

Pacific Rim Alliance  
**Chile & PERU**  
*Survival Guide*



*August 11-23, 2009*

# Chile

Chile runs 2,880 miles (4,630 km) from north to south along South America's western coast, a distance roughly the same as that from San Francisco to New York. But from east to west it's widest point is just 265 miles (430 km) across.

The most obvious factor in Chile's remarkable slenderness is the massive, virtually impassable wall of the Andes, a mountain range that is still rising and contains more than 50 active volcanic peaks.

The western border is of course the Pacific Ocean. All along its length Chile is marked by a narrow depression between the mountains and the sea.

To the north the land rises and becomes more arid, until one reaches the forbidding Atacama Desert, a most inhospitable region on earth.

Chile's southern extremity is marked by Cape Horn, a treacherous headland surrounded by continuously stormy seas and passable only through the foggy stillness of the Strait of Magellan.

In the center of the country, however, is a long and expansive river valley, a five hundred mile corridor occupied in the north by vineyards and great farms and in the south by primeval forests and enchanting lakes.



Santiago, the capital, anchors the northern and more prosperous section of the central valley. The lush Lake District to the south, however, is the homeland of Chile's indigenous peoples, the Araucanians.

## Peru

With an area of 1,285,215 square km, Peru is the third-largest country in South America after Brazil and Argentina, ranking it among the world's 20 largest nations.

Peru also holds sway over the sea with up to 200 miles of Peruvian coast and territorial rights to an area of 60 million hectares in the

Antarctic. Lima is the capital of Peru.

Peru is a nation of mixed ethnic origins. The indigenous population was joined 500 years ago by the Spaniards.

As a result of this encounter, and later enriched by the migration of African blacks, Asians and Europeans, Peruvian has emerged as the representative of a nation whose rich ethnic mix is one of its leading characteristics.

Although Spanish is commonly spoken across the country, Quechua is a major legacy of the Inca empire, and is still spoken with various regional dialects.

Peru is naturally religious with a diversity of beliefs that can be seen from the wide range of festivals and rituals that feature both Catholic fervor and the mysticism of age-old pre-Hispanic cultures.

Peru is a democratic republic. The president and members of Congress are elected every five years.

Peru is also a country of astounding natural diversity—the most strikingly image is of Machu Picchu. ❄



# Ski Week Schedule

<b>Thursday</b>	<b>Aug 11</b>	Fly to Santiago.
<b>Friday</b>	<b>Aug 12</b>	Arrive in Santiago. Fly to Concepción, Transfer to Termas de Chillán. <b>Pac Rim Welcome Party.</b> ^
<b>Saturday</b>	<b>Aug 13</b>	Ski Termas de Chillán.
<b>Sunday</b>	<b>Aug 14</b>	Ski Termas de Chillán.
<b>Monday</b>	<b>Aug 15</b>	Ski Termas de Chillán. National Holiday: Assumption of the Virgin.
<b>Tuesday</b>	<b>Aug 16</b>	Transfer to Concepción, Fly to Santiago. Transfer to Hotel Portillo.
<b>Wednesday</b>	<b>Aug 17</b>	Ski Portillo.
<b>Thursday</b>	<b>Aug 18</b>	Ski Portillo.
<b>Friday</b>	<b>Aug 19</b>	Ski Portillo. <b>Pac Rim Farewell Party.</b> ^
<b>Saturday</b>	<b>Aug 20</b>	❄ 4 AM depart for Santiago. Fly Cusco. ❄ Tour Sacred Valley. ❄ Overnight Posada del Inca of Yucay. 5 PM depart for Santiago for flight home. [Gene only]
<b>Sunday</b>	<b>Aug 21</b>	❄ Day in Machu Picchu. ❄ Overnight Posada del Inca of Yucay.
<b>Monday</b>	<b>Aug 22</b>	❄ Take train to Cusco for city and local ruins tour. ❄ Overnight Los Andes de America in Cusco.
<b>Tuesday</b>	<b>Aug 23</b>	❄ Early departure for home.

*Excursions will be planned after we get to Chile. You will be able to find out about side trips at the Pac Rim Welcome Party. Peru has been very well planned.*

^ We will be having a cocktail hour in Gene & Catherine's room most nights before dinner.

❄ Denotes Peru Schedule of Events.





# Gran Hotel

## Termas de Chillán

Las Trancas Valley, Chillán Volcano  
Phone: 56-2-366 8800



Gran Hotel Termas de Chillán is an exclusive, 5-star mountain hotel featuring deluxe, international-style accommodations and a commitment to unparalleled service excellence.

This premier hotel offers slope-side convenience and relaxing hot springs. With a deserved reputation for luxury and service, this is the obvious first choice for a Termas vacation.

### Amenities & Services—

- o Two Restaurants
- o Bar
- o Disco
- o **Club House** features pool, pub & restaurant
- o Squash Court
- o Health Club
- o Ski Shop
- o 2 Indoor & 1 Outdoor Hot Springs Pool
- o Thermal Spa Facility
- o Mini Bar in Room
- o TV & Phone
- o Hair Dryer
- o Safe

The Gran Hotel is ski in/ski out and ski and snowboard hire is available at the hotel. There is a ski room with heated boot warmers, a ski technician and the hotel recommends the Resort Ski School.

With a ski terrain of over 10,000 hectares (that includes 9 lifts and 28 runs covering 35km of trails with a vertical drop of 1,100 meters), Termas de Chillán is perfect for skiers of all abilities.

For snowboarders the resort also has a snowboard park and half-pipe.

Situated on the sunny side of the Andes, this hidden gem gets the largest annual snowfall of all the resorts in Chile. ❄️

**Pam Beard**  
**Christel Chang**  
**Gene Fulkerson**  
**Elisabeth Maier**  
**Barbara McKinnon**  
**Jim Murchey**  
**Catherine Ohl**  
**Fran Papa**  
**Heinz Waschhauser**



### Thermal Spa Center—

Termas de Chillán, known since the 17<sup>th</sup> century for the therapeutic powers of its hot springs, is South America's most exotic resort, set against a backdrop of bubbling sulphur springs, smoking volcanoes, and fabulous ski slopes.

