

Index

- A**
Abercrombie & Kent, 64
Above and Beyond Tours, 49
Abra de Huarmihuañusqa (Dead Woman's Pass), 25, 262, 269
Abra de Runcuracay, 269
Access-Able Travel Source, 49
Access America, 44
Accessible Journeys, 48
Acclahuasi (or Mamacuña) palace (Pachacámac), 147
Accommodations, 1–2
 best, 17–20
 Spanish words and phrases, 451–452
 surfing for, 54
 tips on, 70–72
Acroma, 319
Acute mountain sickness (AMS; *soroche*), 45, 185, 316
Addresses, 79
Adventure Life Journeys, 64, 334
Adventures Abroad, 64
Adventure Specialists, 85, 93, 96
AeroCondor, 67
Aero Continente, 58, 67
Aerolíneas Argentinas, 58
Aeropuerto Internacional Jorge Chávez (Lima), 58, 106, 107
Aguada Blanca Nature Reserve, 316, 318
Aguas Calientes (Machu Picchu Pueblo), 251, 270–276
 accommodations, 272–275
 Internet access, 253
 restaurants, 275–276
 traveling to, 252–253
 visitor information, 253
Ailments, common, 45–46
Air Canada, 58
Airfares, 53–54, 59–61
Air New Zealand, 58
Airport security, 59
Air Tickets Direct, 61
Air travel
 to Peru, 58–62
 within Peru, 67
All Ways Travel, 279, 288
Alpaca goods, 23, 24, 75
 Arequipa, 303–304
 Cusco, 222
 Huaraz, 410
 Lima, 141, 142
 Puno, 283, 289
Alpacas, 319
Alpamayo, 419, 422, 424
Altars (retablos), 75
 Ayacucho, 174, 178, 179
 Cusco, 216, 224
 Quinua, 179
Altitude sickness (*soroche*), 45–46, 185, 316
Amano, Fundación Museo (Lima), 137
Amantani Island, 5, 40, 277, 284, 285, 286, 287
Amazonas Explorer, 94, 97, 237
Amazon basin, 28, 324–361
 environmental threats, 340–341
 jungle lodges and tours, 93
 northern, 342–361
 southern, 325–342
Amazonia Expeditions, 86
Amazon River, 326
Amazon Tours and Cruises, 95, 353
American Airlines, 58
American Express, 35, 37, 38
 Lima, 110
American Foundation for the Blind, 49
Ampato volcano, 315, 321
Analie Tours, 63
Andean Life, 267
Andean Treks, 86, 96, 237, 333
Antiques
 Arequipa, 304
 Cusco, 222
 Lima, 141–142
Antonini, Museo (Nasca), 9, 169
Apóstol Santiago (Taquile), 282
Apu Expeditions, 237, 321, 419
Apumayo Expediciones, 48, 94, 237, 321
Archaeological museums and exhibits
 Arequipa, 10, 299, 301
 Cajamarca, 395, 396
 Caraz, 418
 Chavín de Huántar, 416
 Cusco, 2, 10, 211, 212–213
 Huaraz area, 408–410
 Ica, 159–160
 Lambayeque, 10, 383, 384, 385
 Lima, 9, 134, 136–137, 139, 143, 152, 373
 Sillustani ruins (near Puno), 287–288
 Trujillo, 368
 Yungay, 418
Archaeological sites and ruins
 Batán Grande, 385
 Cantalloco Aqueduct, 5, 167
 Chan Chan, 8–9, 369, 370, 371, 431
 Chauchilla Cemetery, 5, 168
 Chavín de Huántar, 9, 404, 409, 415–416, 416, 420
 Huacas de Moche, 8, 372
 Huññay Huayna, 261, 262, 270
 Kuélap, 9, 389
 Lima, 137
 Machu Picchu. *See* Machu Picchu
 Nasca Lines, 165–167
 near Chiclayo, 385–386
 near Trujillo, 369–373
 Ollantaytambo, 246–248
 Pachacámac, 147
 Pikillacta, 230
 Pisac, 233–235
 Pumamarca, 250
 Rumicolca, 230
 Tambo Colorado, 155–156
 Templo de Sipán, 385
 Tipón, 229–230

- Túcume, 385–386
 Tunshucaiko, 418
 Zaña, 386
- Architecture**
 best, 14–16
 Inca, 434–435
- Area codes, 79**
- Arequipa, 3, 295–314**
 accommodations, 304–309
 ATMs and banks, 296–297
 earthquake (2001), 295–296
 emergencies, 297
 Internet access, 297
mirador (lookout point) in Yanahuara, 302
 mountain and volcano climbing near, 13
 nightlife, 312–313
 restaurants, 309–312
 safety, 298
 shopping, 24, 303
 side trips from, 313
 sights and attractions, 15, 297–303
 transportation, 297
 traveling to, 296
 visitor information, 296
- Arte Colonial Pedro de Osma, Museo de (Lima), 138**
- Arte Italiano, Museo de (Lima), 138**
- Arte Popular Joaquín López Antay, Museo de (Ayacucho), 174–175**
- Arte Precolombino, Museo de (Cusco), 2, 10, 212–213, 221**
- Arte Religioso Colonial, Museo de (Cajamarca), 394**
- Arte Religioso, Museo de (Lima), 132**
- Arte Religioso, Museo de (Palacio Arzobispal; Cusco), 213**
- Art Gallery Camu-Camu (Iquitos), 349**
- Arts and crafts, 75. See also Alpaca goods; Ceramics; Markets; Textiles**
 Arequipa, 304
 Ayacucho, 174–175, 178–179
 best places to shop for, 23–24
 Cajamarca, 398
 Huaraz, 410
 Iquitos, 349
 Lima, 142
 Puno, 283
- Quinua, 179–180
 Trujillo, 373
- Atahualpa, 229, 391, 392, 394, 395, 396, 433**
- ATMs (automated teller machines), 35–36**
- Aventours, 237**
- Ayacucho, 171–179**
 accommodations, 176–177
 festivals, 176
 restaurants, 177–178
 shopping, 178–179
 sights and attractions, 172–176
 transportation, 172
 traveling to, 172
 visitor information, 172
- Ayahuasca ceremonies, 26, 334, 352**
- Aymara people and language, 81, 283, 284, 288, 440, 448**
- B** ackroads, 53
- Bahuaja-Sonene National Park, 341**
- Ballestas Islands, 10, 100, 151, 154–155**
- Ballooning, 88–89**
 Sacred Valley, 236–237
- Baños de la Ñusta (Ollantaytambo), 248**
- Baños del Inca (near Cajamarca), 396–397**
- Baños Termales de Chancos, 417**
- Baños Termales de Monterrey, 410**
- Barrio Chino (Lima), 130–131**
- Barrio de Belén (Iquitos), 24, 347–348**
- Barrio de San Blas (Cusco), 23, 186, 215**
 accommodations, 198–201
 shopping, 221
 sights and attractions, 211–212, 221
- Barrio Santa Ana (Ayacucho), 178**
- Batán Grande (near Chiclayo), 385**
- Beaches**
 Lima, 139, 140, 146–147
 near Chiclayo, 386–387
- Biblioteca Amazónica (Iquitos), 347**
- Biking and mountain biking**
 Callejón de Huaylas, 14, 93, 424–425
 Cordillera Blanca, 404
 Lima, 140
- Sacred Valley, 237
 tour operators and outfitters, 93–95
- Big Foot Tours, 267**
- Bingham, Hiram, 2, 251, 256, 257, 264–266, 435**
- Birding Peru, 92, 339**
- Bird-watching**
 Amazon Basin, 13
 Ballestas Islands, 154
 Colca Valley, 322
 condors, 5, 313, 315, 317, 318
 Iquitos, 349
 Mandor Ravine trail, 272
 Manu Biosphere Reserve, 335, 337, 338–339
 organized tours, 89–90
 Pacaya-Samiria National Reserve, 354
 recommended reading, 77
 Tambopata-Candamo Nature Reserve, 11, 13, 89, 94, 98, 332–334
- Biringo (Peruvian hairless dog), 371**
- Blanquillo Macaw and Parrot Lick, 339**
- Boat tours and cruises, 95**
 Amazon River and its tributaries, 349, 353–356, 355
 Iquitos, 344
 Lake Titicaca, 277
 Paracas Bay and Ballestas Islands, 151
 Uros Islands, 286
- Bodega Catador (Ica), 160**
- Bodega Ocucaje (Ica), 160–161**
- Bodegas Vista Alegre (Ica), 161**
- Bolívar, Simón, 367, 435**
- Bolivia, traveling to, 294**
- Bolivian consulates**
 Puerto Maldonado, 329
 Puno, 280
- Books, recommended, 77–78**
- Brüning Museum (Lambayeque), 10, 383, 384, 385**
- Bugs and bug bites, 101**
- Bullfighting, Lima, 140**
- Bullfighting Museum (Lima), 130**
- Business hours, 79**
- Bus travel, 68, 69**
- Butterfield & Robinson, 64**
- Butterflies, 89, 274, 331, 335**

