valle Sagrado de los Incas.
See Sacred Valley of the Incas
- Embassies and consulates, 73
- Emergencies, 73
- Enigma, 241, 273
- Entrega de Varas (Cusco), 37
- Entry requirements, 33–35
- Eric Adventures, 94, 241
- Escorted general-interest tours, 58–60
- Escuela Cusqueña (Cusco School of Art), 214
- Estación de Huanchaq (Cusco), 186, 259
- Estación de San Pedro (Cusco), 186
- Estación Machu Picchu Pueblo, 260
- Estadio Fútbol Club (Lima), 144
- Estadio Nacional (Lima), 141
- Ethical tourism, 55–57
- Etiquette and customs, 74, 451–453
in the wilderness, 100–101
- European Health Insurance Card (EHIC), 47
- Exito Latin American Travel Specialists, 57, 58
- Expediciones Vilca, 352
- Explorandes, 89–90, 97, 273, 429
- Expreso Virgen de Guadalupe Café Cultural (Lima), 144
- Extrem (Cusco), 230
- F**air Trade Store (La Tienda de Comercio Justo; Puno), 298
- Fallen Angel (Cusco), 228
- Families with children, 53–54
Cusco, 223–224
suggested itinerary, 83–84
- Farmacia Deza (Lima), 141
- Farrens Irish Pub (Arequipa), 322
- Feria Artesanal (Lima), 143
- Feria Artesanal Tesoros del Inca (Cusco), 226
- Ferreñafe, 392–393
- Ferrocarril Central Andino, 1, 26, 43, 176
- Fertur Perú, 140
- Festival de la Virgen de la Candelaria (Candlemas; Puno), 18, 37, 285, 289
- Festival Internacional de la Vendimia (Wine Festival; Ica), 37, 160
- Festivals and celebrations, best, 17–18
- Field Guides, 92
- Fiesta de la Cruz (Festival of the Cross), 17, 38
- Fiesta de la Santa Tierra (Lake Titicaca), 37
- Fiesta de las Cruces (Cusco), 219
- Fiesta de las Cruces (Sacred Valley of the Incas), 254
- Fiesta de la Virgen del Carmen
Cusco, 219
Paucartambo, 17–18, 38, 232
Pisac, 239
- Fiesta de Mayo (Huaraz), 38
- Fiesta de Santiago (Isla Taquile), 39
- Fiestas Patrias, 39
- Fiesta Tours International, 60
- The Film Movies & Lounge (Cusco), 231
- Filmoteca de Lima, 146
- Films, recommended, 70
- Fishing, 27–28
- Fly Latin America, 58
- Fly Peru/La Ruta del Pisco, 162
- Food and cuisine, 64–67
Amazonia, 341, 368
best local experiences, 22–23
of the Incas, 262
- Forum Rock Café (Arequipa), 322
- Freiheit (Lima), 144
- Fundación Museo Amano (Lima), 138
- Funerary Rock (Machu Picchu), 264
- G**alaxia Mountain Shop (Huaraz), 430
- Galería Arte Popular de Fortunato Fernández (Ayacucho), 181
- Galería Ayllu (Quinoa), 182
- Galería Familia Sánchez (Quinoa), 182
- Galería Latina
Ayacucho, 181
Cusco, 225–226
- Galería Sur (Cusco), 226
- Galería Wari (Ayacucho), 181
- GAP Adventures, 58–59
- Garabato Video Pub (Cusco), 229
- Gay Lima, 53
- Gay Peru, 53
- Gays and lesbians, 52–53
Lima, 146
- Gestures, 452
- Giant otters, 99
- Giardino Tours, 326
- Gitano 2,050 (Lima), 146
- Glacier Pastoruri, 424–425
- GlobalGayz, 53
- Globos de los Andes, 90, 240–241
- Gold mining, 404
- Gold Museum (Lima), 137
- Golf, Lima, 141
- GorpTravel, 87, 103–104
- Granja Porcón (near Cajamarca), 405
- Greetings, 452
- H**abitat for Humanity, 103
- Hacienda Tacama Bodega (Ica), 162–163
- Hang gliding, 90, 433
- Hatunrumiyoc (Cusco), 215
- Health Canada, 47
- Health concerns, 48–50
Amazonia, 338
in northern Peru, 354
in the wilderness, 100–101

- Health insurance, 46–47**
Heath River Wildlife Center, 343
Highland Travel Experts, 297
Hiking. See also Trekking
 Colca Valley, 328–329
 Cusco area, 231
 Inca Trail, 3, 5, 8, 268–277
 Paracas Peninsula, 155
 Sacred Valley of the Incas, 256
Hiram Bingham train, 3, 27, 43, 258
History of Peru, 435–447
Holidays, 36
Horseback riding, 92–93, 141, 240
Hospital de Hombres (Cajamarca), 402
Hospital de Mujeres (Cajamarca), 402
Hot-air ballooning, Sacred Valley of the Incas, 240–241
Hotels. See Accommodations
House of the Priest (Machu Picchu), 265
Huaca Arco Iris (Rainbow Temple Huaca El Dragón), 380
Huaca Cao (El Brujo), 380–381
