



Marvel at Machu Picchu

Nursing and Midwifery in Peru

31 March – 12 April 2025



Level 4
ACTIVE





Visit Amantani Island, Lake Titicaca

Peru - land of gold and the sun-worshipping Incas, the biggest empire in pre-Columbian America. From its biodiverse cloudforests and Indigenous peoples, to the towering Andes and its Inca ruins, Peru is an extraordinary destination.

Take a journey from Lima, a modern city with a colonial past, through the Andes to Cusco and onto Machu Picchu, the most magnificent legacy of the Incas. Visit vast Lake Titicaca, the largest navigable lake in the world, and explore the traditional communities, who live on the lake much as they have done for centuries.

The itinerary combines a rich cultural programme with CPD professional visits examining nursing, midwifery and women's health in a country where modern and traditional health care are both widely practiced. The professional itinerary ranges from hospitals to clinics to charities, as well as some excellent visits examining traditional medicine.

This tour is a wonderful opportunity for nurses and midwives to travel with their peers, experience the culture and history of Peru and marvel at its spectacular scenery. Peru is also known for its excellent cuisine, which you will enjoy alongside down time and local markets and shops.

Tour Activity Level

Level 1 Relaxed



A gentle pace, involving minimal walking and exertion. Shorter travel distances and a full but relatively relaxed itinerary.

Level 2 Gentle



Easy walking at a mostly leisurely pace. Slightly more daily activity and travel.

Level 3 Moderate



Regular walking at destinations, extended standing and /or increased travel distances. Good fitness is required.

THIS TOUR IS CLASSED AS:

Level 4 Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Level 5 Challenging



May involve extended drives, hikes and multiple visits across busy days. Excellent fitness is required.

Tour Leader

Ruth King is the Nursing Director for Midwifery, Women's and Children's Services North West for the Tasmanian Health Services and the professional lead for the North West Maternity Services Transition Project. Prior to this, Ruth was engaged as a senior project officer for the Nursing and Midwifery Office in ACT Health Directorate. For over eight years, Ruth held the role of midwifery advisor and sometimes acting CEO for the Australian College of Midwives (ACM), the peak professional body for midwives in Australia, giving her the capacity to work across jurisdictions, government and health services. Ruth has worked in a variety of public and private clinical settings including midwifery continuity of care caseload at the Women's and



Children's Hospital, Adelaide, during which time she completed her Midwifery Honours.

Ruth has previously led successful Jon Baines Tours midwifery study tours to destinations including Sri Lanka and the Northern Territory.

"Tour leader Ruth King – amazing! Looked after us all well. Thank you, Ruth, for your company and professionalism and always making sure we were all okay."

Dianne Matthews, Midwifery in Sri Lanka, 2019



Children from Uros Island, Lake Titicaca

Itinerary 31 March – 12 April 2025

B = Breakfast **L** = Lunch
BL = Boxed Lunch **D** = Dinner

3 nights Lima – 3 nights Sacred Valley – 1 night Machu Picchu – 2 nights Cusco
– 2 nights Puno – 1 night Lima



Day 1: Lima (Mon, 31 March)

D

Am/Pm: Arrive in Lima and transfer to hotel.

Eve: Local dinner with the group.

Day 2: Lima (Tue, 1 April)

B D

Am: Visit Instituto Nacional Materno Perinatal - Maternidad de Lima, a public hospital in Lima. Learn about nursing, midwifery and health care in Peru.

Pm: Half day guided sightseeing tour of the 'City of Kings', exploring Lima's historic centre.

Eve: Al fresco welcome dinner of classic Peruvian cuisine.

Day 3: Lima (Wed, 2 April)

B L

Am: Drive to Villa El Salvador, a charity centre that provides care to young pregnant women and mothers. Through their psychological, educational and vocational support programs, Villa Salvador supports the women and their families.

Pm: Lunch with ocean views at Mangos. Take an art, architecture and cuisine tour of Lima. Explore Miraflores, pass by Inca sites, onto clifftop Love Park, picturesque Barranco district and Lucia de La Puente Art and Design Gallery.

Day 4: Lima / Cusco / Sacred Valley

B D

(Thu, 3 April)

Am: Fly to Cusco. Visit Sacsayhuaman Fortress, a magnificent Inca compound.

Pm: Visit Museo Sulca Textiles, who produce exquisite textiles using ancestral Peruvian techniques, and the town of Pisac, famous for its Inca sites. Meet Leonie Lange, a midwife and herbalist who has lived in Peru for more than 25 years and is an expert in traditional midwifery and medicine. Transfer to hotel.

Day 5: Sacred Valley (Fri, 4 April)

B L

Am: Visit Kausay Wasi Cosa, a privately run rural health care centre. Meet with staff and discuss rural health care for women and children.

Pm: Have lunch in the Sacred Valley with stunning views before visiting the salt fields of Maras and the Moray terraces, believed to be a former gigantic agricultural laboratory, an astronomical observatory or a place of worship, or all three.

