

ITINERARY 5 DAYS 4 NIGHTS CLASSIC MACHUPICCHU (2 AYAHUASCA CEREMONIES  
(TREKKING & HEALING RETREAT WITH AYAHUASCA)



Onaya Wellness  
**PERÚ**

Journey Beyond  
Destinations





# ITINERARY

5 DAYS 4 NIGHTS CLASSIC MACHUPICCHU (2  
AYAHUASCA CEREMONIES)

TREKKING & HEALING RETREAT WITH  
AYAHUASCAS

## DAY 1

JOURNEY TO THE RETREAT CENTER NEAR MACHU PICCHU & FIRST  
AYAHUASCA CEREMONY

**6:30 AM**

### PICK-UP FROM YOUR HOTEL IN CUSCO

BEGIN THE SCENIC DRIVE THROUGH THE SACRED VALLEY TOWARDS  
THE ONAYA RETREAT CENTER. IF YOU PREFER A SHORTER TRIP,  
STAY OVERNIGHT IN OLLANTAYTAMBO, A CHARMING TOWN IN THE  
SACRED VALLEY (PICK-UP AT 8:30 AM).

**2:00 PM**

### ARRIVAL & WELCOME AT THE RETREAT CENTER.

ENJOY A WARM WELCOME AND AN INTRODUCTION TO THE  
CENTER'S SURROUNDINGS.

**2:30 PM**

### LIGHT LUNCH

LIGHT LUNCH TO HELP YOU SETTLE IN AND PREPARE YOUR BODY  
FOR THE UPCOMING CEREMONIES.

**5:00 PM**

### TABACO CLEANSING CEREMONY LED BY THE SHAMAN

THIS TRADITIONAL RITUAL USES PURE TOBACCO TO PURIFY YOUR  
ENERGY, CALM YOUR MIND, AND PREPARE YOU SPIRITUALLY FOR  
AYAHUASCA.

**6:00 PM**

### INTEGRATION MEETING WITH THE PSYCHOLOGIST

THIS IS A CRUCIAL TIME TO SET INTENTIONS AND ALIGN WITH YOUR  
PERSONAL JOURNEY.

**7:00 PM**

MEDITATION SESSION TO RELAX YOUR MIND AND PREPARE FOR THE  
EVENING CEREMONY.

**8:00 PM**

**FIRST AYAHUASCA CEREMONY**

THE SHAMAN AND SUPPORT TEAM LEAD THE CEREMONY, PROVIDING  
GUIDANCE AND ENSURING YOUR SAFETY AND COMFORT  
THROUGHOUT THE EXPERIENCE.

# DAY 2

## INTEGRATION & CULTURAL EXPLORATION

**8:30 AM**

### NUTRITIOUS BREAKFAST

A FRESH, BALANCED MEAL TO HELP GROUND YOURSELF AFTER THE CEREMONY.

**10:00 AM**

### GROUP INTEGRATION MEETING WITH THE SHAMAN AND PSYCHOLOGIST

SHARE INSIGHTS FROM THE FIRST CEREMONY AND RECEIVE SUPPORT AND GUIDANCE.

**11:30 AM**

### COFFEE ROASTING & FARM VISIT

A LOCAL FARMER WILL GUIDE YOU THROUGH THE TRADITIONAL COFFEE-GROWING AND ROASTING PROCESS. EXPERIENCE THE RICH AROMA OF ROASTING BEANS AND TASTE FRESHLY BREWED ORGANIC COFFEE.

**2:00 PM**

### LIGHT LUNCH

TAKE TIME TO REST AND REJUVENATE

**6:00 PM**

MEDITATION SESSION TO REFLECT AND RELAX IN PREPARATION FOR THE EVENING'S CEREMONY.

**7:00 PM**

### SECOND AYAHUASCA CEREMONY

THE SHAMAN WILL GUIDE YOU THROUGH THIS TRANSFORMATIVE EXPERIENCE, USING SACRED SONGS AND TECHNIQUES TO DEEPEN YOUR CONNECTION WITH THE MEDICINE.