As well as the usual après-ski facilities, the Thermal Spa Center boasts natural steam baths, hydrotherapy treatments, sulphur hot tubs, exclusive biothermal cosmetic treatments, relaxation massages and mud therapy.

The Spa is excellent as an alternative or a compliment to a day on the slopes. Guests are pampered with a variety of treatment options. ❄️

# About Termas de Chillán

Rising out of the forested valley, the slopes of Termas de Chillán are predominantly above tree line. While trees surround the base village and lowest lifts, there is very little "tree skiing" as most would think.

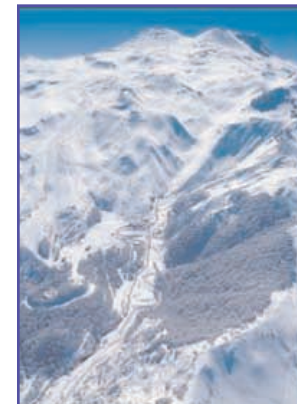
As you crest the first ridge, the vast expanses of the slopes at Termas become apparent. A variety of groomed runs slice through fields of powder; broad bowls, and exciting cornice drops.

Expert skiers may delight in the steep bowls and chutes off the Don Otto lift while looking for more adventure by hiking the peaks above

the resort for breathtaking views and exhilarating descents back to the village.

The active geology of the region makes Termas a truly unique ski experience. Located on the lower slopes of the active 9,600 foot Volcano Chillán, Termas is the only ski resort in Chile with natural hot springs at its base.

Skiers descending the infamous Pirigallo Bowl encounter the scent of sulfur. As they near the bottom, they can become engulfed in clouds of odorous steam emanating from fumaroles, mud pots and other geo-thermal features. ❄️



- A Hotel Pirigallo
- B Club House**
- C Mini Market
- D Condo Administration
- E Shrine [Capilla]
- F Gran Hotel**
- G Tennis Courts
- H Los Pangues Condos
- I Los Robles Condos
- J Los Alerces Condos
- K Los Coihues Condos
- L Los Maños Condos
- M Los Ñirres Condos

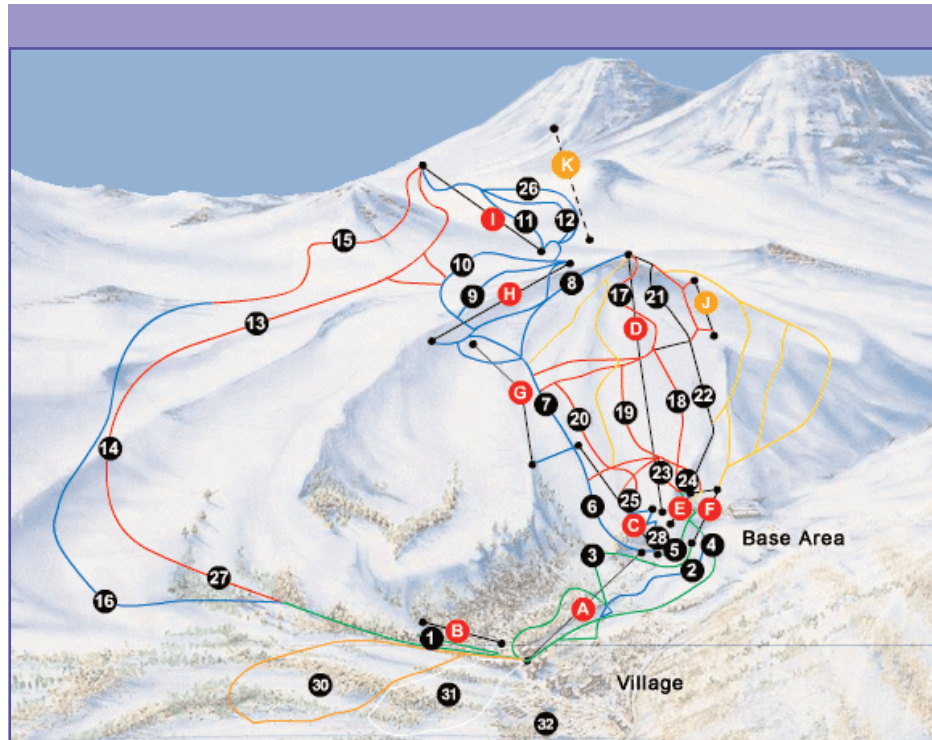
### Village Map—





# Termas de Chillán Stats

Skiable Acreage	25,000 acres
Miles of Runs	22 miles
Longest Run	8 miles
Average Snowfall	398 inches
Season	Late June to Early October
Base Elevation	5,250 feet
Peak Elevation	8,200 feet
Total Vertical	3,600 feet
Terrain	20% Beginner 30% Intermediate 30% Advance 20% Expert
Lifts	1 Triple, 3 Doubles, 5 Surface



# Hotel Portillo

Portillo

phone— 56-2-3617000



Hotel Portillo is nestled high in the Andes next to the Lake of the Incas amidst some of the best skiing in the Southern Hemisphere. The Hotel is completely self-contained and offers a full array of modern resort services.

Guests form a special camaraderie in the deluxe Hotel Portillo as they recount adventures on the slopes, enjoy sumptuous meals and dance the night away in the hotel's discothèque. Known for great snow, many national ski teams train here.

The Hotel Portillo is not the only lodging at Portillo, but is definitely the premier selection. Enjoy the many amenities offered at Portillo.



