



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic



May 30-June 8, 2020

www.lotussojourns.com



lotus sojourns

Connect. Explore. Transform.



Hi! I am Christine, the founder of Lotus Sojourns. I am so excited for this adventure in Peru. I look forward to connecting with you and others we meet as we travel, exploring this beautiful country, and tapping into the transformational power held in groups of women having shared experiences.

Lotus Sojourns is a unique community of women, just like you, who travel together and experience a journey incorporating personal transformation, adventure, volunteerism or philanthropy, spiritual connection, and community building.

Lotus Sojourns is working with Good Life Expeditions to bring you this beautiful Sojourn.

Good Life Expeditions was born in partnership with MEDLIFE, a non-profit organization that provides healthcare, education and community development to people living in extreme poverty. They plan trips to the destinations where MEDLIFE works allowing them to create authentic, life-changing and socially responsible experiences that also give back to the places you visit. I love them because they support their partner NGO by donating their profits, bringing attention to their work, and they are able to give travelers a greater sense of connection to the world around them.

My Exploratory Sojourn to Peru was full of surprises, magic and connection as I explored this region yet to be fully accessed by many travelers. I cannot wait to travel with you to this majestic and powerful region of Peru and share space with you on your transformational journey!



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Trip Highlights!

- ✿ Exploring Lima
- ✿ Lemebamba Museum
- ✿ Kuelap Fortress
- ✿ Revash
- ✿ Amazilla
- ✿ Karajia
- ✿ Gotta Falls
- ✿ Daily circle, and meditation or yoga practice





lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic



*Your Sojourn will be
co-guided by
Jen MacNiven*

Jennifer MacNiven (Jen) is an International professional photographer, yoga instructor, and is passionate about health, wellness and mindful living. Jen teaches people to tune into themselves – their breath, bodies and mind – through yoga, photography, and mindful wellness. Her

passion is helping others explore the depths of their inner and outer worlds. Jen's soul's path is to travel, be in nature, and be in motion, and she recently spent 5 years traveling the world and discovering a path of personal and professional evolution while in Bali, India, Peru, Europe, Morocco and Australia. As a long-time professional photographer, Jen thrives on capturing the emotions, details and essence of the people and locations she travels to. She loves dancing and moving her body, hugs and conscious connections, being outdoors, hiking, and stepping outside her comfort zone and truly experiencing (and capturing) all the beauty of LIFE.



lotus sojourns
Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

A Quick Overview of the Itinerary . . .

Day 1 - Arrive Lima

Day 2 - Explore Lima

Day 3 - Transfer Kentitambo

Day 4 - Leymebamba

Day 5 - Amazilia

Day 6 - Amazilia (Kuelap, meditation/yoga/shaman)

Day 7 - Gocta

Day 8 - Gocta

Day 9 - Jaen to Lima

Day 10 - Explore Lima

Trip Pricing...

Seven Day Itinerary: \$4500 (Plus domestic airfare-
approximately \$200.)

4-Day Machu Picchu Extension: \$1400

Single Room Upgrade: \$600 (\$350 Extension)



