

Contents

List of Maps

vii

What's New in Peru

1

1 The Best of Peru

5

- | | | | |
|---|----|---|----|
| 1 The Most Unforgettable Travel Experiences | 5 | 9 The Best Hotels | 18 |
| 2 The Most Intriguing Ruins & Other Historical Sights | 8 | 10 The Best Small Hotels, Inns & Lodges | 20 |
| 3 The Best Museums | 10 | 11 The Best Local Dining Experiences | 22 |
| 4 The Best of Natural Peru | 11 | 12 The Best Restaurants | 23 |
| 5 The Best Small Towns & Villages | 13 | 13 The Best Markets & Shopping | 25 |
| 6 The Best Outdoor Experiences | 14 | 14 The Best Reasons for Bragging Rights | 26 |
| 7 The Best Architecture | 15 | 15 The Best of Peru Online | 28 |
| 8 The Best Festivals & Celebrations | 17 | | |

2 Planning Your Trip to Peru

29

- | | | | |
|--|----|--|----|
| 1 The Regions in Brief | 29 | 11 Sustainable Tourism | 55 |
| 2 Visitor Information | 32 | <i>It's Easy Being Green</i> | 56 |
| 3 Entry Requirements | 33 | 12 Packages for the Independent Traveler | 57 |
| 4 When to Go | 35 | 13 Escorted General-Interest Tours | 58 |
| <i>Peru Calendar of Events</i> | 37 | 14 Staying Connected | 60 |
| 5 Getting There & Getting Around | 40 | <i>Online Traveler's Toolbox</i> | 62 |
| <i>Combi or Carro? Getting Around in and out of Town</i> | 42 | 15 Tips on Accommodations | 63 |
| 6 Money & Costs | 44 | 16 Tips on Dining | 64 |
| <i>The Peruvian Sol</i> | 45 | 17 Tips on Shopping | 67 |
| 7 Insurance | 46 | 18 Recommended Books, Films & Music | 68 |
| 8 Health | 48 | <i>Fast Facts: Peru</i> | 72 |
| 9 Safety | 50 | | |
| 10 Specialized Travel Resources | 51 | | |

3 Suggested Peru Itineraries 78

- 1 The Best of Peru in 1 Week:
Cusco, Machu Picchu &
the Sacred Valley 78
- 2 The Best of Peru in 2 Weeks 80
- 3 Ten Days with the Kids in Peru 83

4 The Active Vacation Planner 85

- 1 Organized Adventure Trips 86
- 2 Activities A to Z 90
*Which Jungle? Comparing
Piranhas and Monkeys* 93
- 3 Peru's National Parks &
Nature Reserves 97
- 4 Tips on Health, Safety & Etiquette
in the Peruvian Wilderness 100
- 5 What to Bring 101
- 6 Volunteer & Study Programs 102

5 Lima 105

- 1 Orientation 106
The Neighborhoods in Brief 109
- 2 Getting Around 110
Fast Facts: Lima 112
- 3 Where to Stay 114
- 4 Where to Dine 123
Cevicherías 128
- 5 What to See & Do 131
*All That Glitters Isn't
Necessarily Gold* 137
Archaeological Sites in Lima 139
- 6 Organized Tours 139
- 7 Outdoor Activities &
Spectator Sports 140
- 8 Shopping 141
- 9 Lima After Dark 143
- 10 Side Trips from Lima 147

6 The Central Coast & Highlands 149

- 1 Pisco & the Reserva Nacional
de Paracas 151
Paracas Culture 154
Earthquake Aftershocks 157
- 2 Ica 159
- 3 Nasca 165
- 4 A Gem in the Central Highlands:
Ayacucho 173
Ayacucho's Renowned Retablos ... 177