## Amenities & Services—

- o Restaurants
- o Bar
- o Discothèque
- o Fitness Center
- o Ski Shop
- o Outdoor Heated Pool
- o Ski & Rental Shop
- o Ski Valet
- o Mini Bar in Room
- o TV & Phone
- o Hair Dryer
- o No TVs in the rooms

## Portillo Dining—

There are several dining options at Portillo. All packages include four meals daily— breakfast, lunch, high tea, and dinner— served in the Main Dining Room and/or Cafeteria. As guests of the Hotel Portillo we are welcome to dine in either location. Although not included in our package, we are welcome and encouraged to enjoy drinks and fondue in the Hotel Bar, partake of an on-mountain lunch at Tio Bob's, or soak in the local flavor at La Posada.

## Main Dining Room—

The main dining room is a special place. Giant picture windows lend a magnificent view of the lake, and the handsome leather-paneled walls are 50 years old. Maitre D' Juan Beiza, assigns guests a table their first evening, which

we will dine at for our stay.

Breakfast is served from 8-10 AM and lunch is from 12:30-2:30 PM. Because dinner is served late in Chile, tea is served 5-6 PM. Since we are accustomed to dining earlier we should take advantage of eating something during this hour; take a nap and then dine later at 8:30 PM (popular with families) or 9:45 PM (mostly adults). \*





# Portillo Mountain Stats

Skiable Acreage	1,200 acres
Maximum Skiers / Day	450
Longest Run	2 miles
Average Snowfall	240 inches
Season	Late June to Early October
Base Elevation	8,236 feet
Peak Elevation	10,900 feet
Village Elevation	9,350 feet
Total Vertical	2,664 feet
Terrain	18% Beginner 25% Intermediate 35% Advance 22% Expert
Lifts	2 Quad, 1 Triple, 2 Doubles, 5 Surface, 2 Va et Vient



# Ski Portillo



## Skiing Portillo—

Variously described as a "boutique resort", a "luxury cruise ship in a sea of mountains", or just "heavenly", Portillo is a resort unique in the world. In this intimate valley you will never have more than 450 people on the slopes.

Portillo sits high in the Andes Mountains of Chile, near the base of 22,800 foot Mt. Aconcagua, the highest mountain in the Americas. The ski area surrounds Laguna del Inca, a deep emerald blue glacial lake.

Portillo may be small by US standards, but don't be fooled, the ski terrain at Portillo is big and unrivaled.

The resort is 100% above tree line and you can ski both above and below the base complex.

Extensive snowmaking ensures good snow throughout the winter season.

## Guide Service—

Hiring a local guide is a great way to learn a new mountain. A guide will know the best lifts and trails for skiers and riders of all abilities, allowing you to maximize your time and enjoyment on the slopes.

Off-piste, a guide offers valuable knowledge of terrain, weather, routes and powder stashes, and in-valuable knowledge of snow-safety and avalanche conditions. Inquire locally for more information.

## Portillo Heli-Skiing—

Heli-skiing is offered on a daily basis at Portillo. Groups are small with only three skiers to one guide. At Portillo the cost per run.

- First Run:  
\$170 / person - Heli fee  
\$35 / person - Guide fee
- Additional runs:  
\$120 / person - Heli fee  
\$20 / person - Guide fee

Heli-skiing cannot be booked in advance. For best availability you should reserve space the day you arrive to Portillo in the heli-skiing office.

Space is available on a first come, first served basis. For safety, all flights are weather dependent.

## Va et Vient Slingshot Lifts—

Unique in the world, these "Come and Go" lifts offer an exhilarating ride and access some of Portillo's best terrain on Roca Jack and Condor.

These surface lifts are similar to poma or T-bar lifts with which most skiers and boarders are familiar. In this case, four and five seats are suspended from a single bar. Two sets of seats are attached to wires, pulleys and an engine.

As one group goes up, the other empty seats come down. Many riders find the Va et Vient a bit tricky the first time, especially when they discover why they are called slingshots!

The acceleration at 25 mph is impressive as you are whisked up the slope. Love 'em or hate 'em, every skier or rider who is intermediate or stronger should give them a try! ❄️





# Sonesta Posada del Inca of Yucay *Urubamba*

Plaza Manco 11, Yucay,  
Urubamba, 123 Peru  
Phone: 51-84-20 1107  
Fax: 51-84-20 1345



The hotel is two-story with a multi-lingual staff situated between Ollantaytambo and Pisac in the Sacred Valley, one hour from Cusco. Surrounded by precious gardens, an old monastery with a chapel, the

hotel maintains its original colonial style.

## Amenities & Services—

- o 24-hour Front Desk
- o Coffee / Tea
- o Limited Room Service
- o Full Breakfast
- o Laundry
- o Safe
- o Fitness Center
- o Spa available at \$10 with use of Gym, sauna & Jacuzzi
- o Massage & Yoga classes available for a fee
- o Business Center
- o Currency Exchange ❄

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**Fran Papa**  
**Heinz Waschhauser**



# Los Andes Hotel de America

## Cusco, Peru

The hotel is located in center of the historic downtown, just one block and half from the Plaza De Armas square.

The lobby is small with wood furnishings throughout including the reception area. There is a large cabinet full of examples of Peruvian sculptures and small decorations to one side.

The restaurant is located on the ground floor in an indoor courtyard. It is traditional in decor and serves international cuisine.



## Los Andes Hotel—

Calle Garcilaso 236,  
Cusco, Peru  
Phone: 51-84-223 058

The Best Western Los Andes de America is a unique combination of modern hotel infrastructure and colonial architecture.

## Amenities & Services—

- o Bar
- o Restaurant
- o Room Service
- o Concierge
- o Business Center
- o Cable TV
- o Mini-bar
- o Data Port
- o Safe Deposit Box
- o 24-hour Security ❄



# The Sacred Valley

The beautiful **Vilcanota** or Urubamba valley, popularly called **El Valle Sagrado**, or the Sacred Valley of the Incas enjoys a pleasant, sheltered climate and fertile land that the Incas took full advantage of, scattering towns and agricultural centers throughout its length.

The valley's star attractions are the lofty Inca citadels of **Pisac** and **Ollantaytambo**, which proudly preside over its undulating twists and turns, but the valley is also packed with other Inca sites, as well as bustling Indian markets and charming Andean villages.