- C**
Caballos de paso, 141
Cabanaconde, 317, 323
Cabanas, 12
Cabo Blanco, 369
Cahuachi, 168
Cajamarca, 12, 390–403
 accommodations, 398–401
 emergencies, 393
 Internet access, 393
 nightlife, 403
 organized tours, 393–394
 restaurants, 401–403
 shopping, 398
 sights and attractions, 394–398
 transportation, 393
 traveling to, 392
 visitor information, 392–393
Cajamarca Valley, 392
Calendar of events, 40–43
Callejón de Huaylas Valley, 14, 30, 41, 93, 362, 406, 408, 409, 415, 417, 418, 424
Calle Loreto (Cusco), 214
Camelids, 319
Camino del Inca (Inca Trail), 2–3, 4–5, 237, 251, 253, 432
 hiking and trekking, 261–270
 cost of, 263–264
 day-by-day schedule, 267–270
 “new” Inca cities, 266
 new regulations, 85, 268
 preparing for, 262–265, 267
 travel agencies, 267
 Km 82 of the, 250
 tipping guides, cooks, and porters, 271
Camino Sagrado del Inca, 262, 265
Candelabro, 155
Candlemas (Puno), 40, 282
Cañón del Colca, 5, 13, 313
Cañón del Cotahuasi, 321
Cañón del Pato, 418
Cantalloc Aqueduct, 5, 167
Capilla de la Sagrada Familia (Cusco), 211
Capilla del Triunfo (Cusco), 210–211
Caraz, 418–419
Caretaker's Hut (Machu Picchu), 258
Carhuaz, 417
Carnaval, 40
 Ayacucho, 176
 Cajamarca, 393
 Cusco, 216
 Puno, 282
Car rentals, 54, 70
Car travel, 69–70
Casa Aliaga (Lima), 134
Casa Aranda (Trujillo), 368
Casa Arango (Arequipa), 303
Casa Arróspide (Arequipa), 303
Casa Barbieri (Lima), 134
Casa Bracamonte (Trujillo), 368
Casa Calonge (Casa Urquiaga; Trujillo), 367
Casa Cohen (Iquitos), 347
Casa de Fierro (Iquitos), 347
Casa de Guías de Huaraz, 406, 407, 410, 420, 422, 423
Casa de la Emancipación (Trujillo), 368
Casa de la Logia (Lambayeque), 384
Casa de la Moneda (Arequipa), 303
Casa de las Trece Monedas (Lima), 134
Casa del Corregidor (Puno), 281
Casa del Mayorazgo de Facalá (Trujillo), 368
Casa del Moral (Arequipa), 302, 303
Casa de Osambela Oquendo (Lima), 134
Casa de Pilatos (Lima), 134
Casa de Rada (Lima), 134
Casa Fitzcarrald (Iquitos), 347
Casa Ganoza Chopitea (Trujillo), 366
Casa García Holguín (Trujillo), 368
Casa Garcilaso (Museo Histórico Regional; Cusco), 216–217
Casa Goyeneche (Arequipa), 303
Casa Goyeneche (Lima), 134
Casa Hernández (Iquitos), 347
Casa Iriberry (Arequipa), 303
Casa la Riva (Lima), 134
Casa Lynch (Trujillo), 368
Casa Mendiola (Ica), 161
Casa Montjoy (Lambayeque), 384
Casa Morey (Iquitos), 347
Casa-Museo María Reiche (Nasca), 9, 168
Casa Negreiros (Lima), 134
Casa Orbegoso (Trujillo), 367
Casa Ricketts (Arequipa), 303
Casa Riva-Agüero (Lima), 133–134
Casa Santiesteban (Cajamarca), 395
Casa Toribio Casanova (Cajamarca), 395
Casa Tristán del Pozo (Arequipa), 303
Casa Urquiaga (Casa Calonge; Trujillo), 367
Casinos, Lima, 146
Casona Alvarado (Ica), 161
Casona Colonial El Portón (Ica), 161
Casona Cristóbal Castilla y Zamora (Ayacucho), 175
Casona del Corregidor Nicolás Boza y Solís (Ayacucho), 175
Casona del Marqués de Mozobamba (Ayacucho), 175
Casona del Marqués de Torre (Ica), 161
Casona Flores del Campo (Arequipa), 301–302
Casona Jáuregui (Ayacucho), 175
Casona Olano (Ayacucho), 175
Casona Ruíz de Ochoa y Monreal (Ayacucho), 175
Casona Vivanco (Ayacucho), 175
Castillo (Chavín de Huántar), 415–416
CATCO (Centro Andino de Tecnología y Cultural de Ollantaytambo) Ethnographic and History Museum, 248
Catedral (cathedral) Arequipa, 300
 Ayacucho, 174
 Cajamarca, 394
 Chiclayo, 383
 Cusco, 210–211
 Ica, 161
 Lima, 130, 132
 Puno, 281
 Trujillo, 366
The Cathedral (cave formation), 153
Caxamarca culture, 392, 398
Cedros gorge, 422

