

Peru

HIGHLIGHTS

- **Machu Picchu** – trek to awe-inspiring ancient Inca ruins hidden in cloud forest (p884)
- **Cuzco** – climb cobblestone colonial streets bordering artisan shops, eclectic eateries and museums (p870)
- **Arequipa** – party in Peru's most stylish city, within reach of smoldering volcanoes and the world's deepest canyons (p857)
- **Lake Titicaca** – float on a literally breathtaking, high-altitude lake with storybook isles straddling the Peru–Bolivia border (p864)
- **Huaraz, and the Cordilleras Blanca and Huayhuash** – live your dreams: tackle one of South America's most spectacular mountain ranges (p913)
- **Off the beaten track** – take a slow boat along the Río Amazonas, swinging lazily in your hammock all the way to Brazil (p935)

FAST FACTS

- **Area:** 1,285,220 sq km (five times larger than the UK)
- **Best bargain:** alternative treks to the Inca Trail
- **Best street snack:** *queso con choclo* (corn with cheese)
- **Budget:** US\$15-25 a day
- **Capital:** Lima
- **Costs:** d/s room in Cuzco US\$5/10, 1L bottled water US\$1, domestic flight US\$95
- **Country code:** ☎ 51
- **Famous for:** Machu Picchu
- **Languages:** Spanish, Quechua, Aymara
- **Money:** US\$1 = 3.38 nuevos soles
- **Phrases:** *chevere*, *bacán* (cool); *asqueroso* (or *asco*, disgusting); *fiesta*, *juerga* (party)
- **Population:** 27.2 million (2005 census)
- **Time:** GMT minus 5hr
- **Tipping:** 10% in better restaurants; tip all guides
- **Visas:** North American, Australian and most European citizens need only a valid passport



TRAVEL HINTS

Bring high-speed film to photograph in the low light of the rainforest. Book Inca Trail treks at least six weeks in advance, or several months for trips during the high season (June to August).

OVERLAND ROUTES

Border crossings include: from Arica (Chile); from Huaquillas, Guayaquil and Macará (Ecuador); from Kasani and Desaguadero (Bolivia); and from multiple Brazilian and Bolivian towns and river ports in the Amazon.

Imagine scenery on the epic scale of an Indiana Jones or Lara Croft flick: forgotten temples entangled in jungle vines, cobwebbed ancient tombs baking in the desert sun and bejeweled buried treasures beyond all reckoning. Wild rivers that rage, pumas prowling in the night and hallucinogenic shaman rituals – it's not just a movie here, it's real life.

Like a continent in miniature, Peru will astound you with its diversity. Not even fierce Inca warriors or Spanish conquistadors could totally dominate such jaw-dropping terrain, from glaciated Andean peaks where majestic condors soar, to almost limitless coastal deserts, to the hot, steamy rainforests of the Amazon basin.

You can take it easy on the 'Gringo Trail' encircling the country's top highlights, ending at the cloud-topping Inca citadel of Machu Picchu. Or step off the beaten path and groove to Afro-Peruvian beats, chase perfect waves off a paradisiacal Pacific beach or ride a slow boat down the Río Amazonas.

Wherever your journey takes you in Peru, you'll be welcomed by big-hearted folks that tackle their often-unfortunate lot with gusto and a deep lust for life. Small wonder, then, that the land of the Incas is one of the continent's top picks for adventurous travelers.

CURRENT EVENTS

As it tries to exorcise demons from its political past, Peru is haunted by all-too-familiar ghosts. In 2005, disgraced ex-president Alberto Fujimori returned from exile in Japan and announced that he planned to run for the presidency again, only to be arrested in Chile on an extradition warrant to face charges of corruption and human rights abuses.

The 2006 presidential elections came down to a face-off between popular nationalist Ollanta Humala, an ex-army officer who had served under Fujimori, and Alan García, a left-leaning ex-president who some say put Peru on the path to financial ruin during the late 1980s. Voters played it safe, deciding to elect the more conservative García, which was seen as a blow to Venezuelan President Hugo Chávez' pan-South American socialist solidarity plan.

Outgoing president Alejandro Toledo was the first indigenous president of an Andean nation, but after failing to deliver new jobs and having an administration plagued by corruption scandals, his popularity ratings of below 10% were the lowest of any South American president. Meanwhile, the feared Sendero Luminoso (Shining Path) guerrillas have started to make a comeback, thanks to profits from cocaine trafficking with drug cartels in Columbia.

HISTORY

Early Cultures

The Inca civilization is merely the tip of Peru's archaeological iceberg.

The country's first inhabitants were loose-knit bands of nomadic hunters, fishers and

gatherers, living in caves and killing fearsome (now extinct) animals like giant sloths, saber-toothed tigers and mastodons. Domestication of the llama, alpaca and guinea pig began between 7000 and 4000 BC. Various forms of the faithful potato (Peru boasts almost 4000 varieties!) were domesticated around 3000 BC.

Roughly from 1000–300 BC, the Early Horizon or Chavín Period evidenced at Chavín de Huántar near Huaraz (p920) saw widespread settled communities, plus the interchange of ideas, enhanced skills and cultural complexity, although the Chavín culture inexplicably disappeared around 300 BC. The next 500 years saw the rise and fall of the Paracas Culture south of Lima, who produced some of the most exquisite textiles in the Americas.

Between AD 100 and 700 pottery, metalwork and textiles reached new heights of technological development, and the Moche built their massive pyramids near Trujillo (p903) and at Sipán near Chiclayo (p908). It was also around this time that the Nazca sculpted their enigmatic lines in the desert (p851).

From about AD 600 to 1000 the first Andean expansionist empire emerged, and the influence of the Wari (Huari), from north of Ayacucho (p892), can still be seen throughout most of Peru.

During the next four centuries, several states thrived, including the Chimú, who built the city of Chan Chan near Trujillo (p903) and the Chachapoyas, who erected the stone fortress of Kuélap (p924). Several smaller, warlike highland groups lived near Lake Titicaca and left impressive, circular funerary towers, including at Sillustani and Cutimbo (p868).

TOP 10 MUST-SEE ARCHAEOLOGICAL SITES

You've come to the right country for ruins:

- world-famous mountaintop **Machu Picchu** (p884), 'lost city' of the Incas
- mysterious desert designs only appreciated from the air: **Nazca Lines** (p851)
- dramatic hilltop funerary towers at **Sillustani** and **Cutimbo** (p868) near Lake Titicaca
- imposing Inca citadels, lush terraces and holy sites of the **Sacred Valley** (p880)
- underground tunnels at **Chavín de Huántar** (p920), a 3000-year-old ceremonial complex
- vast Chimú mud brick capital **Chan Chan** (p903) near Moche pyramids, all around Trujillo
- tombs of the Lords of Sipán and Sicán at **Chiclayo** (p908)
- massive Chachapoyan site **Kuélap** (p924) in cloud forest – no crowds!
- newly rediscovered Inca city of **Choquequirau** (p891), reached by several days' trekking
- above Cuzco, the Inca fortress of **Saqsaywamán** (p879), site of ancient Inti Raymi festival of the sun

Inca Empire & Spanish Conquest

For all its glory, Inca pre-eminence only lasted around 100 years. The reign of the first eight Incas spanned the period from the 12th century to the early 15th century, but it was the ninth Inca, Pachacutec, who gave the empire its first bloody taste of conquest. A growing thirst for expansion had led the neighboring highland tribe, the Chankas, to Cuzco's doorstep around 1438, and Viracocha Inca fled in the belief that his small empire was lost. However, his son Pachacutec rallied the Inca army and, in a desperate battle, he famously routed the Chankas.

Buoyed by his victory, Pachacutec then embarked upon the first wave of Incan expansion, promptly bagging much of the central Andes. Over the next 25 years, the Inca empire grew until it stretched from the present-day border of Ecuador and Colombia to the deserts of northern Chile. It was during this time that scores of fabulous mountaintop citadels were built, including Machu Picchu.

When Europeans 'discovered' the New World, epidemics including smallpox swept down from Central America and the Caribbean. In 1527 the 11th Inca Huayna Capác died of such an epidemic. Before expiring he divided his empire between his two sons Atahualpa, born of a Quitan mother, who took the north, and the pure-blooded native Cuzqueñan Huáscar, who took Cuzco and the south. Civil war eventually ensued and the slow downfall of the Inca empire began.

By 1526 Francisco Pizarro had started heading south from Panama and soon dis-

covered the rich coastal settlements of the Inca empire. After returning to Spain to court money and men for the conquest he returned, landing on the Ecuadorian coast and marching overland toward Peru and the heart of the Inca empire, reaching Cajamarca in 1532, by which time Atahualpa had defeated his half-brother Huáscar.

This meeting was to radically change the course of South American history. Atahualpa was ambushed by a few dozen armed conquistadors who succeeded in capturing him, killing thousands of unarmed indigenous tribespeople. In an attempt to regain his freedom, the Inca offered a ransom of gold and silver from Cuzco, including that stripped from the walls of Qorikancha.

But after holding Atahualpa prisoner for a number of months and teasing the Incas with ransom requests Pizarro murdered him anyway, and soon marched on Cuzco (see p870). Mounted on horseback, protected by armor and swinging steel swords, the Spanish cavalry was virtually unstoppable. Despite sporadic rebellions, the Inca empire was forced to retreat into the mountains and jungle, and never recovered its glorious prestige or extent.

Colonial Peru

In 1535 Pizarro founded the capital city of Lima. Decades of turmoil ensued, with Peruvians resisting their conquerors who were fighting among themselves for control of the rich colony. Pizarro was assassinated in 1541 by the son of conquistador Diego de Almagro, whom Pizarro had put to death in 1538.

Manco Inca nearly regained control of the highlands in 1536, but by 1539 had retreated to his rainforest hideout at Vilcabamba, where he was killed in 1544. Inca Tupac Amaru also attempted to overthrow the Spaniards in 1572, but was defeated and executed.

For the next two centuries Lima was the major political, social and commercial center of the Andean nations, while Cuzco became a backwater. However, this peaceful period came to an abrupt end. Indigenous people were being exploited as laborers under the *encomienda* system (whereby settlers were granted a parcel of land and native slaves). This led to the 1780 uprising under the self-proclaimed ruler Inca Tupac Amaru II. But this rebellion was also squashed, and its leaders cruelly executed.

Independence

By the early 1800s rebellion was stirring among the colonists due to high taxes imposed by Spain, plus a desire to take control of the country's rich mineral deposits, beginning with prime *guano* (seabird droppings) used for fertilizer (see p846).

Change came from two directions. After liberating Argentina and Chile from Spain, José de San Martín entered Lima and formally proclaimed Peru's independence in 1821. Elsewhere Simón Bolívar had freed Venezuela, Colombia and Ecuador. San Martín and Bolívar met in Ecuador, and as a result of this heart-to-heart – the details of which are a mystery – San Martín left Latin America altogether to live in France, while Bolívar continued into Peru. Two decisive battles were fought at Junín and Ayacucho in 1824, and the Spanish finally surrendered in 1826.

Peru also won a brief war with Spain in 1866 and lost a longer war with Chile (1879–83) over the nitrate-rich northern Atacama Desert. Chile annexed much of coastal southern Peru, but returned some areas in 1929. A little over a decade later Peru went to war with Ecuador over another border dispute. A 1942 treaty gave Peru the area north of the Río Marañón, but Ecuador disputed this and skirmishes occurred every few years. It wasn't until 1998 that a peace treaty finally put an end to the hostilities.

Modern Times

Despite periods of civilian rule, it was coups and military dictatorships that characterized

Peru's government during most of the 20th century.

In the late 1980s the country experienced severe social unrest. Demonstrations protesting the disastrous handling of the economy by President Alan García Pérez were an everyday occurrence – at one point, inflation reached 10,000%! His 10 years of rule were shadowed by the disruptive activities of Maoist terrorist organization Sendero Luminoso, which waged a guerrilla war resulting in the death or 'disappearance' of at least 40,000 people, mostly in the central Andes.

In 1990 Alberto Fujimori, the son of Japanese immigrants, was elected president. Strong, semi-dictatorial actions led to unprecedented improvements in the economy. Popular support propelled Fujimori to a second term in 1995 (after he amended the constitution expressly so he could run again), but that support was dwindling by 1998. In June 2000 Fujimori again ran for office, but came up 0.1% short of the 50% votes needed to win outright. His main challenger, leftist Alejandro Toledo, claimed the elections had been rigged and refused to enter the runoff, which Fujimori promptly won.

In September 2000 a video was released showing Vladimir Montesinos, Fujimori's hawkish head of intelligence, bribing a congressman. As his 10-year presidency spiraled out of control, Fujimori ordered Montesinos' arrest, but the spymaster had fled. Over 2000 so-called 'Vladivideos' were discovered, implicating key political figures in money laundering and governmental corruption. Fujimori claimed innocence, but then resigned during a state trip to Asia and hid in Japan, which refused Peru's repeated extradition requests.

New presidential elections were held in 2001, and Toledo's indigenous heritage won through in a country where the majority of the population claims indigenous or mixed lineage. Peruvians were again facing increased unemployment, stagnant wages and higher costs of living. Soon the country was again plagued by strikes and demonstrations.

THE CULTURE

The National Psyche

Peruvians have been caught up in a political roller-coaster ride for decades, with public opinion leaping back and forth with the rise and usually thunderous fall of each new

president. But Peruvians' fierce pride in their heritage is entirely unshakable. Long dominated by a fair-skinned oligarchy of *limeños* (Lima residents), Peruvian society has begun embracing its indigenous roots.

Even as the last few decades have brought an onslaught of social and political turmoil, Peruvians have maintained their zeal for all things worth living. There's fervor for robust cuisine, soulful music and the thrill of a football match. This is a country that takes family and friendship seriously. Ultimately it is a culture that faces its setbacks with stoicism and plenty of dark humor – but also lots of hope.

Lifestyle

Just as Peru's geography varies hugely between desert, sierra and jungle, so does the lifestyle and attitude of its inhabitants. *Campesinos* (peasants) scratching out a living subsistence farming in a remote highland hamlet are a world apart from urbane *arequipeños* (Arequipa residents) with holiday homes on the coast, or hunter-gatherer tribes isolated in the deep Amazon.

The gaps between rich and poor may astound you. The introduction of TV to the impoverished highlands in the 1950s fueled a first wave of migration to the coast in pursuit of the privileged lives they saw on-screen. The vast influx of migrants spawned *pueblos jóvenes* (young towns) that surround Lima, many of which still lack electricity, water and adequate sanitation.

Over half of Peruvians live below the poverty line, and unemployment is so out of control it can't be measured. However, the entrepreneurial spirit is strong. Many of the jobless work as *ambulantes* (street vendors) selling anything from chocolates to clothespins in the streets, while teachers, police officers and students also drive taxis.

Given the grinding poverty that most Peruvians endure, it's hardly surprising that labor strikes for higher wages and various political protests happen all the time, for example when *campesinos* rise up to fight the US-backed eradication of traditional Andean coca crops. Travelers may find their trip suddenly delayed. It's not really a big deal to Peruvians, though.

Population

Peru is a society split between the mainly white and fair-skinned *mestizo* (people of

mixed indigenous and Spanish descent – the latter distinguish themselves as being *criollo*) middle and upper classes, and the mostly poor indigenous *campesinos*. About 45% of Peru's population is purely indigenous, making it one of three Latin American countries to have such high indigenous representation. (In Spanish, *indígenas* is the culturally appropriate term, not *indios*, or Indians, which may be insulting.) Most *indígenas* speak Quechua and live in the Andean highlands, while a smaller percentage speak Aymara and inhabit the Lake Titicaca region. In the vast Amazon, various indigenous ethnicities speak a plethora of other languages. About 3% of Peruvians are of African or Asian descent. Afro-Peruvians are the descendants of slaves brought by the Spanish conquistadors. Alberto Fujimori (president 1990–2000) is of Japanese descent, and the many *chifas* (Chinese restaurants) are testimony to a widespread Chinese presence.

SPORTS

Fútbol (soccer) inspires passionate fanaticism in Peru, even though its national squad hasn't qualified for the World Cup since 1982. The big-boy teams mostly hail from Lima: the traditional *clásico* (classic match) pitches Alianza Lima against rivals Universitario (La U). The season is late March to November.

Bullfighting is also part of the bloodthirsty national culture. Lima's Plaza de Acho attracts international talent (see p843). In remote Andean hamlets, condors are tied to the back of the bull – an expression of indigenous solidarity against Spanish conquistadors.

RELIGION

More than 80% of Peruvians are declared Roman Catholics, and Catholicism is the official religion. However, while some *indígenas* are outwardly Catholic, they often combine elements of traditional beliefs into church festivals and sacred ceremonies, for example, when Pachamama (Mother Earth) is venerated as the Virgin Mary.

ARTS

Architecture

While the Inca stonework of Machu Picchu is Peru's star attraction, you'll find an assortment of other architectural styles, from magnificent pre-Columbian adobe pyramids to Spanish baroque to boxy modernist. Colonial

MADE BY HAND

Lima and Cuzco have the greatest selection of artisan craft shops selling antique and contemporary weavings, ceramics, paintings, woolen clothing, leather goods and silver jewelry. Lake Titicaca towns are great for knitted alpaca sweaters and knickknacks made from *titora* reeds. Huancayo is the place for carved gourds, while Ayacucho is famous for weavings and stylized ceramic churches. The Shipibo pottery sold in Yarinacocha is the best Amazon jungle craft available. Reproductions of ancient Moche pottery are sold in Trujillo; make sure objects are labeled as copies, as it's illegal to take pre-Columbian antiques out of the country. Avoid buying touristy goods made by cutting up antique textiles, which is destructive to indigenous peoples' cultural heritage.

styles are well represented by the countless cathedrals, churches, monasteries and convents built after the Spanish conquistadors arrived.

Literature

Peru's most famous novelist is the internationally recognized Mario Vargas Llosa (1936–), who ran unsuccessfully for president in 1990. His complex novels including *The Time of the Hero* delve into Peruvian society, politics and culture.

Considered Peru's greatest poet, César Vallejo (1892–1938) wrote *Trilce*, a book of 77 avant-garde, existentialist poems. Vallejo was known for pushing the Spanish language to its limits, inventing words when real ones no longer served him.

Two writers noted for their portrayals of indigenous communities are José María Arguedas (1911–69) and Ciro Alegría (1909–67). Women writers fill the pages of *Fire From the Andes: Short Fiction by Women from Bolivia, Ecuador and Peru*.

Rising literary stars include Peruvian-American Daniel Alarcón (1977–), whose short story *City of Clowns* featured in the *New Yorker*; and Sergio Bambarén (1960–), who lived in the USA and Australia before returning to Lima – his self-published *The Dolphin: The Story of a Dreamer* became a bestseller.

Music & Dance**ANDEAN**

Haunting pre-Columbian music, which features wind and percussion instruments, is inescapable in the highlands. Called *música folklórica*, traditional Andean music is heard all over Peru, with bars and clubs called *peñas* specifically catering to it.

The most representative wind instruments are *quenás* and *zampoñas*. The *quena* (or *kena*) is a flute, usually made of bamboo or bone and of varying lengths depending on the pitch desired. The *zampoña* is a set of panpipes with two rows of bamboo canes, ranging from the tiny, high-pitched *chuli* to the meter-long bass *toyo*. Percussion instruments include *bombos* (drums made from hollowed-out tree trunks and stretched goat-skin) and *shajshas* (rattles made of polished goat hooves).

Today's *música folklórica* groups also use stringed instruments adapted from Spain. The most typical is the *charango*, a tiny, five-stringed guitar with a box traditionally made of an armadillo shell.

COASTAL

Sassy *música criolla* has its roots in Spain and Africa. Afro-Peruvian music is unique and quite different from Caribbean or Brazilian styles. Its main instruments are guitars and the *cajón*, a wooden box on which the player sits and pounds out a rhythm. Also sharing African-Spanish roots, the bluesier *landó* has stylistic elements of call-and-response and lyrics often focused on slavery and social issues.

The heart of Afro-Peruvian music and dance beats strongly in Chíncha (p845). A great introductory compilation is *Afro-Peruvian Classics: The Soul of Black Peru*, with the incomparable Susana Baca. The contemporary group Peru Negro has recently leapt onto the international scene.

The most popular coastal dance is the *marinera*, a romantic routine employing much waving of handkerchiefs. *Marinera* competitions are popular in Trujillo (p902).

MODERN

Also popular in Peru is omnipresent Caribbean salsa, as well as cumbia and *chicha*, both originally from Colombia. All three can be enjoyed in the *salsotecas* (salsa clubs), which cram in hundreds of Peruvians for all-night

dance-fests. *Chicha* is a cheerful Andean fusion of traditional panpipes with electronic percussion and guitars. Deriving from cumbia is Peruvian techno-cumbia, of which prime exponents were Euforia and Rosy War, while newer bands include Agua Marina and Armonía 10. The homegrown Peruvian rock, pop, punk, hip-hop and reggaeton scenes are limited.

Painting & Sculpture

Much of Peru's religious art was created by indigenous artists under colonial influence. This unique cross-pollination gave rise to *Escuela Cuzqueña* (Cuzco school), a syncretic blend of Spanish and indigenous sensibilities. *Cuzqueña* canvases are proudly displayed in many highland churches, not just in Cuzco (p871).

ENVIRONMENT

While rainforest deforestation has caught international attention, deforestation from logging and overgrazing in the highlands are also acute problems, causing soil to deteriorate and get blown or washed away. This leads to decreased water quality, particularly in the Amazon Basin, where silt-laden water is unable to support microorganisms at the base of the food chain. Other water-related problems include pollution from mining in the highlands and from industrial waste and sewage along the coast. Some beaches have been

declared unfit for swimming, and Peru's rich marine resources are threatened. Elsewhere responsible tourism is finally on the agenda, especially in the Amazon Basin.

The Land

The third-largest country in South America, Peru has three distinct regions: a narrow coastal belt, the wide Andean mountains and the Amazon jungle.

The coastal strip is mainly desert, punctuated by cities and rivers down from the Andes forming agricultural oases. The country's best road, the Carretera Panamericana (Pan-American Hwy), slices through coastal Peru from border to border.

The Andes rise rapidly from the coast to spectacular heights over 6000m just 100km inland. Most mountains are between 3000m and 4000m, with jagged ranges separated by deep, vertiginous canyons. Huascarán (6768m) is Peru's highest peak.

The eastern Andes get more rainfall than the dry western slopes, and so they're covered in cloud forest that slips and slides down to merge with the rainforest of the Amazon Basin.

Wildlife

With mammoth deserts, glaciated mountain ranges, tropical rainforests and almost every imaginable habitat in between, Peru hosts a menagerie of wildlife.

TOP 10 WILD WILDLIFE-WATCHING SPOTS

- remote jungle in **Parque Nacional Manu** (p929); your best chance to see jaguars, tapirs and monkeys
- the coastal reserve with penguins, flamingos and sea lions of **Islas Ballestas** and **Reserva Nacional de Paracas** (p846)
- the **Parque Nacional Huascarán** (p918) for Andean condors, giant Puya raimondii plants, vicuñas and vizcachas
- canopy walkways, jungle lodges and river cruises in **Iquitos** (p932)
- sighting capybara while cruising to a macaws' lowland salt lick at **Puerto Maldonado** (p926)
- the easiest place to spot Andean condors – **Cañón del Colca** (p863)
- oxbow lake **Yarinacocha** (p931), home to pink dolphins, huge iguanas and myriad bird species
- desert oasis **Santuario Nacional Lagunas de Mejía** (p853) – coastal lagoons with abundant native and migratory birds
- little-known rainforest reserve of **Reserva Nacional Pacaya-Samiria** (p932), explored by dugout canoe
- at **Machu Picchu** (p884), a rainbow of rare and endemic birds – over 400 species!

Bird and marine life is abundant along the coast, with colonies of sea lions, Humboldt penguins, Chilean flamingos, Peruvian pelicans, Inca terns and the brown booby endemic to the region. Remarkable highland birds include majestic Andean condors, puna ibis and a variety of hummingbirds. The highlands are also home to camelids such as llamas, alpacas, guanacos and vicuñas, while cloud forests are the haunts of jaguars, tapirs and endangered spectacled bears.

Swoop down toward the Amazon and with luck you'll spot all the iconic tropical birds – parrots, macaws, toucans and many more. The Amazon is home to over a dozen species of monkeys, plus river dolphins, frogs, reptiles, fish and insects galore. Snakes? Don't panic. Many species live here, but they're mostly shy of humans.