It is also famous for its high-adrenaline activities, from rafting the **Urubamba** to soaring down mountains or drifting off in a hot-air balloon.

## Pisac—

Pisac is the most convenient starting point for a visit to the Sacred Valley. There are two distinct parts to Pisac: the colonial village lying beside the river and the Inca fortress perched dramatically on a mountain spur:

For most of the week, colonial Pisac is a quiet, rural Andean village. The village comes alive on Sunday when the famous weekly market takes over.

The hilltop Inca citadel lies high above the village on a triangular plateau with a plunging gorge on either side. This is a truly spectacular site.

## Yucay—

In the middle of the Sacred Valley, on the right bank of the Urubamba River, we will be staying in this little and attractive town of particularly fertile lands and whose name translated into Spanish means "deceit" or "bewitchment".

The district of Yucay belongs to the province of Urubamba. It is a town that stands out due to the remains of the palace of **Inca Sauri Túpac** (a rebel Inca of **Vilcabamba**), a colonial church and a small museum.

According to the legends, in the middle of the 15<sup>th</sup> century, the Inca **Huayna Cápac** got captivated by the incomparable magnificence of Yucay's settings and decided to settle there.



Amazed by the richness and fertility of the region, **Cápac** ordered the **mitimaes** to bring in the richest soil from all the Tahuantinsuyo valleys in order to increase the productivity of this place.

## Urubamba—

The capital of Urubamba has the same name and is located over a beautiful plateau that separates the central and eastern Andes on the right side of the Urubamba River.

The Vilcanota river crosses this city, and then changes its name to Urubamba.



The Incas, experts on land matters, chose this fertile valley to establish their main settlements.

Urubamba was one of the main agricultural centers of the Empire. Close to the San Francisco Church one can find huge Inca platforms. There are also pre-Hispanic walls which were the basis for colonial construction.

This city has a perfect climate all year round and has a beautiful landscape with a panoramic view of the valley and the breathtaking snow-capped peaks of the Vilcanota mountain range.

## Ollantaytambo—

The village of Ollantaytambo, dominated by the massive Inca fortress above, is also the best surviving example of Inca city planning with narrow cobblestone streets that have been constantly inhabited since the 13<sup>th</sup> century. The village was divided into blocks called **canchas**, and each **cancha** had just one entrance which led to a courtyard.

The spectacular, huge, steep terraces that guard the Inca complex marks one of the few places where the conquistadors lost a major battle. It was to this fortress that **Manco Inca** retreated after his defeat at Sacsayhuamán.

Through Ollantaytambo was a highly effective fortress, it was as much a temple. The temple area is at the top of the terracing. Some extremely well-built walls were under construction at the time of the conquest and have never been completed. The stone was quarried from the mountainside 6 km away, high above the opposite bank of the Urubamba River.

## Aguas Calientes—

There are basically only two main streets in Aguas Calientes; **Avenida Imperio de Los Incas**, the street with the old train tracks running through, and **Avenida Pachacutec** which extends up from the Plaza to the thermal springs. Most of the town's hotels and restaurants are on

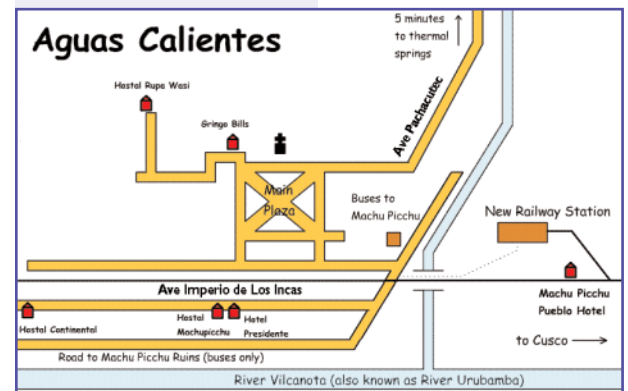
these streets.

There's not a great deal to do in Aguas Calientes— it doesn't rate as a particularly pretty town being built mostly of concrete, much of which looks half finished, but it does have its own individual charm.

The main attraction is the thermal springs which gives **Aguas** (waters) **Calientes** (hot) its name. The outdoor springs are a 10 minute walk from the town center. They are fairly basic, with facilities to change and shower. It's a great place to relax, buy a beer, and enjoy the view.

## Getting to Machu Picchu—

We will take a two-hour train from Ollantaytambo. The train descends from the Sacred Valley at the foothills of the Andes. We will travel along the Urubamba River, with awe-inspiring views of its dramatic canyon. From Aguas Calientes we will then take a 20 minute bus ride up to the ruins of Machu Picchu. ❄





# Machu Picchu

Peru

Since Machu Picchu was discovered on July 24, 1911, by Yale professor **Hiram Bingham**, it has been considered one of the world's greatest architectural and archaeological monuments, due to its extraordinary magnificence and harmonious structure.

At 7,785 feet Machu Picchu is amazing because of the way its stone constructions are spread over a narrow and uneven mountain top, bordering a sheer 1,320 foot cliff on the side of the Urubamba River canyon.

Machu Picchu is a citadel shrouded in mystery, and to this day archaeologists have not yet uncovered the history and purpose of this city of stone. The site has an area of

about one square kilometer, and stands in a region that the Incas considered to be magical, due to the meeting of the Andes mountains with the mighty Amazon River.

Perhaps, Machu Picchu mystery may never be fully explained as, so far, there are only hypothesis and conjectures. For some, it may have been an advance settlement for planned further expansions by the Incas.