- Ceiba Tops, 351**
Cellphones, 56–57
Centers for Disease Control and Prevention, 45
Central coast and highlands, 27, 39, 148–180
Central Plaza (Machu Picchu), 260
Centro Comercial Larcomar (Lima), 143
Centro Cultural Ricardo Palma (Lima), 139
Ceramics (pottery), 33
 pre-Columbian, 281
 Cusco, 211, 212, 213
 Lima, 134, 135, 136, 138
 Moche, 367, 368, 373, 430
 Nasca, 159, 168, 169
 Paracas, 154
 Trujillo area, 367, 368, 370, 373
 shopping for, 75
 Ayacucho, 174
 Cusco, 222, 223
 Iquitos, 349
 Lima, 142
 Trujillo, 373
 Urubamba, 239
Cerro Santa Apolonia (near Cajamarca), 397
Chachani, 321
Chachapoyas, 389, 431
Chancay culture, 138, 213, 216
Chan Chan, 8–9, 369, 370, 371, 431
Chauchilla Cemetery, 5, 168
Chavin culture, 9, 216, 415, 416, 428
Chavin de Huántar, 9, 404, 409, 415, 416, 420, 424, 428
Chavin Tours, 420
Chiclayo, 380–390
 accommodations, 387–388
 archaeological sites near, 385–386
 beaches near, 386–387
 emergencies, 382
 Internet access, 382
 restaurants, 389–390
 sights and attractions, 383–387
 transportation, 382–383
 traveling to, 381–382
 visitor information, 382
Children, families with, 50–51
 accommodations
 Cusco, 195
 Lima, 119
 restaurants
 Cusco, 204
 Lima, 128
 sights and activities
 Cusco, 221
 Lima, 138–139
Chimú culture, 138, 213, 431
 Chan Chan, 8–9, 369, 370, 371
Chincha (Ica), 21, 157–163, 431
Chinchoero, 12, 24, 244–245
Chinchilejo Expeditions, 356
Chivay, 12, 316–317, 318, 319
Choclo, 256
Choquequirao, 8, 269
Chucuito, 288
Civa, 69
Class Adventure Travel, 66, 88
Climate, 39
Cloud Forest Lodge, 337
Coca leaves, 442–443
Cock-of-the-Rock Lodge, 337
Colca Canyon, 5, 13, 313
Colca Geyser (Hatun Infernillo), 319
Colcas, 317
Colca Trek, 94, 321
Colca Valley, 11, 12, 314–323
 accommodations and restaurants, 322–323
 hiking, 318–319
 outdoor adventures, 320–322
 sights and attractions, 316–319
 traveling to, 316
 visitor information, 316
Colectivos, 68, 69
Collaguas, 12
Colla people, 284, 287–288
Conchamarca, 269
Condor Journeys and Adventures, 86
Condors, 5, 313, 315, 317, 318
 Cruz del Cóndor, 317
Conjunto Monumental de Belén (Cajamarca), 10–11, 394–395
Consolidators, 60–61
Continental Airlines, 58
Convent of Santa Catalina (Arequipa), 297–298
Convento y Museo de San Francisco (Lima), 9, 131, 133, 139
Coporaque, 12
Cordillera Blanca, 11, 26, 77, 403–406, 408, 410, 411, 416, 418
 trekking and climbing in the, 14, 419–425
Cordillera Huayhuash, 423
Corihuayrachina (Cerro Victoria), 3, 266
Coropuna, 321
Coropuna, Mount, 314
Corpus Christi festival (Cusco), 41, 216
Cota Coca, 3, 266
Cotahuasi canyon, 321
Crafts, 75. See also Alpaca goods; Ceramics; Markets; Textiles
 Arequipa, 304
 Ayacucho, 174–175, 178–179
 best places to shop for, 23–24
 Cajamarca, 398
 Huaraz, 410
 Iquitos, 349
 Lima, 142
 Puno, 283
 Quinoa, 179–180
 Trujillo, 373
Credit cards, 37–38
Crime, 46–47
Cross-Cultural Solutions, 102–103
Cruz del Cóndor, 313, 317, 318
Cruz del Sur, 69
Cuarto de Rescate (Cajamarca), 395–396
Cueva de Guitarreros, 417
Cuisine, 72–73
 Amazon Basin, 331
 Inca, 256
 Spanish terms and phrases, 453–454
Cuismango, 392
Cumbe Mayo, 16, 397–398
Currency and currency exchange, 34–35
Cusco, 27, 181–230, 432, 433, 434
 acclimatization, 185
 accommodations, 190–201
 arriving in, 183–184
 average temperatures and precipitation, 39
 banks/currency exchange, 188
 boleto turístico, 210, 217
 cafes, 227
 consulates, 188
 doctors and dentists, 188
 emergencies, 188
 festivals, 216
 hospitals, 188
 Inca ruins near, 217–220
 Inca walls, 214, 221
 Internet access, 188
 for kids, 221

Cusco, (cont.)

- language schools, 188
 - layout of, 185–186
 - nightlife, 224–227
 - police, 189
 - post office/mail, 189
 - recommended reading, 78
 - restaurants, 201–208
 - restrooms, 189
 - ruins near, 5, 8
 - safety, 187, 189
 - shopping, 23, 75, 221–224
 - side trips from, 227–230
 - sights and attractions,
 - 14–15, 208–221
 - suggested itineraries, 76
 - telephone, 189
 - tour operators and travel agencies, 189–190
 - transportation, 186–187
 - visitor information, 185
 - what's new in, 2
- Cusco Amazónico Lodge, 334
 Cusco School of Art, 212
 Cusipata Viajes y Turismo, 321
 Customs regulations, 33

- D**aytona Park (Lima), 138
 Dead Woman's Pass, 25, 262, 269
 Deambiente.com, 49
 DeCajon.com, 49
 Delta Airlines, 58
 Día de los Muertos, 42
 Día Internacional del Pisco, 158
 Digital cameras, 60
 Diners Club, 37, 38
 Disabilities, travelers with, 48–49
 Discrimination, racial, 47
 Doctors and hospitals, 79
 Drinks, 73–74
 Drug laws, 79–80
 Drugstores, 80
 Dry moat (Machu Picchu), 258
- E**arthwatch Institute, 103
 EcoAmazonia Lodge, 334
 Edgar Adventures, 279, 289
 El Brujo, 371–372
 El Carmen, Iglesia y Monasterio (Trujillo), 367
 El Cuarto de Rescate (Cajamarca), 395–396
 Elderhostel, 50
 ElderTrek, 50
 Electricity, 80
 El Estaquería, 168

- El Misti, 13, 295, 302, 320–321
- El Señor de los Milagros (Lima), 16, 42
- ELTExpress, 61
- El Valle Sagrado de los Incas. *See* Sacred Valley of the Incas
- Embassies and consulates, 80
- Emergencies, 80
- Entrega de Varas (Cusco), 40
- Entry requirements, 31–32
- Eric Adventures, 94, 237
- Escorted tours, 63–66
- Escuela Cusqueña (Cusco), 212
- Estación Huanchac (Cusco), 252
- Estación La Torre (Puno), 279
- Estación Machu Picchu Pueblo, 252
- Estación Poroy (Cusco), 252
- Estación San Pedro (Cusco), 252
- Estación Wanchaq (Cusco), 279
- Estadio Nacional (Lima), 141
- Etiquette and customs, 445–447
- Exito Latin American Travel, 64–65
- Expedia, 53, 54, 63, 72
- Expediciones Vilca, 339
- Explorama Inn, 351
- Explorama Tours, 351
- Explorandes, 88, 96, 267, 421
- Explorer's Inn, 332

Families with children, 50–51

- accommodations
 - Cusco, 195
 - Lima, 119
 - restaurants
 - Cusco, 204
 - Lima, 128
 - sights and activities
 - Cusco, 221
 - Lima, 138–139
- Feria Artesanal (Lima), 142
 Ferrocarril Central Railroad, 1, 69, 107
 Festival de la Virgen de la Candelaria (Puno), 282
 Festival Internacional de la Vendimia (Ica), 40, 158
 Festivals, 444–445
 Festivals and celebrations, 40–43
 - best, 16–17
 - Sacred Valley, 248

- Field Guides, 92
 - Fiesta de la Cruz, 16, 41
 - Fiesta de la Santa Tierra (Lake Titicaca), 40
 - Fiesta de las Cruces, 216, 248
 - Fiesta de la Virgen del Carmen (Paucartambo), 228
 - Fiesta de Mayo (Huaraz), 41
 - Fiesta de Santiago (Isla Taquile), 42
 - Fiestas Patrias, 42
 - Fiesta Tours International, 66
 - Film, flying with, 60
 - Fishing for piranha, 26, 349, 351
 - FlyCheap, 61
 - Fly Latin America, 63
 - Foods and cuisine, 72–73
 - Amazon Basin, 331
 - Inca, 256
 - Spanish terms and phrases, 453–454
 - Fowler, Richard, 356
 - Frequent-flyer clubs, 61
 - Frommers.com, 53
 - Frost, Peter, 266
 - Fujimori, Alberto, 436, 437, 438, 439, 443
 - Fundación Museo Amano (Lima), 137
 - Funerary Rock (Machu Picchu), 258
 - Fútbol (soccer), Lima, 141
- G**alaxia Mountain Shop (Huaraz), 421
 Galería Familia Sánchez (Quinua), 179
 GAP Adventures, 65
 Gatur Tour, 258
 Gay and lesbian travelers, 49–50
 - Lima, 145–146
- Giardino Tours, 316, 322
 Glaciar Pastoruri, 416–417
 Globos de los Andes, 89, 236
 Gold Museum (Museo de Oro del Perú; Lima), 2, 135, 139
 Golf, Lima, 140
 GorpTravel, 86
 Granja Porcón, 397
 Gran Parque de Lima, 139
 Group of the Three Doors (Machu Picchu), 260
 Guides, 80. *See also* Tours and tour operators
 Huaraz (Huascarán National Park), 422