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 1	Arrive in Lima
Saturday May 30	You will be met upon your arrival at the Lima International Airport and be transferred to our beautiful boutique hotel near the cliffs in Barranco.
Accommodations	Villa Barranco
Meals Included	Meals on your own during this arrival day.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 2	Explore Lima
Sunday May 31	We'll start our adventure learning Peruvian history at the incredible Larco Museum, enjoying its collection of pre-Colombian art. We will also visit the Inka Market and Indian Market and have time to stroll along the green clifftop Malecon Park.
Accommodations	Villa Barranco
Meals Included (B, D)	Breakfast at Villa Barranco. Lunch on our own as we explore Lima. Dinner together in Lima.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 3	Arrival to Leymebamba
Monday June 1	<p>We will set out for Northern Peru with a morning flight to Jaen. From the airport in Jaen we'll enjoy watching the changes of scenery as we move from an arid high desert to the lush mountains surrounding Lemebamba.</p> <p>We will make stops along the way to take in the scenery, enjoy a meal and connect to the land.</p> <p>This evening we will stay at the peaceful Kentitambo B&B, owned by archaeologist and co-director of the Leymebamba Museum, Adriana von Hagan. Kentitambo translates to Hummingbird Inn in the Quechua language. The many hummingbird feeders and beautiful flowers around the property attract the busy little birds common to this region.</p> <p>We will end this day with a meal together at the lodge and gather in circle to set our intentions for this part of the journey and reflect on our experiences thus far.</p>
Accommodations	Kentitambo Lodge
Meals Included (L, D)	Breakfast on your own at the airport. Lunch along the route from Jaen to Lemebamba. Dinner at Kentitambo Lodge.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 4	Leymebamba Museum & Revash
Tuesday June 2	<p>This day will provide an insightful look into some of the most important parts of ancient northern Peruvian traditions.</p> <p>We will hike to the ancient burial complex of Revash to learn about the complex and spiritual nature of death for the Chachapoyas culture, and explore the Leymebamba Museum to see the famous mummies discovered in Laguna de los Condores as well as thousands of artifacts; textiles, ceramics, decorated gourds, and wooden effigies, all at leas 500 year old.</p> <p>After enjoying the museum we will visit the village for woodworking and traditional cheese-making demonstrations with the local community.</p> <p>We will end our day with another beautifully prepared meal at Kentitambo Lodge and gather together to share or experiences from the day.</p>
Accommodations	Kentitambo Lodge
Meals Included (B, L, D)	Breakfast at Kentitambo Lodge. Lunch will be prepared for us to eat as we explore. Dinner at Kentitambo Lodge.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 5	Quelucas & Amazilia
Wednesday June 3	<p>We will spend today visiting the village of Quelucas and learn about their community-based weaving project. They will share the entire creation process from dying to weaving the wool as well as what this project has meant for their school and community.</p> <p>In the afternoon we will visit the village of Amazilia and go to the Amazilia Bioreserva to have lunch and learn about the coffee production process from bean to cup. The bioreserve protects more than 200 hectares of Andean sub tropical forests, allowing previously deforested areas to regrow by planting with native tree species. The whole property is rich in biodiversity with 3 ecosystems in varied altitudes and hosts over 160 bird species.</p>
Accommodations	La Casa de Doña Lola
Meals Included (B, L, D)	Breakfast at Kentitambo Lodge. Lunch at Amazilia Bioreserva. Dinner at La Casa de Doña Lola.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 6	Kuelap Fortress
Thursday, June 4	<p>Today we will depart Leymebamba and take a very scenic drive to Kuelap Fortress, also known as "The Machu Picchu of the North." After a cable car ride over the cloud forest you will enjoy a private tour of Kuelap. You will learn about the mysterious Chachapoyas civilization who built the impressive fortress, the largest ancient stone structure in the Americas.</p> <p>In the evening we will gather for a cleansing ceremony lead by a local shaman. The ceremony will rejuvenate your mind, body, and soul.</p>
Accommodations	La Casa de Doña Lola
Meals Included (B, L, D)	Breakfast at La Casa de Doña Lola. Lunch along our travels. Dinner at La Casa de Doña Lola.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 7	Karajia & Huancas
Friday, June 5	<p>Journey to the archeological site of Karajia to witness the fascinating sarcophagi of Chachapoyas. We begin our day driving to the village of Cruz Pata and then take a 45 minute walk through the village and surrounding farms to the place where we will have the privilege of witnessing these iconic human-like sculptures carved into the mountainside. For 750 years they have faced toward the rising sun and are likely a resting place for some elite Chachapoyas warriors.</p> <p>After lunch we will move on to the community of Huancas where we will learn about the centuries-old technique of pot-making from the women who keep this traditional art form alive.</p> <p>In the afternoon we will venture to Gocta Lodge, with spectacular views of the Gocta Falls.</p>
Accommodations	Gocta Lodge
Meals Included (B, L, D)	Breakfast at La Casa de Doña Lola. Lunch along our travels. Dinner at Gocta Lodge.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 8	Gocta Waterfall
Saturday, June 6	<p>We will set out on an early morning hike to the base of one of the world's tallest waterfalls. You will walk through sugarcane plantations and forests where you might see monkeys or if you are so lucky, the rare Andean Cock of the Rock, a brightly colored bird known as tunic in Quechua.</p> <p>After we take in the majesty of the falls we will hike or ride horseback the same trail returning to the lodge where we will have time to relax and connect.</p>
Accommodations	Gocta Lodge
Meals Included (B, L, D)	Breakfast at Gocta Lodge. Lunch along our travels. Dinner at Gocta Lodge or local restaurant.



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 9	Return to Lima
Sunday, June 7	<p>Today we will enjoy the drive from Chachapoyas to Jaen airport for our return flight to Lima.</p> <p>Upon our return to Lima we will have time to relax and enjoy the bohemian art neighborhood of Barranco.</p>
Accommodations	Villa Barranco
Meals Included (B, L, D)	<p>Breakfast at Gocta Lodge.</p> <p>Lunch along our travels.</p> <p>Dinner at Villa Barranco or a local restaurant.</p>



lotus sojourns

Connect. Explore. Transform.

Peru Sojourn

Norther Peru: Mysterious, Magical and Majestic

Day 10	Lima
Monday, June 8	<p>Start your morning in Lima following the Peruvian cacao route from field to table in a 2-hour chocolate tasting experience. Learn the history of each region and the factors that influence the taste of products, all while you are sampling the rich and delicious chocolates! These chocolatiers work hand in hand with Awajun native farmers to ensure fair wages and authentic Amazon cacao.</p> <p>In the afternoon you'll connect with the leaders of a beautiful local yoga community who will lead us through a yoga practice and end with a circle of gratitude and meditation.</p> <p>This evening we will say our farewells before heading to the Lima airport for return flights.</p> <p>Please note: if you are staying for the extension you will remain in Lima. If you do not have a late night/ early morning flight out of Lima, hotel accommodations can be arranged.</p>
Accommodations	Upon Request or for Extension
Meals Included (B, L)	Breakfast at Villa Barranco. Lunch along our travels. Dinner on your own depending on travel schedule.



lotus sojourns

Connect. Explore. Transform.

Need to Know

What's Included...

INCLUDED:

- All transformational exercises facilitated by Lotus Sojourns Founder and Guest Guide
- Accommodations based on double occupancy
- All meals as listed in the itinerary
- All ground transportation
- Entrance fees
- English-speaking guides throughout the trip
- Tips for luggage porters and waiters

NOT INCLUDED:

- International airfare
- Domestic airfare
- Trip Insurance
- Meals not specified in the itinerary
- Alcoholic beverages
- Fees for passport or immunizations
- Cost of hospitalization, emergency transportation, or evacuation
- Items of a personal nature
- Gratuities for guides and staff
- Additional photography sessions purchased with Jen MacNiven