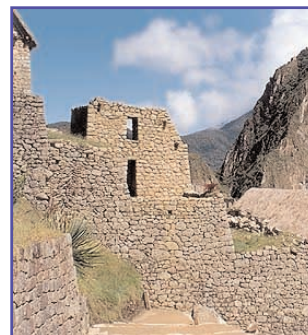
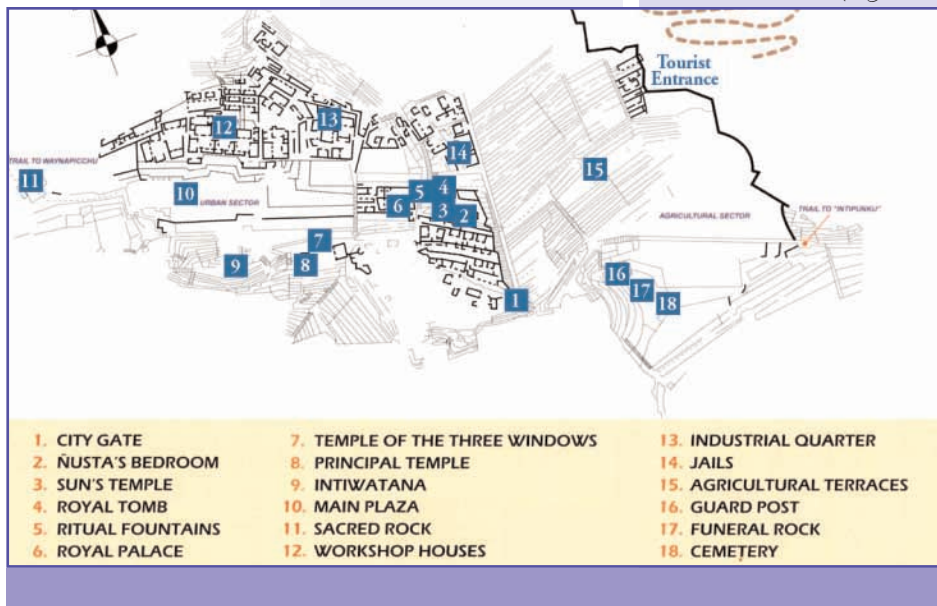
Others believe Machu Picchu may have been a monastery where young girls (*acllas*) were trained to serve the Inca and the High Priest (*Willac Uno*). Support for this theory comes from the fact that of the 135 bodies discovered while exploring the site, 109 were female.

The surprising perfection and beauty of Machu Picchu's walls, built by joining stone to stone without using any cement or adhesive whatsoever, has led to many myths concerning how the city was constructed.

It is said that a bird by the name of *Kak'aqllu* knew the formula for softening rock but by command, perhaps, of the ancient Inca gods, had its tongue torn out. It is also said that there was a magic plant which could dissolve and compress stone.

Nonetheless, mysteries and myths aside, the real attractiveness of Machu Picchu lies in its squares, aqueducts and watchtowers, its observatories and in its sun clock—all evidence of the wisdom and skill of the city's Andean builders.

*More on page 13*



## The Citadel—

Machu Picchu has two sectors; an agricultural sector and an urban sector. The agricultural sector consists of stepped terraces for cultivation (*andenes*) built on the slopes of surrounding mountains.

The urban sector is "U" shaped and has two immense architectural groups with streets and stairwells that consist of a total of 3,000 steps, as well as a network of water canals suitable for domestic and irrigation use, interspersed with small squares and courtyards.

The constructions in Machu Picchu have rectangular floor spaces. Many of the enclosures, called *masmas*, have only three walls, which at one time were all thatched with tree trunks and *ichu* (straw).

Doors and windows are encased in trapezoid shapes as are the niches in the walls where idols and other objects were placed; a typical feature of Inca architecture.

Each wall in Machu Picchu is different; even those that

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# Machu Picchu

share the same enclosure. The best finished wall is the main wall of the **Templo Principal** (Main Temple), where the cut and polished stones are flawlessly fitted together.

Worthy of attention is the **Intiwatana**, a sundial made out of polished stone; the **Torreón** (Watchtower), a building with curved walls, and the **Templo de las Tres Ventanas** (Temple of the Three Windows).

## The Sanctuary—

Due to its special location in a region of Peru where the Andes and the Amazon meet, the 32,592 hectares surrounding the citadel have been declared a protected area in order to preserve the flora, fauna and geological formations, as well as the archeological remains.

The Machu Picchu Sanctuary is a priceless example of Andean archeology and culture, combined with a spec-

tacular natural environment home to species of fauna and flora unknown elsewhere in the world.



The flora of Machu Picchu is exuberant, and in higher areas different species of high-Andean grains are found. In the low areas, trees such as the *aliso* *Alnus jorullensis*, *nogal* *Juglans neotropica*, *intimpa* *Podocarpus glomeratus*, *Kisuar* *Buddleja incana* may be found. There are also 30 genus and over 90 species of orchids.

Among the fauna of Machu

*More on page 14*





# Machu Picchu

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Picchu we can find birds such as the condor (*Vultur gryphus*) and diverse species of hummingbirds, and mammals such as pumas (*Felis concolor*), the tigrillo (*Felis pardalis*) as well as a few species of monkeys and ophidians of the Bothrops species. There are species in danger of extinction in the Sanctuary as well, such as the rock hen (*gallito de las rocas*), the spectacled bear (*oso de anteojos*), the otter and the mountain cat.

Apart from Machu Picchu itself, there are 34 other archeological groups in the Sanctuary, which are interconnected by the ancient Inca Trail, an impressive original Inca route, which nowadays is open to tourists.

Notable amongst these sites are the Inca constructions of Runquracay, the ruins of **Sacyamarca** (similar to Machu Picchu), the citadel of **Phuyupatamarca** (Town above the Clouds), the ruins of

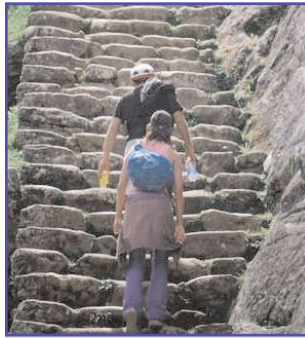
**Wiñay Wayna** (Eternally Young), the Temple of the Moon and the archeological group known as the **Gran Caverna** (Great Cavern).