National Parks

Peru's vast wealth of wildlife is protected by a system of national parks and reserves with over 55 areas covering almost 13% of the country. Yet these areas seriously lack infrastructure and are subject to illegal hunting, fishing, logging and mining. The government simply doesn't have the money to patrol the parks, though international agencies contribute money and resources to help conservation projects.

TRANSPORTATION

GETTING THERE & AWAY

For visa information, see p942.

Air

Lima's **Aeropuerto Internacional Jorge Chávez** (code LIM; ☎ 01-517-3100; www.lap.com.pe) is the main hub for flights to Andean countries and Latin America, North America and Europe.

Boat

Boats ply the Amazon from Iquitos to Leticia, Colombia, and Tabatinga, Brazil (p936). It's

difficult to reach Bolivia by river from Puerto Maldonado (p928). It's possible, but time consuming, to travel along the Río Napo from Iquitos to Coca, Ecuador.

Bus, Car & Motorcycle

The major border crossings: Tacna to Chile (p856); Tumbes (p912), La Tina (p911) or Jaén (p907) to Ecuador; and Yunguyo or Desagadero (p868) by Lake Titicaca to Bolivia. Brazil is reached (but not easily) via Iñapari (p928).

Train

There are inexpensive, twice-daily trains between Tacna and Arica, Chile (p856).

GETTING AROUND

On the road keep your passport and Andean Immigration Card (see p942) with you, not packed in your luggage, as overland transport goes through police checkpoints.

Air

Domestic-flight schedules and ticket prices change frequently. New airlines open every year, as those with poor safety records shut down (check www.airsafe.com). Another useful website is www.traficoperu.com, which details flight schedules and fare quotes between major cities. At the time of research, one-way flights averaged US\$95, with no discounted round-trip fares. Early bookers get cheaper seats.

Every domestic airline flies between Lima and Cuzco, as does international carrier **TACA** (www.taca.com). **LAN** (www.lan.com) serves all major and some minor routes. **Star Perú** (www.starperu.com) flies to Cuzco and the jungle cities. **Aero Condor Perú** (www.aerocondor.com.pe) and **LC Busre** (www.lcbusre.com.pe) provide important links to Andean highland and jungle towns. Airline offices are listed under destinations later in this chapter.

Flights are often late. Morning departures are more likely to be on time. Show up at least one hour early for all domestic flights (90 minutes in Lima, two hours in Cuzco). Flights are often fully booked during holidays (p940). *Confirm and reconfirm* 72 and 24 hours in advance; airlines are notorious for bumping passengers off flights.

A US\$3.57 domestic departure tax payable in US dollars or nuevos soles (cash only) applies at most airports; Lima charges US\$6.05, Cuzco US\$4.28.

DEPARTURE TAX

Departure taxes on all flights are charged at airports. Lima's international departure tax is US\$28.10, payable in US dollars or nuevos soles (cash only).

Boat

Small, slow motorboats depart daily from Puno for Lake Titicaca's islands (p869).

In Peru's eastern lowlands, *peki-peki* (dug-out canoes, usually powered by an outboard engine) act as waterbuses on the smaller rivers. Where the rivers widen, larger cargo boats are normally available. This is the classic way to travel down the Amazon – swinging in your hammock aboard a banana boat piloted by a grizzled old captain who knows the waters better than the back of his hand. You can travel from Pucallpa or Yurimaguas to Iquitos, and on into Brazil, Columbia or Ecuador this way. These boats aren't big, but have two or more decks: the lower deck is for cargo, the upper for passengers and crew. Bring a hammock. Basic food is provided, but you may want to bring your own. To get onboard, just go down to the docks and ask for a boat to your destination. Arrange passage with the captain (nobody else). Departure time normally depends on filling up the hold. Sometimes you can sleep on the boat while awaiting departure to save costs.

Bus

Peru's notoriously dangerous buses are cheap and go just about everywhere, except into the deep jungle. Less-traveled routes are served by ramshackle old chicken buses, but more popular destinations are served by fast luxury services (called *imperial* or something similar), charging up to 10 times more than *económico* (economy) buses. It's worth paying more for long-distance bus trips, if only for safety's sake. Some overnight routes offer *bus-camas* (bed buses) with seats that almost fully recline.

Many cities now have central bus terminals, while others have bus companies clustered around a few blocks or scattered all over town. Travel agencies are convenient for buying tickets, but will overcharge you. Instead buy them yourself from the bus company directly at least a day in advance. Schedules and fares change frequently. Prices skyrocket around major holidays (p940), when tickets may be sold out several days ahead of time. Coastal buses are packed all summer long, especially on Sundays.

Buses rarely leave or arrive on time, and can be greatly delayed during the rainy season due to landslides and treacherous road conditions. Try not to take overnight buses,

which are more vulnerable to fatal accidents, hijackings and luggage theft. It can get freezing cold on highland buses, so dress warmly. Long-distance buses generally stop for meals, though toilets are highly unpredictable. Some companies have their own restaurants in the middle of nowhere, practically forcing you to eat there. But you can also buy snacks from onboard vendors or bring your own food and drinks.

Car & Motorcycle

With the exception of the Carratera Panamericana and new roads leading inland from the coast, road conditions are generally poor, distances are great and renting a car is an expensive, often dangerous hassle. Keep in mind that road signage is deficient and most major roads are also toll roads: US\$1 to US\$2 for every 100km. *Gasolina* (petrol) averages US\$3.90 per US gallon, and gasoline stations (called *grifos*) are few and far between. Renting a private taxi for long-distance trips costs little more than renting a car, and avoids most of these pitfalls. Motorcycle rental is an option mainly in jungle towns, and there are a few lone outfitters in Cuzco.

Local Transportation

Taxis are unmetered so ask locals the going rate, then haggle; drivers often double or triple the standard rate for unsuspecting foreigners. A short run in most cities costs US\$1 (in Lima US\$1.50). Be aware that street hawkers sell florescent taxi stickers throughout Peru, and anybody can just stick one on their windshield. Some drivers of these unlicensed 'pirate' taxis have been known to be complicit in violent crimes against passengers. It's safer but more expensive to take officially regulated taxis, which are typically called by telephone.

Motocarros or *mototaxis* (motorized rickshaws) are common in some of the smaller cities. *Colectivos* (shared minivans, minibuses or taxis) and trucks (in the Amazon) run between local and not-so-local destinations.

Train

Pricy **PeruRail** (www.perurail.com) links Cuzco and the Sacred Valley with Machu Picchu (p879). There is an unpredictable though immensely scenic thrice-weekly service that travels between Cuzco and Lake Titicaca (p868).

Other railways connect Lima and the Andean highland towns of Huancayo (p897) and Huancavelica (p894).

LIMA

 01 / pop 7,600,000

Millions of inhabitants crowd into Peru's frenetic capital, giving it an edge few other South American cities have. Its shantytowns look like the developing world, yet the business districts and promenades of its seaside suburbs are Europe away from home.

Overpopulation problems have earned this fast-moving metropolis a reputation as a polluted, frenetic and dangerous place. Yet in no time it can transport you from crumbling pre-Inca pyramids and the waning splendor of Spanish colonial architecture to glitzy, ultramodern shopping malls and many of the country's best museums. You can feast on fresh seafood by the ocean, go paragliding off the cliffs in Miraflores and groove all night in bohemian Barranco's bars and clubs.

Lima's climate can be a challenge. Blanketed in a melancholy *garúa* (coastal fog, mist or drizzle) from April to December, the city plays with the senses, but when summer comes, the sun blazes and *limeños* head in droves for the Pacific coast beaches.

HISTORY

Lima was christened the 'City of Kings' when Francisco Pizarro founded it on the Catholic feast day of Epiphany in 1535. During early Spanish colonial times it became the continent's richest, most important town, though this all changed in 1746 when a disastrous earthquake wiped out most of the city. However, rebuilding was rapid, and most of the old colonial buildings still to be seen here date from after the earthquake.

Argentinean General José de San Martín proclaimed Peruvian independence from Spain here on July 28, 1821. Three decades later the city took a crucial step over other cities on the continent by building the first railway in South America. In 1881 Lima was attacked during a war with Chile. Treasures were carried off or broken by the victorious Chileans, who occupied the town for nearly three years.

An unprecedented population explosion began in the 1920s due to rapid industrialization and an influx of rural poor from

throughout Peru, especially the highlands. Such growth – and growing pains – have continued at a breakneck pace ever since. Today the city has a few wealthy and middle-class suburbs, but many people are unemployed and live with inadequate housing and no running water.

In December 1996 Tupac Amaru leftist rebels entered the Japanese ambassador's residence and took several ambassadors and ministers hostage. Four months went by before Peruvian soldiers bombed the building, entered and shot the rebels. One hostage and two Peruvian commandos died during the rescue operation.

In March 2002, a few days before a visit by US President George W Bush, a car bomb exploded near the US Embassy, killing ten people. It was thought to have been detonated by the guerrilla group Sendero Luminoso, which had caused massive social instability in the 1980s.

ORIENTATION

The heart of downtown Lima ('El Centro') is the Plaza de Armas, aka Plaza Mayor (Map pp834–5). It's linked to Plaza San Martín by the bustling pedestrian mall Jirón (de la) Unión, which continues south as Jirón Belén (many streets change their names every few blocks) and runs into Paseo de la República. From Plaza Grau, the Vía Expresa – nicknamed *el zanjón* (the ditch) – is an important expressway to the suburbs. Parallel to and west of the expressway is Av Garcilaso de la Vega (Av Wilson), which starts as Jirón Tacna and runs south into Av Arequipa, the main street for buses to the southern suburbs including San Isidro, Lima's fashionably elegant business district, and the ritzy beachfront hotels, restaurants and shops of Miraflores. Further south, the artistic clifftop community of Barranco has the hottest nightlife in town.

INFORMATION

Bookstores

Foreign-language guidebooks and maps are sold at the SAE clubhouse (see Tourist Information, p836), which has a members-only book exchange.

Crisol (Map p840; Óvalo Guturiérrez, Santa Cruz 816, Miraflores; ☎ 10am–11pm) A big, showy bookshop, with some novels and travel guides in English and French.

Zeta (Map p840; Espinar 219, Miraflores; ☎ 10am–8pm Mon–Sat) A small but varied foreign-language selection,

GETTING INTO TOWN

The airport is in suburban Callao, 12km west of downtown (see Map pp832–3).

Official taxis directly outside the terminal exit charge a whopping US\$20 for trips to the city center and US\$25 to Miraflores. Walk past these into the parking lot and you'll find taxis for under US\$15. Or turn left outside the terminal, walk 100m to the pedestrian gate, turn right and walk another 100m to the road outside the airport, and you can get an unofficial taxi for less. A safer alternative to unregulated 'pirate' taxis is the Urbanito bus (to city center/Miraflores US\$4.50/6), which goes directly to your hotel. *Colectivo* (shared) taxis will also drop you off at your chosen hotel; they charge around US\$5 per person, and leave from the same spot as regulated taxis.

The cheapest way to reach the airport from downtown is on buses marked 'Faucett/Aeropuerto' running south along Alfonso Ugarte (US30¢). From Miraflores, taxis are recommended. Taking a taxi to the airport is cheapest if you just flag one down on the street and bargain. For more security, call a taxi in advance and pay the full US\$15 to US\$25 fare. Maddening traffic and road construction often lead to lengthy delays, so allow at least an hour for the ride to/from the airport.

Unfortunately there is no central bus terminal in Lima. Each bus company runs its own offices and terminals, mostly in shady neighborhoods east of the city center – take a taxi.

plus a few Lonely Planet titles. Also at LarcoMar shopping mall (Map p840).

Emergency

Ambulance (☎ 117)

Fire (☎ 116)

Police (☎ 105) Emergencies only.

Police headquarters (Map pp832-3; ☎ 460-0921; Moore 268, Magdalena del Mar; 🕒 24hr)

Policía de Turismo (Map pp834-5; ☎ 424-2053; Pasaje Tambo de Belén 106, Pachitea; 🕒 24hr) Provides reports for insurance claims or traveler's check refunds; some staff speak English.

Immigration Offices

Migraciones (Map pp832-3; ☎ 330-4144; España 734, Breña; 🕒 8am-1pm Mon-Fri) Go first thing in the morning for a same-day visa extension (p942).

Internet Access

Some guesthouses offer free internet access. Speedy cybercafés costing about US60¢ per hour are found on every other block in Miraflores.

Laundry

Rates are typically less than US\$2.50 per kilo. **KTO** (Map pp834-5; España 481, central Lima; 🕒 7am-8pm Mon-Sat)

Lavandería 40 Minutos (Map p840; Espinar 154, Miraflores; 🕒 8am-8pm Mon-Sat, 9am-1pm Sun)

Lavandería Neptuno (Map pp832-3; ☎ 477-4472; Grau 912, Barranco; 🕒 hours vary)

Servirap (Map p840; cnr Schell & Grimaldo del Solar, Miraflores; 🕒 8am-10pm Mon-Sat, 9am-6pm Sun) Also has self-service.

Left Luggage

Luggage storage at the airport costs US\$6 per day. Members can store their bags at the SAE clubhouse (p836).

Medical Services

The following offer emergency services and some English-speaking staff:

Clínica Anglo-Americana (Map pp832-3; ☎ 221-3656; Salazar 3rd block, San Isidro) Stocks yellow-fever and tetanus vaccines. Also has a walk-in center (Map pp832-3; ☎ 01-436-9933) near the US embassy.

Clínica Internacional (Map pp834-5; ☎ 433-4306; Washington 1471 & 9 de Diciembre, central Lima)

Clínica Montesur (Map pp832-3; ☎ 436-3630; El Polo 505, Monterrico) Specializes in women's health care.

Instituto de Medicina Tropical (Map pp832-3; ☎ 482-3903, 01-482-3910; Cayetano Heredia Hospital, Honorio Delgado, San Martín de Porres) Treats tropical diseases.

Other options:

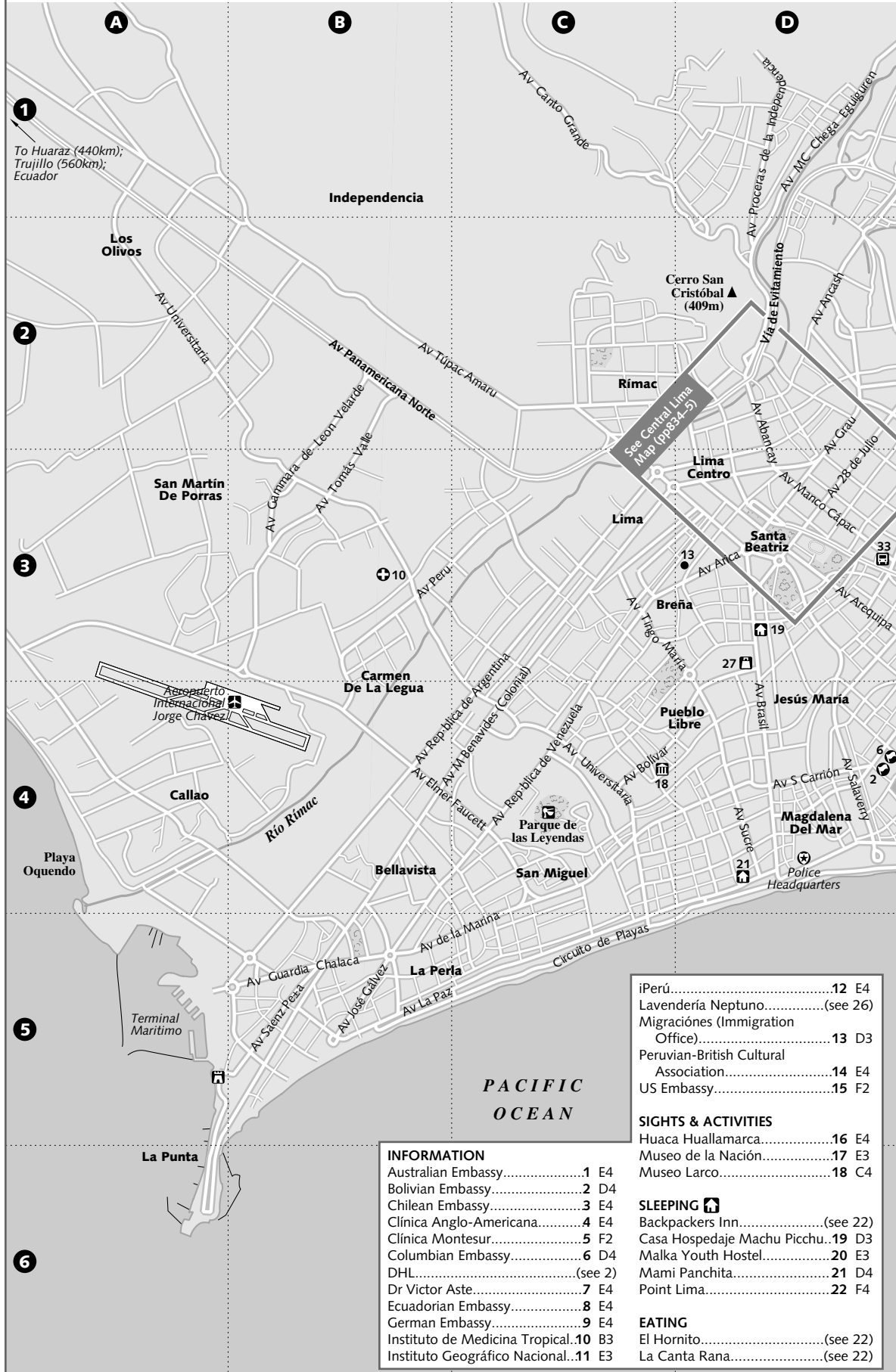
Dr Victor Aste (Map pp832-3; ☎ 421-9169; Office 101, Antero Aspíllaga 415, San Isidro) English-speaking dentist.

Jorge Bazan (☎ 9735-2668; jrbazan@yahoo.com) An English-speaking backpacker medic who makes housecalls.

Money

You'll find 24-hour ATMs throughout Lima. One bank in the international arrivals area at the airport is also open 24 hours. Other *casas de cambio* (foreign-exchange offices) are found on Camaná in central Lima and along Larco in Miraflores.

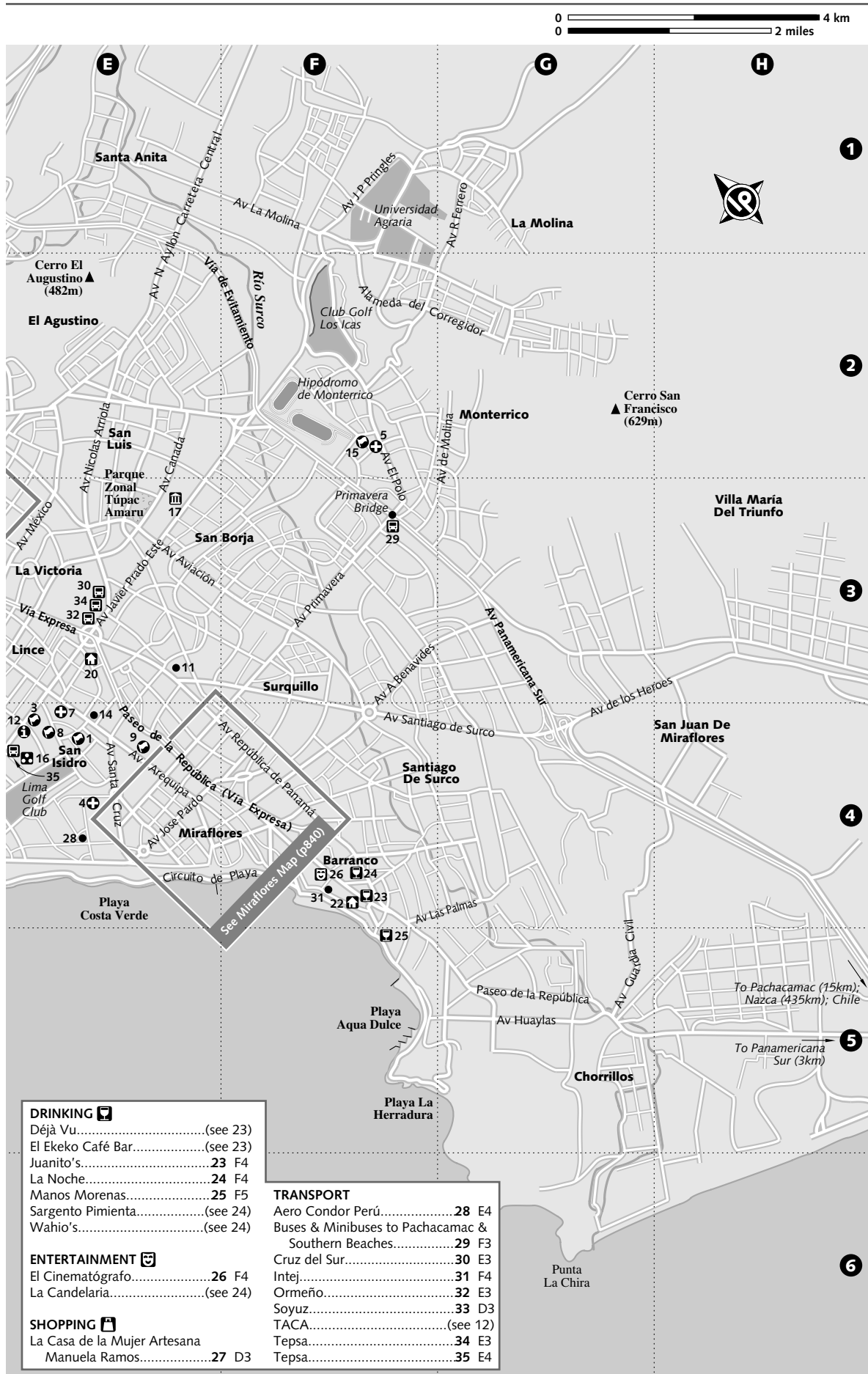
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German Embassy.....	9	E4
Instituto de Medicina Tropical.....	10	B3
Instituto Geográfico Nacional.....	11	E3

PERU

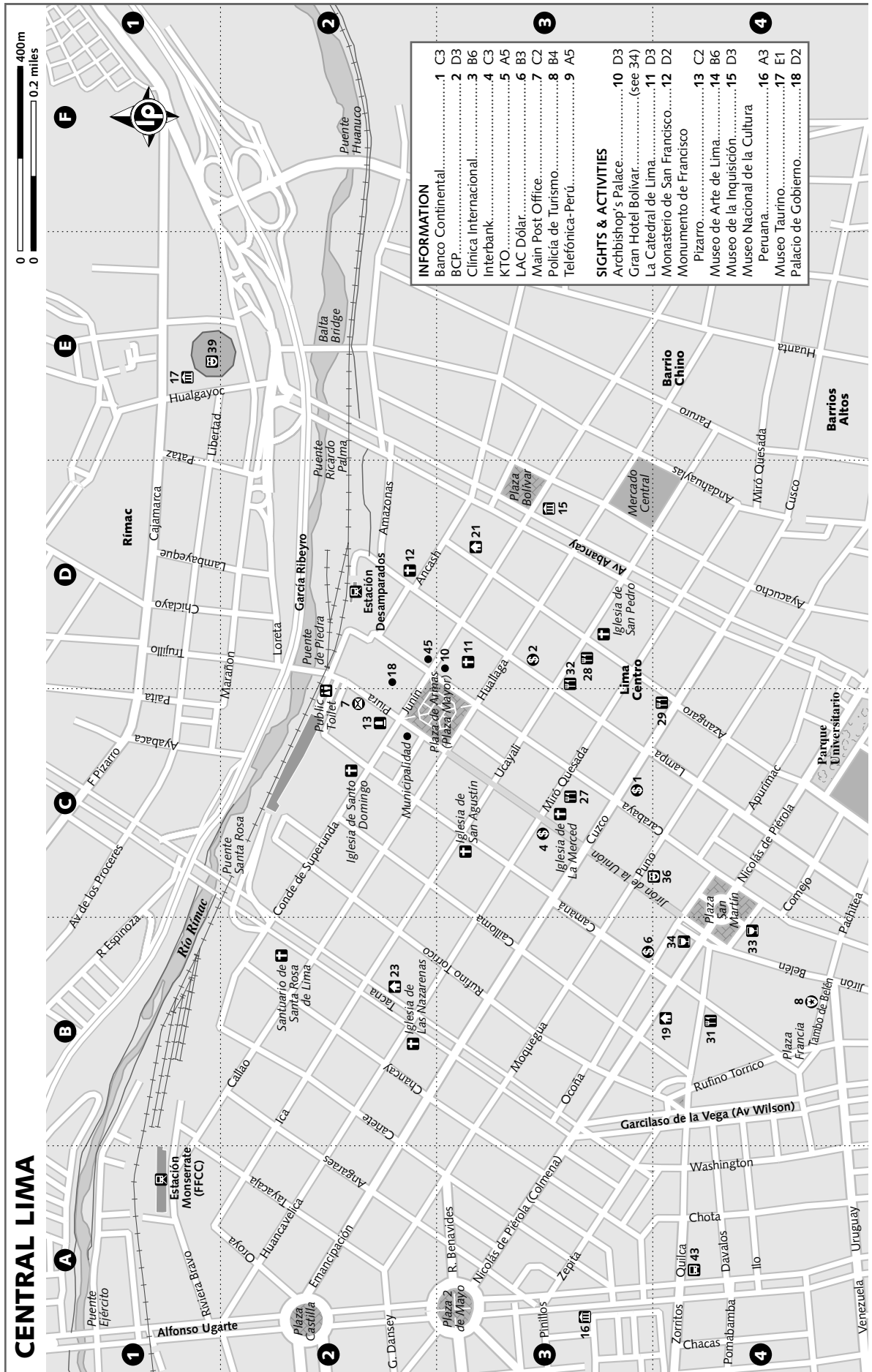


PERU

- DRINKING** ☑
- Déjà Vu.....(see 23)
 - El Ekeko Café Bar.....(see 23)
 - Juanito's.....23 F4
 - La Noche.....24 F4
 - Manos Morenas.....25 F5
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American Express (☎ 01-221-8204; Santa Cruz 621) Replaces lost Amex traveler's checks, but won't cash them.