Huacachina, Laguna de, 163–164
Huacachina Tours, 153, 160
Huaca Cortada, 381
Huaca de la Luna (Temple of the Moon; Chan Chan), 381
Huaca del Sol (Temple of the Sun; Chan Chan), 381
Huaca Esmeralda (near Chan Chan), 379–380
Huaca Huallamarca (Lima), 139
Huaca Juliana (Lima), 139
Huaca Larga, 394
Huaca Prieta (El Brujo), 380
Huaca Pucllana (Lima), 139
Huacas de Moche, 9, 381
Huajsapata Park (Puno), 290
Hualca Hualca glacier, 331
Huanchaco, 377–378
 accommodations, 384–385
 restaurants, 386–387
Huaraz, 4, 412–427
 accommodations, 418–421
 banks, 414
 cafes, 422
 emergencies, 415
 festivals, 418
 getting around, 416
 Internet access, 415
 nightlife, 423
 post office, 416
 restaurants, 421–422
 shopping, 417–418
 side trips from, 423–427
 sights and attractions in and around, 416–417
 tour operators and travel agencies, 416
 traveling to, 414
 visitor information, 414
Huari (Wari) culture, 174, 182, 234, 323, 416, 417, 437–438
Huari archaeological complex (near Quinua), 182
Huascarán, 433
Huascarán National Park, 12, 98–99
Huayllabamba, 275
Huayna Cápac, 442
Huayna Picchu, 3, 27, 267–268
Huayocari, 256
Huiñay Huayna, 276–277
- I**
ca, 2, 23, 159–165
Ice climbing, Cordillera Blanca, 433
Ideal Tours, 326, 331
Iglesia Belén (Cajamarca), 402
Iglesia de La Merced
 Arequipa, 313
 Ica, 163
 Lima, 134
 Trujillo, 376
Iglesia de San Agustín (Arequipa), 313
Iglesia de San Blas (Cusco), 216
Iglesia de San Francisco
 Arequipa, 313
 Cajamarca, 402
 Ica, 163
Iglesia de San Jerónimo (Ica), 163
Iglesia de San Pedro (Lambayeque), 391
Iglesia de Santo Domingo (Arequipa), 313
Iglesia Matriz (Iquitos), 357
Iglesia y Convento de San Francisco (Cusco), 218
Iglesia y Monasterio El Carmen (Trujillo), 376
Ilaria (Cusco), 226
Ilaria (Lima), 142
Illary Tours, 326
Inca Baths Tours, 401
Inca Bridge (Machu Picchu), 268
Inca Empire, 440–442
- Inca Explorers, 273**
Incas. See also Archaeological museums and exhibits; Archaeological sites and ruins
 architecture and stonemasonry, 438–439
 emperors, 233
 foods and agriculture, 262
 new “lost” cities of, 9
Inca Trail (Camino del Inca), 257–283
 alternatives to, 276–277
 hiking. *See also* Trekking
 Colca Valley, 328–329
 Cusco area, 231
 hiking, 3, 5, 8, 268–277
 regulations, 86, 274
Inca walls (Cusco), 215, 223–224
InkaNatura Travel, 52, 347
Instinct Travel, 94, 241
Instituto Cultural Peruano Norteamericano (Lima), 104, 143
Instituto de Idiomas, 104
Instituto Geográfico Nacional (IGN), 75
Instituto Nacional de Cultural (INC; Cusco), 264
Insurance, 46–48
International Expeditions, 87, 95
International Spring Festival (Trujillo), 39
International Student Identity Card (ISIC), 54
International Youth Travel Card (IYTC), 55
Internet access, 62–63
Inter-Oceanic Highway, 1
Intihuatana (Machu Picchu), 265
Intihuatana (Pisac), 242
Inti Killa (Urubamba), 248
Intipata terraces, 276
Intipunku (Sun Gate; Machu Picchu), 268
Inti Raymi
 Cusco, 17, 38, 219
 Sacsayhuamán, 222
InTouch USA, 61
Iquitos, 17, 352–370
 accommodations, 366–368
 ATMs and banks, 356
 consulates, 356
 emergencies, 356
 getting around, 357
 independent guides, 365–366

- Internet access, 356–357
 jungle lodges, 361–363
 jungle tours, lodges and river
 cruises, 359–361
 nightlife, 370
 restaurants, 368–370
 shopping, 359
 sights and attractions in and
 near, 357–359
 traveling to, 354–356
 visitor information, 356
- Ishinca, 433**
- Isla Amantani (Amantani
 Island), 294–295**
- Islas Ballestas, 11–12**
- Islas Flotantes (Uros Floating
 Islands), 292–293, 298**
- Isla Suasi (Suasi Island),
 295–296**
- Isla Taquile (Taquile Island),
 25, 293–294**
- Itineraries, suggested, 78–84**
- J**
- Jazz Zone (Lima), 145**
- Jewelry Esma (Cusco), 227**
- JM Expeditions, 429**
- Jockey Plaza Shopping Center
 (Lima), 143**