Habitat for Humanity, 103

Hacienda Tacama Bodega (near Ica), 161

Handicrafts, 75. *See also* Alpaca goods; Ceramics; Markets; Textiles

Arequipa, 304
Ayacucho, 174–175,
178–179

best places to shop for,
23–24

Cajamarca, 398
Huaraz, 410
Iquitos, 349
Lima, 142
Puno, 283
Quinuá, 179–180
Trujillo, 373

Hang gliding, 88–89, 424

Hatunrumiyoc (Cusco), 214

Health concerns, 44–46

Spanish phrases, 452
in the wilderness, 100–101

Health insurance, 43, 44

Heath River Wildlife Center, 337

Heyerdahl, Thor, 386

Highland Travel Experts, 289

Hiking and trekking, 25,
96–97

Colca Valley, 318–319,
320–321

Cordillera Blanca, 14, 403,
404, 406, 419–425

Cusco-area ruins, 228

Inca Trail (Camino del
Inca), 261–270

cost of, 263–264
day-by-day schedule,
267–270

“new” Inca cities, 266
new regulations, 85,
268

preparing for,
262–265, 267

travel agencies, 267

Lagunas de Llanganuco,
416

Paracas Peninsula, 153
Pastoruri Glacier, 416–417

Sacred Valley, 13, 250

Hiram Bingham trains, 68,
252

History of Peru, 426–440

first inhabitants, 427–428
independent Peru,
435–436

modern Peru, 436–440
pre-Inca cultures, 428–431

Spanish conquest and
colonialism, 433–435

Holidays, 40

Horseback riding, 92–93

Ollantaytambo, 248
Sacred Valley, 236

Horses, Peruvian Paso, 141

Hospital de Hombres
(Cajamarca), 395

Hospital de Mujeres
(Cajamarca), 395

Hot-air ballooning, 88–89
Sacred Valley, 236–237

Hot springs and thermal
baths

Aguas Calientes (Machu
Picchu Pueblo), 271

Baños del Inca (near
Cajamarca), 396–397

Baños Termales de
Chancos, 417

Baños Termales de
Monterrey, 410

La Calera, 317, 318

House of the Priest (Machu
Picchu), 259

Huaca Arco Iris (near Trujillo),
371

Huaca Cao (El Brujo), 372

Huacachina, 161

Huaca Cortada (El Brujo), 372

Huaca de la Luna (Huacas de
Moche), 372

Huaca del Sol (Huacas de
Moche), 372

Huaca El Dragón (near
Trujillo), 371

Huaca Esmeralda (near
Trujillo), 371

Huaca Huallamarca (Lima),
137

Huaca Juliana (Lima), 137

Huaca Larga (Túcume), 386

Huaca Prieta (El Brujo),
371–372

Huaca Pucllana (Lima), 137

Huaca Rajada, 385

Huacas de Moche, 8, 372

Huajsapata Park (Puno), 281,
283

Hualca Hualca glacier, 321

Huancho, 369

Huaraz, 403–415

accommodations, 410–413
cafés, 414

emergencies, 407–408

festivals, 409

nightlife, 415

restaurants, 413–414

shopping, 410

side trips from, 415–419

sights and attractions
around, 408–410

tour operators and travel
agencies, 408

transportation, 408

traveling to, 406

visitor information, 406–407

Huari (Wari) culture, 147,
159, 165, 171, 180, 213,

230, 314, 368, 392, 408,
410, 419, 427, 431, 445

Huasacache, 314

Huascarán, Mount, 403–404,
419, 424

Huascarán National Park, 11,
14, 26, 28, 98–99, 404,
407, 416, 420, 422

Huayllabamba, 268

Huayna Picchu (Machu
Picchu), 25, 259, 261

Huayoccarí, 250

Huíñay Huayna, 261, 262, 270

Iberia Airlines, 58

Ica (Chincha), 21, 157–163,
431

Ice climbing, 424

Ice Maiden of Ampato

(Juanita), 10, 299–301,
315, 426

Ideal Tours, 321

Iglesia Belén (Cajamarca),
395

Iglesia de La Merced
(Cusco), 215

Iglesia de La Merced (Ica),
161

Iglesia de La Merced (Lima),
133

Iglesia de La Merced (Trujillo),
367

Iglesia de San Blas (Cusco),
212

Iglesia de San Francisco
(Cajamarca), 394

Iglesia de San Francisco
(Ica), 161

Iglesia de San Jerónimo
(Ica), 161

Iglesia de San Pedro (Lam-
bayeque), 383–384

Iglesia Matriz (Iquitos), 347

Iglesia y Convento de San
Francisco (Cusco), 215

Iglesia y Monasterio El
Carmen (Trujillo), 367

Illary Tours, 316

Immunizations, 45

Inca civilization. *See also*
Archaeological museums
and exhibits; Archaeologi-
cal sites and ruins; Quechua
language and culture; *and*
individual sites

architecture and stone-
masonry, 434–435

Inca civilization (cont.)

- emperors, 229
- foods, 256
- history of, 432–433
- near Cusco, 217–220
- new “lost” Inca cities, 8
- recommended reading, 77

Inca Explorers, 267**Inca Trail (Camino del Inca), 2–3, 4–5, 237, 251, 253, 432**

- hiking and trekking, 261–270
 - cost of, 263–264
 - day-by-day schedule, 267–270
 - “new” Inca cities, 266
 - new regulations, 85, 268
 - preparing for, 262–265, 267
 - travel agencies, 267
- Km 82 of the, 250
- tipping guides, cooks, and porters, 271

Inca Uyo (Chucuito), 288**Inca walls (Cusco), 214, 221****Indecopi (Tourist Protection Bureau), 31****InkaNatura Travel, 48, 337****Inquisición, Museo de la (Lima), 132****INRENA, 341, 354****Instinct Travel, 94, 237****Instituto Cultural Peruano Norteamericano (Lima), 143****Insurance, 43, 62**

- medical, 43, 44

Intellicast, 57**Interhostel, 50****International Expeditions, 66, 86, 95, 353****International Spring Festival (Trujillo), 42****Internet access, 54–56, 80–81**

- Aguas Calientes (Machu Picchu Pueblo), 253
- Arequipa, 297
- Cajamarca, 393
- Chiclayo, 382
- Cusco, 188
- Iquitos, 346
- Lima, 111–112
- Puno, 280
- Trujillo, 364

Intihuatana (Machu Picchu), 259**Intihuatana (Pisac), 235****Intipata terraces, 270****Intipunku (Sun Gate; Machu Picchu), 260****Inti Raymi**

- Cusco, 16, 41–42, 216
- Sacsayhuamán, 219

Iquitos, 342–361

- accommodations, 356–358
- ATMs and banks, 345
- consulates, 346
- emergencies, 346
- Internet access, 346
- jungle lodges and tours, 349–353
- nightlife, 361
- restaurants, 358–361
- shopping, 349
- sights and attractions, 15, 347–349
- transportation, 346
- traveling to, 344
- visitor information, 345

Ishinca, 424**Isla Amantani, 5, 40, 277, 284, 285, 286, 287****Islas Ballestas, 10, 100, 151, 154–155****Isla Taquile, 24, 42, 75, 277, 282, 284, 285, 286, 287, 289****Itineraries, suggested, 76–77****Jewelry**

- Cusco, 223–224
- Lima, 141–142
- Trujillo, 373

JM Expeditions, 421**Jockey Plaza Shopping Center (Lima), 142****Jorge Chávez International Airport (Lima), 58, 106, 107****Journeys International, 86****Juanita (Ice Maiden of Ampato), 10, 299–301, 315, 426****Jungle, 94. *See also* Amazon Basin**

