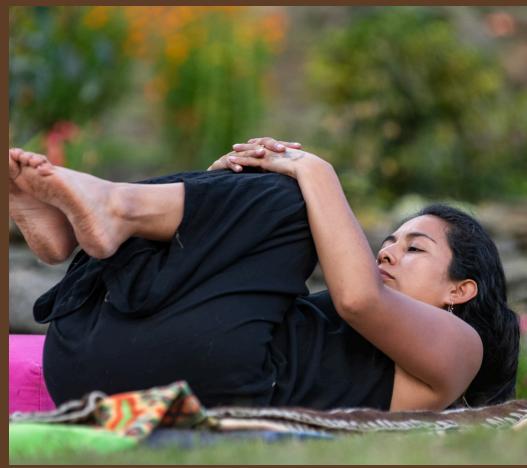


ITINERARY SALKANTAY TREK, AYAHUASCA RETREAT, HOT SPRINGS, MACHUPICCHU
(TREKKING & HEALING RETREAT WITH AYAHUASCA)



Onaya Wellness
PERÚ

Journey Beyond
Destinations



ITINERARY

SALKANTAY TREK ,AYAHUSCA RETREAT,HOT SPRINGS,MACHUPICCHU TREKKING & HEALING RETREAT WITH AYAHUASCA

DAY 1

CUSCO - SORAYPAMPA - HUMANTAY LAGOON -SORAYPAMPA

8:00 AM

DEPARTURE FROM CUSCO

DRIVE TO SORAYPAMPA (APPROX. 3 HOURS).

BREAKFAST IN SORAYPAMPA

ENJOY A NOURISHING BREAKFAST SURROUNDED BY BREATHTAKING ANDEAN LANDSCAPES.

TREK TO HUMANTAY LAGOON

- APPROX. 7 KM ROUND TRIP (~3 HOURS TOTAL).
- ASCEND TO HUMANTAY LAGOON (4,200 M), A STUNNING GLACIAL LAKE. PARTICIPATE IN A PACHAMAMA CEREMONY LED BY AN ANDEAN SHAMAN, OFFERING GRATITUDE TO MOTHER EARTH AND SEEKING PROTECTION FROM THE SURROUNDING MOUNTAINS. TAKE TIME TO MEDITATE AND REFLECT AT THE LAKE'S EDGE.

AFTERNOON

RETURN TO SORAYPAMPA FOR LUNCH. SPEND THE REST OF THE DAY RESTING OR EXPLORING THE SCENIC AREA.

EVENING

DINNER AT THE CAMP SITE

DAY 2

SORAYPAMPA - SALKANTAY PASS - HUAYRACMACHAY

- YOU'LL EMBARK ON AN ASCENT TO THE SALKANTAY PASS, WHICH STANDS AT APPROXIMATELY 4,650 METERS. THIS SECTION COVERS ABOUT 8 KILOMETERS AND TYPICALLY TAKES AROUND 4 HOURS TO COMPLETE. THE TRAIL BEGINS WITH A GRADUAL INCLINE, BECOMING STEEPER AS YOU APPROACH THE PASS. ALONG THE WAY, YOU'LL BE TREATED TO BREATHTAKING VIEWS OF THE SNOW-CAPPED APU SALKANTAY AND MIGHT EVEN SPOT CONDORS SOARING ABOVE. REACHING THE PASS IS A REWARDING EXPERIENCE, OFFERING PANORAMIC VISTAS OF THE SURROUNDING ANDEAN PEAKS.
- DESCENT TO HUAYRACMACHAY: TRANSITION FROM HIGH-ALTITUDE TERRAIN TO LUSH VALLEYS.
 - APPROX. 10 KM DOWNHILL HIKE (~3 HOURS).
 - LUNCH AND OVERNIGHT STAY AT HUAYRACMACHAY (3,850 M).
- ACCOMMODATION: CAMPING AT HUAYRACMACHAY.

DAY 3

HUAYRACMACHAY - ANDENES - COLLPAPAMPA - ONAYA RETREAT CENTER

MORNING TREK

- CONTINUE HIKING THROUGH THE BEAUTIFUL CLOUD FOREST, PASSING THROUGH ANDENES AND COLLPAPAMPA.
 - APPROX. 9 KM (4 HOURS).