- Jogging, Lima, 140**
- Jorge Chávez International
 Airport (Lima), 40, 106**
- Journeys International, 88**
- Joyería Gold/Gems Perú (Lima),
 142**
- Juanita (the Ampato Maiden),
 308–309**
- Juanito Bodega (Lima), 144**
- Juliaca, 286**
- Jungle Expeditions, 95,
 364–365**
- Jungle lodges and tours, 93–94**
- K**
- Kamikase (Cusco), 229**
- Kamizaraky Rock Pub (Puno),
 302**
- Kibosh (Arequipa), 322**
- Killari (Lima), 142**
- Kitsch (Lima), 146**
- Kolibri Expeditions, 92**
- Kon-Tiki Tours, 59**
- Kuélap, 10, 397, 440**
- Kunturwasí (near Cajamarca),
 405–406**
- Kusikay (Cusco), 231**
- Kusillo's Pub (Puno), 303**
- L**
- La Calera hot springs
 (Chivay), 326**
- La Canana (Trujillo), 387**
- La Candelaria (Lima), 145**
- La Casa Azul (Lima), 142**
- La Casa de Klaus (Arequipa),
 322**
- La Casa del Altar (Cusco), 227**
- La Catedral. See Catedral**
- La Compañía (Arequipa), 310**
- La Cueva del Oso (Huaraz), 423**
- Ladatco Tours, 59**
- La Dolorosa (Cajamarca), 402**
- La Estación de Barranco
 (Lima), 145**
- Lago Moronacocha, 359**
- Lago Sandoval, 340–341**
- Laguna Churup, 431**
- Laguna de Huacachina,
 163–164**
- Laguna Parón (Caraz), 426**
- Lagunas, 364**
- Laguna Salinas, 328**
- Lagunas de Llanganuco, 12–13,
 424, 431**
- Lagunillas, 155**
- La Línea del Tiempo (Lima), 142**
- La Mansión del Fundador
 (Huasacache), 322**
- Lambayequé, 391–392**
- La Merced, Iglesia de
 Arequipa, 313**
- Ica, 163**
- Lima, 134**
- Trujillo, 376**
- La Merced, Templo de (Cusco),
 218**
- La Merced, Templo y Convento
 de (Ayacucho), 178**
- Lanandina (Urubamba), 244**
- Language, 74, 452, 454–460**
- LAN (Lan-Peru), 41**
- La Noche (Lima), 144–145**
- Lanzón (Chavin de Huántar),
 424**
- La Posada del Mirador (Lima),
 144**
- La Recoleta (Cajamarca), 403**
- Lari, 327**
- Las Cruces de Porcón, 37**
- Las Guitarras (Lima), 145**
- Las Kenas (Huaraz), 423**
- Las Nazarenas (Lima), 134–135**
- Las Quenas (Arequipa), 321**
- Las Tinajas (Trujillo), 387**
- La Taberna de Barranco (Lima),
 145**
- La Tertulia (Cusco), 230**
- La Tienda de Comercio Justo
 (Fair Trade Store; Puno), 298**
- Latin America Escapes, 59**
- La Troica (Arequipa), 321**
- La Virgen de la Candelaria
 (Ayacucho), 179**
- LC Busse, 41**
- Legal aid, 74**
- Lima, 105–148. See also index
 entries for specific neighbor-
 hoods**
- accommodations, 1–2,
 114–123
 - American Express, 112
 - arriving in, 106, 108
 - average temperatures and
 precipitation, 36
 - banks and currency exchange,
 112
 - casinos, 147
 - doctors and dentists, 112
 - drugstores, 112
 - embassies and consulates, 112
 - emergencies, 112
 - gay and lesbian nightlife, 146
 - getting around, 110–111
 - hospitals, 113
 - Internet access, 113
 - layout of, 109
 - maps, 113
 - neighborhoods in brief,
 109–110
 - newspapers and magazines,
 113
 - nightlife, 143–147
 - organized tours, 139–140
 - outdoor activities and specta-
 tor sports, 140–141
 - performing arts, 143
 - post office and mail, 113
 - restaurants, 2, 123–131
 - restrooms, 113
 - safety, 113–114
 - shopping, 141–143
 - side trips from, 147–148
 - sights and attractions, 15–16,
 131–140
 - taxis, 110–111
 - telephone, 114
 - visitor information, 108–109
 - walking tours, 140
- Lima Tours, 135, 139–140**
- Lima Visión, 140**
- Liquor laws, 74**
- Llamas, 329**
- Llama trekking, 432**
- Llama 2000, 432**
- Llanganuco, Lagunas de,
 12–13, 424, 431**

- Llanganuco-Santa Cruz trek, 430–432
- Llaqtapata (Patallacta), 275
- Llulluchapampa, 275
- Llullucharoc, 275
- Logia Unión Amazónica (Iquitos), 358
- Lord of Sipán, tomb of (Lambayeque), 392
- Lord of the Earthquakes (Cusco), 37
- Loreto Tours, 241
- Los Frailones (Cajamarca), 411
- Los Perros (Cusco), 228
- Lost and found, 74–75
- Lower Porcón, 405