Banco Continental central Lima (Map pp834-5; Cuzco 286); Miraflores (Map p840; cnr Larco & Tarata) Visa representative; its ATMs also take Cirrus, Plus and MasterCard.

Banco Wiese (Map p840; Larco 1123, Miraflores) MasterCard representative; changes Amex and Citicorp traveler's checks.

BCP central Lima (Map pp834-5; Lampa 499) Miraflores (Map p840; Pardo 491); Miraflores (Map p840; cnr Larco & Gonzales); Miraflores (Map p840; cnr José Larco & Schell) Has 24-hour Visa/Plus ATMs, gives cash advances on Visa and changes Amex, Citicorp and Visa traveler's checks.

Interbank central Lima (Map pp834-5; Jirón de la Unión 600); Miraflores (Map p840; Larco 690, Miraflores) Global ATMs accept Cirrus, MasterCard, Plus, Visa, Amex and most other card systems.

LAC Dólar central Lima (Map pp834-5; ☎ 01-428-8127; Camaná 779; ☎ 9:30am-6:30pm Mon-Sat, 9am-2pm Sun); Miraflores (Map p840; ☎ 01-242-4069; La Paz 211; ☎ 9:30am-6:30pm Mon-Sat, 9am-2pm Sun) Reliable *casa de cambio*.

Post

Members can have mail and packages held at the SAE clubhouse (below).

Main post office (Map pp834-5; Pasaje Piura, central Lima; ☎ 8:15am-8:15pm Mon-Fri, 9am-1:30pm Sat, 8am-4pm Sun) Post restante mail can be collected here, though it's not 100% reliable. Bring ID.

Miraflores post office (Map p840; Petit Thouars 5201; ☎ 8:15am-8:15pm Mon-Fri, 9am-1:30pm Sat, 8am-4pm Sun)

For faster, more expensive guaranteed shipping services:

DHL (Map pp832-3; ☎ 422-5232; Los Castaños 225, San Isidro)

FedEx (Map pp832-3; ☎ 242-2280; Pasaje Olaya 260, Surco)

Telephone

Payphones may only accept phonecards (p942). Many internet cafés offer cheaper local, long-distance and international calls.

Telefónica-Peru central Lima (Map pp834-5; Bolivia 347; ☎ 7am-11pm); Miraflores (Map p840; Benavides 4th block; ☎ 24hr)

Tourist Information

iPerú airport (Map pp832-3; ☎ 574-8000; Aeropuerto Internacional Jorge Chávez); Miraflores (Map p840; ☎ 445-9400; LarcoMar; ☎ noon-8pm); San Isidro (Map pp832-3; ☎ 421-1627; Jorge Basadre 610; ☎ 8:30am-6:30pm Mon-Fri) The main office dispenses maps and offers the

services of the tourist-protection agency (Indecopi) that deals with complaints. The Miraflores office is a tiny shopping-mall office, but useful on weekends.

South American Explorers (SAE; Map p840; ☎ 445-3306; www.saexplorers.org; Piura 135, off Arequipa 49th block, Miraflores; ☎ 9:30am-5pm Mon-Fri, to 8pm Wed, to 1pm Sat) SAE is a member-supported, nonprofit organization that functions as an information center for travelers. Annual membership (individual US\$50, less for volunteers, ISIC cardholders and couples) includes full use of clubhouse facilities, SAE's quarterly magazine and discounts throughout South America. Also see p1072.

DANGERS & ANNOYANCES

With large numbers of poor and unemployed people, Lima suffers from opportunistic crime. While you are unlikely to be physically hurt, travelers have been mugged. Take extra care on the beaches, where violent attacks have happened. Always use official regulated taxis, especially at night. Bus terminals are in disadvantaged neighborhoods and notorious for theft, so buy your tickets in advance and take a taxi. See also p938.

SIGHTS

Central Lima is the most interesting but not the safest place to wander. It's generally OK to stroll between the Plazas de Armas, San Martín and Grau and the parklands farther south. Some of Lima's best museums and other sights lie in outlying suburbs.

Museums

A dominating concrete block, the state-run **Museo de la Nación** (Map pp832-3; ☎ 476-9878; Javier Prado Este 2466, San Borja; adult/student US\$2/1, special exhibitions US\$3.30; ☎ 9am-6pm Tue-Sun) is the best place to get your head around Peru's myriad prehistoric civilizations. Catch a minibus (US\$30¢) east along Angamos Este from Arequipa, five blocks north of the Óvalo in Miraflores.

Museo Larco (Map pp832-3; ☎ 461-1312; http://museolarco.perucultural.org.pe; Bolívar 1515, Pueblo Libre; adult/student US\$7.80/3.90; ☎ 9am-6pm) contains an impressive collection of ceramics, stacked high to the ceilings. There are exquisite exhibits of gold- and silverwork, textiles made from feathers and a Paracas weaving that contains 398 threads to a linear inch – a world record! But you may be lured here just by the infamous collection of pre-Columbian erotic pots, illustrating, with remarkable explicitness, the

PACHACAMAC

Although it was an important Inca site and a major city when the Spanish arrived, **Pachacamac** (☎ 430-0168; <http://pachacamac.perucultural.org.pe>; adult/child/student US\$1.70/30¢/60¢; 🕒 9am-5pm Mon-Fri) had been a ceremonial center for 1000 years before the expansion of the Inca Empire. This archaeological complex is about 30km southeast of the city center.

The name Pachacamac, variously translated as 'he who animated the world' or 'he who created land and time,' comes from the powerful Wari god, whose wooden two-faced image can be seen in the on-site museum. The main temple at the site was dedicated to this deity and held a famous oracle. Pilgrims traveled to the center from great distances, and its cemetery was considered sacrosanct.

Most of the buildings are now little more than walls of piled rubble, except for the huge pyramid temples and one of the Inca complexes, the Palacio de Las Mamacuñas (House of the Chosen Women), which have been excavated and reconstructed. A thorough visit of this extensive site takes two hours, following a dirt road leading from site to site.

Guided tours from Lima start at US\$30 per person. Going solo? Catch a minibus signed 'Pachacamac' from the corner of Ayacucho and Grau in central Lima (Map pp834-5, US\$60¢, 45 minutes). Or from Miraflores, catch a taxi to the Primavera Bridge on Angamos at the Panamericana (Map pp832-3; US\$1.25), then take a bus signed 'Pachacamac/Lurin' (US\$30¢, 25 minutes). Tell the driver to let you off near the *ruinas* or you'll end up at Pachacamac village, 1km beyond the entrance. For cycling and horse-riding, see p838.

sexual practices of ancient Peruvian men, women, animals and skeletons in all combinations of the above. Catch a minibus marked 'Todo Bolívar' from Arequipa in Miraflores to the 15th block of Bolívar (US\$30¢).

North of the Río Rímac in a shady neighborhood, the dusty **Museo Taurino** (Map pp834-5; ☎ 481-1467; Hualgayoc 332; admission US\$1.50; 🕒 8am-4.30pm Mon-Fri) stands next to Lima's bullring. It boasts all manner of matadors' relics, including a holed and bloodstained costume worn by a famous Spanish matador who was gored and killed years ago. There are also paintings and drawings of bullfighting scenes by various artists, notably Picasso. Take a taxi from the Plaza de Armas (US\$2.50).

In Parque de la Cultura, **Museo de Arte de Lima** (Map pp834-5; ☎ 423-6332; <http://museoarte.perucultural.org.pe>; Paseo de Colón 125, Santa Beatriz; adult/student US\$1/70¢; 🕒 10am-5pm) exhibits four centuries of Peruvian art, as well as pre-Columbian artifacts. The more modest **Museo Nacional de la Cultura Peruana** (Map pp834-5; ☎ 423-5892; <http://museodelacultura.perucultural.org.pe>; Alfonso Ugarte 650; adult/student US\$1/60¢; 🕒 10am-5pm Tue-Fri, to 2pm Sat) displays popular folk art and handicrafts. Take a taxi from Plaza San Martín (\$1.50).

In the building used by the Spanish Inquisition from 1570 to 1820, the **Museo de la Inquisición** (Map pp834-5; ☎ 311-7777, ext 2910; www.congreso.gob.pe/museo.htm; Junín 548, central Lima; admission free; 🕒 9am-5pm) offers free, multilingual

tours. Visitors can explore the basement where prisoners were tortured, and there's a ghoulish waxwork exhibit of life-size unfortunates on the rack or having their feet roasted.

Religious Buildings

Lima's many churches, monasteries and convents are a welcome break from the city's incessant hustle and bustle, though they are often closed for restorations or an extended lunch.

Originally built in 1555, **La Catedral de Lima** (Map pp834-5; ☎ 01-427-9647; Plaza de Armas; adult/child US\$1.40/1; 🕒 9am-4:30pm Mon-Fri, 10am-4:30pm Sat) has been destroyed by earthquakes and reconstructed several times, most recently in 1746. Look for the coffin of Francisco Pizarro in the mosaic-covered chapel to the right of the main door. A debate over the authenticity of his remains raged for years after a mysterious body with multiple stab wounds and a disembodied head were unearthed in the crypt in the late 1970s. After a battery of tests, scientists concluded that the remains previously on display were an unknown church official, and that the body from the crypt was indeed Pizarro's. Don't overlook the beautifully carved choir and small religious museum at the back of the cathedral.

Monasterio de San Francisco (Map pp834-5; cnr Lampa & Ancash, Lima; 45min guided tour adult/student US\$1.40/75¢; 🕒 9:45am-6pm) is famous for its

catacombs and remarkable library, which has thousands of antique texts, some dating back to the Spanish conquest. The church is one of the best preserved of Lima's early colonial churches, and much of it has been restored to its original baroque style with Moorish influence. The underground catacombs are the site of an estimated 70,000 burials and the faint-hearted may find the bone-filled crypts unnerving.

Ruins

Walking up to the ceremonial platform of **Huaca Huallamarca** (Map pp832-3; ☎ 222-4124; Nicolás de Rivera 201, San Isidro; adult/student/child US\$1.70/1/30¢; 🕒 9am-5pm Tue-Sun), a highly restored Maranga adobe pyramid built c AD 500, gives you a novel perspective over contemporary Lima. Take a taxi from Miraflores (US\$2.50).

More easily accessible is **Huaca Pucllana** (Map p840; ☎ 445-8695; cnr Borgoña & Tarapaca, Miraflores; admission free; 🕒 9am-5pm Wed-Mon), an adobe pyramid of the Lima culture dating from AD 400. As archaeological excavations continue, the site is open for guided tours. There's a tiny museum with finds and a reconstructed burial.

Plazas

The oldest part of the **Plaza de Armas** (Plaza Mayor, Map pp834-5) is its central bronze fountain, erected in 1650. To the left of the cathedral, the exquisitely balconied **Archbishop's Palace** dates from around 1924. On the cathedral's northeastern flank, the **Palacio de Gobierno** is the home of Peru's president; the changing of the guard outside takes place at noon. On a corner of the plaza, opposite the cathedral, there is a **statue of Francisco Pizarro** on horseback. This statue once stood in the center of the plaza, but the clergy took a dim view of the horse's ass facing the cathedral.

The early-20th-century **Plaza San Martín** (Map pp834-5) is presided over by the **Gran Hotel Bolívar**. It's well worth a stop in the hotel's stately bar for a sip or two of its famous *pisco sour*. Also on the plaza is a bronze statue of liberator General José de San Martín. But get closer and you'll spy the overlooked **statue of Madre Patria**. Commissioned in Spain under instruction to give the good lady a crown of flames, nobody thought to iron out the double meaning of the word flame in Spanish

(*llama*), and the hapless craftsmen duly placed a delightful little llama on her head.

ACTIVITIES

Paragliding

For paragliding trips along the coast, contact **Peru Fly** (Map p840; ☎ 444-5004; www.perufly.com; Jorge Chávez 666, Miraflores). Tandem flights (US\$25) take off from the beachfront cliffs in Miraflores. Wave at the bemused coffee-drinkers in LarcoMar shopping mall as you glide past.

Swimming & Surfing

Limeños hit the beaches in their droves during the coastal summer months of January to March, despite publicized warnings of pollution. Don't leave anything unattended for a second.

The nearby surfing hot spots **Punta Hermosa** and **San Bartolo** (Map pp832-3) have hostels near the beach. **Punta Rocas** (Map pp832-3) is for experienced surfers, and has one basic hostel for crashing. You'll have to buy or rent boards in Lima, though, and hire a taxi to transport them.

To get to the southern beaches, take a 'San Bartolo' bus from the Primavera Bridge (Map pp832-3, taxi from Miraflores US\$1.20). Get off where you want and hike down to the beaches, which are mostly 1km or 2km from the Pan-American Hwy.

Cycling & Horse-riding

Popular cycling excursions include the 31km ride to Pachacamac (p837).

Cabalgatas (☎ 221-4591; www.cabalgatas.com.pe) Has Peruvian Paso horses and runs horse-riding trips around Pachacamac (US\$65 to US\$95).

Explore Bicycle Rentals (Map p840; ☎ 241-7494; iexplore@terra.com; Bolognesi 381, Miraflores; per hr/day/week US\$3/8/45; 🕒 8am-5pm Mon-Fri) Rents mountain bikes with helmets and locks.

FESTIVALS & EVENTS

Turn to p940 for national holidays and p939 for other festivals and events.

Festival of Lima Anniversary of the city's founding (January 18).

Feast of Santa Rosa de Lima Major processions in honor of the patron saint of Lima and the Americas. Held on August 30.

El Señor de los Milagros (Lord of the Miracles) On October 18, huge (and purple) religious processions; bullfight season starts.

GAY & LESBIAN LIMA

Lima has Peru's most open gay scene (see also p940). **Deambiente** (www.deambiente.com) is a Spanish-language online magazine of politics and pop culture, plus nightlife listings. **Gayperu.com** (www.gayperu.com), another Spanish-language guide, lists bars to bathhouses. **Rainbow Tours** (☎ 610-6000/215-6000; www.perurainbow.com; Río de Janeiro 216, Miraflores) is a gay-owned tour agency with a multilingual website. **Global Gayz** (www.globalgayz.com) and **Purple Roofs** (www.purple.roofs.com) have excellent Peru-specific info and links. For more up-to-date information, click to <http://gaylimape.tripod.com>.

SLEEPING

The cheapest guesthouses are generally in central Lima, though it's not as safe there as in the more upmarket neighborhoods of Miraflores and Barranco.

Central Lima

Hostal España (Map pp834-5; ☎ 428-5546; hotel_españa@hotmail.com; Azangaro 105; dm US\$3.50, d without bathroom US\$10; 📺) In a rambling old mansion full of classical busts, stuffed birds and paintings, this established gringos-only scene has basic accommodations with limited hot showers. A rooftop café is enclosed by a veritable jungle of trailing plants.

Hostal de las Artes (Map pp834-5; ☎ 433-0031; <http://arteswelcome.tripod.com>; Chota 1469; dm US\$5, d US\$18-20, tr US\$24) This gay-friendly, Dutch-Peruvian-owned hostel has basic fan rooms, but kind staff. It's located on a quiet side street in an atmospheric high-ceilinged *casa antigua* with colorful tiling.

Familia Rodríguez (Map pp834-5; ☎ 423-6465; jjr-art@mail.cosapidata.com.pe; 2nd fl, No 3 Nicolás de Piérola 730, dm incl breakfast US\$6) Beds in an informal, friendly family's home.

Pensión Ibarra (Map pp834-5; ☎ /fax 427-8603; pensión_ibarra@ekno.com; 14th & 15th fl, Tacna 359; s/d without bathroom US\$7/10) High above the city streets in an apartment block, this homely *pensión* is run by the helpful Ibarra sisters, who make a real effort to keep it safe, comfortable and clean. Kitchen access.

Hostal Iquique (Map pp834-5; ☎ 433-4724; hiqui-que@terra.com.pe; Iquique 758; s/d US\$10/16, without bathroom US\$7/10) This out-of-the-way spot is clean,

safe and has warm showers and kitchen facilities. There's a rooftop terrace, decorative tiling and most rooms have national TV.

Posada del Parque (Map pp834-5; ☎ 433-2412; 01-9945-4260; www.incacountry.com; Parque Hernán Velarde 60; s/d/tr US\$27/33/48; 📺) This graceful colonial house inhabits a tranquil cul-de-sac near parklands. It's run by helpful English-speaking owners. Spotless rooms have hot showers and cable TV. Breakfast available.

Miraflores

New backpacker hostels are always popping up in Miraflores, so ask around.

Casa del Mochilero (Map p840; ☎ 444-9089; pilaryv@hotmail.com; 2nd fl, Chacaltana 130A; r with shared bathroom per person US\$4) This bare-bones crashpad is so popular, the neighbors are opening copycat-named outfits of their own. Kitchen access and hot showers.

Bed & Breakfast José Luis (☎ 444-1015; hsjluis@terra.com.pe; Paula de Ugarriza 727; r per person incl breakfast US\$10) Off Av 28 de Julio east of the Vía Expresa, this huge rabbit warren is popular with students. You'll appreciate the friendly English-speaking host and characterful building. Most of the simple rooms have private bathrooms. Reservations required.

Flying Dog Backpackers (Map p840; ☎ 445-6745; www.flyingdogperu.com; Diez Canseco 117; dm/d incl breakfast US\$10/25; 📺) In the beating heart of Miraflores, this jam-packed hostel is run by youthful, laid-back, English-speaking staff. There are kitchen facilities, cable TV and a billiards lounge. Local calls are free.

Inka Lodge (Map p840; ☎ 242-6989; www.inkalodge.com; Elias Aguirre 278; dm US\$10-12, d with shared

SPLURGE!

Hostal El Patio (Map p840; ☎ 444-2107; www.hostalelpatio.net; Diez Canseco 341a; d incl breakfast US\$40-65; 📺) This little gem of a guesthouse has a cheery English-speaking owner who takes her role as a hostess seriously. The quaint inn has a sunny courtyard with a fountain and trailing plants, and several terraces upon which to chill. Rooms with cable TV and private bathroom are very comfortable, if darkish (ask for one upstairs), while suites have kitchens and minifridges. Airport pick-ups, internet access, luggage storage and filtered water are all free.



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PERU



Parque Confraternidad

bathroom US\$25-28, all incl breakfast; ☎ ☑) This secure, air-con hostel stands apart from the hubbub of Miraflores' main drags. Minimalist rooms have a dash of Andean style. There's hot water, free internet, a kitchen and a rooftop terrace.

Albergue Turístico Juvenil Internacional (Map p840; ☎ 446-5488; www.limahostell.com.pe; Casimiro Ulloa 328; dm/s/d US\$10.50/18/28; ☎ ☑) This newly renovated, yet strangely deserted hostel on a residential avenue has spotless dorms (private rooms are not such a bargain), kitchen facilities and an outdoor pool in the garden.

Barranco

Point Lima (Map pp832-3; ☎ 247-7997; www.thepointhostels.com; Malecón Junín 300; dm US\$7-9, s/d with shared bathroom US\$15/18, all incl breakfast; ☎) This white-washed seafront villa has ultrabasic rooms, but all the toys backpackers crave: cable TV, DVDs and ping-pong and pool tables. There's a kitchen and garden, plus free internet and staff only too willing to act as guides to local nightlife.

Backpackers Inn (Map pp832-3; ☎ 247-1326; www.barrancobackpackers.com; Mariscal Castilla 260; dm/d US\$12/28, all incl breakfast; ☎) On a tranquil, leafy street, this surf-style hostel has airy rooms with simple wooden furnishings. Some of the upper-floor balconies have blissful sea views. There's a kitchen and TV lounge.

Other Neighborhoods

Casa Hospedaje Machu Picchu (Map pp832-3; ☎ 424-3479; vanessa_new@hotmail.com; Juan Pablo Ferandini 1015, Breña; dm US\$3.50) This family homestay, a block off the 10th block of Brasil, comes highly recommended by readers. It's friendly, secure, has a kitchen and a TV lounge. Some English spoken.

Malka Youth Hostel (Map pp832-3; ☎ 442-0162; www.youthhostelperu.com; Los Lirios 165, San Isidro; dm US\$8, d with/without bathroom US\$20/18; ☎) Near Parque Américas, this little-known guesthouse has clean, quiet rooms with hot water, kitchen and laundry facilities, a TV room with DVDs and games, and a 6m-high climbing wall in the garden.

Mami Panchita (Map pp832-3; ☎ 263-7203; www.mamipanchita.com; Federico Gallesi 198, San Miguel; s/d/tr US\$20/30/40, s/d without bathroom US\$10/20, all incl breakfast; ☎) This amiable Dutch-Peruvian guesthouse is a real gem. It has a warm atmosphere, sunny courtyard, flower-bedecked gardens and convenient proximity to the airport. Its stellar reputation relies on word-of-mouth.

EATING

Many of the best restaurants are found in Miraflores. Of course, seafood is the local specialty.

Central Lima

Cheap set-lunch *menús* are offered in local restaurants. Barrio Chino (Chinatown), south-east of the Plaza de Armas, is blessed with Asian eateries.

Panko's (Map pp834-5; Garcilaso de la Vega 1296; items from US\$35¢) This vintage bakery offers a tempting array of sweets, pastries and drinks – your best bet for breakfast.

Azato (Map pp834-5; Arica 298; menú US\$1.20-2) The spot for fast, spicy *criollo* (coastal Peruvian) food.

Villa Natura (Ucayali 326; menú US\$1.50-2; ☎ Mon-Sat) One of many no-frills vegetarian pit stops in central Lima.

Queirolo (Map pp834-5; Camaná 900; mains US\$3-5; ☎ lunch daily, dinner Mon-Sat) An atmospheric old restaurant popular for set lunches and as a watering hole for *limeños*.

La Merced (Map pp834-5; Miró Quesada 158; mains US\$2-6) Bustling with businesspeople at lunch, La Merced has a surprisingly spacious interior and intricately carved wooden ceiling.

Cevichería La Chozza Náutica (Map pp834-5; Breña 204; mains US\$6-10) This popular little *cevichería* doesn't miss the opportunity to play on the supposedly aphrodisiacal qualities of seafood – look for *ceviche erótico*.

L'Eau Vive (Map pp834-5; ☎ 427-5612; Ucayali 370; lunch/dinner US\$10/25; ☎ 12:30-3pm & 7:30-9:30pm Mon-Sat) A uniquely flavored international restaurant run by a French order of nuns, it's a welcome relief from the Lima madhouse. To enter the colonial mansion, ring the doorbell. The nuns sing 'Ave María' at 9pm.

For self-catering, there's **Metro** (Map pp834-5; Cuzco 3rd block; ☎ 8am-10pm).

Miraflores

Restaurants are pricier in Miraflores, but a few hole-in-the-wall cafés still serve cheap set menus. Fast-food joints cluster around Óvalo Gutiérrez and inside the LarcoMar shopping mall. Open-air cafés and pizzerias surround Parque Kennedy, including on Diagonal.