## Temple of the Condor—

The Temple of the Condor in Machu Picchu is a breathtaking example of Inca stonemasonry. A natural rock formation began to take shape millions of years ago and the Inca skillfully shaped the rock into the outspread wings of a condor in flight.

On the floor of the temple is a rock carved in the shape of the condor's head, neck, and feathers, completing the figure of a three-dimensional bird. Historians speculate that the head of the condor was used as a sacrificial altar.

Under the temple is a small cave that contained a mummy. A prison complex stands directly behind the temple, and is comprised of human-



sized niches and an underground maze of dungeons.

According to historical chronicles that documented similar Inca prison sites, an accused citizen would be shackled into the niches for up to three days to await the deliberation of his fate. He could be put to death for such sins as laziness, lust, or theft.

## Royal Tomb—

Down a long set of stone stairs and to the left you'll find the Royal Tomb. This cave-like area of Machu Picchu contains ceremonial niches and an Inca cross carved from one wall and is adjacent to the Temple of the Sun.

The cross resembles a series of steps, and represents the three levels of existence in the world of the Inca. The first step, symbolized by the snake, represents the underworld or death. The second step represents the present, human life, and is symbolized by the jaguar.

The highest step represents

*More on page 15*



the celestial/spiritual plane of the gods, and is symbolized by the condor. Continue on through Machu Picchu to venture inside the Royal Tomb.

## Inside the Royal Tomb—

Inside the Royal Tomb has been the site of numerous mummy excavations. Of more than 100 skeletal remains discovered here, 80% were women.

To the left of the royal tomb lies a series of 16 ceremonial baths, joined by one linked aqueduct system. At the top of this system is the watershed hut. Continuing along the left side of the complex, you will cross the rock quarry and come across the Sacred Plaza.

## Sacred Plaza—

The view from Machu Picchu's Sacred Plaza makes one appreciate the superb craftsmanship of the Inca. Surrounding the plaza are the most important buildings of the city. The Principal Temple is an example of excellent

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# Machu Picchu

Inca stonemasonry, with its large stone blocks polished smooth and joined perfectly.

The jumbling of stones in one corner is due to the settling of the earth over the years, and not to any defect in construction. The Inca used no mortar to hold their walls in place; they relied upon precisely cut stones, geometry, and female/male joints in the corners and foundations. Their best-built structures withstand the passing of centuries, and even multiple earthquakes, without suffering.

## Main Plaza—

Descending from the back of Sacred Plaza is the Main Plaza, a large grassy field that separates the Sacred Plaza and Intiwatana from the more commonplace areas on the far side.

A short trek to the opposite side of Machu Picchu and you will find the Temple of the Condor.

## Intiwatana—

The Intiwatana at Machu Picchu, known as the "hitching post of the sun" is a carved rock pillar whose four corners are oriented toward the four cardinal points. The Inca were accomplished astronomers, and used the angles of the pillar to predict the solstices.

The sun exerted a crucial influence on the agriculture, and therefore the well-being of the whole society. It was considered the supreme natural god (a ceramic corn god gives evidence to the spiritual devotion of the natural world that was common to all pre-Inca cultures).

At the winter solstice on June 21, the high priest would rope a golden disc to the Intiwatana, to symbolically catch the sun and bring it back toward earth for another year's cycle of seasons.

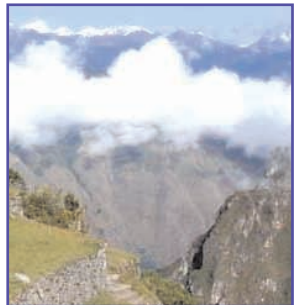
*More on page 16*



# Machu Picchu

Peru

The Intiwatana is the only one of its kind not lopped off by the Spanish conquerors, who made a point of destroying all implements of Inca religion. Many people today feel that Machu Picchu is one of the Earth's magnetic focal points, and carries an inherent spiritual or meta-physical power.



Indeed, it is difficult to sit at the edge of the Sacred Plaza overlooking the Urubamba River below, the stone temples and plazas to the front, and the mountain peaks of Machu Picchu and Huayna Picchu to the left and right, and not feel the magic.



## Funerary Rock Hut—

One of the most photogenic spots at Machu Picchu can be experienced by hiking to the Funerary Rock Hut. Believed to be the place where Incan nobility were mummified, this vantage point offers a dramatic view of the whole complex.

At the end of the day a small herd of llamas and alpacas enter Machu Picchu from the terraces near the Funerary Rock Hut and graze on the grass, keeping it efficiently mowed. From here you can also see the start of the Inca Trail, a well developed road that connects Cusco with Machu Picchu.

The hike up the long rigid stairs that lead to the Funerary Rock Hut is tire-some but well worth the effort. Many people choose to hike this arduous trail to the hut and are rewarded by spectacular views that will not soon be forgotten.



From the here you can trek back down the stairs and enter the Royal Tomb, where Incan Kings were mummified.

## Sacred Rock—

Across the Central Plaza and at the far end of Machu Picchu is the Sacred Rock, an object common to most every Inca village. Before a village could be erected, a sacred stone must be dedicated to the site.

The Sacred Stone of Machu Picchu sits at the base of Huayna Picchu (little peak), from where you can take a one-hour climb to the top for another excellent view of the entire valley.

## Not Enough Time—

Since we are only visiting Machu Picchu for a day most likely there won't be enough time to explore the ancient grounds and hike the awe-inspiring mountains. Therefore plan on absorbing the majestic beauty of the ruins, leaving an unforgettable image and life-long memories. A perfect way to end an unforgettable journey. \*



Cusco, the Capital of the Inca Empire, has both historical and cultural significance. As the hub of tourism for Machu Picchu and the Sacred Valley of the Urubamba River, Cusco offers archaeological sites, colonial charm and modern facilities for visitors.

Cusco was developed, under the Inca **Pachacutec**, into a complex urban center with distinct religious and administrative functions. It is surrounded by clearly delineated areas for agricultural, artisan and industrial production.