- Luna Rota (Trujillo), 387–388
- M**aca, 327, 329
- Macaw clay licks, 342, 348–349
- Machu Picchu, 3, 5, 16, 257–283
 - as endangered, 259
 - mudslides at, 278
 - package tours, 265
 - traveling to, 258–260. *See also* Hiram Bingham train
 - visiting the ruins, 264–268
 - visitor information, 260
- Machu Picchu Cultural Center (Aguas Calientes), 264
- Machu Picchu Historical Sanctuary, 99
- Machu Picchu Pueblo. *See* Aguas Calientes
- Mail, 75
- Makondo's (Huaraz), 423
- Malabrigo (Puerto Chicama), 378
- Malecón Tarapacá (Iquitos), 358
- Mama Africa (Cusco), 229–230
- Mama Amerika (Cusco), 230
- Mandor Ravine, 278
- Manos Morenas (Lima), 145
- Mansión del Fundador (Arequipa), 311
- Manu Café (Cusco), 230
- Manu Ecological Adventures, 94, 241, 348
- Manu Expeditions, 241, 348
- Manu National Park and Biosphere Reserve, 12, 91, 98, 336, 345–352
- Manu Nature Tours, 94–95, 349, 352
- Manu Wildlife Center, 348–349
- MAP (Museo de Arte Precolombino; Cusco), 216, 223
- Maps, 75
- Marinera Dance Festival (Trujillo), 37
- Markets. *See also* Mercado Central
 - best, 25–26
 - Chiclayo, 391
 - Chincho, 250–251
 - Cusco, 226
 - Huaraz, 417–418
 - Lima, 142–143
 - Pisac, 238–239
 - Puno, 290, 298
 - Trujillo, 382
- Mate de coca*, 22–23, 49, 73, 186
- Mayuc, 241, 273, 352
- MEDEX Assistance, 47
- Medical insurance, 46–47
- Mercado Artesanal de San Juan (Iquitos), 359
- Mercado Artesanal Shosaku Nagase (Ayacucho), 181
- Mercado Central (Central Market)
 - Cajamarca, 406
 - Cusco, 226
 - Lima, 142
 - Puno, 290
- Mercado Indio (Lima), 142
- Mercado Modelo (Chiclayo), 391
- Micros, 42
- Milla Turismo, 220, 265
- Mirador de los Lobos, 155
- Mirador de Ocolle, 327
- Mirador de Rataquenua (Huaraz), 417
- Mirador Kuntur Wasi (Puno), 290
- Miraflores (Lima), 25
 - accommodations, 114–120
 - nightlife, 144–145
 - restaurants, 124–129
- Moche (Mochica) culture, 136, 382, 392, 437
- Mochileros (Lima), 145
- Monasterio de la Recoleta (Arequipa), 312
- Monasterio de Santa Catalina (Arequipa), 11, 306–308
- Money and costs, 44–46
- Mon Repos (Lima), 142
- Montañero Aventura y Turismo (Huaraz), 430
- Montreál Le Café Art (Arequipa), 322
- Montse Aucells (Cusco), 225
- Monttrek, 93, 94, 429, 433
- Monttrek Pub (Huaraz), 423
- Monumento Arqueológico Chavín de Huántar, 424
- Monumento Arqueológico de Wilcahuain (Huaraz), 417
- Moray, 16, 249–250
- Moronacocha Lake, 359
- Moss-Rehab, 52
- Mountain and volcano climbing, 27, 28
 - near Arequipa, 14–15
 - Colca Valley, 330–331
 - Cordillera Blanca, 429, 432–433
 - Huayna Picchu, 267–268
 - information and tour operators, 96–97
 - Putukusi, 278
- Mountain Bike Adventures, 94, 430, 433
- Mountain biking. *See* Biking and mountain biking
- Mountain Lodges of Peru, 3, 90, 276
- Mountain Travel Sobek, 88, 276, 277
- MountClimb (Huaraz), 430
- Movimiento Revolucionario Tupac Amaru, 444–446
- MRTA (Tupac Amaru Revolutionary Movement), 444–445
- Multicines Larcomar (Lima), 146
- Multicines Starvisión El Pacífico (Lima), 146
- Mundo Azul, 103
- Mundo Hemp (Cusco), 225
- Municipalidad de Lima (City Hall), 131
- The Muse (Cusco), 228
- Museo Amauta de Arte Ancashino (Caraz), 426
- Museo Amazónico (Iquitos), 358
- Museo Antonini (near Nasca), 10, 171–172
- Museo Arqueológico Brüning (Lambayeque), 391
- Museo Arqueológico Casinelli (Trujillo), 377
- Museo Arqueológico de Ancash (Huaraz), 416
- Museo Arqueológico Rafael Larco Herrera (Lima), 10, 136
- Museo Cabrera (Ica), 160–161
- Museo Cáceres (Ayacucho), 177–178

- Museo CATCCO (Centro Andino de Tecnología y Cultural de las Comunidades de Ollantaytambo), 255
- Museo Catedrático (Trujillo), 375
- Museo de Arqueología (Caraz), 426
- Museo de Arqueología e Historia Natural de Yungay, 426
- Museo de Arqueología y Etnografía (Cajamarca), 402