Day 6: Sacred Valley (Sat, 5 April)

B BL

Am: Travel to Willoq, a native rural Quechua community, one of the last to maintain customs and lifestyle from the Inca period.

Pm: After a boxed lunch, continue to the Inca citadel of Ollantaytambo, referred to as a 'live Inca town' because inhabitants still live according to customs and traditions inherited from their ancestors.

Day 7: Sacred Valley / Machu Picchu

B L D

(Sun, 6 April)

Am: Rise early to board the train to the famous citadel of Machu Picchu.

Pm: Following a buffet lunch at Suno restaurant, explore the legendary 'Lost City', one of the world's most impressive archaeological sites. The guided tour

includes the main plaza, the circular tower, the sacred sun dial, the royal quarters, the Temple of the Three Windows and the burial grounds.

Eve: Overnight and dinner in Aguas Calientes.

Day 8: Machu Picchu / Cusco
(Mon, 7 April)

B D

Am: Option to return to Machu Picchu (at an additional cost) or at leisure in Aguas Calientes.

Pm: Take the train back to Cusco for dinner and overnight.

Day 9: Cusco (Tues, 8 April)

B D

Am: Visit San Pedro Market, a popular place for locals to shop and eat. Meet a local herbalist who will explain Andean pharmacopoeia, including the properties of the herbs that grow on the edge of the Andes such as muña, anise, boldo, chamomile, lemon verbena, black mint and asmachilca.

Pm: At leisure in Cusco until dinner.

Day 10: Cusco / Puno (Wed, 9 April)

B L

Am: Travel through Andean valleys to Puno and Lake Titicaca. Meet with local brujas

(witches) at Huasao, who create potions for love and success and cure illness with plant and animal rituals.

Pm: Continue to the colonial town of Andahuaylillas and visit its magnificent church. Visit APAINE, a health care project for poor communities in the Andes. Transfer to the hotel in Puno.

Day 11: Puno (Thurs, 10 April)

B L

Am: Cruise across Lake Titicaca to the unique floating islands of the Uros. Continue to the island of Amantani, whose population is renowned for its fine crafts including pottery, textiles and stone carvings.

Pm: Enjoy a typical local lunch in the community. Return by boat to Puno.

Day 12: Puno / Lima (Fri, 11 April)

B D

Am: Fly to Lima and transfer to the hotel.

Pm: At leisure.

Eve: Farewell dinner at Huaca Pucllana.

Day 13: Lima (Sat, 12 April)

B

Am: Depart hotel after breakfast.

All itineraries subject to change according to local conditions



Cusco, the 'navel of the world'



Casona Yucay, Sacred Valley

Hotels

Hilton Garden Inn Lima Miraflores, Lima

This recently built Hilton offers comfortable, stylish rooms and amenities, including a beautiful rooftop bar and pool with superb views.

Casona Yucay Hotel Sacred Valley

Surrounded by magnificent mountains, this hotel offers spectacular views and a beautiful garden. The main house was built in 1810 and has great charm. The spacious, comfortable rooms provide either mountain or garden views. The hotel has a bar and restaurant.

El Mapi, Aguas Calientes

Located in the town of Aguas Calientes, this hotel is ideally situated for exploring the archaeological site of Machu Picchu. The light-filled rooms have panoramic windows and good amenities.

Los Portales Hotel, Cusco

Within easy walking distance of Cusco's historic centre, this charming, medium grade hotel provides attentive and warm customer service, comfortable rooms and a lovely restaurant.

Sonesta Posada del Inca, Puno

Located on the shores of Lake Titicaca, the hotel is surrounded by magnificent scenery, with modern and spacious rooms. The hotel restaurant offers wonderful views of the lake.



The view across the lake from Sonesta Posada, Puno



Cow herders on the altiplano (top); Andean girl and llama (above)

The cost of the tour per person sharing a twin or double room is £3,290

The cost of the tour with a room to yourself is £3,870

The cost includes:

- 12 nights' accommodation in twin- bedded rooms in medium grade hotels
- Tour leader (Ruth King)
- Breakfast daily
- Lunch or dinner as mentioned per itinerary
- All professional visits and talks
- All internal flights
- All transport within tour
- A full program of cultural visits
- Admission fees throughout
- Tips

Cost excludes

- International flights and transfers
- All personal extras such as portorage, laundry and drinks and meals not mentioned
- All optional excursions, tours and visits
- Travel insurance

Second Entrance to Machu Picchu

On the morning of 7th April there is the option to revisit Machu Picchu. These tickets have to be purchased in advance as only a limited number of people are allowed into the site each day. If you would like to visit for a second time, please let us know as soon as possible so we can arrange your tickets. These will be added to your invoice and are non-refundable once purchased. Please contact us for ticket prices.

Inca stonework in Cusco



About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Barranco, Lima (top); The cobbled streets of Cusco; Ollantaytambo, Sacred Valley; Uros Islander rowing on the lake (above)



Jon Baines
tours