Ima Sumac (Map p840; Colón 241; menú US\$2; ☎ lunch) A warm, friendly little place with great value set meals and take-away.

Bircher Benner (Map p840; San Felipe 720; mains US\$3-7; ☎ closed Sun) This pioneering restaurant makes

SPLURGE!

Astrid y Gastón (Map p840; ☎ 242-5387; www.astridygaston.com; Cantuarias 175, Miraflores; mains US\$10-22; 🍴 lunch & dinner) Renowned for its A-list fusion cuisine prepared by celebrity chef-owner Gastón Acurio, this is the place for gourmet *tiradito* (Peruvian-style marinated raw fish) and crisp roasted duck. An elegant upper-class *limeño* mainstay, it has a stable of Cordon Bleu-trained chefs and a dining room boldly splashed with artwork. A culinary media star in his own right, Gastón has been the capital city's flavor of the month – for many, many months.

excellent vegetarian treats like mushroom *ceviche*. Take a taxi (US\$1.50).

Vista al Mar (Map p840; Malecón de la Reserva 610; mains US\$6-12) When the aroma of garlic wafts over on a Pacific sea breeze, you've arrived. Built into the clifftop, this justifiably named place cooks up a variety of seafood.

For self-caterers, **Vivanda** (Map p840; Benavides 487; 🍴 24hr) has another branch on José Pardo.

Barranco

The passageway under Puente de los Suspiros leads to restaurants and stalls where delicious *anticuchos de corazón* (beef-heart shish kabobs) are served right off the grill.

El Hornito (Map pp832-3; Grau 209; mains US\$3-7) Excellent pizzas and a wide range of *parrilladas* (a selection of grilled meats) and pasta dishes, along with after-dark dining on a vine-covered patio with fairy lights.

La Canta Rana (Map pp832-3; Génova 101; mains US\$7-10; 🍴 lunch only) Translated as the 'The Singing Frog,' this unpretentious place is a great *cevi-chería*, serving all manner of seafood. Small portions, great ambience.

DRINKING

Lima overflows with bars, from San Isidro's pricey havens for the urbane elite to Barranco's cheap, cheerful watering holes. Miraflores has several streetfront cafés, as does the Plaza de Armas downtown.

You can bounce between Barranco's tight-knit nightclubs near Parque Municipal all night long. On summer weekends, energetic crowds of *limeños* head down to Km 97 on

the Pan-American Hwy, where electrifying DJs spin till dawn by the beach.

Central Lima

Drop in at the Gran Hotel Bolívar to quaff Peru's national cocktail, the *pisco sour*.

El Estadio Futbol Club (Map pp834-5; Nicolás de Piérola 926; 🍴 noon-midnight Sun-Wed, to 2am Thu-Sat) This bar gives a great taste of Peruvian-style soccer fanaticism; you can literally rub shoulders with Maradona and Pelé – admittedly, just waxworks.

Miraflores

Tasca (Map p840; ☎ 01-445-6745; www.flyingdogperu.com; Flying Dog Backpackers, Diez Canseco 117) A tapas bar always stuffed full of travelers. Hours vary.

Media Naranja (Map p840; Schell 130; 🍴 closed Sun) You can hardly miss the enormous Brazilian flag awnings of this lively café-bar by Parque Kennedy.

Señor Frogs (Map p840; LarcoMar; admission US\$8-10; 🍴 closed Sun) A flashy, electric club attracts a young, local crowd that spills out into the shopping mall cafés.

Barranco

Barranco is thronged with revelers on Friday and Saturday nights.

Juanito's (Map pp832-3; Grau 274) This leftist *peña* of the 1960s is still popular for the quirky antics of its bar staff. No sign: just look for a room filled with wine bottles.

La Noche (Map pp832-3; Bolognesi 307; admission US\$3) The party crowd is often to be found at this three-level bar above a busy pedestrian parade. Expect to hear anything from Latin pop to the occasional highland folk tune.

El Ekeko Café Bar (Map pp832-3; Grau 266; live-music admission US\$5-7; 🍴 10am-midnight Sun-Wed, to 3am Thu-Sat) A more sedate option, this faithful old bar comes alive at weekends when Los Abuelos de la Bohemia play live music, trotting out tango, *música folklórica* and cha-cha-chas.

Wahio's (Map pp832-3; Plaza Espinosa; 🍴 Thu-Sat) An energetic little bar with its fair share of dreadlocks, and a classic soundtrack of reggae, ska and dub.

Sargento Pimienta (Map pp832-3; Bolognesi 755; 🍴 Wed-Sat) Spanish for 'Sergeant Pepper,' this huge barnlike place has a dance floor that becomes packed by midnight. Alcohol is cheap,

and DJs play a mix of international retro, plus occasional live rock.

Déjà Vu (Map pp832-3; ☎ 294-296; 🕒 6:30pm-4am) A boho club with a schizophrenic personality, the upstairs throbs with international beats, while below live Peruvian bands give gutsy performances.

ENTERTAINMENT

Many top-end hotels downtown and in San Isidro and Miraflores have slot-machine casinos.

Dance & Music

Peruvian music and dance is performed at *peñas*.

Manos Morenas (Map pp832-3; ☎ 467-0421; San Pedro de Osma 409; admission US\$10; 🕒 shows 10pm Tue-Sat) An informal joint for top-notch *criollo* food and music.

Las Brisas de Titicaca (Map pp834-5; ☎ 332-1901; www.brisasdeltiticaca.com; Walkuski 168, central Lima; admission US\$8-12.50; 🕒 7pm-late Wed, 9:30pm-late Thu, 10.30pm-late Fri & Sat) and **La Candelaria** (Map pp832-3; ☎ 01-247-1314; www.lacandelariaperu.com; Bolognesi 292, Barranco; admission US\$7; 🕒 9:30-late Fri & Sat) are popular with *limeños*.

Sports

Bullfighting is popular in Lima. The main season runs from late October to late November, plus a shorter season in March.

Plaza de Acho bullring (Map pp834-5; ☎ 481-1467; Hualgayoc 332, Rímac; tickets US\$20-100; 🕒 matches 3pm Sun) Matadors fight here. The surrounding neighborhood is unsafe, so take a taxi. Buy tickets in advance.

Estadio Nacional (Map pp834-5) The major venue for football (soccer) matches.

Cinemas

Cinemas may offer half-price entry midweek. Most screen recent releases in English, with Spanish subtitles.

Cine Planet central Lima (Map pp834-5; ☎ 452-7000; Jirón de la Unión 819); Miraflores (Map p840; ☎ 452-7000; Santa Cruz 814)

UVK Multicines LarcoMar (Map p840; ☎ 446-7336; LarcoMar, Miraflores)

Some smaller, more esoteric options include the following:

El Cinematógrafo (Map pp832-3; ☎ 01-477-1961; Pérez Roca 196, Barranco) Arty and alternative-genre movies.

Filmoteca (Map pp834-5; ☎ 01-423-4732; Parque de la Cultura, Paseo Colón 125, Central Lima) At Lima's Museo de Arte.

SHOPPING

Shopping malls include the underground LarcoMar (Map p840), with a spectacular location built right into the oceanfront cliffs, selling high-end artisan crafts, electronics, photographic supplies, outdoor gear, books and music.

Mercado del Indios (Map p840; Petit Thouars 5245, Miraflores) Hagggle your heart out at this enormous market, where you can browse handicrafts from all over Peru.

La Casa de la Mujer Artesana Manuela Ramos (Map pp832-3; ☎ 423-8840; Juan Pablo Fernandini 1550, Pueblo Libre; 🕒 9am-5pm Mon-Fri) A nonprofit women's crafts cooperative off the 15th block of Brazil.

Agua y Tierra (Map p840; ☎ 444-6980; Diez Canseco 298, Miraflores; 🕒 closed Sun) Specializes in Amazonian pottery, textiles and art.

GETTING THERE & AWAY

Air

Lima's **Aeropuerto Internacional Jorge Chávez** (LIM; Map pp832-3; ☎ 517-3100; www.lap.com.pe) is in Callao. Departure taxes (payable in dollars or nuevos soles, cash only) are US\$28.10 for international and US\$6.05 for domestic flights.

Many international airlines have offices in Lima – check under 'Lineas Áreas' in the yellow pages. Airlines offering domestic flights include the following:

Aero Condor Perú (Map pp832-3; ☎ 614-6014; Juan de Arona 781, San Isidro)

LAN (Map p840; ☎ 213-8200; José Pardo 513, Miraflores)

LC Busre (Map pp832-3; ☎ 619-1313; Los Tulipones 218, Lince)

Star Peru (Map p840; ☎ 705-9000; José Pardo 269, Miraflores)

TACA (Map pp832-3; ☎ 511-8222; Espinar 331, San Isidro)

See regional sections later in this chapter for details of which airlines fly where. Be aware that flight schedules and ticket prices change frequently. Getting flight information, buying tickets and reconfirming flights are best done at airline offices (or a reputable travel agency) rather than at the airport counters.

The official ISIC office is **Intej** (Map pp832-3; ☎ 247-3230; www.intej.org; San Martín 240, Barranco),

which organizes student airfares and can change dates for flights booked through student/youth travel agencies. **Fertur Peru** (Map pp834-5; ☎ 427-1958; Junín 211, central Lima; 🕒 9am-7pm Mon-Sat) is also good for student airfares.

Bus

Lima has no central bus terminal. Each company runs its own office and station, many of which cluster around Javier Prado Este in La Victoria. Others are found in central Lima several blocks east of Plaza Grau, just north of Av Grau and south of 28 de Julio, on both sides of Paseo de la República. Make sure you verify which station your bus departs from when buying tickets. There are countless companies to choose from, so look carefully at the quality of the bus before deciding.

Major companies include the following:

Cruz del Sur (www.cruzdelsur.com.pe); central Lima (Map pp834-5; ☎ 431-5125; Quilca 531); La Victoria (Map pp832-3; ☎ 225-6163/5748; Javier Prado Este 1109) Reliable, but doesn't have as frequent services or extensive routes as some other companies.

Ormeño (www.grupo-ormeno.com) central Lima (Map pp834-5; ☎ 427-5679; Carlos Zavala Loayza 177); La Victoria (Map pp832-3; ☎ 472-1710; Javier Prado Este 1059) Quality of service varies wildly. Has the most international services, including to Bogotá, Buenos Aires, Caracas, La Paz, Quito and Santiago.

Also in central Lima:

Civa (Map pp834-5; ☎ 332-5236/526; www.civa.com.pe; cnr 28 de Julio & Paseo de la República 575)

Cromotex (Map pp834-5; ☎ 424-7575; Paseo de República 659-665)

Expreso Molina (Map pp834-5; ☎ 428-0617; Ayacucho 1141-1145)

Flores (Map pp834-5; ☎ 424-3278; cnr Paseo de la República & 28 de Julio)

Ittsa (Map pp834-5; ☎ 423-5232; Paseo de la República 809)

Linea (Map pp834-5; ☎ 424-0836; José Galvez 999A)

Móvil Tours (Map pp834-5; ☎ 332-0004; Paseo de la República 749)

Soyuz (Map pp834-5; ☎ 226-1515; Mexico 333 at Paseo de la República)

Tepsa (☎ 470-6666; www.tepsa.com.pe; Javier Prado Oeste 1091)

Transportes Atahualpa (Map pp834-5; ☎ 427-7324/7338; Sandía 266)

See regional sections for details of which bus companies go where. Approximate one-way fares and durations from Lima follow.

Destination	Duration (hr)	Cost (US\$)
Arequipa	17	12-40
Ayacucho	9	6-15
Cajamarca	14	9-27
Chachapoyas	21½	21-27
Chiclayo	10	12-24
Cuzco	17-27	18-48
Huancayo	6½	6-14
Huaraz	7½	6-17
Ica	4½	3.50-13.50
Nazca	8	5-22.50
Piura	14	25-38
Puno	19	11-45
Tacna	20	9-43
Trujillo	8	9-31.50
Tumbes	17	15-48

Train

See p897 for details of highland rail services to Huancayo.

GETTING AROUND

See p831 for details of getting to/from the airport.

Bus

Local minibuses (aka *combis* or *micros*) around Lima are startlingly cheap (fares from US30¢). Destinations are identifiable by windscreen cards, and you can flag them down or get off anywhere. The most useful routes link central Lima with Miraflores along Arequipa: buses are labeled 'Todo Arequipa' and 'Larco/Schell/Miraflores' when heading to Miraflores, or 'Todo Arequipa' and 'Wilson/Tacna' when leaving Miraflores for central Lima. A slower, green full-sized bus marked 73A runs from the city center through Miraflores and on to Barranco (US50¢), passing along Tacna and Garcilaso de la Vega in downtown and Arequipa and José Larco in Miraflores.

Taxi

Taxis don't have meters, so make sure you negotiate a price before getting in. Short runs start at US\$1.50, higher after dark. The majority of taxis in Lima are unofficial. Officially registered taxis are generally safer, but charge up to 50% more. You can call them by phone or catch them at taxi stands, such as at the LarcoMar shopping mall in Miraflores. **Moli Taxi** (☎ 479-0030), **Taxi Miraflores** (☎ 446-3953) and **Taxi Móvil** (☎ 422-6890) run 24 hours and accept reservations.

SOUTH COAST

Watered by palm oases and spanned by the Carretera Panamericana, this vast coastal desert is the best overland route to Arequipa, Lake Titicaca and Cuzco. These arid lowlands gave birth to some extraordinary pre-Columbian civilizations, especially the Nazca, remembered for their striking lines and figures etched across 500 sq km. Pisco is famous for its rich marine wildlife and rugged coastline, while neighboring Ica is surrounded by vineyards and the monstrous sand dunes of Huacachina.

CHILCA

Km 66 on the Panamericana south of Lima is the turnoff to the village of **Chilca** with its famous muddy, mineral-rich **lagoons** (admission US\$30¢; ☎ 24hr). One is nicknamed 'La Milagrosa' for its miraculous powers to heal everything from acne to arthritis – some even claim it has alien origins. A moto-rickshaw from the Panamericana, where coastal buses stop, costs US\$1.50.

LUNAHUANÁ

☎ 056 / pop 3600

Almost 15km past the surfers' beach of Cerro Azul (Panamericana Km 131), the dusty market town of San Vicente de Cañete is the gateway to the wine country of Lunahuaná. Show up for the **harvest festival** the second week in March, or to tipple free samples at the *bodegas* (wineries) year-round.

The whitewater rafting (river-running) season on the Río Cañete is December to April, and rapids can reach Class IV. **Río Cañete Expediciones** (☎ in Lima 01-284-1271; www.riocanete.com.pe; rafting tours US\$10-37) runs **Camping San Jerónimo** (☎ 9635-3921; Carratera Cañete–Lunahuaná Km 33; campsites per person US\$3) on the river west of town. There's a rock-climbing wall, too.

Near the plaza, **Hostal Casuarinas** (☎ 056-581-2627; Grau 295; s/d US\$6/12) is a decent budget hotel with tidy rooms sporting TVs and hot showers. At several nearby seafood restaurants, the local specialty is crawfish.

From Cañete, where coastal buses stop on the Panamericana, catch a minivan to Imperial (US\$15¢, 10 minutes), then another minivan to Lunahuaná (US\$1, 45 minutes), nearly 40km away. Rent mountain bikes near Lunahuaná's main plaza.

TOP FIVE GRINGO TRAIL CHILL-OUT SPOTS

- Lunahuaná (left)
- Huacachina (p850)
- Cabanaconde (p864)
- Isla del Sol (p869)
- The Sacred Valley (p880)

CHINCHA

☎ 056 / pop 140,000

At Panamericana Km 202, this sprawling town is famous for wild Afro-Peruvian music heard in the *peñas* of the **El Carmen** district. The best times to visit are during **Verano Negro** (late February/early March), **Fiestas Patrias** (late July) and **Fiesta de Virgen del Carmen** (December 27). During these times, the *peñas* are full of frenzied *limeños* and locals shakin' that ass. One dance not to try at home is 'El Alcatraz,' when a gyrating male dancer attempts to set his partner's skirt on fire with a candle.

Hacienda San José (☎ 22-1458; www.hacienda-sanjose.com.pe; d incl breakfast US\$27-38; ☎) is packed with over 300 years of history. Sheltered by orange groves, it once was a sugar and honey plantation worked by African slaves until a rebellion broke out in 1879, leading to the master being dramatically hacked to death. Guided Spanish-language tours (US\$3) go down into the ghoulish catacombs. From Chincha, catch a minivan bound for El Carmen (ask the driver where to get off), then walk about 2km. A taxi costs US\$6 one way.

Bare-bones budget *hostales* and *chifa* restaurants surround Chincha's main plaza. **Hostal La Posada** (☎ 26-2042; Santo Domingo 200; s/d US\$9/15), run by a gregarious Italian-Peruvian couple, is a secure choice with antique-looking rooms. In El Carmen, a few local families take in overnight guests and cook them meals for under US\$10 per night – just ask around.

Minivans to El Carmen (US\$50¢, 30 minutes) leave from Chincha's central market, a few blocks from the main plaza. It's a short taxi ride (US\$1) from the Panamericana where coastal buses stop.

PISCO

☎ 056 / pop 58,000

Sharing its name with the white-grape brandy produced in this region, Pisco is an important port 235km south of Lima. Generally used as a

THE FLAMINGO FLAG

Locals like to tell a fanciful yarn of how the Peruvian flag was born on the beaches of the Península de Paracas. The story goes that *libertador* José de San Martín landed here in 1820 and, exhausted after a long journey, fell into a deep sleep. When he awoke, he was dazzled by the flamboyance of flamingos flying overhead, their outstretched wings catching the light of the setting sun. It was those flashes of red that allegedly gave him the inspiration for the scarlet outer panels of what is now Peru's national flag.

base from which to see the abundant wildlife of the Islas Ballestas and Península de Paracas, the area is also of historical and archaeological interest, having hosted one of the most highly developed pre-Inca civilizations – the Paracas Culture – from 900 BC until AD 200. Later it acted as a base for Peru's revolutionary fever in the 1800s.

Information

Internet cafés and banks with 24-hour ATMs surround the main plaza.

Dangers & Annoyances

Never walk alone after dark. Violent muggings have happened even on busy streets. The most dangerous areas are near the beaches and around the market. Women can expect lots of unwanted attention here.

Sights & Activities

A **statue** (Map p847) of liberator José de San Martín peers down on the Plaza de Armas. Martín's headquarters, **Club Social Pisco** (Map p847; San Martín 132), still stands nearby. The **cemetery** (Map p847) has a few hidden secrets: bur-

ied here is suspected 19th-century English vampire, Sarah Ellen Roberts, who claimed that she would arise again after 100 years. In 1993, much to everyone's disappointment, she didn't.

ISLAS BALLESTAS

Nicknamed 'the poor man's Galapagos,' these offshore islands make for a laid-back excursion. The outward boat journey takes about 1½ hours. En route you'll see the famous three-pronged **Candelabra** (Map p848), a giant figure etched into the sandy hills. An hour is spent cruising around the island's arches and caves, watching noisy sea lions sprawl on the rocks. You may also spot Humboldt penguins, Chilean flamingos and dolphins. The most common guano-producing birds are cormorants, boobies and pelicans, present in thousands-strong colonies.

RESERVA NACIONAL DE PARACAS

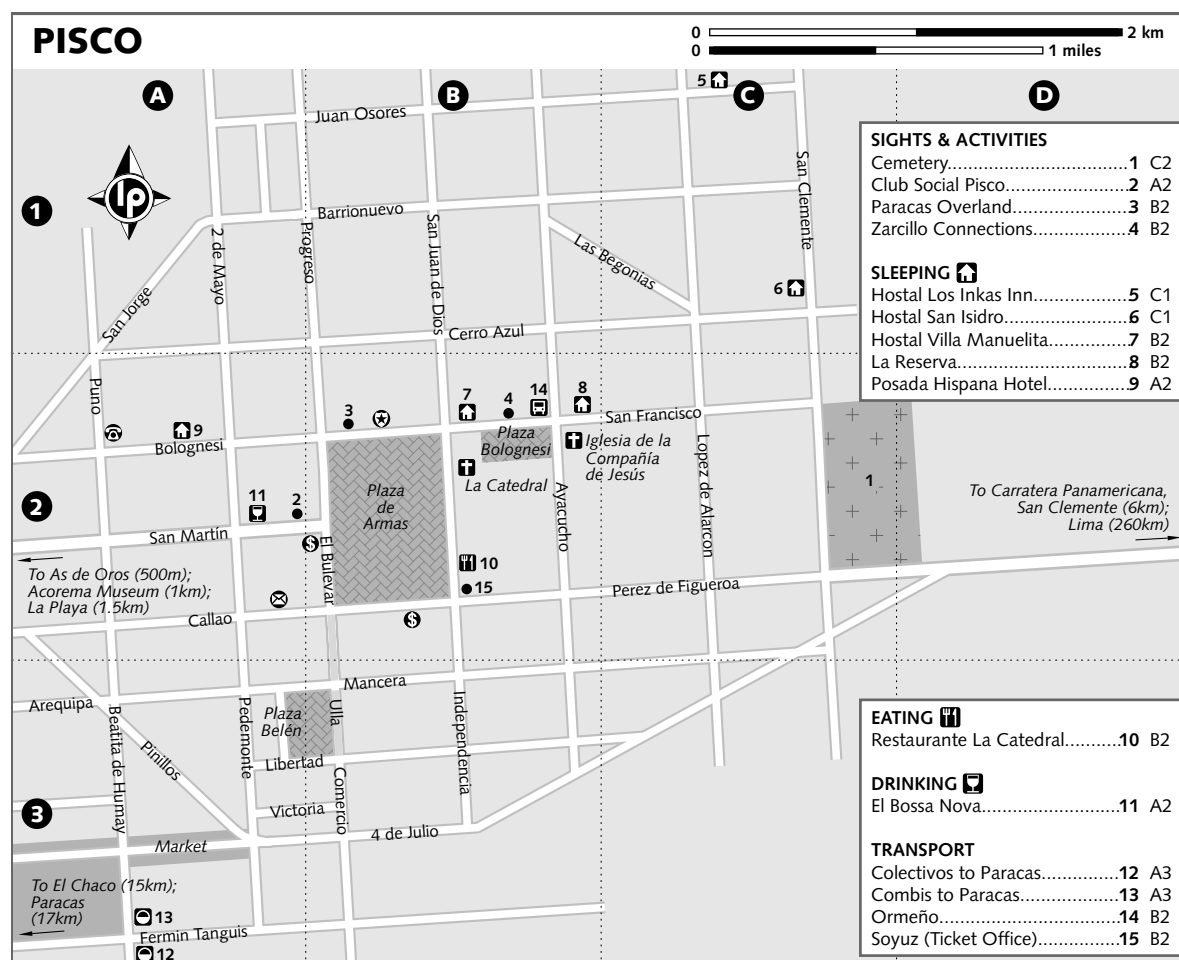
Beyond the village of Paracas is the entrance to this desert-filled **national reserve** (Map p848; admission US\$1.50). Next to the visitor center, which has kid-friendly exhibits on conservation and ecology, the **Museo JC Tello** (Map p848; adult/child/student US\$2.50/30¢/60¢; ☎ 9am-5pm) has a limited collection of weavings, trophy heads and trepanned skulls (showing a medical technique used by ancient cultures whereby a slice of the skull is removed, relieving pressure on the brain resulting from injuries). Chilean flamingos often hang out in the bay in front of the complex, and there's now a walkway down to a **mirador** (watchtower; Map p848). A few hundred meters behind the visitor complex are the paltry 5000-year-old remains of the **Paracas Necropolis** (Map p848).

Tours

Boat tours to the Islas Ballestas leave daily at 7am (US\$10). Minibuses go from Pisco

DROPPINGS TO DIE FOR

Layers of sunbaked, nitrogen-rich seabird droppings (guano) have been deposited over millennia on the Islas Ballestas by resident bird colonies – in places the droppings are 50m deep. Guano's reputation as a first-class fertilizer dates back to pre-Inca times, but few would have predicted that these filthy riches were to become Peru's principal export during the mid-19th century. In fact, the trade was so lucrative that Spain precipitated the so-called Guano War of 1865–66 over possession of the nearby Chincha Islands. Nowadays, synthetic fertilizers and overexploitation have taken their toll, so the birds are largely left to their messy production process in peace, except for licensed extraction every 10 years – and boatloads of tourists every day, of course.