- Museo de Arte Colonial Pedro de Osma (Lima), 139
- Museo de Arte Popular Joaquín López Antay (Ayacucho), 177
- Museo de Arte Precolombino (MAP; Cusco), 11, 216, 223
- Museo de Arte Religioso Colonial (Cajamarca), 402
- Museo de Arte Religioso (Lima), 132
- Museo de Arte Religioso (Palacio Arzobispal; Cusco), 216–217
- Museo de la Inquisición (Lima), 133–134
- Museo de la Nación (Lima), 10, 136–137, 143
- Museo de Miniaturas del Perú (Huaraz), 416–417
- Museo de Oro del Perú (Lima), 137
- Museo de Sitio de Chan Chan, 379
- Museo de Sitio de Qoricancha (Cusco), 217
- Museo de Sitio Julio C. Tello (Paracas), 155–156
- Museo-Galería Popular de Ayacucho (Lima), 142
- Museo Inka (Cusco), 214–216, 223
- Museo Municipal Carlos Dryer (Puno), 290
- Museo Nacional de Arqueología, Antropología e Historia del Perú (Lima), 137–138
- Museo Nacional Sicán (Ferreñafe), 392–393
- Museo Regional de Ica, 161–162
- Museo Santuarios Andinos (Arequipa), 11, 308–310
- Museo Taurino (Lima), 131–132
- Museo Tumbas Reales de Sipán (Lambayeque), 11, 391, 392
- Museums, best, 10–11
- Music, 26, 70–72
- Mystery Peru, 167
- N**asca Tours, 167
- Nasca, 165–173
- Nasca culture, 154, 166, 170, 171, 437
- Nasca Lines, 5, 167–171, 437
- Nasca Trails, 167
- Nasca Travel, 167
- National Audubon Society, 89
- National parks and nature reserves, 97–100. *See also specific parks and reserves*
- Nature Conservancy, 89
- Nature Expeditions International, 59
- Newspapers and magazines, 75
- Noa-Noa (Iquitos), 370
- Northern Peru, 4, 30, 371–433
- Norton Rat's Tavern (Cusco), 228
- Nuestra Señora de La Asunción (Chucuito), 297
- Nuevo Acatilado de Barranco (Lima), 144
- O**llantaytambo, 9, 13, 16, 251–257
- O'Murphy's Irish Pub (Lima), 144
- Ornifolks, 91, 349
- Otters, giant, 99
- Outdoor activities and adventure sports. *See also Active vacations*
best experiences, 14–15
Colca Valley, 330–332
- Overseas Adventure Travel, 59, 88
- Oxbow lakes, 344
- P**ablo Seminario (Urbamba), 25
- Pablo Tours, 429
- Pacamayo, 275
- Pacaya-Samiria National Reserve, 12, 91, 95, 99–100, 364
- Pachacámac, 147–148
- Pachacoto valley, 425
- Pachacútec, 441–442
- Pachamanca*, 262
- Pacing horses, Lima, 141
- Package tours, 57–58
- Packing tips for adventure travel, 101–102
- Paddy Flaherty's (Cusco), 228
- Palacio Arzobispal (Museo de Arte Religioso; Cusco), 216–217
- Palacio del Gobierno (Lima), 131
- Palacio del Obispo (Cajamarca), 403
- Palacio de los Condes de Uceda (Cajamarca), 403
- Palacio Episcopal (Lima), 131
- Palacio Iturregui (Trujillo), 377
- Palacio Torre Tagle (Lima), 135–136
- Pantiacolla, 352
- Paracas culture, 154, 437
- Paracas National Reserve, 100, 153–157
- Paragliding, 240–241
- Parque del Amor (Lima), 135
- Parque/Laguna de Quistococha, 359
- Parque Pino (Puno), 290
- Parque Principal (Chiclayo), 390–391
- Parroquia de Yanahuara (Arequipa), 311
- Pasaje Catedral (Arequipa), 312
- Paseo de las Musas (Chiclayo), 391
- Paseos Amazónicos, 362
- Paso horses, Lima, 141
- Passports, 33, 75–76
- Pastoruri Glacier, 424–425
- Patallacta (Llaqtapata), 275
- Paucarpata, 322
- Paucartambo, 232–233
- Peak travel season, 35
- Pelican Travel & Service, 160
- Peña del Carajo! (Lima), 145
- Peñas*, 26
Lima, 145–146
- Peña Usha Usha (Cajamarca), 411
- Perol Chico, 93, 240
- Perseo Palace (Lima), 146
- Peru Artcrafts (Lima), 142
- Peru Bike, 94
- Peru Discovery, 94, 241
- Peru Expeditions Overland, 90, 94
- Peru for Less, 59
- Peru Gateway, 60
- Peru Horizons Travel & Tours, 59
- PeruKraft (Huaraz), 417
- Peru-Rail, 43
- Peru Rent a Cell, 61
- Peru Trekking, 331
- Peruvian Paso Horse Festival (Pachacámac), 37–38

- Peruvian Safaris, 344
 Photography, 452–453
 Phuyupatamarca, 275, 276
 Pica Peru Culinary Vacations, 104
 Pikillacta, 234