# DAY 3

## CULTURAL IMMERSION & NATURAL HOT SPRINGS EXCURSION

**8:00 AM**

### **BREAKFAST**

REPLENISH AND START THE DAY WITH A WHOLESOME MEAL.

**9:00 AM**

### **INTEGRATION MEETING WITH THE PSYCHOLOGIST AND SHAMAN**

THIS SESSION FOCUSES ON UNDERSTANDING AND INTEGRATING YOUR EXPERIENCES.

**11:00 AM**

### **SHIPIBO MARKET VISIT**

EXPLORE THE MARKET SHOWCASING THE INTRICATE HANDCRAFTS AND TEXTILES OF THE SHIPIBO CULTURE.

**12:00 PM**

### **FLOWERING & CLEANSING RITUAL AND OFFERING TO PACHAMAMA (MOTHER EARTH)**

THE SHAMAN PERFORMS ANOTHER CLEANSING CEREMONY TO HONOR AND THANK THE SPIRITS OF THE LAND.

**1:00 PM**

### **LUNCH AT THE RETREAT CENTER**

**2:30 PM**

### **EXCURSION TO NATURAL HOT SPRINGS**

ENJOY A RELAXING SOAK IN THE MINERAL-RICH WATERS KNOWN FOR THEIR HEALING PROPERTIES. TAKE IN THE STUNNING NATURAL SURROUNDINGS AS YOU UNWIND.

**7:00 PM**

### **DINNER**

SAVOR A HOMEMADE MEAL OF FRESHLY BAKED PIZZA PREPARED WITH LOCALLY SOURCED INGREDIENTS.

# DAY 4

FAREWELL TO THE RETREAT CENTER & JOURNEY TO AGUAS CALIENTES

**8:00 AM**

BREAKFAST

**10:00 AM**

**DEPARTURE FROM THE RETREAT CENTER**

TRAVEL TO THE DROP-OFF POINT FOR THE WALK TO AGUAS CALIENTES.

**12:30 PM**

**MEET YOUR TOUR GUIDE FOR THE SCENIC WALK ALONG THE TRAIN TRACKS TO AGUAS CALIENTES**

THE WALK TAKES APPROXIMATELY 2.5 HOURS ON A FLAT PATH WITH BEAUTIFUL LANDSCAPES.

**4:00 PM**

**ARRIVAL AT YOUR HOTEL IN AGUAS CALIENTES**

CHECK-IN AND UNWIND.

**6:00 PM**

**DINNER & BRIEFING WITH YOUR TOUR GUIDE FOR THE NEXT DAY'S VISIT TO MACHU PICCHU**

DINNER IS NOT INCLUDED IN THE PACKAGE TODAY, SO FEEL FREE TO EXPLORE LOCAL DINING OPTIONS.

# DAY 5

## VISIT TO MACHU PICCHU & DEPARTURE

**6:40 AM**

MEET YOUR TOUR GUIDE AT THE HOTEL LOBBY

TRANSFER TO THE BUS STATION FOR THE JOURNEY UP TO MACHU PICCHU.

**8:00 AM**

**GUIDED TOUR OF MACHU PICCHU**

EXPLORE THE ANCIENT INCAN CITADEL WITH YOUR KNOWLEDGEABLE GUIDE, WHO WILL SHARE INSIGHTS INTO ITS HISTORY, ARCHITECTURE, AND SIGNIFICANCE.

**10:00 AM**

FREE TIME TO EXPLORE AND TAKE PHOTOS AT YOUR OWN PACE.

**12:00 PM**

RETURN TO AGUAS CALIENTES.

**3:20 PM**

**DEPARTURE BY TRAIN TO OLLANTAYTAMBO**

YOUR GUIDE WILL ACCOMPANY YOU TO THE TRAIN STATION AT LEAST 30 MINUTES BEFORE DEPARTURE.

**5:10 PM**

**ARRIVAL IN OLLANTAYTAMBO**

A DRIVER WILL BE WAITING TO TRANSFER YOU BACK TO CUSCO.

**7:00 PM**

**ARRIVAL IN CUSCO**

YOU WILL BE DROPPED OFF AT YOUR HOTEL. (HOTEL IN CUSCO IS NOT INCLUDED.)