The Incas' engineering medium was stone. When the Spaniards conquered Cusco in the 16<sup>th</sup> century, they preserved the basic structure but built Baroque churches and palaces over the ruins of this Inca city.

## What's in a Name?

There is some uncertainty about the correct name of the city. According to some, its name was **Akamama** that means "chicha's mother" (chicha is a corn beer).

# Cusco / Cuzco / Qosqo

By the beginning of the Incan development, when this was the ancient Capital of the Tawantinsuyo, it was named **Qosqo**, meaning "center."

After the Spanish invasion in 1533 the name was transformed into **Cusco**, a word that according to the Spanish dictionary is contemptuous, meaning "hypocrite", "hump-back" and "small dog". This was a way to demean the name of the city.

Later the name was changed into **Cusco**, because in Peru "z" is not pronounced as in Spain. By the end of the 20<sup>th</sup> century **Qosqo** became the official name.

## Eating Out in Cusco—

### La Relama

Portal de Panes 123, 2<sup>o</sup> floor.

At this place, you will be able to customize your dish, choosing a steak of your choice or trout of the Titicaca Lake with delicious

sauces. Furthermore, it offers exquisite prepared dishes.

### El Truco

Plaza Regocijo 261.

Truco was built as a mint house in 1690. Later, it became a gambling house, making the card game, Truco, famous. The menu features typical & international dishes.

### Pachacutec Grill & Bar

Portal de Panes 105, at the Main Square.

This restaurant was inspired by **Pachacutec**, an Incan that worked on the reconstruction of the city of Cuzco making it a cosmopolitan city.

Enjoy exquisite typical dishes of Peru like the baked guinea pig or grilled alpaca. Moreover, it offers international dishes like the fillet mignon. At this place you will be able to appreciate a four meter high Incan wall and Andean music, while you taste each course. \*







## The Foods of Chile

marvelous geography.

**Empanadas** are snack-sized turnovers filled with meat, cheese, or shellfish, and are a staple of daily life, not to be missed.

Fresh-baked bread, in a variety of styles, is available in local **panaderias** in even the smallest towns. A surprising variety of excellent sandwiches make for good, quick meals.

Chile's seafood is unequalled in variety and quality—mussels, clams, and urchins, oysters and scallops, salmon and sea bass. The list of fish and

shellfish goes on and on. **Paila marina** is a delectable shellfish stew available throughout the country.

The quality of red meat served in Chile should far exceed that which we are accustomed to. **Asados** (barbeques) and **parilladas** (mixed grill) are extremely popular and widely available.

Finally, even the most voracious sweet-tooth will be satisfied by locally made italian-style ice cream (**helado**) and deserts made with **dulce de leche**, also known as **manjar**. ❀

Anything and everything grows in Chile, and eating well means taking advantage of the tremendous range and outstanding quality of sea-food and locally produced agricultural products.

Seeking out local dishes and specialties is always part of the adventure. From north to south, Chilean cuisine is as varied as the country's

## The Foods of Peru

Peruvian food is determined by the geography of the country, its climate and the customs of their people.

The majority of the ingredients found in every Peruvian dish are rice, potatoes, chicken, pork, lamb, and fish. Most of these meals include one of the different kinds of **aji**, or peruvian hot pepper.

**Ceviche**, also spelled **Cebiche** or **Seviche**, is considered to be the national dish of Peru. This is a cold dish, which mainly consists of pieces of raw fish, cooked by the juice of lemons, served with onions,

**camote** (a sweet peruvian potato), corn on the cob or boiled yucca, with aji pepper.

A favored beef dish is **lomo saltado**, grilled strips of beef mixed with fried onions, tomatoes, french fries and a dash of chili pepper, served with white rice.

Also popular is **sopa a la criolla**, a hearty, mildly spiced noodle soup with beef, milk, and peppers that is often topped with a fried egg on a toast.

Chicken or **polleria** is served everywhere, usually rotisseries whole for the masses.



### Warning—

Tap water in Peru is not safe to drink. Salads and fruit should be washed with purified water or peeled when possible. When eating ceviche, it is rarely a problem, as long as it is served fresh in a reputable restaurant. In general look for restaurants packed with travelers or locals. ❀

## Chilean Wines



Over the last five years, Chile has tapped its latent potential and arrived as a wine region capable of producing world-class reds. A massive shift during the 1990s of the country's vineyard base to more quality-producing hillside sites is now bearing significant results.

**Cabernet Sauvignon** and Chile's distinctive **Carmenère** grape form the backbone of red wine production. While Cabernet is king, Chile has a growing portfolio of other red varieties.

**Carmenère** has established itself as both a stand-alone varietal and an ideal blending grape. With its soft, fleshy tex-

ture and flavors of plum, tobacco and spice, **Carmenère** has slowly emerged as a varietal unique to Chile.

There are also tantalizing **Syrahs**. Chile's moderate climate prevents the production of full-blown jammy, Australian-style bottlings. Instead, the wines show supple textures, with a wide array of boysenberry, black currant and mineral.

Whites, which long lagged behind the reds qualitatively, are now more consistently made, with **Chardonnay** and **Sauvignon Blanc** the main players. ❀

### Conversion Chart—

1 inch	2.54 centimeters	1 millimeter	0.04 inch
1 foot	30 centimeters	1 centimeter	0.4 inch
1 mile	1.6 kilometers	1 meter	3.28 feet
1 ounce	28 grams	1 kilometer	0.6 mile
1 pound	454 grams	1 gram	0.04 ounce
1 US quart	0.947 liter	1 kilogram	2.2 pounds
1 US gallon	3.6 liters	1 liter	1.1 US quarts



### Temperature Conversion Chart—

The actual equation for converting Fahrenheit to Celsius is  $^{\circ}\text{F} = ^{\circ}\text{C} \times 9/5 + 32$ .