 Pimentel, 395
 Pinchollo, 329
 Pinculluna, 256
 Pirámide Tours, 297
 Piranha, 27–28
 Pisac, 9, 13, 25, 237–243
 Pisco, 151–159, 433
 accommodations, 158
 getting around, 152–153
 restaurants, 158–159
 sights and attractions in and near, 153–157
 traveling to, 151–152
 visitor information, 152
 Pisco sour, 22, 163
 Pizarro, Francisco, 132–133
 Planning your trip to Peru, 29–77. *See also* Active vacations; Itineraries, suggested accommodations, 63–64 dining tips, 64–67 entry requirements, 33–35 escorted general-interest tours, 58–60 getting there and getting around, 40–44 health concerns, 48–50 insurance, 46–48 money and costs, 44–46 package tours, 57–58 recommended books, films and music, 68–72 regions in brief, 29–32 safety, 50–51 shopping tips, 67–68 specialized resources, 51–55 staying connected, 60–63 sustainable tourism, 55–57 when to go, 35–36
 Platería El Tupo (Cusco), 227
 Plaza de Acho (Lima), 131–132, 140
 Plaza de Armas
 Arequipa, 310
 Ayacucho, 176
 Cajamarca, 401–402
 Cusco, 211–212, 214–216, 224
 Iquitos, 357
 Lima, 131
 Trujillo, 375
 Urubamba, 244
 Plaza Mayor (Ayacucho), 176, 178
 Plaza Regocijo (Cusco), 224
 Plaza San Martín (Lima), 132
 Police, 76, 190–191
 Pony Expeditions, 427, 429, 433
 Portachuelo, 431
 Porta 735 (Lima), 142
 Posada del Ángel (Lima), 144
 Posadas del Inca, 52
 Positive Vibrations (Puno), 302
 Pre-Inca cultures, 436–440
 Prescription medications, 48, 50
 Principal Temple (Machu Picchu), 265
 Projects Abroad, 103
 PromPerú, 32
 Pro World, 103
 Puca Pucara, 223
 Puente de Piedra (Lima), 131
 Puerto Bellavista, 358–359
 Puerto Chicama (Malabrigo), 378
 Puerto Maldonado, 27, 336–341
 Puerto Miguel, 364
 Pumamarca, 256
 Punctuality, 453
 Puno, 3, 284–303. *See also* Titicaca, Lake accommodations, 298–301 ATMs, 288 Bolivian Consulate, 288 festivals, 289 getting around, 288, 290 Internet access, 288 nightlife, 302–303 restaurants, 301–302 shopping, 298 sights and attractions in and near, 290, 296–298 traveling to, 286–287 visitor information, 287–288
 Puno Week, 18, 39, 285, 289
 Pure Vacations, 96
 Purple Roofs, 53
 Putukusi, 278
 Puya Raimondi plants, 13, 425
 Pyramid Adventures, 430
Q
 Qanchisracay (Pisac), 242
 Q'enko, 222–223
 Q'Ente, 273
 Qoricancha (Templo del Sol; Cusco), 9, 217
 Qorihuayrachina (Pisac), 239
 Qoyllur Rit'i (Quispicanchis, near Cusco), 38
 Quebrada Quillcayhuanca, 431
 Quinoa, 262
 Quinoa, 181–182
 Quistococha Lagoon and Tourist Park, 359
R
 Rainforest Expeditions, 344
 Regions of Peru, 29
 Religion, 450
 Research opportunities, 103
 Reserva Nacional de Paracas, 100, 153–157
 Reserva Nacional de Tambopata. *See* Tambopata National Reserve
 Reserve Zone (Manu Biosphere Reserve), 346
 Responsible Travel, 57
 Restaurants
 best, 23–25
 tips on, 64–67
 Retablos, 177, 182
 Rimac district (Lima), 131
 Rincón Cervecero (Lima), 144
 Río Chili, 330
 Río Colca, 330
 Río Cotahuasi, 330
 Río Madre de Dios, 342–344
 Río Majes, 330
 Río Nanay, 358–359
 River cruises. *See* Boat tours and cruises
 RoadPost, 61
 Rock climbing, Cordillera Blanca, 433
 Rosie O'Grady's (Cusco), 228–229
 Royal Sector (Machu Picchu), 265
 Royal Tomb (Machu Picchu), 265
 Ruins and archaeological sites. *See* Archaeological sites and ruins
 Rumicolca, 234
 Runcuracay, 275
S
 Sabandía, 322
 Sachún (Lima), 145
 Sacred Earth, 89
 Sacred Plaza (Machu Picchu), 265
 Sacred Rock (Machu Picchu), 266–267
 Sacred Valley of the Incas (El Valle Sagrado de los Incas), 14, 29, 235–283. *See also* specific towns and ruins *boleto turístico* (tourist pass), 238 festivals, 254 getting around, 236 outdoor adventure sports, 240–241

- suggested itinerary, 78–80
 what's new in, 2–3
- Sacristy (Machu Picchu), 265**
- Sacsayhuamán, 9, 26, 221–222, 224**
- Safety concerns, 50–51**