- seasons, 39

Jungle Expeditions, 95, 353**Jungle lodges and tours, 93**

- Iquitos, 349–353
- Tambopata-Candamo Nature Reserve, 332–334

K'alla Q'asa (Pisac), 235**KLM Airlines, 58****Kolibri Expeditions, 92****Kon-Tiki Tours, 65****Kuélap, 9, 389****Kunturwasi, 398****La Calera, 318****La Calera hot springs (Chivay), 317, 318****La Catedral. *See* Catedral****La Colpa, 397****La Compañía (Arequipa), 300–301****La Compañía de Jesús (Cusco), 211****Ladatco Tours, 65****La Dolorosa (Cajamarca), 394****Lago Sandoval, 330****Lago Valencia, 330****Laguna de Huacachina, 161****Laguna Parón, 418****Laguna Salinas, 318****Lagunas de Llanganuco, 11–12, 416****Lagunillas, 153****La Mansión del Fundador (Huacacache), 313–314****Lambayeque civilization (Sicán culture), 384, 385, 387****Lambayeque (town), 381, 383, 384, 385, 386, 388****La Merced, Iglesia de (Arequipa), 304****La Merced, Iglesia de (Cusco), 215****La Merced, Iglesia de (Ica), 161****La Merced, Iglesia de (Lima), 133****La Merced, Iglesia de (Trujillo), 367****LanChile, 58****LanPeru, 58, 67****Lanzón (Chavín de Huántar), 416****La Paz (Bolivia), traveling to, 294****La Recoleta (Cajamarca), 395****Lari, 12****Las Cruces de Porcón, 40****Las Islas Flotantes (Uros Floating Islands), 277, 283, 284–287, 289****Las Nazarenas (Lima), 133****Latin America Escapes, Inc., 65****Legal matters, 81****Legends Park (Lima), 138****Libertador Tambopata Jungle Lodge, 333****Lima, 104–147**

- accommodations, 2, 113–122
- American Express, 110
- archaeological sites and ruins, 9, 134, 136–137, 139, 143, 152, 373

- arriving in, 106–107
 average temperatures and precipitation, 39
 babysitters, 111
 banks/currency exchange, 111
 Barranco, 109
 accommodations, 122
 nightlife, 143–144, 144–145
 restaurants, 127
 sights and attractions, 136
 car rentals, 106
 casinos, 146
 colonial-era buildings, 14
 colonial-era churches, 132–133
 dentists and doctors, 111
 drugstores, 111
 embassies and consulates, 111
 emergencies, 111
 gay and lesbian nightlife, 145–146
 hospitals, 111
 Internet access, 111–112
 for kids, 138–139
 layout of, 108
 Lima Centro, 108
 accommodations, 113–114
 nightlife, 144, 145
 restaurants, 123–124
 sights and attractions, 130–134
 maps, 112
 Miraflores, 108–109
 accommodations, 114–120
 nightlife, 144
 restaurants, 124–127
 shopping, 141–143
 neighborhoods, 108–109
 newspapers and magazines, 112
 nightlife, 143–146
 organized tours, 139–140
 outdoor activities, 140–141
 police, 112
 post office/mail, 112
 restaurants, 122–129
 restrooms, 112
 safety, 46–47, 112–113
 San Isidro, 108–109
 accommodations, 120–122
 restaurants, 124–127
 shopping, 23, 75, 141–143
 side trips from, 146–147
 sights and attractions, 2, 130–140
 spectator sports, 140–141
 taxis, 107, 109–110
 telephone, 113
 transportation, 109
 visitor information, 107–108
 what's new in, 2
Liquor laws, 81
Llacanora, 397
Llama 2000, 424
Llamas, 319
Llama-Trek Expedition in Olleros-Chavin, 424
Llama trekking, 424
Llanganuco, 422
Llanganuco lakes, 11–12, 416
Llanganuco-Santa Cruz route, 422
Llanganuco-Santa Cruz trail, 423
Llaq̄t̄apata (Patallaq̄ta), 3, 266, 268
Llulluchapampa, 268–269
Llullucharoc, 268
Lodges. See Jungle lodges and tours
Logia Unión Amazónica (Iquitos), 347
Lord of Sipán, 10, 136, 139, 362, 380, 384, 385, 430
Lord of the Earthquakes (Cusco), 41
Loreto Tours, 237
Los Baños del Inca (Tambo-machay), 220
Lost-luggage insurance, 44–45
Lower Porcón, 397
Lufthansa Airlines, 58
- M**
Macaca, 12, 319
Machu Picchu, 2, 4, 221, 227, 251–276. See also Inca Trail
 architectural and environmental threats to, 254
 Hiram Bingham and, 2, 251, 256, 257, 264–266, 435
 historical background, 254, 256–257
 mudslides at, 272
 package tours, 258
 recommended reading, 261
 Temple of the Sun, 15, 258
 traveling to, 25, 252–253
 visiting the ruins, 257–261
Machu Picchu Historical Sanctuary, 99
Machu Picchu Pueblo (Aguas Calientes), 251, 270–276
 accommodations, 272–275
 Internet access, 253
 restaurants, 275–276
 traveling to, 252–253
 visitor information, 253
Machu Picchu Pueblo Hotel, 89
Magical Journeys, 66
Mail, 81
Malabrigo, 369
Malecón Tarapacá (Iquitos), 347
Mamacuña (Accllahuasi) palace (Pachacámac), 147
Manco Cápac, 278, 282, 283, 433
Manco Inca, 246, 264, 434
Mandor Ravine, 272
Manu Biosphere Reserve, 11, 13, 76, 85, 89, 92, 94, 98, 326, 334–339
Manu Ecological Adventures, 94, 237, 337
Manu Expeditions, 93, 237, 337, 339
Manu Lodge, 337
Manu Nature Tours, 94, 337
Manu Wildlife Center, 337, 339
Maps, 82
Marinera Dance Festival (Trujillo), 40
Markets. See also Shopping
 best, 23–24
 Cajamarca, 398
 Chiclayo, 383
 Cusco, 223
 Huaraz, 410
 Lima, 142–143
 Pisac, 234
 Puno, 283, 289
 Trujillo, 373
Marnella Tours, 63
MasterCard, 37, 38
MasterCard ATM Locator, 57
Mate de coca, 21, 46, 80, 185, 442
Mayuc, 237, 267, 339
Medical attention, 45
Medical insurance, 43, 44
Mercado Artesanal Shosaku Nagase (Ayacucho), 178
Mercado Central (Cajamarca), 398
Mercado Central (Cusco), 223
Mercado Central (Lima), 142
Mercado Indio (Lima), 142
Mercado Modelo (Chiclayo), 383
Milla Turismo, 258
Miniatures Museum (Huaraz), 409
Mirador de los Lobos, 153
Mirador de Rataquenua (Huaraz), 409–410
Miraflores (Lima), 23