AFTERNOON

- FROM COLLPAPAMPA, DRIVE (~40 MINUTES) TO THE ONAYA RETREAT CENTER.
- WELCOME AND INTRODUCTION TO THE SHAMAN, PSYCHOLOGIST, AND ONAYA STAFF.
- TIME TO REST AND PREPARE FOR THE TRANSFORMATIVE EXPERIENCE AHEAD.

ACCOMMODATION

ONAYA RETREAT CENTER.

DAY 4

FIRST AYAHUASCA CEREMONY

MORNING

START YOUR DAY WITH REVITALIZING YOGA TO CENTER YOUR MIND AND BODY, FOLLOWED BY A FARM-FRESH ORGANIC BREAKFAST. AFTER BREAKFAST, JOIN AN INTEGRATION MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO ADDRESS QUESTIONS, REVIEW DETAILS FOR TONIGHT'S AYAHUASCA CEREMONY, AND REFINE YOUR INTENTIONS IN A ONE-ON-ONE SESSION.

AFTERNOON

THE MIDDAY MEAL CONSISTS OF A LIGHT AND NOURISHING VEGETABLE SOUP, SPECIALLY DESIGNED TO ALIGN WITH THE AYAHUASCA DIET. TAKE THIS TIME TO RELAX, JOURNAL, OR CONNECT WITH NATURE IN THE PEACEFUL ENVIRONMENT OF THE RETREAT.

EVENING

BEFORE THE CEREMONY, PARTICIPATE IN A GUIDED MEDITATION SESSION, HELPING YOU PREPARE MENTALLY AND SPIRITUALLY FOR THE JOURNEY. THE SHAMAN WILL ALSO PERFORM A FLOWERING BATH RITUAL, A TRADITIONAL ANDEAN PRACTICE THAT CLEANSES AND ALIGNS YOUR ENERGY. AS NIGHT FALLS, JOIN YOUR FIRST AYAHUASCA CEREMONY, GUIDED BY OUR EXPERIENCED SHAMAN AND AYAHUASCA INTEGRATOR FACILITATOR. IN A SAFE, SACRED SPACE, YOU'LL EMBARK ON A PROFOUND JOURNEY OF SELF-DISCOVERY AND HEALING.

DAY 5

SECOND AYAHUASCA CEREMONY - ORGANIC COFFEE FARM TOUR - NATURAL HOT SPRING

MORNING

ENJOY A FRESH, ORGANIC BREAKFAST FROM OUR FARM, FOLLOWED BY A MEETING WITH THE SHAMAN AND PSYCHOLOGIST TO INTEGRATE AND REFLECT ON YOUR AYAHUASCA CEREMONY FROM THE NIGHT BEFORE. THEN, JOIN AN ORGANIC COFFEE FARM TOUR AND WORKSHOP, LEARNING SUSTAINABLE FARMING PRACTICES AND CONNECTING WITH THE LAND THROUGH HANDS-ON ACTIVITIES.

AFTERNOON

- TRIP TO SANTA TERESA TOWN, AN HOUR AND HALF AWAY TO UNWIND AT A NATURAL HOT SPRING, SOAKING IN ITS HEALING WATERS WHILE APPRECIATING THE SERENE BEAUTY OF THE SURROUNDINGS.
- LUNCH WILL BE AT A LOCAL RESTAURANT

EVENING

PARTICIPATE IN YOUR SECOND AYAHUASCA CEREMONY, WHERE THE INSIGHTS AND ENERGY FROM THE FIRST NIGHT DEEPEN INTO FURTHER HEALING AND SPIRITUAL CONNECTION.

DAY 6

FAREWELL TO ONAYA CENTER - AGUAS CALIENTES

MORNING

FAREWELL TO THE ONAYA FAMILY. DRIVE TO A NEARBY TOWN TO BEGIN THE JOURNEY TO AGUAS CALIENTES.

DRIVE TO THE HIDROELÉCTRICA TRAIN STATION, ABOUT 1 HOUR AND 20 MINUTES FROM ONAYA, TO BEGIN A SCENIC 2.5-HOUR HIKE ALONG THE TRAIN TRACKS TO AGUAS CALIENTES. YOUR GUIDE WILL ACCOMPANY YOU, SHARING INSIGHTS ALONG THE WAY, AND WILL DROP YOU AT YOUR HOTEL, PROVIDING ALL THE DETAILS FOR YOUR VISIT TO MACHU PICCHU THE NEXT DAY.