 in the wilderness, 100–101
- Salcantay, 277**
- Sales tax, 68**
- Salineras de Maras (Salinas), 248–249**
- San Agustín, Iglesia de (Arequipa), 313**
- San Agustín (Lima), 134**
- San Blas, Iglesia de (Cusco), 216**
- San Cristóbal, Templo de (Ayacucho), 178**
- Sand boarding, Ica, 164**
- Sandoval Lake, 340**
- San Francisco, Convento y Museo de (Lima), 10, 132**
- San Francisco, Iglesia de**
 Arequipa, 313
 Cajamarca, 402
 Ica, 163
- San Francisco, Iglesia y Convento de (Cusco), 218**
- San Francisco de Asís (Ayacucho), 178**
- Sangalle oasis, 328**
- San Isidro (Lima)**
 accommodations, 120–123
 restaurants, 125–129
- San Jerónimo, Iglesia de (Ica), 163**
- San Juan (Cusco and Iquitos), 38–39**
- San Martín de Timpishia, 364**
- San Pedro**
 Cajamarca, 403
 Lambayeque, 391
 Lima, 134
- San Pedro/San Pablo, 39**
- Santa Catalina, Convento y Museo de (Cusco), 11**
- Santa Catalina, Monasterio de (Arequipa), 306**
- Santa Catalina Tours, 326**
- Santa Clara de Asís (Ayacucho), 178**
- Santa María Magdalena, Templo de (Ayacucho), 178**
- Santa Rosa, 395**
- Santa Rosa de Lima, 39**
- Santa Teresa, Templo de (Ayacucho), 178**
- Santo Domingo (Cusco), 217**
- Santo Domingo, Convento de (Lima), 134**
- Santo Domingo, Iglesia de (Arequipa), 313**
- Santo Domingo, Templo de (Ayacucho), 178**
- Santo Domino (Chucuito), 297**
- Santo Tomás, 359**
- Santuario de Luren, Templo del (Ica), 163**
- Santuranticuy Fair (Cusco), 39**
- Santuranticuy Festival (Cusco), 219**
- SAS Adventure Travel, 274**
- SAS Antiquedades (Lima), 142**
- SAS Travel Peru, 90, 220, 265, 352**
- Satchmo (Lima), 145**
- Sauna Tivoli (Lima), 146**
- Sayacmarca, 275**
- Scena (Lima), 144**
- Seasons, 35**
- Semana del Andinismo, 38**
- Semana Santa (Easter Week), 37, 179, 219**
- Seminario, Pablo, 244**
- Sendero Luminoso (Shining Path), 444–446**
- Senior travelers, 53**
- Servicio de Protección al Turista, 32, 73, 74**
- Shaman (Puno), 303**
- Shopping, 67–68, 452**
- Sicán culture, 392–394**
- Siete Culebras (Cusco), 215**
- Silvania Prints (Lima), 142**
- Single travelers, 55**
- Sipán Tours, 393**
- Siwara (Arequipa), 322**
- Smithsonian Institute, 89**
- Smoking, 76**
- Soccer (fútbol), Lima, 141**
- Son de Cuba (Lima), 144**
- South American Explorers Club, 28, 32, 75, 96, 109, 113, 168, 186, 238, 244, 252, 256, 428, 431**
- Southern Peru, 30, 284–333**
- Southwind Adventures, 59–60, 88, 93**
- Spanish-language programs, 103–104, 190**
- StarPerú, 41**
- STA Travel, 54–55**
- Student travelers, 54–55**
- Study Abroad International, 103**
- Suasi Island (Isla Suasi), 295–296**
- Sumaq Misky (Cusco), 228**
- Sun exposure, 49**
- Surfing, 15, 26, 95–96, 141**
- Sustainable tourism, 55–57**
- Sustainable Travel International, 57**
- SwissRaft Peru, 97, 241**
- T**
- Taca Peru, 41**
- Tambo Colorado, 157**
- Tambomachay, 223**
- Tambopata Macaw Clay Lick, 342**
- Tambopata National Reserve, 12, 91, 98, 336, 341–345**
- Tambo Tours, 60**
- Tanager Tours, 92, 332, 349**
- Tangible Myth (Cusco), 229**
- Tapay, 329**
- Taquile Island (Isla Taquile), 293–294**
- Tara Tours, 57**
- Tarjeta 147, 61**
- Taxes, 76**
- Taxis, 42**
- Teatro Auditorio Miraflores (Lima), 143**
- Teatro Canout (Lima), 143**
- Teatro Municipal (Cusco), 229**
- Teatro Municipal (Lima), 143**
- Teatro Segura (Lima), 143**
- Telephones, 60–61**
 area codes, 72
- Teleticket (Lima), 141**
- Temple of Ten Niches (Ollantaytambo), 253**
- Temple of the Condor (Machu Picchu), 268**
- Temple of the Three Windows (8bn), 265**
- Templo de Coporaque, 327**
- Templo de la Compañía de Jesús**
 Ayacucho, 178
 Cusco, 214
- Templo de la Luna (Temple of the Moon)**
 Machu Picchu, 268
 Pisac, 242
- Templo de La Merced (Cusco), 218**
- Templo de la Purísima Concepción de Lari, 327**