- Moche (Mochica) civilization, 136, 213, 217, 363, 373, 395, 430
El Brujo, 371–372
Huacas de Moche, 8, 372
Museo Arqueológico Rafael Larco Herrera (Lima), 9, 134, 139, 373
- Monasterio de la Recoleta (Arequipa), 302
- Monasterio de Santa Catalina (Arequipa), 10, 297–298
- Monasterio y Museo de Arte de Santa Catalina (Cusco), 208
- Money matters, 34–38
- Montañero Aventura y Turismo (Huaraz), 421
- Monttrek, 93, 94, 421, 424, 425
- Monumento Arqueológico Chavin de Huántar, 416
- Monumento Arqueológico de Wilcahuain (near Huaraz), 410
- Moray, 15, 243–244
- Moronacocha, Lago, 348
- Mortar District (Machu Picchu), 260
- Mountain and volcano climbing, 96–97
Colca Valley, 320–321
Cordillera Blanca, 26, 419–424
Cordillera Huayhuash, 423 near Arequipa, 13
- Mountain Bike Adventures, 93–94, 421, 425
- Mountain biking
Callejón de Huaylas, 14, 93, 424–425
Cordillera Blanca, 404
Lima, 140
Sacred Valley, 237
tour operators and outfitters, 93–95
- Mountain Travel-Sobek, 86–87
- MountClimb (Huaraz), 421
- MRTA (Movimiento Revolucionario Tupac Amaru), 47, 113, 439
- Municipalidad de Lima (Lima), 130
- Museo Amauta de Arte Ancashino (Caraz), 418
- Museo Amazónico (Iquitos), 347
- Museo Antonini (Nasca), 9, 169
- Museo Arqueológico Brüning (Lambayeque), 10, 383, 384, 385
- Museo Arqueológico Casinelli (Trujillo), 368
- Museo Arqueológico de Ancash (Huaraz), 408–409
- Museo Arqueológico de la Universidad Nacional de Cajamarca, 396
- Museo Arqueológico del Qoricancha (Cusco), 212
- Museo Arqueológico Rafael Larco Herrera (Lima), 9, 134, 139, 373
- Museo Cabrera (Ica), 158–159
- Museo Cáceres (Ayacucho), 175
- Museo Catedrático (Trujillo), 366
- Museo de Arqueología (Caraz), 418
- Museo de Arqueología de la Universidad Nacional de Trujillo, 368
- Museo de Arqueología e Historia Natural de Yungay, 418
- Museo de Arqueología y Etnografía (Cajamarca), 395
- Museo de Arte Colonial Pedro de Osma (Lima), 138
- Museo de Arte Italiano (Lima), 138
- Museo de Arte Popular Joaquín López Antay (Ayacucho), 174–175
- Museo de Arte Precolombino (Cusco), 2, 10, 212–213, 221
- Museo de Arte Religioso Colonial (Cajamarca), 394
- Museo de Arte Religioso (Lima), 132
- Museo de Arte Religioso (Palacio Arzobispal; Cusco), 213
- Museo de la Inquisición (Lima), 132
- Museo de la Nación (Lima), 9, 136, 139, 143, 152
- Museo de Miniaturas del Perú (Huaraz), 409
- Museo de Oro del Perú (Gold Museum; Lima), 2, 135, 139
- Museo de Sitio (Chincheró), 244
- Museo de Sitio de Chan Chan (near Trujillo), 370
- Museo de Sitio Julio C. Tello (Paracas), 154
- Museo-Galería Popular de Ayacucho (Lima), 142
- Museo Histórico Regional (Casa Garcilaso; Cusco), 216–217
- Museo Inka (Cusco), 10, 211, 221
- Museo Municipal Carlos Dryer (Puno), 281
- Museo Nacional de Arqueología, Antropología e Historia del Perú (Lima), 136–137
- Museo Regional María Reiche (Ica), 159–160
- Museo Santuarios Andinos (Arequipa), 10, 299, 301
- Museo Taurino (Lima), 130
- Museums, best, 9
- Music and dance, 441–444
- Muyuna Amazon Lodge, 351
- Myths and Mountains, 66
- N**asca, 163–171
- Nasca culture, 9, 138, 148, 152, 155, 159, 164, 168, 169, 430
Cusco, 213, 217
- Nasca Lines, 4, 165–167, 431
- National Audubon Society, 87
- National Museum (Lima), 9, 136, 139, 143, 152
- National Museum of Archaeology, Anthropology, and History (Lima), 136–137
- National parks and nature reserves, 97–100
Aguada Blanca Nature Reserve, 316, 318
Huascarán National Park, 11, 14, 26, 28, 98–99, 404, 407, 416, 420, 422
Machu Picchu Historical Sanctuary, 99, 261, 272, 273
Manu Biosphere Reserve. *See* Manu Biosphere Reserve
Pacaya-Samiria National Reserve, 11, 89, 95, 99–100, 354
Paracas National Reserve, 100, 148, 149, 150, 151, 152, 153, 154, 155, 156
Tambopata-Candamo Reserve Zone, 11, 13, 89, 94, 98, 326, 331–334
- Nature Conservancy, 87
- Nature Expeditions International, 65
- Newspapers and magazines, 82
- Northern Peru, 28, 362–425

- Now, Voyager, 49
 Nuestra Señora de La Asunción (Chucuito), 288
- O**ld Town (Ollantaytambo), 248
 Ollantaytambo, 8, 12, 15, 232, 245–251
 Orbitz, 53, 63
 Ormeño, 69
 Ornikofols, 89, 339
 Otters, 99, 330, 335, 336, 337
 Otuzco, 398
 Outdoor activities, 84–103.
See also specific activities
 best, 13–14
 gear for, 101–102
 health and safety tips, 100–101
 organized adventure trips, 85–88, 236–237
 Overseas Adventure Travel, 65, 87
 Oxbow lakes, 333
- P**ablo Seminario (Urubamba), 24
 Pablo Tours, 420
 Pacamayo, 269
 Pacaya-Samiria National Reserve, 11, 89, 95, 99–100, 354
 Pachacámac, 147
 Pachacoto, 417
 Pachacútec, 8, 157, 218, 229, 433
 Pachamanca, 256
 Package tours, 62–63
 Machu Picchu, 258
 Palacio Arzobispal (Museo de Arte Religioso; Cusco), 213
 Palacio del Gobierno (Lima), 130
 Palacio de los Condes de Uceda (Cajamarca), 395
 Palacio Episcopal (Lima), 130
 Palacio Iturregui (Trujillo), 368
 Palacio Torre Tagle (Lima), 134
 Pantiacolla, 338
 Pantiacolla Lodge, 338, 339
 Paracas culture, 152, 154, 430
 Paracas National Reserve, 100, 148, 149, 150, 151, 152, 153, 154, 155, 156
 Paracas Necropolis, 152, 154
 Paragliding, Sacred Valley, 236
 Parón, Laguna, 418
 Parque del Amor (Lima), 134
 Parque de las Leyendas (Lima), 138
 Parque Municipal (Lima), 139
 Parque Nacional Huascarán, 11, 14, 26, 28, 98–99, 404, 407, 416, 419, 420, 422
 Parque Nacional Manu (Manu Biosphere Reserve), 11, 13, 76, 85, 89, 92, 94, 98, 326, 334–339
 Parque Pino (Puno), 283
 Parque Principal (Chiclayo), 383
 Paseo de las Musas (Chiclayo), 383
 Paseos Amazónicos, 95, 351
 Passport information, 32
 Pastoruri Glacier, 416–417
 Paucarpata, 313
 Paucartambo, 228–229
 Peak season, 38–39
 Pedal Peru, 95
 Perol Chico, 93
 Peru Bike, 94
 Peru Expeditions Overland, 88, 94
 Peru for Less, 65
 Peru Gateway, 66
 Peru Horizons Travel & Tours, 65
 Peru Llama Trek, 424
 PeruRail, 69
 Peru Trekking, 94, 321
 Peru Verde, 337
 Peruvian Paso Horse Festival (Pachacámac), 41
 Peruvian Safaris, 332
 Petroglyphs (rock paintings), 313, 314, 397, 398, 417
 Phone cards, 83
 Phuyupatamarca, 269, 270
 Pikillacta, 230
 Pimentel, 386–387
 Pinchollo, 319
 Pinculluna, 250
 Pirámide Tours, 289
 Piranha fishing, 26, 349, 351
 Pisac, 8, 12, 23–24, 233–238
 Pisco (brandy), 74, 158, 160
 Pisco (town), 149–157, 424
 accommodations, 156
 restaurants, 157
 sights and attractions, 151–156
 transportation, 150–151
 traveling to, 150
 visitor information, 150
 Pizarro, Francisco, 229, 362, 391, 392, 433, 434
 Pizarro, Hernán, 147
 Plaza de Acho bullring (Lima), 130
 Plaza de Acho (Lima), 140
 Plaza de Armas (Arequipa), 300
 Plaza de Armas (Ayacucho), 172, 174
 Plaza de Armas (Cajamarca), 394
 Plaza de Armas (Cusco), 221
 accommodations near, 190, 192–198
 sights and attractions around, 208–211
 Plaza de Armas (Iquitos), 347
 Plaza de Armas (Lima), 130
 Plaza de Armas (Trujillo), 366
 Plaza de Armas (Urubamba), 239
 Plaza Mayor (Ayacucho), 172
 Plaza Regocijo (Cusco), 221
 Plaza San Martín (Lima), 130
 Police, 82
 Pony Expeditions, 94, 421, 424, 425
 Population of Peru, 440–441
 Portachuelo, 422
 Posada Amazonas, 332
 Posadas del Inca, 48
 Postal service, 81
 Pottery (ceramics), 33
 pre-Columbian, 281
 Cusco, 211, 212, 213
 Lima, 134, 135, 136, 138
 Moche, 367, 368, 373, 430
 Nasca, 159, 168, 169
 Paracas, 154
 Trujillo area, 367, 368, 370, 373
 shopping for, 75
 Ayacucho, 174
 Cusco, 222, 223
 Iquitos, 349
 Lima, 142
 Trujillo, 373
 Urubamba, 239
 Prescription medications, 44
 Priceline, 54
 Principal Temple (Machu Picchu), 259
 PromPerú, 31, 341
 Puca Pucara, 220
 Puente de Piedra (Lima), 130
 Puerto Bellavista, 348
 Puerto Chicama, 369
 Puerto Maldonado, 25, 328–331
 Puerto Miguel, 354
 Pumamarca ruins, 250
 Puno, 3, 277–295
 acclimatization, 278
 accommodations, 289–292
 festivals, 282