(Map p847) to the port at Paracas (Map p848); there's no cabin on the boats, so dress for wind and spray. Wear a hat, as it's not unusual to receive a direct guano hit. You can continue on a less interesting afternoon tour of the Península de Paracas (US\$8, or US\$16 with Islas Ballestas), which briefly stops at the visitor center and museum (entry fees not included), whizzes by coastal geological formations and spends a long time having lunch (also not included) in a remote fishing village.

You can hire a taxi and guide (US\$10 to US\$15 per person) to visit the adobe-walled Inca fort ruins of **Tambo Colorado** (admission US\$2), about 45km from Pisco. In the El Chaco district of Paracas, **Paracas Explorer** (Map p848; ☎ 54-5141/5089; www.paracasexplorer.com) offers dune-buggy and sandboarding tours.

Some Pisco travel agencies:

Paracas Overland (Map p847; ☎ 056-53-3855; paracasoverland@hotmail.com; San Francisco 111)

Zarcillo Connections (Map p847; ☎ 056-53-6543; www.ballestasislands.com; Suite B, Callao 137)

Sleeping

Most travelers stay in central Pisco.

Hostal San Isidro (Map p847; ☎ 53-6471; San Clemente 103; www.sanisidrohostal.com; dm/s/d/tr US\$7/10/20/30; 🚽) A popular spot near the cemetery (it's unsafe to walk here after dark), with a kitchen and games room. Secure rooms have cable TV, fans and hot water.

Hostal Los Inkas Inn (Map p847; ☎ 53-6634/54-5149; www.losinkasinn.com; Barrio Nuevo 14; s/d/tr US\$9/13.50/18; 🚽 🚿) This small family-owned guesthouse has basic rooms, a miniature swimming pool, a rooftop terrace and free internet.

La Reserva (Map p847; ☎ 53-5643; lareserva_hotal@hotmail.com; San Francisco 327; s/d/tr incl breakfast US\$10/20/30) For something a bit sharper, the whitewashed, oval-shaped La Reserva has sparkling rooms with modish furnishings and cable TV.

Posada Hispana Hotel (Map p847; ☎ 53-6363; www.posadahispana.com; Bolognesi 236; s/d US\$15/30; 🚽) With bamboo fixtures and a downstairs espresso café, this place has legions of fans. Musty rooms are a good deal only if you bargain. French and Italian spoken.





Hostal Villa Manuelita (Map p847; ☎ 53-5218; hostalvillamanuelita@hotmail.com; San Francisco 227; s/d US\$18/28) In an antique colonial building near the plaza, this guesthouse has spacious rooms with cable TV, an Italianesque café and ornamental gardens out back. Women are especially welcome.

By the beach in the El Chaco district of Paracas, guesthouses include **El Amigo** (Map p848; ☎ 54-5042; s/d US\$10/15), which has basic rooms, some with sea views. Camping is allowed in the national reserve, though robberies and attacks have been reported – don't do it alone.

Eating & Drinking

Few cafés open early for breakfast. Most restaurants and bars cluster around the Plaza de Armas and along pedestrian-only El Bulevar.

Restaurante La Catedral (Map p847; 108 San Juan de Dios; mains US\$4.50-6) Brightly lit like a school cafeteria, this cheery favorite serves up heaping plates of Peruvian seafood, fried bananas and much more.

El Bossa Nova (Map p847; San Martín 176; ☎ 5pm-late Mon-Sat) An intimate café-bar from which to peer down on folks strutting by. Take care

negotiating the wonky staircase after a few exquisitely made *pisco sours*.

Getting There & Around

Pisco is 6km west of the Panamericana. *Colectivo* taxis and minivans for the San Clemente turnoff, where you can catch long-distance coastal buses, leave frequently from the market (Map p847) area during daylight hours (US\$30¢, 10 minutes).

Ormeño (Map p847; ☎ 53-2764; San Francisco 259) has a tout-ridden bus terminal near the Plaza de Armas. It runs daily buses to Lima (US\$5 to US\$10, four hours) and many other coastal destinations, including Ica, Nazca and Tacna. Some of these services go direct, while others require a change of bus on the highway.

Combis to Paracas leave from near the market about every half hour during the day (US\$60¢, 30 minutes). Taxis to Paracas cost US\$3.

ICA

☎ 056 / pop 217,700

The capital of its department, Ica may have a downtrodden air, but it boasts a thriving wine and *pisco* industry, raucous festivals and

PERU

an excellent museum. Most backpackers base themselves at nearby Huacachina (p850).

Information

Around the plaza, internet cafés stay open late.

BCP (Plaza de Armas) Changes traveler’s checks and cash, and has a Visa ATM.

Hospital (☎ 23-4798/4450; Cutervo 104; 📞 24hr) For emergencies.

Interbank (Grau 2nd block) Has a global ATM.

Police (☎ 23-5421; JJ Elias 5th block; 📞 24hr)

Serpost (San Martín 156)

Telefónica-Perú (Lima 149) Stays open late.

Dangers & Annoyances

Ica has a deserved reputation for theft. Stay alert, particularly around the market and bus terminals.

Sights

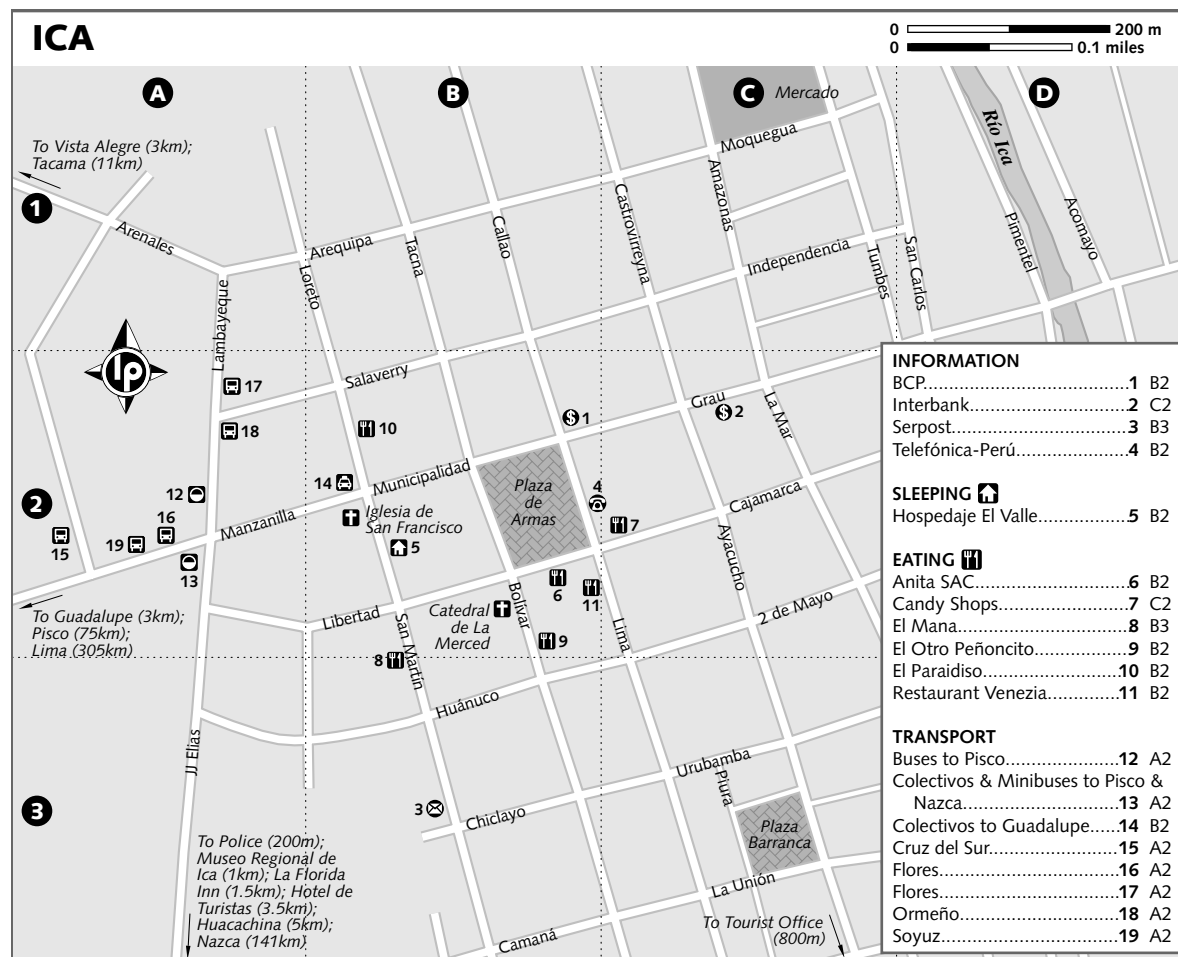
Despite a robbery in 2004, the **Museo Regional de Ica** (☎ 23-4383; Jirón Ayabaca 8th block; adult/child/student US\$4/2.50/1; 📞 8am-7pm Mon-Fri, 9am-6pm Sat & Sun) still possesses an unmatched collection of artifacts from the Paracas, Nazca and Inca

cultures, including superb Paracas weavings, well-preserved mummies, trepanned skulls and shrunken trophy heads. Out back is a scale model of the Nazca Lines. The museum is 1.5km southwest of the city center. Take a taxi from the Plaza de Armas (US\$1).

Famous wines and *piscos* can be sampled at **bodegas** outside town. **Vista Alegre** (☎ 23-2919; 📞 8am-noon & 1:45-4:45pm Mon-Fri, 7am-1pm Sat), 3km northeast of Ica, is the easiest commercial winery to visit (taxi US\$1.50). Also producing the right stuff is **Tacama** (☎ 22-8395; www.tacama.com; 📞 9am-4pm), 11km northeast of Ica, which offers interesting tours. There are dozens of smaller, family-owned artisanal wineries, including those in suburban **Guadalupe**. *Micros* to Guadalupe pass by the Iglesia de San Francisco (US30¢, 15 minutes) near the plaza.

Festivals & Events

The harvest festival, **Fiesta de la Vendimia**, is held in early to mid-March. The religious pilgrimage of **El Señor de Luren** culminates in an all-night procession in late October. September hosts **Tourist Week**.



PERU

Sleeping

If you somehow get stuck in Ica overnight, dozens of depressing budget hotels line the streets east of the bus terminals and north of the plaza, especially along Tacna. Rates double or even triple during festivals. Nearby Huacachina (right) has cheaper, more popular backpacker crash pads.

Hospedaje El Valle (☎ 21-6801; San Martín 151; s/d US\$7.50/11) More sprightly than the competition, this old-fashioned hostelry run by gracious ladies faces an inner courtyard and has a safe, securely gated entrance. It's a block west of the plaza.

La Florida Inn (☎ 23-7313; <http://hometown.aol3.com/lemco3/laflorida.html>; Residencial La Florida B-1; dm US\$8, s/d US\$15/30, without bathroom US\$10/20; ☒ ☑) This small, family-owned hotel not too far from the museum has quirky rooms with TVs and solar-powered hot water. Call ahead for reservations and directions.

Eating

Several shops east of the main plaza sell *tejas* (caramel-wrapped candies flavored with fruits, nuts etc).

Anita SAC (Libertad 133; menú US\$3-3.60, mains US\$3.25-10) On the Plaza de Armas, this cheery café dishes up heaping plates of regional specialties and lip-smacking desserts.

Restaurant Venezia (Lima 230; mains US\$4-9; ☒ closed Sat) Just around the corner from the plaza, an upscale Italian restaurant with a super wine list.

El Otro Peñoncito (Bolívar 255; mains US\$4-10) Ica's most historic and characterful restaurant serves Peruvian and international fare – and shakes a mean *pisco sour*, too.

Two no-frills vegetarian places are **El Mana** (San Martín 2nd block; menú US\$1) and **El Paraiso** (Loreto 176-178; menú US\$1.50; ☒ closed Sat).

Entertainment

South of the Plaza de Armas along Lima, you'll find a few local bars with live music, DJs and dancing.

The craziest late-night disco is next to the **Hotel de Turistas** (Av de Los Maestros 500), 3km southwest of the plaza (taxi US\$1).

Getting There & Away

Bus companies cluster on Lambayeque at the west end of Salaverry and along Manzanilla west of Lambayeque. For Lima (US\$3.50 to US\$13.50, 4½ hours), **Soyuz** (☎ 056-23-3312)

and **Flores** (☎ 056-21-2266) have departures every 15 minutes, while less frequent luxury services go with **Cruz del Sur** (☎ 056-22-3333) and **Ormeño** (☎ 056-21-5600). To Pisco (US\$1.50, 1½ hours), Ormeño has direct buses, while other bus companies drop passengers at the San Clemente turnoff on the Panamericana (see p848). Most companies have direct daytime buses to Nazca (US\$2, 2½ hours). Services to Arequipa (US\$15 to US\$24, 12 hours) are mostly overnight.

Faster, more expensive *colectivos* and minibuses for Pisco and Nazca leave from around the intersection of Lambayeque and Municipalidad.

HUACACHINA

☎ 056 / pop 200

Just 5km west of Ica, this oasis surrounded by towering sand dunes nestles next to a picturesque (if smelly) lagoon that features on the back of Peru's S/50 note. Graceful palm trees, exotic flowers and attractive antique buildings testify to the bygone glamor of this resort built for the Peruvian elite. These days, it's the playground of international party-hardy backpackers.

Activities

You can rent sandboards for US\$1.50 an hour to slide, surf and somersault your way down the irresistible dunes. Though it's softer, warmer and safer than snowboarding, don't be lulled into a false sense of security: several people have seriously injured themselves losing control of their sandboards. Dune-buggy tours (which haul you to the top of the dunes, then pick you up at the bottom) cost US\$12, but check if sandboard rental is included and how long the trip lasts. Dune-buggy drivers are notoriously unsafe, so go at your own risk.

Sleeping & Eating

Camping is possible in the dunes around the lagoon – bring a sleeping bag. Most hotels have a café of sorts and there are a few restaurants near the waterfront. Travelers recommend Restaurant Sol de Ica and Restaurant Mayo.

Hostal Salvatierra (☎ 056-23-2352; Malecón de Huacachina; s/d US\$4.50/7.50, without bathroom US\$3/6; ☒ ☑) The only hostel on the lagoon side, this family-run choice has spacious rooms, a low-key atmosphere and comfortable beds.

Casa de Arena (☎ 21-5439/5274; casadearena@hotmail.com; Perotti s/n; dm US\$3.60, s/d US\$5/7.50, with bathroom US\$7.50/9; 📺 📶) A perennially popular place with an outdoor pool bar for all-night parties, the staff here just don't seem to care (though pretty young women can expect lots of attention). Private rooms at the back at least have good views.

Hostal Rocha (☎ 22-9987/2256; kikerocha@hotmail.com; Perotti s/n; s/d incl breakfast US\$7.50/9; 📺) An efficiently run hostel with the same carefree, anything-goes atmosphere Casa de Arena, especially at the poolside bar. Rooms can be claustrophobic, but there are hammocks outside to laze away in. Kitchen access.

Hospedaje El Huacanicero (☎ 21-7435; Perotti s/n; www.elhuacachinero.com; s/d US\$7.50/9; 📺) Easily spotted by the green *areneros* (dune buggies) parked out front, this two-story guesthouse is a work-in-progress. Rickety rooms with shuttered windows are just a stone's throw from the dunes. Kitchen access, garden hammocks and a pool bar.

Getting There & Away

A taxi or motorized rickshaw between Ica and Huacachina costs about US\$1.

NAZCA

☎ 056 / pop 53,000

This sun-bleached spot on the Panamericana was largely ignored by the outside world until 1939, when North American scientist Paul Kosok flew across the desert and stumbled across one of ancient Peru's most impressive and enigmatic achievements: the world-famous Nazca Lines. Today this small town is flooded by travelers who come to marvel and scratch their heads over the mysterious lines, now a Unesco World Heritage site.

Information

Cybercafés are everywhere. A few hotels change US dollars for cash.

BCP (Lima 495) Has a Visa ATM; changes traveler's checks.

Casa Andina (Bolognesi 367) The global ATM sometimes works.

Telefónica-Perú (Lima 525) Stays open late.

Sights

NAZCA LINES

Spread across around 500 sq km of arid, rock-strewn plain, the Nazca Lines form a striking network of over 800 lines, 300 geometric figures (geoglyphs), and some 70 animal and plant drawings (biomorphs). The most elaborate designs include a monkey with an extraordinarily curvaceous tail, a spider and an intriguing figure popularly called the astronaut, though others think it's a priest with an owl's head. Overflights of the lines are unforgettable, but they're not cheap (see Tours, p852).

You'll get only a sketchy idea of the lines at the **mirador** (admission US\$30¢), on the Panamericana 20km north of Nazca, which has an oblique view of three figures: the lizard, tree and hands (or frog, depending on your point of view). Signs warning of landmines are a reminder that walking on the lines is strictly forbidden. To get to the observation tower, catch a north-bound bus or *colectivo* (US\$75¢).

Another 5km north is the small **Maria Reiche Museum** (admission US\$1.50; 🕒 9am-6pm). Though disappointingly scant on information, you can see where she lived, amid the clutter of her tools and obsessive sketches, and pay your respects to her tomb. To return to Nazca, flag down any passing bus.

Scripted but interesting multilingual lectures on the lines are given every evening at

MYSTERIES IN THE SAND

The awesome, ancient Nazca Lines were made by removing sun-darkened stones from the desert surface to expose the lighter soil below. But who constructed the gigantic lines and for what reason? And why bother when they can only be properly appreciated from the air? Maria Reiche, a German mathematician and longtime researcher of the lines, theorized that they were made by the Paracas and Nazca cultures from 900 BC to AD 600, with additions by the Wari in the 7th century. She believed the lines were an astronomical calendar mapped out by sophisticated mathematics (and a long rope). Others theorize that the lines were ritual walkways connected to a water/fertility cult, giant running tracks, extraterrestrial landing sites or representations of shamans' dreams brought on by hallucinogenic drugs. Take your pick – no one really knows!

Bumpy flights over the Nazca Lines in light aircraft take off in the morning and early afternoon, if weather conditions allow. Motion-sickness sufferers should skip breakfast. A standard 30-minute overflight costs US\$45, but prices can climb to US\$60 from May to August; low-season deals may also be available. There is a US\$5 tax at the aerodrome, 2km south of town.

Book overflights a few days in advance. Some established travel agencies:

Nasca Trails (☎ 52-2858; nascatrails@terra.com.pe; Bolognesi 550)

Alegría Tours (☎ 056-52-2444; www.alegriatoursperu.com; Lima 168).

Sleeping

Prices can double between May and August.

Hotel Nido del Cóndor (☎ 52-3520; www.aerocondor.com.pe; Km 447 Panamericana Sur; camping per person US\$3; 🚽) Opposite the aerodrome; allows camping on a grassy lawn.

Hotel Nazca (☎ 52-2085; marionasca13@hotmail.com; Lima 438; s/d US\$8.50/12.50, s without bathroom US\$3) A friendly, older place offering basic courtyard rooms, some with communal tepid showers.

Friend's House (☎ 52-3630/2684; elmochilero_1000@hotmail.com; Juan Matt 712; s/d without bathroom incl breakfast US\$4.50/6) A fly-by-night backpacker hostel staffed by youthful local guys. Kitchen access, laundry, TV room and a small workout room.

Hotel Alegría (☎ 52-2702; Lima 168; r without bathroom US\$4.50-7.50, s/d/tr incl continental breakfast US\$18/25/33; 🚽 🚿) This well-heeled oasis keeps a dozen more basic rooms with shared hot showers for budget travelers. There's a breezy garden and courtyard café.

Hostal Posada Guadalupe (☎ 52-2249; San Martín 225; s/d US\$5/7.50) At the west end of town on a residential block, it couldn't be closer to the bus stops, but still manages an unhurried feel. Some of the basic rooms have private bathrooms.

Hospedaje Yemeyá (☎ 52-3416; Callao 578; r incl breakfast US\$7.50-22.50; 🚽) An indefatigable family offers a few floors of small but well-cared-for rooms with hot showers and cable TV. There's a sociable terrace and café.

Hostal Vía Morburg (☎ 52-2141; hotelvia morburg@yahoo.es; José María Mejía 108; s/d US\$7.50/10.50; 🚽) A noisy but fairly reliable guesthouse with a rooftop café. The swimming pool is the size of a bathtub.

Hotel Internacional (☎ 55-2744; Maria Reiche 112; r/bungalows US\$8.50/12.50) Don't let the lackluster entrance fool you: the Internacional may sport basic rooms, but also bigger, better duplex-style bungalows with patios out back.

Eating & Drinking

West of the Plaza de Armas, Bolognesi is lined with backpacker pizzerias, restaurants and bars, including Grumpy's at No 182.

Restaurant Paulita (Tacna 2nd block; menú US\$1.50-2) With two outdoor tables facing the Plaza de Armas, this local fave serves homestyle Peruvian food and a few *criollo* specialties.

La Taberna (Lima 321; menú US\$1.50-4.50, mains from US\$5) At this intimate hole-in-the-wall, scribbles covering every inch of wall are a testament to its popularity. Live music some evenings.

Restaurant Los Angeles (Bolognesi 266; mains US\$2-5) This Peruvian and international eatery owned by a French- and English-speaking local guide makes especially delicious soups and salads.

Don Hono (Arica 254; mains US\$2-6; 🚫 closed Sun) Just off the main plaza, this old standby serves farm-fresh produce and is justifiably proud of its *pisco sour*.

La Kañada (Lima 160; menú US\$3, mains around US\$5; 🕒 9am-9pm) Offers Peruvian fare near the bus stops. A decent cocktail list includes Algarrobina, made with syrup from the *huarango* (carob) tree.

Getting There & Around

Bus companies cluster at the west end of Lima, near the main Panamericana roundabout. Most services to Lima (US\$5 to US\$22.50, eight hours), Arequipa (US\$7 to US\$36, 10 to 12 hours) and Tacna (US\$7 to US\$30, 14 hours) leave late in the afternoon or evening. Be aware that hijackings and robberies of overnight buses to/from Arequipa have occurred recently. To go direct to Cuzco (US\$15 to US\$30, 13 to 15 hours), several companies take the paved road east via Abancay. This route gets cold, so wear warm clothes. The alternative is to go via Arequipa. For Ica, fast *colectivos* (US\$3.60, two hours) and minibuses (US\$2.70, 2½ hours) also leave from the roundabout. Taxis to the aerodrome cost US\$1.

MOLLENDO

☎ 054 / pop 29,000

Reached via a scaly desert landscape, this old-fashioned beach resort is a popular getaway for *arequipeños* during the coastal summer, when

DETOUR

South of Mollendo along an unbroken line of beaches, **Santuario Nacional Lagunas de Mejía** (☎ 054-83-5001; admission US\$1.50; ☀ sunrise-sunset) protects the largest permanent lakes in 1500km of desert coastline. Over 200 migratory and coastal bird species are best seen in early morning. The visitor center has maps of walking paths through the dunes leading to miradores. Minibuses for Mejía leave Mollendo from Tacna at Arequipa (US\$40¢, 30 minutes).

Passing *colectivos* go deeper into the Río Tambo valley, with its irrigated rice paddies, sugarcane plantations and fields of corn and potatoes: a striking juxtaposition with the dusty backdrop of sand dunes and desert. The road rejoins the Panamericana at El Fiscal, a flyblown gas station where you can flag down standing-room-only buses back to Arequipa or south to Moquegua and Tacna.

public swimming pools open by the sea and discos keep heaving until the wee hours.

Internet cafés are everywhere.

BCP (Arequipa 330) changes US dollars and has a Visa ATM. **Telefónica-Perú** (Arequipa 675) is north of the central market.

Single rooms are hard to find, especially on weekends during high season. La Posada Inn (☎ 53-4610; Arequipa 337; s/d US\$7.50/12, without bathroom US\$5/10, all incl breakfast) is run by a welcoming family and scented with honeysuckle in summer. Some rooms have hot water and local TV. The downtown **El Plaza Hostal** (☎ 53-2460; plazamollendo@hotmail.com; Arequipa 209; s/d/tr/q US\$13.50/18/21/24) is a spacious, flower-bedecked spot with hot showers and welcoming staff. Nearby **Hostal La Casona** (☎ 53-3160; Arequipa 192-188; s/d US\$13.50/18) has high-ceilinged, airy rooms with hot water and cable TV.

Cevicherías and seafood restaurants abound. Popular **Marco Antonio** (Plaza Bolognesi, Comercio 254; mains US\$2-5.50) is a no-frills Peruvian café. Closer to the beach, **Heladería Venecia** (Comercio at Blondell) has some tempting local fruit ice-cream flavors.