DAY 7

MACHU PICCHU - CUSCO

EARLY MORNING

GUIDED VISIT TO MACHU PICCHU, EXPLORING THE ANCIENT INCAN CITADEL.

AFTERNOON

TRAIN BACK TO CUSCO (3:45 PM DEPARTURE, APPROX. 4.5-HOUR JOURNEY).

EVENING

ARRIVAL IN CUSCO (~8:30 PM).

DAY 8

DEPARTURE FROM CUSCO

TRANSFER TO THE AIRPORT

ACCORDING TO YOUR FLIGHT SCHEDULE

INCLUSIONS

ACCOMMODATIONS

- 3-STAR HOTEL IN AGUAS CALIENTES (1 NIGHT, DOUBLE OCCUPANCY).
- 3 STAR HOTEL IN CUSCO ON DAY 7TH (ONE NIGHT DOUBLE OCCUPANCY).
- SINGLE SUPPLEMENT AVAILABLE FOR AN ADDITIONAL \$80.
- CAMPING ACCOMMODATIONS DURING THE TREK (2 NIGHTS).
- COMFORTABLE ROOMS AT ONAYA RETREAT CENTER (3 NIGHTS).

MEALS

- ALL MEALS DURING THE TREK AND RETREAT, EXCEPT THOSE SPECIFIED IN THE EXCLUSIONS.
- ORGANIC, HEALTHY VEGETARIAN AND/OR VEGAN MEALS.
- WATER PROVIDED THROUGHOUT THE RETREAT (BRING A REUSABLE WATER BOTTLE).
- HEALTHY SNACKS, FRUIT, AND TEA.

TRANSPORTATION

- PICK-UP AND DROP-OFF FROM CUSCO AIRPORT.
- PRIVATE TRANSPORTATION DURING THE ITINERARY, INCLUDING TRANSFERS TO/FROM THE TREK AND ONAYA RETREAT CENTER.
- TRAIN TICKETS FROM AGUAS CALIENTES TO CUSCO IN THE BIMODAL TURISTIC EXPEDITION SERVICE.
- BUS TICKETS FOR THE ROUND TRIP FROM AGUAS CALIENTES TO MACHU PICCHU.
- ENTRANCE TICKETS TO MACHU PICCHU.

ACTIVITIES & EXPERIENCES

- GUIDED PACHAMAMA CEREMONY AT HUMANTAY LAGOON WITH AN ANDEAN SHAMAN.
- GUIDED TREK TO SALKANTAY PASS AND HUMANTAY LAGOON.
- TWO AYAHUASCA CEREMONIES LED BY AN EXPERIENCED SHAMAN.
- INTEGRATION SESSIONS WITH A PSYCHOLOGIST.
- ORGANIC COFFEE FARM TOUR AND WORKSHOP.
- VISIT TO NATURAL HOT SPRINGS.
- GUIDED TOUR OF MACHU PICCHU.

GUIDES AND SUPPORT

- EXPERIENCED BILINGUAL GUIDES FOR TREKKING AND CULTURAL ACTIVITIES.
- SUPPORT STAFF DURING THE TREK (PORTERS AND COOKS).

EXCLUSIONS

- MEALS IN AGUAS CALIENTES (LUNCH AND DINNER).
- DINNER IN CUSCO ,LAST NIGHT.
- TIPS FOR GUIDES, DRIVERS, AND STAFF.
- PERSONAL PURCHASES OR EXTRA SNACKS DURING THE TREK OR RETREAT.
- TRAVEL INSURANCE (RECOMMENDED).
- HOTEL IN CUSCO ON YOUR ARRIVAL

THIS JOURNEY OFFERS A RARE BLEND OF PHYSICAL ADVENTURE, SPIRITUAL EXPLORATION, AND PROFOUND INNER GROWTH, ALLOWING YOU TO REDISCOVER YOURSELF IN THE TIMELESS LANDSCAPES OF THE ANDES AND THE SACRED GROUNDS OF ONAYA AND MACHU PICCHU.