- Puno (cont.)**
 hospitals, 280
 Internet access, 280
 nightlife, 295
 restaurants, 292–295
 shopping, 289
 sights and attractions in
 and near, 280–281,
 283–288
 transportation, 280
 traveling to, 278–279
 visitor information, 279
- Puno Week**, 16–17, 42, 282
- Pure Vacations**, 96
- Purple Roofs**, 49
- Putukusi**, 271–272
- Puya Raimondi plants**, 12,
 417, 422
- Pyramid Adventures**, 421
- Q**
anchisracay (Pisac), 235
- Qantas**, 58
- Q'enko**, 220
- Q'Ente**, 267
- Qoricancha-Templo del Sol &
 Santo Domingo (Cusco)**, 5,
 8, 213–215
- Qoyllur Rit'i (Quispicanchis,
 near Cusco)**, 41
- Quechua language and cul-
 ture**, 8, 81, 176, 178–179,
 186, 283, 440, 448,
 454–455
- Quinoa**, 179–180, 256
- Quistcocha Lagoon and
 Tourist Park**, 348
- Quorihuayrachina (Pisac)**, 235
- R**
acial discrimination, 47
- Rafael Larco Herrera
 Museum (Lima)**, 9, 134,
 139, 373
- Rainbow Temple (near
 Trujillo)**, 371
- Rainforest Expeditions**, 332
- Rainforests**, 5, 324. *See also*
 Amazon Basin; Jungle
 lodges and tours
- Regions of Peru**, 27–28
- Religion**, 441
- Rentafone**, 57
- Research opportunities**, 103
- Reserva Nacional de Paracas**,
 100, 148, 149, 150, 151,
 152, 153, 154, 155, 156
- Restaurants**
 best, 20–23
 Spanish terms and phrases,
 453–454
 tips on, 72–75
- Retablos (altars)**, 75
 Ayacucho, 174, 178, 179
 Cusco, 216, 224
 Quinoa, 179
- Rimac district (Lima)**, 130
- Río Chili**, 320
- Río Colca**, 320
- Río Cotahuasi**, 320
- Río Majes**, 320
- Río Nanay**, 348
- Río Santa**, 425
- Río Ucayali**, 352–355
- Río Yarapa**, 352, 353
- River cruises. See Boat tours
 and cruises**
- River rafting**, 13, 25, 97
 Colca Valley, 320
 near Cusco, 237
 Río Santa River, 425
- RoadPost**, 57
- Road-Post**, 56
- Rock climbing**, 425. *See also*
 Mountain and volcano
 climbing
- Rock paintings (petroglyphs)**,
 313, 314, 397, 398, 417
- Royal Sector (Machu Picchu)**,
 259
- Royal Tomb (Machu Picchu)**,
 258–259
- Rumicolca**, 230
- Runcuracay**, 269
- S**
abandia, 313, 314
- Sacred Earth**, 87–88
- Sacred Plaza (Machu Picchu)**,
 259
- Sacred Rock (Machu Picchu)**,
 259
- Sacred Valley Adventures**,
 237
- Sacred Valley of the Incas
 (Urubamba Valley)**, 2, 13,
 27, 231–276. *See also* Inca
 Trail; Machu Picchu
 festivals, 248
 hiking trails, 250
 outdoor adventure sports,
 236–237
 suggested itineraries, 76
 transportation and tours,
 232
- Sacred Valley Railway**, 2,
 67–68, 239, 252
- Sacristy (Machu Picchu)**, 259
- Sacsayhuamán**, 8, 16, 25,
 41–42, 76, 217, 218, 219,
 220, 221, 445
- Safety**, 46–47
 in the Peruvian wilderness,
 100–101
 Spanish phrases, 452
- Salineras de Maras**, 243
- San Agustín (Arequipa)**, 304
- San Agustín (Lima)**, 133
- San Blas (Cusco)**, 23, 186, 215
 accommodations, 198–201
 shopping, 221
 sights and attractions,
 211–212, 221
- Sand boarding**, 161–162
- Sandoval Lake**, 330
- Sandoval Lake Lodge**,
 333–334, 337
- San Francisco, Convento y
 Museo de (Lima)**, 9, 131,
 133, 139
- San Francisco, Iglesia de
 (Arequipa)**, 304
- San Francisco, Iglesia de
 (Cajamarca)**, 394
- San Francisco, Iglesia de
 (Ica)**, 161
- San Francisco, Iglesia y Con-
 vento de (Cusco)**, 215
- San Francisco de Asís
 (Ayacucho)**, 176
- San Juan (Cusco and
 Iquitos)**, 42
- San Martín, José de**, 435
- San Martín de Timpishia**,
 354–355
- San Pedro church (Lam-
 bayeque)**, 383–384
- San Pedro church (Lima)**, 133
- San Pedro/San Pablo**, 42
- Santa Apolonia, Cerro (near
 Cajamarca)**, 397
- Santa Catalina, Convent of
 (Arequipa)**, 10, 297–298
- Santa Catalina, Monasterio y
 Museo de Arte de (Cusco)**,
 208
- Santa Catalina Tours**, 316
- Santa Clara de Asís (Ayacu-
 cho)**, 175–176
- Santa River**, 425
- Santa Rosa**, 387
- Santa Rosa de Lima**, 42
- Santo Domingo (Arequipa)**,
 304
- Santo Domingo artesanía
 arcades (Lima)**, 142
- Santo Domingo (Chucuito)**, 288
- Santo Tomás**, 348–349
- Santuranticuy Festival
 (Cusco)**, 43, 216
- SAS Travel Peru**, 88, 267, 339
- Satchmo (Lima)**, 139
- Satellite phones**, 57
- Sayacmarca**, 269
- Seasons**, 38–39
- Semana del Andinismo
 (Huaraz and Callejón
 de Huaylas)**, 41