-17 C	1.4 F	-6 C	21.2 F	5 C	41.0 F
-16 C	3.2 F	-5 C	23.0 F	6 C	42.8 F
-15 C	5.0 F	-4 C	24.8 F	7 C	44.6 F
-14 C	6.8 F	-3 C	26.6 F	8 C	46.4 F
-13 C	8.6 F	-2 C	28.4 F	9 C	48.2 F
-12 C	10.4 F	-1 C	30.2 F	10 C	50.0 F
-11 C	12.2 F	0 C	32.0 F	11 C	51.8 F
-10 C	14.0 F	1 C	33.8 F	12 C	53.6 F
-9 C	15.8 F	2 C	35.6 F	13 C	55.4 F
-8 C	17.6 F	3 C	37.4 F	14 C	57.2 F
-7 C	19.4 F	4 C	39.2 F	15 C	59.0 F

# South American Business Guide

**Etiquette**, common courtesy and respect, like anywhere else, is very much appreciated. Try speaking a few words of the language, even if your vocabulary only extends as far as these basics.

**Buenos días** (morning)  
**Beunas tardes** (afternoon)  
**Buenas noches** (evening)

Though formal attire is rarely needed, tennis shoes and jeans are not always acceptable. South Americans tend to dress for dinner.

**Business Hours** are generally from Monday through Friday from 9 AM to 8 PM, with a 60 minute lunch break at 1 PM. Saturday hours are 9 AM to 2 PM. Banks are open Monday through Friday from 9 AM to 2 PM.

**Time Zone** for Chile & Peru is Eastern Standard Time which is 3 hours ahead of the West Coast (like NY).

**Electricity** supply is 220 volts and the plugs are standard mainland Europe type with dual-cylinder prong. In addition, you will need a transformer if the appliances normally operates at 100-120 volts like in the States.

**Currency of Chile** is about 550 Chile Pesos for \$1 USD. You should get about 3.25 Peru Nevos Soles for \$1 USD.

**ATMs** can be found in the airports and most cities. ATMs accept Cirrus and Plus debit card. For the best exchange rate, use your ATM and Credit Card whenever possible. Be warned there are some places that will charge up to 7% to use your credit card.

There are no ATMs in Portillo but you can charge just about everything to your room and then pay with a credit card.

The commission on Traveler's Checks can range anywhere from 3-12%.

**Credit Cards** (VISA, MasterCard, Diner's Club and American Express to a lesser degree) are accepted in most hotels, restaurants, and shops.

**Public Phones** work with phonecards called *'tarjetas telefónicas.'* These cards are widely available by many companies at various prices.

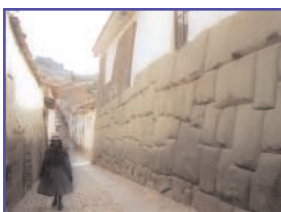
**Value Added Tax** is 19%.

**Public Toilets** are rare outside of transportation terminals and restaurants.

Generally toilet paper is put in a basket and not the toilet. Flushing the toilet with anything other than human waste can lead to overflow.

Carry your own TP since, it is very often not provided.

**Tipping** is optional, however it is customary to tip 10%. The following suggestions are only a guideline. Tipping is a nice way to show your appreciation for good service. You may tip in any currency.



Some restaurants add a service charge of between 5% and 10%, which will be indicated by the words *'propina'* or *'servicio'* near the bottom of the bill. Feel free to tip more for exceptional service.

- At hotels waiters typically pool their tips. Tip \$5 USD per person per day.
- Bar tip is 10% of the bill.
- Bell Boy tip is \$1 USD per bag.
- Maid tip is \$2 USD per person per day. You can leave the tip in the room.
- Boot check is \$5 USD per person per week.
- Driver gets 10% of the fare. Give directly to the driver.
- Guides should be tipped.
- Taxi drivers are not tipped and the fare should be set before departure. ❄

# Tips for a Safe Ski Week

*Ski with Pride • Let it Ride • Watch all Sides*

## Respect Altitude

Drink tons of water. Avoid alcohol and caffeine for the first few days.

Mountain sickness is often due to a quick altitude change. The base elevation at Termas is 5,900 feet while at Portillo we will be at 9,350 feet.

But the time we get to Peru we will be staying at 9,600 feet in Urubamba and 11,150 feet in Cusco. It is recommended to walk slowly and breathe deeply. The mate de coca is a good option to ease the effect of high elevation.

**Wear Sunscreen** — your first day and every day?



## Dress in Layers

Dress so you can add or take off clothing as the weather changes. You can always store extra items in a backpack. Remember most of your body heat escapes through your head, so wear a hat/helmet if you feel cold.

## Wear a Helmet

## Off-Piste Skiing

Areas beyond the resort boundary are not patrolled or maintained and avalanches and other hazards exist.

We strongly urge those venturing off-piste to know your limits and to be prepared for any set of circumstances.

If you are not familiar with the area you should hire a guide to lead the way.



## Ski Patrol

Every country has its own ski patrol with different training, credentials and requirements. If a skier is injured within resort boundaries there may be a charge to get off the mountain. There are extra fees for helicopter assistance and transportation from the mountain to the hospital.

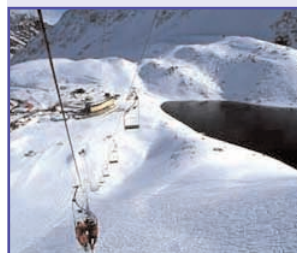
## Trail Signage



Color Trail Signs—  
 Green [Very Easy], Blue [Easy],  
 Red [Intermediate], Black [difficult]

## Bring a Trail Map

The mountains are huge and you will enjoy them so much more if you know where you are going. Be sure to hire a guide if you venture off piste.



## Know the Code.

Safety on the mountain is an important part of enjoying the slopes. Always show courtesy to others and be aware that there are elements of risk in skiing that common sense and personal awareness can help reduce.

- Always stay in control.
- People ahead of you have the right of way.
- Stop in a safe place for you and others.
- Whenever starting downhill or merging, look uphill and yield.
- Use devices to help prevent runaway equipment.
- Observe signs and keep off closed trails.
- Know how to use the lifts safely.





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