7	Cusco	183
1	Orientation	184
2	Getting Around	187
	<i>Fast Facts: Cusco</i>	189
3	Where to Stay	191
	<i>Family-Friendly Hotels</i>	198
	<i>More Hotels & Hostales in Cusco</i>	200
4	Where to Dine	203
	<i>Cusco's Quintas</i>	208
5	What to See & Do	211
	<i>Cusco's Boleto Turístico</i>	212
	<i>The Cusco School of Art</i>	214
	<i>The Magic of Inca Stones: A Walking Tour</i>	215
	<i>Cusco's Spectacular Celebrations</i>	219
6	Especially for Kids	223
7	Shopping	224
8	Cusco After Dark	227
	<i>Cafe Society</i>	230
9	Side Trips from Cusco	231
	<i>And Then There Were 12: The Inca Emperors</i>	233
8	Machu Picchu & the Sacred Valley of the Incas	235
	<i>Getting Around the Sacred Valley</i>	236
1	Pisac	237
	<i>Extreme Sacred Valley: Outdoor Adventure Sports</i>	240
2	Urubamba & Environs	243
3	Ollantaytambo	251
	<i>Hiking Trails in the Sacred Valley</i>	256
4	Machu Picchu & the Inca Trail	257
	<i>Endangered Machu Picchu</i>	259
	<i>We Call It Choclo: Foods of the Incas</i>	262
	<i>Bingham, the "Discoverer" of Machu Picchu</i>	266
	<i>On the Trail of "New" Inca Cities: The Discovery Continues</i>	270
	<i>Inca Trail Regulations</i>	274
	<i>The Road Less, or More Comfortably, Traveled: Alternatives to the Inca Trail</i>	276
	<i>More Places to Crash in Aguas Calientes</i>	282
9	Southern Peru	284
1	Puno & Lake Titicaca	284
	<i>Puno & Lake Titicaca Festivals Celebration and Quiet on Taquile</i>	289
	<i>Additional Hostales</i>	300
	<i>Traveling to Bolivia</i>	303
2	Arequipa	303
	<i>The Discovery of Juanita, the Ampato Maiden</i>	308
	<i>House Tour: Arequipa's Colonial Mansions</i>	311
3	Colca Valley	323
	<i>A Typical Guided Tour of Colca Valley</i>	328
	<i>On Those Camelids</i>	329

10	Amazonia	334
1	The Southern Amazon Jungle335 <i>Bird-Watching and Macaw Clay Licks</i>348 <i>The Amazon in Danger</i>350	2 Iquitos & the Northern Amazon352 <i>Into the Wild: Farther Afield from Iquitos</i>364
11	Northern Peru	371
1	Trujillo371 <i>Moche Culture</i>382	4 Huaraz & the Cordillera Blanca411 <i>Festival Calendar</i>418 <i>More Budget Accommodations</i> . . .420 <i>Cordillera Huayhuash: The New "It" Range</i>431 <i>Packin' Up the Llama</i>432
2	Chiclayo388 <i>The Sicán Civilization</i>394 <i>The Ruins of Kuélap</i>397	
3	Cajamarca398 <i>Caxamarca: A Brief History</i>400 <i>Cajamarca's Colonial Mansions & Churches</i>403	
	Appendix A: Peru in Depth	434
1	A Look at the Past435 <i>Inca Architecture & Stonemasonry</i>438	<i>Terrorism in Peru</i>442
2	Modern Peru441	3 Peruvian People & Culture445 <i>Coca Leaves</i>446
		4 Etiquette & Customs449
	Appendix B: Useful Terms & Phrases	452
1	Basic Spanish Vocabulary452	3 Quechua & Quechua-Derived Terms457
2	Spanish Menu Glossary456	
	Index	459

List of Maps

- The Best of Peru 6
- The Regions in Brief 31
- The Best of Peru in 1 Week 79
- The Best of Peru in 2 Weeks 81
- Ten Days with the Kids in Peru 84
- Lima at a Glance 107
- Where to Stay & Dine in Lima
Centro 115
- Where to Stay & Dine in
Miraflores 117
- Where to Stay & Dine in San
Isidro 121
- What to See & Do in Lima
Centro 133
- The Central Coast 150
- Pisco 153
- Paracas National Preserve 155
- Ica 161
- Nasca 167
- The Nasca Lines 169
- Ayacucho 175
- Where to Stay in Central Cusco 193
- Where to Stay & Dine in San Blas 199
- Where to Dine in Central Cusco 205
- What to See & Do in Cusco 213
- Inca Ruins near Cusco 220
- The Sacred Valley 237
- Ollantaytambo 253
- Machu Picchu 261
- The Inca Trail 269
- Aguas Calientes (Machu Picchu
Pueblo) 279
- Southern Peru 285
- Puno 287
- Lake Titicaca 291
- What to See & Do in Arequipa 307
- Where to Stay & Dine in Arequipa 315
- Colca Valley & Canyon 325
- Amazonia 335
- The Southern Amazon 337
- Puerto Maldonado 339
- The Northern Amazon 353
- Iquitos 355
- Northern Peru 373
- Trujillo 375
- Chiclayo 389
- Cajamarca 399
- The Cordillera Blanca 413
- Huaraz 415