- Semana Santa, 41, 176, 216
 Seminario, Pablo, 239
 Sendero Luminoso (Shining Path), 47, 113, 436, 438–439
 Senior travel, 50
 Shipibo tribe, 24, 75, 349
 Shopping, tips on, 75
 Sicán culture (Lambayeque civilization), 384, 385, 387, 431
 Siete Culebras (Cusco), 214
 Sillustani ruins (near Puno), 287–288
 Single travelers, 52–53
 Smarter Living, 54
 Smithsonian Institute, 87
 Smoking, 82
 Snakebites, 100
 Soccer, Lima, 141
 Society for Accessible Travel and Hospitality, 49
 South American Explorers, 26, 30, 31, 82, 96, 108, 112, 185, 234, 239, 246, 250, 408, 420, 422
 Southern Peru, 3, 27–28, 277–323
 Southwind Adventures, 65–66, 87, 93
 Spanish conquest and colonialism, 433–435
 Spanish-language programs, 103
 Cusco, 188
 Spanish terms and phrases, 448–454
 STA Travel, 51, 61
 Student travel, 51
 Study programs, 102–103
 Sulca, Gregorio, 178–179
 Sun exposure, 46
 Surfing, 14, 95–96
 Lima, 141
 north coast, 369
 sand dunes, 24–25
 SwissRaft Peru, 97, 237
- T**aca Peru, 67
 Tahuayo Lodge, 352
 Tambo Amazónico, 351–352
 Tambo Colorado, 155–156
 Tambomachay, 220
 Tambopata-Candamo Nature Reserve, 11, 13, 89, 94, 98, 326, 331–334
 Tambopata Research Center, 333
 Tambopata River, 97, 98
 Tambo Tours, 66
 Tanager Tours, 92, 322, 339
 TANS, 67
- Tapay, 318
 Taquile Island, 24, 42, 75, 277, 282, 284, 285–286, 286, 287, 289
 Tara Tours, 63
 Taxes, 82
 Taxis, 47, 68
 Teatro Municipal (Lima), 143
 Teatro Segura (Lima), 143
 Telephone, 82–83
 new area codes, 1
 Temple of the Condor (Machu Picchu), 260
 Temple of the Moon (Templo de la Luna)
 Huacas de Moche, 372
 Machu Picchu, 260
 Pisac, 235
 Temple of the Sun (Templo del Sol)
 Huacas de Moche, 372
 Machu Picchu, 15, 258
 Pachacámac, 147
 Pisac, 235
 Qoricancha (Cusco), 5, 8, 213–215
 Temple of the Three Windows (Machu Picchu), 259
 Templo de la Compañía de Jesús (Ayacucho), 175
 Templo del Arco (Ayacucho), 176
 Templo del Santuario de Luren (Ica), 161
 Templo de San Cristóbal (Ayacucho), 175
 Templo de Santa María Magdalena (Ayacucho), 176
 Templo de Santa Teresa (Ayacucho), 175
 Templo de Santo Domingo (Ayacucho), 175
 Templo de Sipán (near Chiclayo), 385
 Templo y Convento de La Merced (Ayacucho), 175
 Terrorism, 438–439
 Textiles. *See also* Alpaca goods
 pre-Columbian, 33, 281, 445
 Cusco, 211, 221
 Lima, 135, 136, 138
 Nasca area, 168, 169
 Pachacámac, 147
 Paracas, 152, 154, 159
 shopping for, 23, 24, 33, 75, 174
 Ayacucho, 178
 Cusco, 221, 222
 Iquitos, 349
 Lima, 142
- Thermal baths and hot springs
 Aguas Calientes (Machu Picchu Pueblo), 271
 Baños del Inca (near Cajamarca), 396–397
 Baños Termales de Chancos, 417
 Baños Termales de Monterrey, 410
 La Calera, 317, 318
 Tiahuanaco people, 431
 Tico Travel, 66
 Time zone, 83
 Tipón, 229–230
 Tipping, 83
 guides, cooks, and porters, 271
 in restaurants, 74
 Titicaca, Lake, 5, 277, 282–287
 Todos Santos, 42
 Toilets, 83
 Toledo, Alejandro, 436, 437, 440, 441, 446, 455
 Toro Muerto (near Corire), 313, 314
 Touring Automóvil Club del Perú, 70
 Tourist Protection Bureau (Indecopi), 31
 Tourist Protection Service, 81
 Tours and tour operators.
 See also Jungle lodges and tours
 adventure trips, 85–88
 escorted, 63–66
 Huaraz (Huascarán National Park), 420–421
 package, 62–63
 special-interest, 66
 Train travel, 67–68
 Ferrocarril Central Railroad, 1, 69, 107
 to Machu Picchu, 252, 253
 Sacred Valley Railway, 2, 239, 252
 Transportation, 1, 67–69
 Spanish terms and phrases, 452–453
 Transportation Security Administration (TSA), 59
 Travel advisories, 57
 Travel CUTS, 51
 Traveler's checks, 36–37
 Traveling to Peru, 1, 57–62
 Travel insurance, 43, 62
 Travelocity, 53, 54, 63
 Trekking. *See* Hiking and trekking
 Tres Cruces, 25, 228
 Tres Molinos, 397

Trip-cancellation insurance, 43

Tropical Nature Travel, 87, 333, 337

Trujillo, 362–380

accommodations, 374–377

archaeological sites near, 369–373

banks and currency exchange, 364

emergencies, 364

guided tours, 366

Internet access, 364

nightlife, 380

restaurants, 377–380

shopping, 373

sights and attractions, 16, 366–372

transportation, 365–366

traveling to, 363–364

visitor information, 364

Tschudi Palace (Chan Chan), 8, 370, 371

Túcume, 385–386

Tunshucaiko, 418

Tupac Amaru, 434

Tupac Yupanqui, 244, 433

12-angled stone (Cusco), 214

U cayali River, 352–355
United Mice, 267

United Vacations, 63

Universal Currency

Converter, 57

Uros Floating Islands, 277, 283, 284–287, 289

Urubamba, 238–245

Urubamba River, 237

Urubamba Valley (Sacred

Valley of the Incas),

2, 13, 27, 231–276.

See also Inca Trail;

Machu Picchu

festivals, 248

hiking trails, 250

outdoor adventure sports, 236–237

suggested itineraries, 76

transportation and tours, 232

V alencia Lake, 330

Valle Sagrado de los Incas (Urubamba Valley), 2, 13, 27, 231–276. See also Inca Trail; Machu Picchu

festivals, 248

hiking trails, 250

outdoor adventure sports,

236–237

suggested itineraries, 76

transportation and tours, 232

Vargas Llosa, Mario, 77, 78, 314, 436

Ventanillas de Comboyo, 398

Ventanillas de Otuzco, 398
Vicuñas, 319

Video, flying with, 60

Viento-Sur Adventures, 93, 236, 250

Virgen de la Candelaria (Puno), 16, 40

Virgen de las Mercedes festival (Carhuaz), 417

Virgen del Carmen Festival
Paucartambo, 16, 42, 216
Pisac, 216, 235

Visa ATM Locator, 57

Visa (credit card), 37, 38

Visitor information, 28–31

Volcano and mountain climbing, 96–97

Colca Valley, 320–321

Cordillera Blanca, 26, 419–424

Cordillera Huayhuash, 423
near Arequipa, 13

Volunteer and study programs, 102–103

Wallet, lost or stolen, 38

Wari (Huari) culture, 147, 159, 165, 171, 180, 213, 230, 314, 368, 392, 408, 410, 419, 427, 431, 445

Water, drinking, 83

Wave Hunters, 95

Websites, 28, 30

best, 26

family-oriented, 51

for gay and lesbian travelers, 49

hotel, 54

online traveler's toolbox, 57

Peruvian cuisine, 74

for travelers with

disabilities, 48

for women, 52

Western Union, 38

White-water rafting, 13, 25, 97

Colca Valley, 320

near Cusco, 237

Río Santa River, 425

Wilderness Travel, 87

Wildland Adventures, 87

Wildlife viewing. See also

Bird-watching; National parks and nature reserves

Manu Biosphere Reserve, 13, 337

Pacaya-Samiria National Reserve, 99, 354

recommended reading, 77–78

Tambopata-Candamo Nature Reserve, 13, 331

Wineries and vineyards, Ica, 21, 160–161

Women travelers, 51–52

Woodwork. See also Retablos
Cusco, 224

WorldTwitch, 89, 339

Y acumama Lodge, 352–353

Yanahuara, 302

Yanque, 12, 319

Yarapa River, 352, 353

Yarapa River Lodge, 353

Yavari (ship), 283

Yellow fever vaccinations, 328

Yucay, 240–242

Yungay, 417–418

Z aña, 386

Zárate Aventuras, 321

Zona Reservada Tambopata-Candamo, 11, 13, 89, 94, 98, 326, 331–334