- Templo del Arco (Ayacucho), 178**
- Templo del Santuario de Luren (Ica), 163**
- Templo del Sol (Temple of the Sun)**
 Cusco, 9, 217
 Machu Picchu, 16, 265

- Templo del Sol** (*cont.*)
Ollantaytambo, 253
Pisac, 239, 242
- Templo de San Cristóbal**
(Ayacucho), 178
- Templo de Santa María Magdalena** (Ayacucho), 178
- Templo de Santa Teresa**
(Ayacucho), 178
- Templo de Santo Domingo**
(Ayacucho), 178
- Templo de Sipán**, 393
- Templo y Convento de La Merced** (Ayacucho), 178
- Tequila Rock** (Lima), 146
- Terrorism in Peru**, 444–445
- Textiles**, 450–451. *See also*
Alpaca goods; Crafts
Lima, 142
- Thermal baths, Aguas Calientes**, 278
- Tiahuanaco people**, 438–439
- Tico Travel**, 60
- Tienda-Museo de Josefina Olivera** (Cusco), 225
- TIES** (The International Ecotourism Society), 55
- Time zone**, 76
- Tipón**, 233–234
- Tipping**, 76–77
at the Inca Trail, 275
- Titicaca, Lake** (Peru-Bolivia), 3, 8, 290–296
organized tours, 297–298
- Todos Santos**, 39
- Toilets**, 77
- Top Vacations**, 220, 265
- Toro Muerto**, 322, 323
- Tour agencies and operators**, 86–90
- Touring Automóvil Club del Perú** (Touring Club of Peru), 44
- Tourism Concern**, 57
- Tourist information**, 32
- Tourist police**, 73
- Tourist Protection Service** (Servicio de Protección al Turista), 32, 73, 74
- Tours**
escorted general-interest, 58–60
package, 57–58
- Train travel**, 43
Ferrocarril Central Andino, 1, 26, 43, 176
Hiram Bingham train, 3, 27, 43, 258
- Transportation**, 41–44
- Travel CUTS**, 55
- Traveling to Peru**, 40–44
- Travel insurance**, 47–48
- Travel Insured International**, 47
- Trekking**, 96–97. *See also*
Hiking
Caraz, 427
Cordillera Blanca, 429–432
Machu Picchu, 271–277
Sacred Valley of the Incas, 241
- Tres Cruces**, 27, 232
- Trip-cancellation insurance**, 47
- Tropical Nature Travel**, 88, 343, 348
- Trotamundos** (Cusco), 230
- Trujillo**, 17, 371–388
accommodations, 382–385
archaeological sites near, 378–381
ATMs, 373
getting around, 374
Internet access, 374
medical care, 374
nightlife, 387
post office, 374
restaurants, 385–386
shopping, 382
sights and attractions, 375–377
traveling to, 372
visitor information, 373
- Tschudi Palace** (Chan Chan), 379
- Túcume**, 393–394
- Tunshucaiko** (Caraz), 426
- Tupac Yupanqui**, 442
- Ukuku's** (Cusco), 229
- UNESCO World Heritage Sites**, 30
- United Mice**, 274
- United Vacations**, 57
- Up Town** (Cusco), 230
- Uros Floating Islands** (Las Islas Flotantes), 292–293, 298
- Urubamba and environs**, 243–251
- USIT**, 55
- Vaccinations**, 48–49
- Vagamundo Travelbar** (Huaraz), 423
- Ventanillas de Comboyo**, 406
- Ventanillas de Otuzco**, 406
- Vicuñas**, 329
- Viento-Sur**, 93, 240, 256
- Vilcabamba**, 277
- Virgen de la Candelaria** (Candlemas; Puno), 18, 37, 285, 289
- Virgen del Carmen Festival**
Cusco, 219
Paucartambo, 17–18, 38, 232
Pisac, 239
- Visitor information**, 32
- Volunteer International**, 57
- Volunteers for Peace**, 103
- Volunteer and study programs**, 57, 102–104
- Wari** (Huari) culture, 437–438
- Wari archaeological complex** (near Quinua), 182
- Wari Tours**, 174
- Water, drinking**, 77
- Wave Hunters**, 96
- Websites**, 28, 62
- Werner & Ana** (Cusco), 225
- Western Union**, 75
- White-water rafting**, 14, 27, 97, 241, 330, 433
- Wi-Fi access**, 62
- Wilderness Travel**, 88, 276, 277
- Wildland Adventures**, 89
- Wildlife viewing**, 15
- Wine Festival** (Ica), 37, 160
- Wineries**, 162–163
- Wings**, 92
- Women travelers**, 54
- Woodwork**, Cusco, 227
- World Leadership School**, 103
- WorldTwitch**, 91, 349
- Worldwide Assistance Services**, 47
- X-Treme** (Huaraz), 423
- Yanque**, 327, 329
- Yavari** (ship), 292
- Yellow Rose of Texas** (Iquitos), 370
- Yungay**, 425–426
- Zaña**, 395
- Zarcillo Connections**, 152