Frequent buses from Mollendo's Terminal Terrestre go to Arequipa (US\$1.50 to US\$2.50, two hours). Minibuses shuttle to downtown and the beach (US\$15¢, 15 minutes).

MOQUEGUA

☎ 053 / pop 57,300

This parched inland town survives in the driest part of the Peruvian coastal desert, soon to merge into northern Chile's Atacama Desert, the driest in the world. Moquegua means 'quiet place' in Quechua, and the region has long been culturally linked with the Andes. It has peaceful cobblestone streets and a shady central plaza with gardens, colonial architecture and a 19th-century wrought-iron fountain.

Information

Internet cafés aren't speedy.

BCP (Moquegua 861) Has a Visa/MasterCard ATM.

Post office (Ayacucho 560) On the plaza.

Regional tourist office (☎ 46-2236; Ayacucho 1060; ☀ 7:30am-3:30pm Mon-Fri) North of the center.

Sights & Activities

Just off the plaza, **Museo Contisuyo** (☎ 46-1844; <http://bruceowen.com/contisuyo/MuseoE.html>; Tacna 294; admission US\$1.50; ☀ 8am-1pm & 1:30-5:30pm) is an excellent little museum of archaeological artifacts, including photographs of recent excavations.

About 18km northeast of Moquegua, the flat-topped mesa **Cerro Baúl** was a royal brewery once occupied by the Wari people. Archaeologists believe that it was ceremonially destroyed by fire after one last, drunken *chicha* bash. For sweeping views, take the steep one-hour climb to the top. From Moquegua, catch a Toratabound minivan on Balta west of Plaza Bolívar and ask to be let off at Cerro Baúl (US\$60¢, 20 minutes).

Sleeping

Hostal Carrera (☎ 46-2113; Lima 320; s/d US\$4.50/8, without bathroom US\$3.60/6) Sitting pretty, safe and secure behind its garden gate, this neat, pastel-colored little hostel has basic rooms and a friendly owner.

Hostal Los Limoneros (☎ 46-1649; Lima 441; s/d US\$12/16.50) It's the quiet garden, with its shady patios and delicious smells, that makes this traditional *hostal* the most attractive in town. High-ceilinged rooms have hot water and cable TV.

Eating & Drinking

Moquegua is known for producing some of Peru's best *pisco*. For regional restaurants with

live *folklórico* music on weekends, take a taxi to nearby Samegua (US\$1).

Restaurant Morales (cnr Lima & Libertad; mains US\$2-6) A classy Peruvian café with white-linen tablecloths and a *dueña* who's a real pistol.

El Bandido (Moquegua 333) Strangely enough, this Western-themed cowboy bar fits perfectly with Moquegua's rough-and-tumble attitude. Wood-fired pizzas are made to order.

Getting There & Away

Buses to Arequipa (US\$4.50, four hours) and Tacna (US\$4, three hours) leave from bus-company offices downhill west of the center, as do *colectivo* taxis to Tacna (US\$3.50, two hours). *Económico* buses run to Desaguadero on the Bolivian border (US\$5.35, five hours) and Puno (US\$6.25, seven hours), but it's a very rough journey – it's better to backtrack to Arequipa instead.

TACNA

☎ 052 / pop 243,600

At the tail end of the Panamericana, almost 1300km southeast of Lima, the frenzied, dusty border outpost of Tacna (elevation 460m) is

Peru's most patriotic city. It was occupied by Chile in 1880 after the War of the Pacific, until its people voted to return to Peru in 1929.

Information

Chilean pesos, nuevos soles and US dollars can be easily exchanged. Internet cafés offer inexpensive phone calls.

BCP (San Martín 574) Has a Visa/MasterCard ATM, gives Visa cash advances and changes traveler's checks.

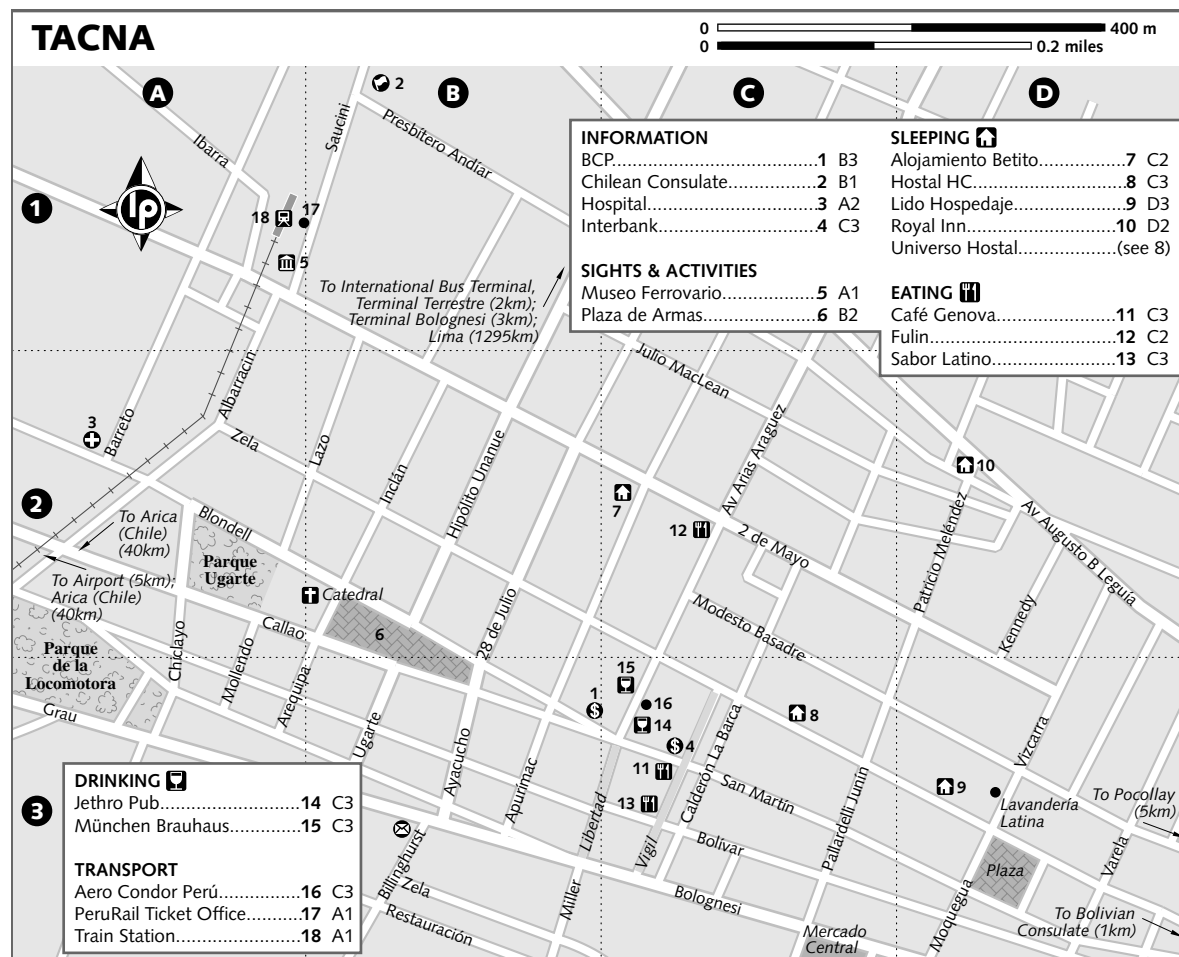
Chilean consulate (☎ 42-3063; Presbítero Andía at Saucini) Near the train station, though most travelers head straight for the border.

Hospital (☎ 72-2121.3361; Blondell s/n; 🏥 24hr) For emergencies.

Interbank (San Martín 646) Has a global ATM.

Sights & Activities

The palm tree-studded **Plaza de Armas** features a fountain and cathedral created by French engineer Eiffel (of tower fame). Inside the train station, **Museo Ferroviario** (☎ 72-4981; admission US\$0¢; 🕒 8am-5:30pm) lets you wander amid beautiful 20th-century engines and rolling stock, plus atmospheric salons filled with historical paraphernalia.



The countryside around Tacna is known for its olive groves, orchards and *bodegas*. Catch a bus or *micro* along Bolognesi (US\$15¢, 10 minutes) to visit the *bodegas* and restaurants in suburban **Pocollay**.

The seaside resort of **Boca del Río** is 50km southwest of Tacna. Catch a minibus from Terminal Bolognesi (US\$1.50, one hour).

Sleeping

Hotel rooms are overpriced and fill up very fast, especially on weekends.

Alojamiento Betito (☎ 70-7429; 2 de Mayo 493; s/d without bathroom US\$4.50/7.50) A quirky, old, high-ceilinged building with a likeably sham-bolic feel and a bohemian bar downstairs.

Lido Hospedaje (☎ 57-7001; San Martín 876A; s/d/tr US\$7/10/13) A secure guesthouse that's the most welcoming budget option in the center. Compact, clean rooms have hot water and local TV.

Royal Inn (☎ 72-6094; Patricio Melendez 574; s/d US\$7.50/10.50) North of the market, this enormous, bare-bones hotel has decently clean rooms with hot water. Handy minibar by the front desk.

Hostal HC (☎ 24-2042; Zela 734; s/d US\$7.50/10.50) A clean place with chatty staff who are knowledgeable about local sights. Basic rooms have cable TV and hot showers.

Universo Hostal (☎ 71-5441; Zela 724; s/d US\$7.50/10.50) This broken-in small hotel has smaller rooms with hot showers and cable TV.

Eating & Drinking

Pocollay is popular with *tacneños* for its rural restaurants, which often have live bands on weekends. Many bars inhabit the first block of Arias Araguez, where beer geeks have

München Brauhaus and rockers get down 'n' dirty at Jethro Pub.

Sabor Latino (Vigil 68; mains US\$1.50-6) Every table is always taken at this bustling *criollo* café, which has tropical ceiling fans and a Latin soundtrack.

Fulin (Arias Araguez 396; menú US\$1.50; ☎ lunch Mon-Fri) A cheap vegetarian *chifa* in a rickety old building.

Café Genova (San Martín 649; mains US\$4-10; ☎ 11am-2am) Brush shoulders with local socialites at this streetside café. Food is only so-so, so stick with snacks and drinks.

Getting There & Around

AIR

Tacna's airport (TCQ) is 5km west of town (taxi US\$1). **Aero Condor Perú** (☎ 24-8187; Arias Araguez 135) has cheap, thrice-weekly flights to Arequipa. They're often full.

BUS

Most long-distance departures are from Terminal Terrestre (departure tax US\$30¢). Take a taxi from the center (US\$75¢). Many companies go to Lima (US\$9 to US\$43, 18 to 22 hours) and Arequipa (US\$4.50 to US\$6.50, six to seven hours) via Moquegua (US\$3, three hours). Most Lima-bound buses will drop you at other coastal towns, including Nazca and Ica. Comfortable overnight buses with **Cruz del Sur** (☎ 42-5729) reach Cuzco (US\$22.30, 16 hours) via Puno and Desaguadero. Other companies with overnight buses to Puno (US\$7.50, 10 hours) via Desaguadero (eight hours) leave from Av Circumvalación, north of town. This is a rough, cold overnight journey on *económico* buses without bathrooms. It's much smarter to travel via Arequipa instead.

GETTING TO CHILE

Border-crossing formalities are straightforward. The Peruvian border post is open 8am to midnight on weekdays, and 24 hours Friday and Saturday. Chile is an hour (two hours during daylight-saving time) ahead of Peru.

Frequent *colectivo* taxis (US\$3.60 to US\$4.50, two hours) to Arica (Chile), about 65km from Tacna, leave between 6am and 10pm from the international bus terminal opposite Terminal Terrestre. On Friday and Saturday you may find taxis willing to go outside these times, but expect to pay over the odds. Because taxi drivers help you through the border formalities, they're a safer, more convenient option than infrequent local buses.

Tacna's **train station** (☎ 052-72-4981) has twice-daily services to Arica (US\$1.50, 1½ hours), which are the cheapest and most charming (but also slowest) way to cross the border. Your passport is stamped at the train station in Peru and you receive entry stamps upon arrival in Chile.

For border crossings in the opposite direction, see p466.

AREQUIPA & CANYON COUNTRY

Colonial Arequipa, with its sophisticated museums, architecture and nightlife, is surrounded by some of the wildest terrain in Peru. This is a land of active volcanoes, thermal springs, high-altitude deserts and the world's deepest canyons. Traveling overland, it's a must-stop en route to Lake Titicaca and Cuzco.

AREQUIPA

☎ 054 / pop 760,000

Rocked by volcanic eruptions and earthquakes nearly every century since the Spanish arrived in 1540, Peru's second-largest city doesn't lack for drama. The perfect cone-shaped volcano of El Misti (5822m), which rises majestically behind the cathedral on the Plaza de Armas, is flanked to the left by ragged Chachani (6075m) and to the right by Pichu Pichu (5571m). Locals sometimes say 'when the moon separated from the earth, it forgot to take Arequipa,' waxing lyrical about the city's grand colonial

WHAT'S IN A NAME?

Evidence of a pre-Inca settlement by indigenous peoples from the Lake Titicaca area leads some scholars to think the Aymaras first named the city (in Aymara, *ari* means 'peak' and *quipa* means 'lying behind') for its position relative to El Misti. Another oft-heard legend says that Inca Mayta Capac was traveling through the valley and became so enchanted by it that he ordered his retinue to stop, saying, 'Ari, quipay,' which translates as 'Yes, stay.'

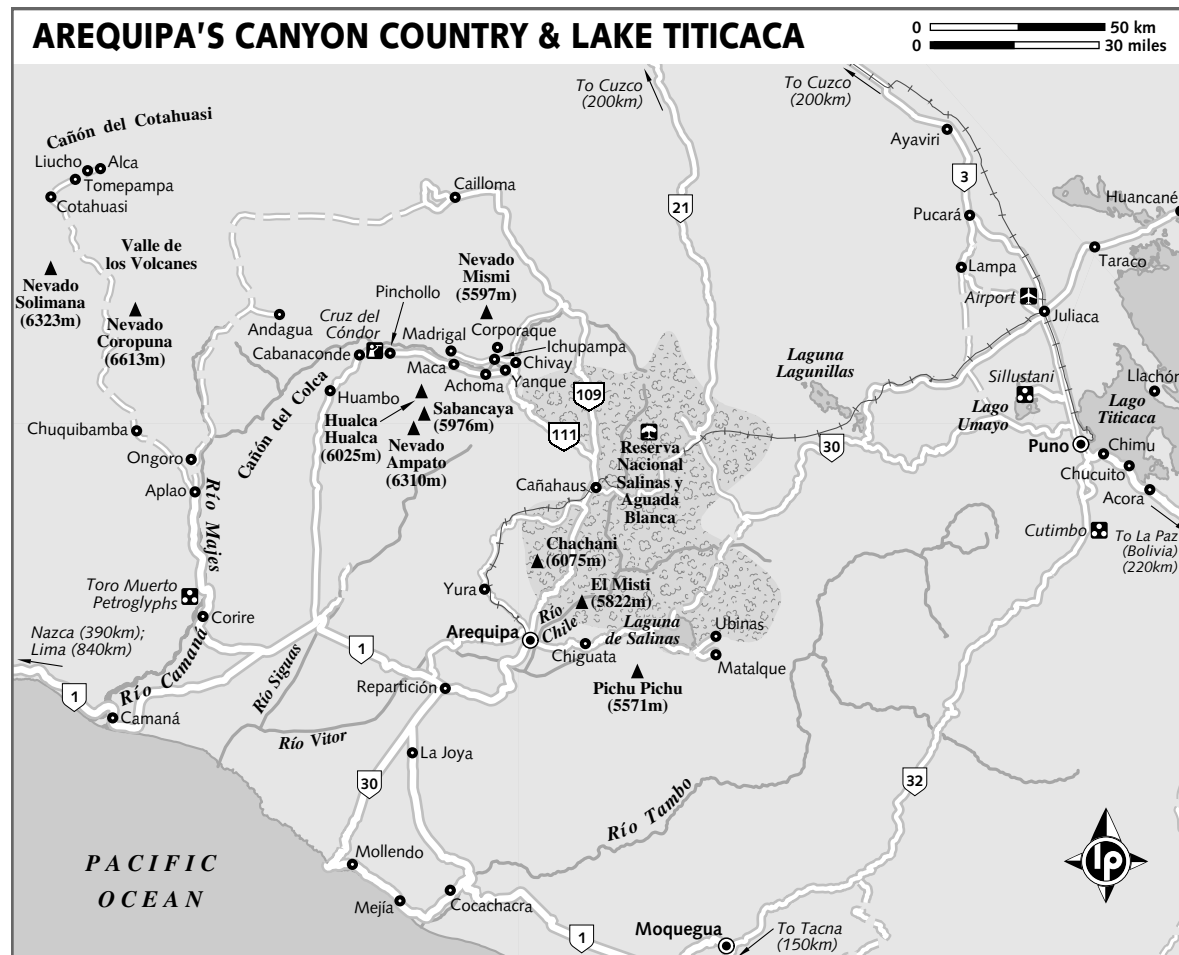
buildings, built from a light-colored volcanic rock called *sillar* that dazzles in the sun.

Information

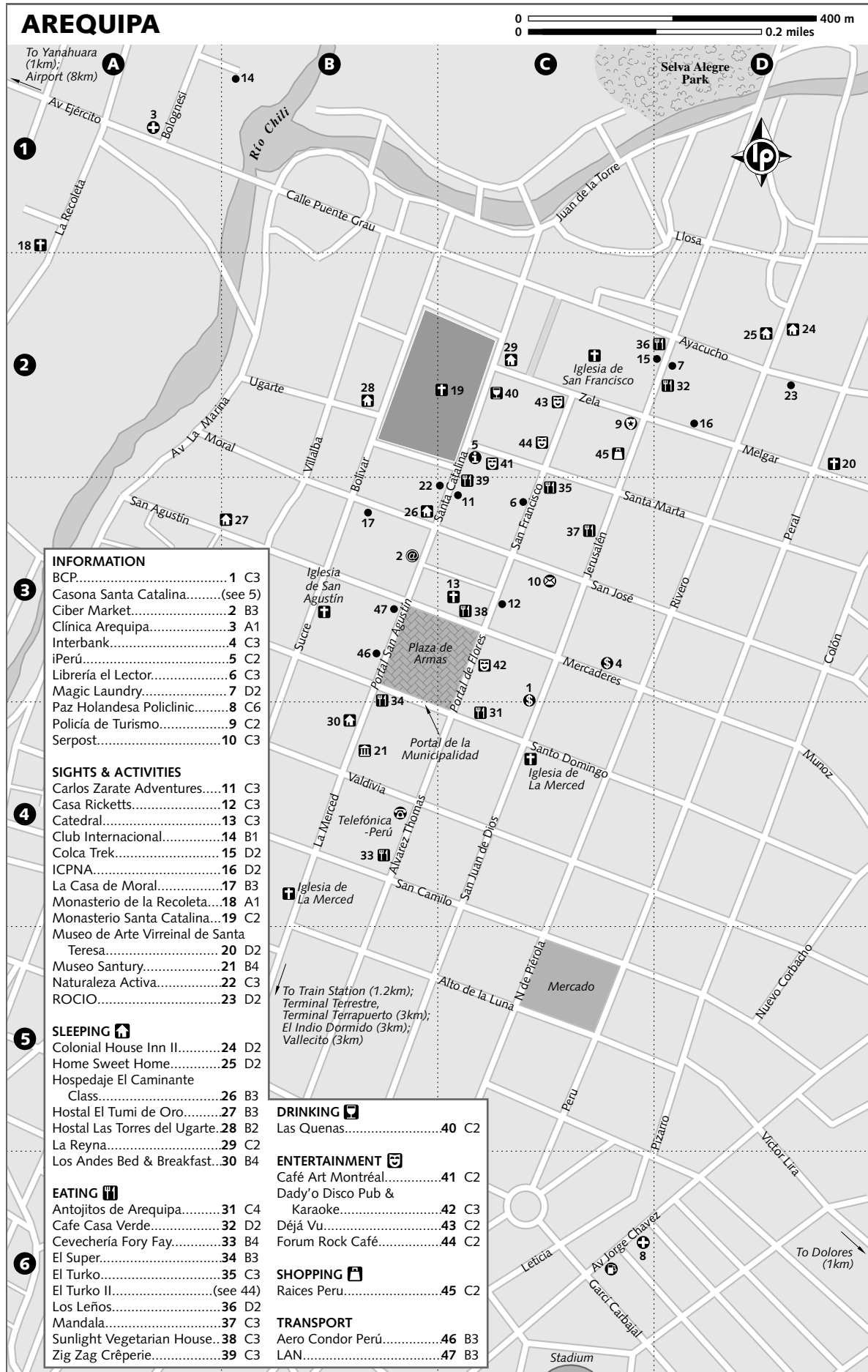
BOOKSTORES

Colca Trek (☎ 20-6217/960-0170; colcatrek@hotmail.com; Jerusalén 401-B) For DIY trekking and topographic maps.

Librería el Lector (San Francisco 221; ☎ 9am-noon & 1-9pm) Book exchange, local-interest titles, guidebooks and music CDs.

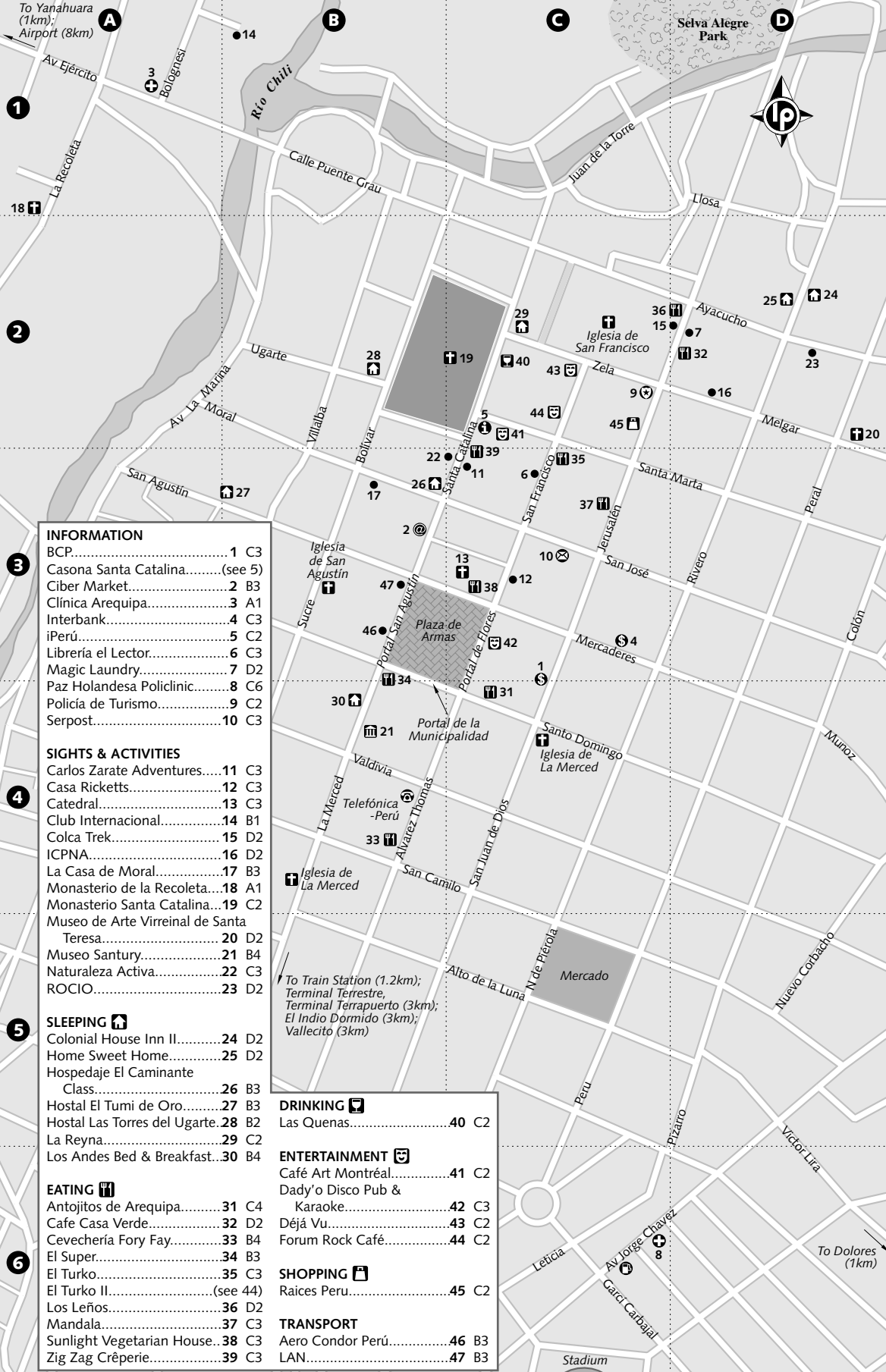


PERU



AREQUIPA

0 400 m
0 0.2 miles



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EMERGENCY

Policía de Turismo (☎ 20-1258; Jerusalén 315; ☎ 24hr)

IMMIGRATION

Migraciones (☎ 42-1759; Parque 2, cnr Bustamente & Rivero, Urb Quinta Tristán; ☎ 8am-1pm Mon-Fri) Take a taxi (US\$1).

INTERNET ACCESS

Ciber Market (Santa Catalina 115B; ☎ 8:30am-11pm) Quiet cabins, fast computers with printers, Net-to-phone and digital-photo CD burning.

LAUNDRY

Jerusalén has plenty of spots for washing your kit.

Magic Laundry (Jerusalén 404; ☎ 9am-1pm & 2:30-7pm Mon-Sat) Fast service.

LEFT LUGGAGE

Many guesthouses will store your bags for free. Lock everything securely, always get a receipt and keep a copy of the contents with you.

MEDICAL SERVICES

Clínica Arequipa (☎ 25-3424/3416; cnr Bolognesi & Puente Grau; ☎ 8am-8pm Mon-Fri, to 12:30pm Sat)
Paz Holandesa Policlínica (☎ 20-6720; www.pazholandesa.com; Jorge Chavez 527; ☎ 8am-8pm Mon-Sat) Appointment-only travel clinic (English and Dutch spoken).

MONEY

Money changers are found east of the Plaza de Armas. There are global ATMs inside Casona Santa Catalina and Terminal Terrestre.

BCP (San Juan de Dios 125) Visa ATM; changes traveler's checks.

Interbank (Mercaderes 217) Global ATM; changes traveler's checks.

POST

Serpost (Moral 118; ☎ 8am-8pm Mon-Sat, 9am-1pm Sun)

TOURIST INFORMATION

iPerú airport (☎ 44-4564; 1st fl, Main Hall; ☎ 6:30am-6pm); city center (☎ 022-1228; Casona Santa Catalina, Santa Catalina 210; ☎ 9am-7pm) The main office also runs Indecopi, the tourist-protection agency that deals with complaints against travel agencies.

Sights

Arequipa has been baptized 'the white city' for its distinctive volcanic stonework that graces

the stately Plaza de Armas and its enormous *sillar* **cathedral**, as well as many other exquisite colonial churches, convents and mansions built throughout the city.

The university-run **Museo Santury** (☎ 054-20-0345/21-5013; www.ucsm.edu.pe/santury; La Merced 110; admission US\$4.50; ☎ 9am-6pm Mon-Sat, 9am-3pm Sun) exhibits 'Juanita, the Ice Princess' – the frozen Inca maiden sacrificed on the summit of Ampato (6288m) over 500 years ago. For the Incas, mountains were violent deities who could kill by volcanic eruption, avalanche or climatic catastrophes, and could only be appeased by sacrifices. Multilingual tours consist of a video followed by a reverent look at burial artifacts culminating with a respectful viewing of the mummy herself. Although Juanita is not on display from January to April, another child sacrifice is.

Even if you've already overdosed on colonial edifices of yesteryear, the **Monasterio Santa Catalina** (☎ 22-9798; Santa Catalina 301; admission US\$10.50; ☎ 9am-5pm, last entry 4pm) shouldn't be missed. Occupying a whole block and guarded by imposing high walls, it's practically a citadel within a city. It was founded in 1580 by a wealthy widow who chose her nuns from the richest Spanish families, but her new nuns kept living it up in the style to which they were accustomed. After almost three centuries of these hedonistic goings-on, a strict Dominican nun arrived to straighten things out. The complex remained shrouded in mystery until it was forced open to the public in 1970. Today it's a meditatively mazelike place that lets you step back in time to a forgotten world of narrow twisting streets, tiny fruit-filled plazas, hidden staircases, beautiful courtyards and ascetic living quarters. Informative multilingual guides are available for a tip (US\$3 to US\$4.50).

One of Arequipa's oldest, the Jesuit **Iglesia de La Compañía** (admission free; ☎ 9am-noon & 3-6pm) is noted for its ornate main facade. The **San Ignacio chapel** has a polychrome cupola with lush murals of tropical flowers, fruits and birds, among which mingle warriors and angels.

On the west side of the Río Chili, this musty 17th-century Franciscan **Monasterio de la Recoleta** (☎ 28-1188; La Recoleta 117; admission US\$1.50; ☎ 9am-4:30pm Mon-Sat, 9am-12:30pm Sun) has a fascinating library with more than 20,000 historic books and maps and a museum of Amazoniana collected by missionaries. The neighborhood is dicey, so take a taxi (US\$1).

DETOUR

The suburb of **Yanahuara** is within walking distance of downtown Arequipa. Go west on Av Puente Grau over the bridge, and continue on Ejército. Turn right on Lima and walk north to a small plaza, where the **Iglesia San Juan Batista** dates from 1750 and a **mirador** has excellent views of Arequipa and El Misti. Head back along Jerusalén, parallel to Lima, and just before Ejército is the well-known garden restaurant **Sol de Mayo** (☎ 054-25-4148; Jerusalén 207; mains US\$5-7.50), where you can stop to lunch on typical *arequipeño* food. Frequent minivans running along Av Puente Grau shuttle back and forth to Yanahuara's main plaza (US\$35¢).

This gorgeous, 17th-century Carmelite convent **Museo de Arte Virreinal de Santa Teresa** (☎ 24-2531; www.museocarmelitas.com; Melgar 303; admission US\$3; ☎ 9am-4:30pm) recently opened to the public. It's famed for its decoratively painted walls, priceless votive *objets d'art* and colonial-era paintings, all explained by multilingual tour guides (tips appreciated). A charming shop sells baked goods and rose-scented soap made by nuns.

Of the colonial mansions, **La Casa de Moral** (Moral 318; adult/student US\$1.40/1; ☎ 9am-5pm Mon-Sat) is named after the 200-year-old mulberry tree in its courtyard. **Casa Ricketts** (San Francisco 108; admission free; ☎ 9:15am-12:45pm & 4-6:30pm Mon-Fri, 9:30am-12:45pm Sat), now a working bank, has puma-headed fountains.

Courses

Many schools offer Spanish classes (about US\$6 per hour).

CEICA (☎ 22-1165; www.ceica-peru.com/arequipa.htm; Urb Universitaria G-9)

CEPESMA (☎ 40-5927; cepesma.idiomas@peru.com; La Marina 141)

ICPNA (☎ 89-1020; www.icpna.edu.pe; Melgar 109)

Juanjo (www.spanishlanguageperu.com; 2nd epata C-4, Urb Magisterial, Yanahuara)

ROCIO (☎ 28-6929; www.spanish-peru.com; Ayacucho 208)

Activities

Santa Catalina and Jerusalén have dozens of fly-by-night travel agencies offering disappointingly rushed tours of the Cañón del Colca and also trekking, mountaineering and

rafting trips. There are many no-goodniks muscling in on the action, so shop carefully.

Outdoor outfitters:

Calbagatas (☎ 28-6314/965-5766/983-2623; rentasyservicios@speedy.com.pe) For horse-riding tours and treks. Based outside of the city so prefers to be contacted by phone or email.

Carlos Zarate Adventures (☎ 20-2461; www.zarateadventures.com; Santa Catalina 204) The granddaddy of Arequipeño climbing agencies also runs mountain-biking tours, though service can be lackluster. Rents climbing gear, but inspect it carefully.

Colca Trek (☎ 20-6217/960-0170; colcatrek@hotmail.com; Jerusalén 401-B) Ecoconscious adventure tour agency run by English-speaking Vlado Soto. Buys, sells and rents equipment, including camp-stove fuel, mountain bikes, climbing gear and trekking maps.

Naturaleza Activa (☎ 22-2257; www.peruexploration.com; Santa Catalina 211) Arranges mountain-biking, trekking and climbing tours of varying quality.

MOUNTAINEERING

Superb mountains surround Arequipa. Though many climbs in the area aren't technically difficult, they should never be undertaken lightly. Hazards include extreme weather, altitude and lack of water (carry 4L per person per day). Always check the IDs of guides carefully, and ask to see the book that identifies trained and registered guides. Know the symptoms of altitude sickness (p1095) and carry your own medical kit.

Looming above Arequipa is the city's guardian volcano **El Misti** (5822m), the most popular local climb. It can be tackled solo, but going with a guide helps protect against robberies, which have happened on the Apurímac route. One popular route is from Chiguata, an eight-hour hard uphill slog on rough trails to base camp (4500m). From there to the summit and back takes eight hours. The return from base camp to Chiguata takes three hours or less. **Chachani** (6075m) is one of the easiest 6000m peaks in the world, but you'll still need crampons, an ice axe and a good guide.

TREKKING

Agencies offer an array of off-the-beaten-track tours in Arequipa's canyon country, but it's better to DIY if you're just visiting the Cañón del Colca. Optimal hiking season is from May to November. Cañón del Colca has a smattering of **campgrounds** (sites per person US\$1.40), but it's forbidden to camp by Cruz del Condor. For indispensable trekking maps

and excellent guided trips into Cañón del Cotahuasi, contact Colca Trek.

RAFTING

The **Río Chili** is the most frequently run local river, with a half-day beginners' trip leaving daily from March to November. Further afield, the **Río Majes** passes grade II and III rapids. **Casa de Mauro** (camping per person US\$2, dm US\$3), in the village of Ongoro, 190km by road west of Arequipa, is a convenient base for rafting the Majes. The lodge can be contacted through Colca Trek. It's cheapest to take an almost hourly bus from Arequipa with Transportes del Carpio to Aplao (US\$2, three hours), then catch a minibus to Ongoro (or taxi US\$3.50).

OTHER ACTIVITIES

A 15-minute walk north of Puente Grau, **Club Internacional** (☎ 25-3384; admission Mon-Fri/Sat & Sun US\$3/4.50; 🕒 6am-midnight Mon-Sat, 7am-5pm Sun) offers swimming pools, soccer, tennis and bowling.

Festivals & Events

Arequipeños are a proud people, and their fiery celebration of the city's founding on August 15 renews their sense of difference from coastal Lima.

Sleeping

Many guesthouses are unmarked, or have a sign proclaiming 'Rooms for Tourist.' Many more budget guesthouses lie along Av Puente Grau, west of Jerusalén.

Home Sweet Home (☎ 40-5982; www.homesweet-home-peru.com; Rivero 509A; dm US\$3, incl breakfast s/d US\$7.50/14, s/d/tr without bathroom US\$5/10/15) A genuinely friendly homestay with cute, if a bit musty rooms. Upstairs there's a TV room, downstairs a kitchen.

El Indio Dormido (☎ 42-7401; www.elindiodormido.com; Andrés Avelino Cáceres B-9; dm US\$4.50, s/d without bathroom US\$6/9) By Terminal Terrestre, this hostel is cheap, popular and has a terrace garden with hammocks.

La Reyna (☎ 28-6578; Zela 209; dm US\$4.50, s/d/tr US\$6/12/18) A rickety old standby, La Reyna has rooftop balconies with either mountain or monastery views. It's cheek-to-jowl with Arequipa's hottest nightlife.

Los Andes Bed & Breakfast (☎ 33-0015; losandesap@hotmail.com; La Merced 123; s/d US\$10/20, without bathroom US\$5/10) Just a stone's throw south of the plaza, this airy guesthouse with hot water

and sun-drenched lounges is excellent for longer stays.

Point Hostel (☎ 28-6920; www.thepointhostels.com; Av Lima 515, Vallecito; dm US\$7-8, s/d without bathroom from US\$10/16, all incl breakfast; 📺) In the relaxed garden-filled suburb of Vallecito, this rambling hostel has a slew of backpacker amenities: free internet access, a games room, library and chill-out spaces.

Colonial House Inn II (☎ 28-4249; Rivero 504; s/d US\$9/15, without bathroom US\$7/13) In a capacious colonial building tucked down a side alley, here rooms combine rustic style with convenience. Big common kitchen.

Hostal El Tumi de Oro (☎ 28-1319; San Agustín 311; s/d US\$9/12) Run by chirpy elderly folks, this prettily tiled hostel has a sunny terrace and kitchen facilities.

Hospedaje El Caminante Class (☎ 20-3444; Santa Catalina 207A; d with/without bathroom US\$15/10.50) This overpriced, overcrowded guesthouse offers decent rooms, kitchen privileges, views from the rooftop terrace and all-you-can-drink *maté de coca* (coca-leaf tea).

Hostal Las Torres de Ugarte (☎ 28-3532; www.hotelista.com; Ugarte 401A; s/d/tr incl breakfast US\$20/30/36; 📺) This secure, well-kept small hotel has immaculate rooms with TVs – never mind the echoing hallways.

Eating

Trendy upscale restaurants are on San Francisco, while outdoor cafés line Pasaje Catedral.

Cafe Casa Verde (Jerusalén 406; items US60¢-\$1.50) Off a busy street, this nonprofit courtyard coffee shop run by street children dishes up yummy German-style pastries, sandwiches, cappuccinos and juices.

Antojitos de Arequipa (Morán 1st block; snacks & mains US\$1.50-7.50; 🕒 24hr) This café-restaurant is a bright beacon, even in the dead of night. Espresso drinks, an enormous menu of comfort food and chair locks for your backpack make it ideal for waiting out that late-night bus departure.

Mandala (Jerusalén 207; menú US\$1.50-2) A humble, health-minded vegetarian café for quick, quality fare. Breakfasts are huge.

Sunlight Vegetarian House (Moral 205; menú US\$1.50; 🕒 lunch) A no-frills Chinese vegetarian café with a faithful local following.

El Turko (San Francisco 216; mains US\$2.50-6; 🕒 7am-midnight Sun-Wed, 24hr Thu-Sat) This funky joint serves a hungry clubbing crowd its late-night

kabobs, but also makes a good java-stop during the day. This mini-empire also includes fantastic El Turko II restaurant, Fez bar and Istanbul café, all nearby.

Zig Zag Crêperie (Santa Catalina 208; mains US\$2.50-7; ☎ 8am-midnight) Inside the Alianza Francesa, this cultural café has a crackling fireplace, rich coffee and over 100 kinds of sweet and savory crêpes.

Cevichería Fory Fay (Thomas 221; mains US\$4.50-6; ☎ lunch) Small and to-the-point, it serves only the best *ceviche*. Pull up a chair at a rickety table and crack open a beer (limit one per person, though!).

Los Leños (Jerusalén 407; pizzas US\$4.50-6; ☎ 6-10:30pm Mon-Sat) Travelers say it has the best wood-burning pizza in southern Peru. If you're more impressed than we were, add your graffiti to the walls.

El Super (Portal de la Municipalidad 130) On the Plaza de Armas.

Drinking

For spicy nightlife, head for the bars and clubs along San Francisco north of the plaza.

Entertainment

Déjà Vu (San Francisco 319B; ☎ 6pm-2am) An eternally popular watering hole, it has a winning combination of a rooftop terrace, a long list of crazy cocktails, afternoon movies and decent DJs after dark.

Forum Rock Café (San Francisco 317; ☎ 10pm-4am Tue-Sat) A gutsy Latin rock bar with a thing for bamboo and waterfalls. The specialties are bands and booze – burgers are an afterthought. Zero Pub & Pool is in the same building.

Café Art Montréal (Ugarte 210; ☎ 6-11pm) A smoky, intimate bar with live bands playing at the back. It'd be equally at home on Paris' Left Bank.

Las Quenas (Santa Catalina 302; admission US\$3; ☎ closed Sun) This place features nightly performances of *folklórica*. A few doors south, Boulevard Café has live contemporary Peruvian acts with no admission charge Thursday to Sunday nights.

Dady'o Disco Pub & Karaoke (Portal de Flores 112; Thu-Sun) A raucous late-night disco and bar right on the Plaza de Armas.

A handful of cinemas in Arequipa show English-language movies dubbed or with Spanish subtitles. **Cineplanet Arequipa 7** (☎ 270-1945; www.cineplanet.com.pe; Los Arces s/n, at Av del Ejército)

is in a shopping mall just a short taxi ride away from the Plaza de Armas. It's also worth checking out the various cultural centers for film festivals and other screenings. *Déjà Vu* sometimes shows movies in the afternoons.

Shopping

Arequipa overflows with artisan and antique shops, especially on streets around Monasterio Santa Catalina.

Raices Peru (Jerusalén 309-A; ☎ 9am-7pm Mon-Sat) Vends folk art and crafts handmade in indigenous communities from the Amazon to the Andes.

Getting There & Away

AIR

The **airport** (AQP; ☎ 44-3464) is 8km northwest of the center. **LAN** (☎ 20-1224; Santa Catalina 118-C) serves Lima and Cuzco daily. **Aero Condor Perú** (☎ 22-6660; Portal de San Agustín 119) has cheap but often full flights to Tacna near the Chilean border.

BUS

Most companies leave from Terminal Terrestre or the smaller Terrapuerto bus station next door. Both are 3km south of the center (departure tax US\$30¢).

For Lima (US\$12 to US\$40, 16 to 18 hours), **Cruz del Sur** (☎ 42-7375), **Ormeño** (☎ 42-4113) and other companies operate several daily buses, mostly departing in the afternoon. Many buses stop en route at Nazca (US\$7 to US\$36, 10 to 12 hours) and Ica (US\$9 to US\$38, 13 to 15 hours). Many companies also have overnight buses to Cuzco (US\$7.50 to US\$21, nine to 11 hours).

Buses to Juliaca (US\$3.60, five hours) and Puno (US\$4.50, six hours) leave every half hour throughout the day. Some continue to Desaguadero (US\$7.50, seven to eight hours) on the Bolivian border. Cruz del Sur has the most comfortable buses to Tacna (US\$4.50 to US\$6.50, six to seven hours) via Moquegua (US\$4.50, four hours). **Transportes del Carpio** (☎ 42-7049) has hourly daytime departures for Mollendo (US\$1.50 to US\$2.50, two hours).

For Cañón del Colca, there are a few daily buses for Chivay (US\$2.40, three hours), continuing to Cabanaconde (US\$4.50, six hours). Recommended companies include **Andalucía** (☎ 44-5089/53-1166), **Reyna** (☎ 054-43-0612) or **Transportes Colca** (☎ 42-6357).

Getting Around

Minivans bound for Terminal Terrestre (US\$60¢) run south along Bolívar, or take a taxi (US\$1). Minibuses marked 'Río Seco' or 'Zamacola' go along Puente Grau and Ejército, passing within 700m of the airport, or take a taxi direct (US\$4.20). Always use officially licensed taxi companies like **Presidencial Express** (☎ 20-3333).

CAÑÓN DEL COLCA

One of the world's deepest canyons at 3191m, Colca ranks second only to neighboring Cañón del Cotahuasi, which is all of 163m deeper. Trekking is by far the best way to experience village life, although the roads are dusty. As you pass through the canyon's traditional villages, look out for the local women's traditional embroidered clothing and hats.

The road from Arequipa climbs north through **Reserva Nacional Salinas y Aguada Blanca**, where *vicuñas* – the endangered wild cousins of llamas and alpacas – are often sighted. The road continues through bleak *altiplano* (high Andean plateau) over the highest point of 4800m, before dropping spectacularly into Chivay.

Chivay

☎ 054 / pop 4600

The provincial capital at the head of the canyon is a small, dusty transit hub. Bring plenty of Peruvian cash, as only a few stores will exchange US dollars or euros. Slow internet access is available from cybercafés near the main plaza.

SIGHTS & ACTIVITIES

Soak away in Chivay's **hot springs** (admission US\$3; ☎ 4:30am-8pm), 3.5km northeast of town. The mineral-laden water is handy when the hot-water supply at your guesthouse packs up. Frequent *colectivos* leave from the market area (US\$30¢).

From where the road forks to the hot springs, stay to the left and walk beside fertile fields toward **Coporaque**, which has an arched colonial-era plaza. Then head downhill to the orange bridge across the river to **Yanque** (right), where passing buses or *colectivos* return to Chivay. It's an all-day walk. Alternatively, rent mountain bikes in Chivay from shops around the plaza.

A tiny **astronomical observatory** (☎ 054-53-1020; Casa Andina, Huayna Cápac s/n; adult/student US\$6/3) has nightly sky shows in Spanish and English.

SLEEPING

Though a tiny town, Chivay has plenty of *hostales* to choose from.

Hostal Estrella de David (☎ 53-1233; Siglo XX 209; s/d/tr US\$3/6/9) A simple, clean guesthouse, this *hospedaje* is a few blocks from the plaza toward the bus terminal.

Hospedaje El Rey (☎ 80-8864; Puente Inca 110; s/d/tr US\$4.50/7/9) Close to the plaza, this rustic place has decent rooms, or bare-bones habitations without bathroom for less.

Hospedaje Rumi Wasi (☎ 53-1146; Sucre 714; s/d/tr US\$6/9/12) An excellent family-run hostel with a central garden where alpacas nibble on the greenery and rooms have views of the surrounding countryside. Mountain bikes and guides are for hire.

Hostal Anita (☎ 53-1114; Plaza de Armas 606; s/d incl breakfast US\$9/15) With a pretty interior courtyard, this friendly hostel has hot showers.

EATING & DRINKING

Lobo's (Plaza de Armas; meals from US\$2) Has a touristy menu (with big breakfasts), a backpacker-friendly bar and tourist information.

Casa Blanca (Plaza de Armas; menú US\$4) A subterranean restaurant with a fireplace, Casa Blanca has a pick-and-choose set menu that includes unusual local specialties, and portions are huge.

Q'oka (Plaza de Armas) For good coffee and terrace views.

M'elroys (Plaza de Armas; ☎ closed Sun) Proves that Irish pubs really do get everywhere.

ENTERTAINMENT

Peñas are everywhere, with shows from around 8pm nightly.

Latigo's (cnr Puente Inca & Bolognesi; ☎ closed Sun) For dancing.

GETTING THERE & AWAY

The bus terminal is a 15-minute walk from the plaza. Buses to Arequipa (US\$2.40, three hours) or onward to Cabanaconde (US\$1, 2½ hours) via Cruz del Cóndor leave four times daily.

Chivay to Cabanaconde

The main road follows the south bank of the upper Cañón del Colca and leads past several villages and some of the most extensive pre-Inca terracing in Peru. One of these villages, **Yanque**, has an attractive 18th-century church and an excellent, small **cultural museum** (admission

WARNING!

Quasi-official ticket vendors board all buses at Chivay to force gringos to buy a *boleto turístico* (tourist ticket, US\$7) that allegedly covers entrance fees to all of the canyon's points of interest. If you're just passing through Chivay to Cabanaconde and won't be visiting Cruz del Cóndor, you don't have to buy it – all the proceeds benefit Chivay anyway, not less affluent villages. Politely but persistently refuse to pay, and you'll be allowed through eventually.

US90¢; 🚌 7am-6:30pm Tue-Sun) on the plaza. A 30-minute walk to the river brings you to some hot springs (admission US30¢). There are simple guesthouses scattered around town.

Eventually the road reaches **Cruz del Cóndor** (entry with Boleto Turístico, p871). Andean condors that nest here by the rocky outcrop can occasionally be seen gliding effortlessly on thermal air currents. Early morning or late afternoon are the best times to see the birds, but you'll need luck.

Cabanaconde

☎ 054 / pop 1300

Cabanaconde is an excellent base for some spectacular hikes into the canyon, including the popular two-hour trek down to Sangalle (The Oasis) at the bottom, where there are natural pools for swimming (US\$3), simple bungalows and campsites. The return trek is thirsty work; allow three to four hours. Local guides can suggest a wealth of other treks, to waterfalls, geysers, remote villages and archaeological sites.

The basic **Hostal Valle del Fuego** (☎ 054-83-0032/0035/2158; hvalledelfuego@hotmail.com; s/d without bathroom US\$3/6) is an established travelers' scene, with DVDs, a full bar, solar-powered showers and owners knowledgeable about trekking. An annex of rooms with private bathrooms costs more.

The smaller **Hospedaje Villa Pastor** (Plaza de Armas; s/d US\$3/6) is the upstart competition, with lukewarm showers and a simple restaurant and bar.

Several daily buses bound for Chivay (US\$1, 2½ hours) and Arequipa (US\$4.50, six hours) via Cruz del Cóndor leave from the plaza.

LAKE TITICACA

South America's largest lake is also the world's highest navigable lake. The air looks magically clear here, as dazzling high-altitude sunlight suffuses the highland *altiplano* and sparkles on the deep waters. Horizons stretch until almost limitless, with ancient funerary towers and crumbling colonial churches. The port of Puno is a convenient base for visiting far-flung islands dotted across Lake Titicaca – from those made of artificial reeds to more remote, rural isles where villagers live much as they have for centuries.

JULIACA

☎ 051 / pop 198,600

The large, brash market town has the department's only commercial airport, though it gets far fewer tourists than its more lovely lakeside neighbor Puno.

Interbank (Nuñez 231) has a 24-hour global ATM. *Casas de cambio* sprawl around the intersection of Bolívar and Nuñez. **Clínica Americana Adventista** (☎ 32-1639; Loreto 315; 🏥 24hr) offers emergency services.

With Puno so close, there's usually no need to overnight here. A block northwest of the plaza, **Hostal Sakura** (☎ 32-2072; San Roman 133; s/d from US\$7.50/10.50) has a positive atmosphere. Most rooms have hot showers.

Ricos Pan (cnr Unión & Chávez; 🕒 8:30am-12:30pm & 2:30-6:30pm) is the best place for coffee and yummy cake. **Restaurant Trujillo** (San Roman 163; mains US\$3-6) is good for more substantial meals and boasts a decent drinks list.

The **airport** (JUL; ☎ 32-8974) is 2km west of town. **LAN** (☎ 32-2228; San Román 125) has daily flights to/from Lima, Arequipa and Cuzco, but they are often canceled. To the airport, take a taxi (US\$1.50) or minibus from the center marked 'Aeropuerto' (US30¢). Direct minibuses to Puno (US\$1.50, one hour) usually await incoming flights.

The bus companies on the 12th block of San Martín, 2km east of town, travel to the same destinations as from Puno (p867). **San Martín** (☎ 32-7501) and other companies along Tumbes between Moquegua and Piérola have *económico* night buses to Tacna (US\$9, 11 hours) via Moquegua.

Colectivos to Puno (US60¢, 50 minutes) leave when full from Plaza Bolognesi. More frequent *combis* to Puno (US50¢, one hour)

depart from around the intersection of Piérola and 8 de Noviembre, northeast of the plaza.

Juliaca's **train station** (☎ 32-1036; Plaza Bolognesi) has a reputation for theft, so keep a sharp eye on your stuff. For schedules and fares between Cuzco and Puno, see p868. Trains pass through Juliaca an hour or so after leaving Puno.

AROUND JULIACA

For details of the scenic route to Cuzco, see p889.

Lampa

This charming village, located 36km northwest of Juliaca, is known as 'La Ciudad Rosada' for its dusty, pink-colored buildings. Fronting the plaza, gorgeous **Iglesia de la Imaculada** holds secrets worth seeing. Ask around to find the caretaker, who will unlock the church and take you down into the catacombs for a tip.

Staff at the shop opposite **Museo Kampac** (Ugarte 462; admission by donation) give quick guided tours of the museum's small collection. If you're lucky, they'll show you a unique vase inscribed with the sacred cosmology of the Incas.

A few kilometers west of town over a bridge hides **Cueva de los Toros**, a bull-shaped cave with prehistoric carvings of llamas and other animals. The cave is in some rocks on the right side of the road. En route are several *chullpas* (funerary towers).

From Juliaca, minivans to Lampa (US90¢, 45 minutes) leave when full from near the market on Jirón Huáscar.

PUNO

☎ 051 / pop 102,800

The small port of Puno is the best departure point for Lake Titicaca's islands. Though only a few colonial buildings remain in Puno, the streets bustle with local women garbed in multilayered dresses and bowler hats. Nights here get bitterly cold, especially during winter when temperatures can often drop below freezing.

Information

Internet cafés offering cheap phone calls are near the plaza, including along Lima. For hospitals, it's better to go to Juliaca (opposite). Bolivian pesos can be exchanged in town or at the border. There's a global ATM inside Terminal Terrestre.

BCP (Lima at Grau) Visa/MasterCard ATM; gives Visa cash advances.

Botica Fasa (☎ 36-6862; Arequipa 314; ☎ 24hr) Big pharmacy.

Interbank (Lima 444) Global ATM; changes traveler's checks.

iPerú (☎ 36-5088; Plaza de Armas, Lima at Deustua; ☎ 8:30am-7:30pm) For tourist information.

Lavacín (Valcárcel 132; ☎ 8am-noon & 2-7pm Mon-Sat) For laundry.

Migraciones (☎ 35-7103; Ayacucho 240; ☎ 8am-2pm Mon-Fri) Gives tourist-card extensions, though it's cheaper to go to Bolivia and return (see p868).

Policía de Turismo (☎ 35-3988; Deustua 558; ☎ 24hr) For emergencies.

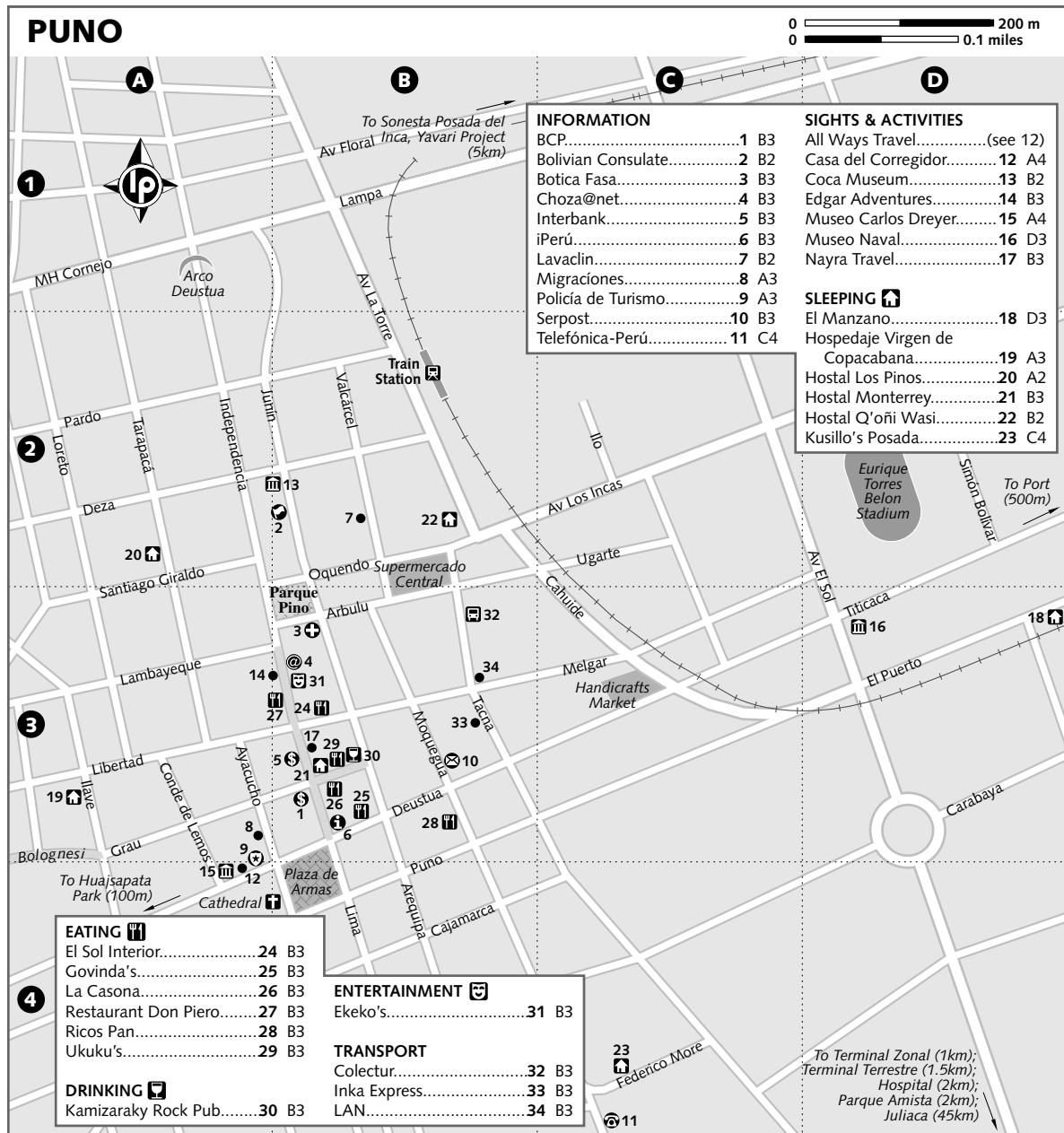
Serpost (Moquegua 267; ☎ 8am-8pm Mon-Sat)

Sights & Activities

The oldest boat on Lake Titicaca, the iron-hulled **Yavari** (☎ 36-9329; www.yavari.org; suggested donation US\$6; ☎ 8am-5:30pm) was built in England and shipped in pieces around Cape Horn to Arica, then transported to Tacna by train and hauled by mule over the Andes to Puno (taking a mere six years), where it was reassembled and launched in 1870. Due to a coal shortage, the engines were often powered by dried llama dung! The ship was eventually decommissioned by the Peruvian navy, and the hull was left to rust on the lakeshore until it was rescued by a nonprofit organization. Now moored by the Sonesta Posada Hotel del Inca (take a minivan from along Av El Sol, US30¢), the ship is open for tours by the affable, knowledgeable, English-speaking captain. In future the vessel should be ready to cruise across Lake Titicaca.

Just off the plaza, the 17th-century **Casa del Corregidor** (☎ 35-1921; www.casadelcorregidor.com.pe; Deustua 576; admission free; ☎ 10am-10pm Tue-Fri, 10am-2:30pm & 5-10pm Sat 21 Jan-20 Dec, also 10am-2:30pm & 5-10pm Sun May-Oct) houses a cooperative crafts shop and a café for hobnobbing with local bohemians over a cappuccino. Around the corner is the small **Museo Carlos Dreyer** (Conde de Lemos 281; foreigner US\$5; ☎ 10am-10pm), which houses a beautifully curated collection of archaeological artifacts.

Near the port, the **Museo Naval** (Titicaca at Av El Sol; ☎ 8am-5pm Mon-Fri, 9am-1pm Sat & Sun) has tiny exhibits on navigating the lake, from rudimentary reed boats to 19th-century steamers. The **Coca Museum** (☎ 36-5087; www.cocamuseo.com; Deza 301; ☎ 9am-1pm & 3-8pm) is also well worth a peek.



PERU

Tours

Many travelers find the island-hopping tours disappointing, even exploitative. We recommend that you DIY: ask around (eg at your guesthouse) for a local guide, preferably someone with ties to the islands, then go to the docks in the early morning and get on the next boat.

All Ways Travel (☎ 35-3979; www.titicacaperu.com; Deustua 576) A behemoth agency with multilingual staff.

Edgar Adventures (☎ 35-3444; Lima 328) Gets mostly good recommendations.

Nayra Travel (☎ 36-4774; Lima 419) Personalized service for off-the-beaten-track destinations.

Festivals & Events

Puno is often named the folklore capital of Peru, celebrating wild and colorful fiestas

throughout the year. Although they often occur during celebrations of Catholic feast days, many dances have their roots in pre-conquest celebrations tied in with the agricultural calendar. The dazzlingly ornate and imaginative costumes worn on these occasions are often worth more than an entire household's everyday clothes. Accompanying musicians play a host of traditional instruments, from Spanish-influenced brass and string to percussion and wind instruments that have changed little since Inca times. Major festivals are usually celebrated for several days before and after the actual date:

- Epiphany** January 6
- Virgen de la Candelaria** (Candlemas) February 2
- Puno Day** November 5

Sleeping

Some bare-bones *hostales* have only cold showers. If you want to avoid freezing off vital appendages, use the public hot showers found around town.

Hostal Monterrey (☎ 35-1691; Lima 441; s/d US\$6/9, without bathroom US\$3/6) Right in the thick of things on the main pedestrian boulevard, you'll get smiley service here. Hot showers are erratic, and rooms without bathroom are very basic.

Hospedaje Virgen de Copacabana (☎ 36-3766; llave 228; dm US\$4.50) This friendly, tumbledown YHA-affiliated hostel tucked off a narrow passageway has great big rooms with shared bathrooms.

Hostal Q'oni Wasi (☎ 36-5784; qoniwasi@mundomail.net; La Torre 119; s/d/tr US\$7.50/12/18, with bathroom US\$10.50/21/24) A long-running backpacker haunt, quirky Q'oni Wasi has a warren of snug, older rooms and electric showers.

Kusillo's Posada (☎ 36-4579; kusillos@latinmail.com; Federico More 162; s/d incl breakfast US\$9/15) Run by the indefatigable Jenny Juño and her wonderful family, this heart-warming homestay has cozy rooms with electric showers.

Hostal Los Pinos (☎ 36-7398; hostalpinos@hotmail.com; Tarapacá 182; s/d US\$10/15) This small hotel has spacious rooms (avoid those facing the street) with wool blankets, TVs and hot showers.

Eating

Touristy restaurants line the rambunctious pedestrian street of Calle Lima.

El Sol Interior (Libertad 352; mains US\$1.80-5) This holistic, health-minded vegetarian restaurant has amazing Peruvian fake-meat dishes, with sides of quinoa and locally grown vegetables, plus Amazonian-style jungle juices and potions.

Restaurant Don Piero (Lima 364; mains US\$3-5) Don Piero doesn't match other restaurants for glitz, but has excellent local food and live music some evenings.

La Casona (Lima 517; mains US\$3.60-7.50) Calling itself a museum, this quaint restaurant retains an old-fashioned 1920s air with a collection of antique irons lining the walls. Impeccably mannered waiters serve lovingly prepared fish and other local dishes.

Ukuku's (Pasaje Grau 172, 2nd fl; mains US\$5-7.50) Hungry crowds of travelers flock to this toasty restaurant, which serves excellent pizzas and Peruvian fare (try the alpaca with baked apples).

Ricos Pan (Moquegua 326; ☎ 8am-9:30pm Mon-Sat) Puno's best bakery is a comforting find, especially for melt-in-your-mouth cakes.

Drinking

Kamizaraky Rock Pub (Pasaje Grau 158; ☎ 5pm-late) Southern Peru's best watering hole, this place feels like someone's living room. It's got a classic soundtrack, cool bartenders and liqueured-infused coffee drinks, ideal for Puno's bone-chilling nights.

Entertainment

A few *peñas* advertise nightly performances of *música folkórica*.

Ekeko's (Lima 355, 2nd fl; ☎ 5pm-late) Travelers and locals alike gravitate to this tiny, ultraviolet dance floor splashed with psychedelic murals. Movies are shown in the early evening.

Getting There & Around

AIR

The nearest airport is in Juliaca (p864). **LAN** (☎ 36-7227; Tacna 299) has an office in Puno.

BUS

Terminal Terrestre (☎ 36-4733; Primero de Mayo 703), located around 2km southeast of the plaza, houses Puno's long-distance bus companies (departure tax US\$30¢). Direct services go to Lima (US\$11 to US\$45, 19 hours), Arequipa (US\$3.60 to US\$7.50, 5½ to six hours) and Cuzco (US\$4.50 to US\$10.50, six to seven hours) via Juliaca (US\$60¢, one hour). **San Martín** (☎ 36-3631) has rough, overnight *económico* buses to Tacna (US\$7.50, 10 hours) via Moquegua.

Inka Express (☎ 36-5654; www.inkaexpress.com; Tacna 314-B) runs luxury tour buses with panoramic windows to Cuzco every morning. The worthwhile US\$25 fare includes beverages and an English-speaking guide who explains sites that are briefly visited en route, including Pucara, Raqchi and Andahuayillas (see p889).

Minibuses to Juliaca (US\$50¢, one hour), lakeshore towns and the Bolivian border leave from Terminal Zonal on Simón Bolívar, a few blocks north of Terminal Terrestre.

TAXI

A short taxi ride around town costs US\$1. *Mototaxis* are cheaper, but make sure the negotiated fare is per ride, not per person.

GETTING TO BOLIVIA

There are two overland routes from Puno to La Paz, Bolivia. The Yunguyo route, which is safer and easier, allows you to take a break at the lakeshore resort of Copacabana. The Desaguadero route, which is slightly faster and cheaper, can be combined with a visit to the ruins at Tiahuanaco (p200). Beware of immigration officials trying to charge an illegal 'entry tax' or search your belongings for 'fake dollars' to confiscate (hide yours before reaching the border).

To enter Peru from Bolivia, see p209.

Via Yunguyo

The most convenient way to reach Bolivia is with a cross-border company like **Colectur** (☎ 051-35-2302; Tacna 221), which has daily buses departing at 7:30am that stop at a money-exchange office, the Peruvian and Bolivian border posts, then Copacabana (US\$3.60, three hours), where you board another bus to La Paz (US\$7.50, eight hours). Officials in Copacabana will make you pay just to enter town (US\$15¢).

Alternatively, frequent minibuses depart Puno's Terminal Zonal for Yunguyo (US\$1.40, 2½ hours). You'll find money changers in Yunguyo's plaza and at the border, 2km away in Kasani (*combis* US\$30¢). In Bolivia, which is an hour ahead of Peru, the border post is open from 8:30am to 7pm daily. From the border, it's another 10km to Copacabana (*combis* US\$50¢).

Via Desaguadero

Buses (US\$2) and minibuses (US\$1.40) leave Puno's Terminal Zonal and Terminal Terrestre regularly for the chaotic border town of Desaguadero (2½ hours), which has basic hotels and money changers. Border hours are 8am to 8pm, but because Bolivia is an hour ahead of Peru, plan to cross before 7pm Peruvian time. Many buses go from Desaguadero to La Paz (US\$1.80, three hours) during daylight hours, passing the turnoff for Tiahuanaco.

TRAIN

Trains bound for Cuzco via Juliaca purportedly leave Puno's **train station** (☎ 36-9179; La Torre 224; www.perurail.com; ☎ 7am-noon & 1-5pm Mon-Fri, 7-11am Sat & Sun) at 8am daily, arriving at 5:30pm, though they're often hours late or canceled entirely. At the time of research, first-class/backpacker fares to Cuzco were US\$119/17.

AROUND PUNO

Sillustani

Sitting on rolling hills in the Lake Umayo peninsula, the ruined towers of **Sillustani** (admission US\$2) stand out for miles against the unforgiving landscape. The ancient Colla people were a warlike, Aymara-speaking tribe that buried their nobility in these impressive funerary *chullpas*, made from massive coursed blocks and reaching heights of up to 12m.

Puno travel agencies run 3½-hour tours (US\$7.50 including entrance fee) that leave around 2:30pm daily. To DIY, catch any bus to Juliaca and get off where the road splits to Sillustani. From there, occasional *combis* run to the village of Atuncolla (US\$60¢, 10 minutes), a 4km walk from the ruins.

Cutimbo

Almost 20km from Puno, this dramatic wind-swept **site** (admission US\$2) has an extraordinary position atop a table-topped volcanic hill surrounded by a sprawling plain. Its modest number of exceptionally well-preserved *chullpas*, built by the Colla, Lupaca and Inca cultures, come in both square and cylindrical shapes. Look closely and you'll find several monkeys, pumas and snakes carved into the structures.

Combis leave the cemetery by Parque Amista, 1km from Puno's city center, every half hour (US\$60¢, 30 minutes). You can't miss the site, which is a steep climb up from the right-hand (east) side of the road.

Llachón

pop 1300

Almost 75km northeast of Puno, this pretty little village is on the Peninsula of Capachica, which offers fantastic views and short hikes to surrounding pre-Inca sites. It's an area that sees very few tourists. With advance reservations, families welcome visitors into their rudimentary homes and cook all meals for around US\$4. Nayra Travel (p866) can make necessary arrangements and show you how to

get here by local buses from Puno (US\$4.50, 2½ hours).

South-Shore Towns

If you start early enough, you can visit all of the following south-shore towns in a day and either be back in Puno by nightfall or continue onward to Bolivia. For a map of this region, see p206.

The road east of Puno follows the lakeside. At the village of **Chimú**, famous for its *titora*-reed industry, you might spy boats in various stages of construction.

The next village is **Chucuito**, 20km south-east of Puno. There's a breathtaking **mirador** a short walk south of the colonial church on the plaza. The principal attraction is the outlandish **Templo de la Fertilidad** (admission free), which consists of scattered, dusty dozens of large stone phalluses.

Juli, 80km southeast of Puno, is Peru's Pequeña Roma (Little Rome) on account of its four hoary colonial churches, best visited on Sunday market days. **Pomata**, 105km from Puno, is dominated by an exquisite Dominican church atop a small hill.

Just outside Pomata, the road forks to the right toward Desaguadero or left alongside the lake to Yunguyo.

GETTING THERE & AWAY

Puno's Terminal Zonal has cheaper, slower minibuses and faster minivans for all destinations en route to the Bolivian border (US\$1.40, 2½ hours).

ISLAND-HOPPING

The only way to see Lake Titicaca is to spend a few days visiting its fairy-tale islands. That said, negative impacts from tourism are being felt in many communities. You could also hop over the Bolivian border to visit the more chill Isla del Sol (p209) from Copacabana.

Islas Flotantes

The unique **floating islands** of the Uros people have become shockingly commercialized, though there is still nothing quite like them anywhere else. The islands are built using layers of the buoyant *titora* reeds that grow abundantly in the shallows of Lake Titicaca.

Intermarriage with Aymara-speaking indigenous peoples has seen the demise of the pureblooded Uros. Always a small tribe, they began their floating existence centuries ago

in an effort to isolate themselves from the aggressive Collas and the Incas. Today several hundred people still live on the islands.

Indeed the lives of the Uros are totally interwoven with these reeds, which are used to make their homes, boats and the crafts they churn out for tourists. The islands' reeds are constantly replenished from the top as they rot away, so the ground is always soft and springy – mind your step!

Two-hour boat tours (US\$3) leave from the dock when full from 7am until late afternoon. There's a ticket booth at the dock entrance. Trips to other islands sometimes stop at the Islas Flotantes on the way out.

Isla Taquile

Inhabited for many thousands of years, this 7 sq km **island** (admission US\$1.50) often feels like its own little world. The Quechua-speaking islanders maintain lives largely unchanged by mainland modernities and have a long tradition of weaving. Their creations can be bought in the cooperative store on the main plaza. Look for the menfolk's tightly woven woolen hats, resembling floppy nightcaps, which they knit themselves and can denote social status. The women also look eye-catching in their multilayered skirts and delicately embroidered blouses.

Several hills have pre-Inca terracing and small ruins set against the backdrop of Bolivia's snowcapped Cordillera Real. Visitors are free to wander around, but you can't do that on a day trip without missing lunch or the boat back, so stay overnight if you can. Travelers will be met by islanders next to the arch atop the steep stairway up from the dock. They can arrange homestays (per person US\$3). Beds are basic but clean, and facilities are minimal. You'll be given blankets, but bringing a sleeping bag and flashlight is essential.

Most island shops and restaurants close by mid-afternoon, when all the tour groups leave, so arrange dinner with your host family in advance. Gifts of fresh fruit from Puno's markets are appreciated. You can buy bottled drinks at the shops, though it's worth bringing purifying tablets or a water filter. Also bring small bills (change is limited) and extra money for souvenirs.

Boats for the incredibly slow 34km trip to Taquile leave Puno's dock every day around 7:30am (US\$6, three hours). Get to the dock early and pay the captain directly. The return

boat leaves in the early afternoon, arriving in Puno around nightfall. Remember to bring sunscreen and mosquito repellent.

Puno travel agencies (p866) offer guided tours for about US\$9, or US\$15 for an overnight stay including meals, though the islanders benefit more from travelers who go independently.

Isla Amantani

This less frequently visited **island** (admission US\$1.50) is a few kilometers northeast of Taquile. Several hills are topped by ruins of the Tiahuanaco culture. Trips here usually involve an overnight stay with islanders (around US\$3, including meals). You can stay in more comfort at locally owned **Kantuta Lodge** (☎ 051-81-2664; www.punored.com/titicaca/amantani/img/english.html; r per person incl meals US\$20). Boats to Amantani leave Puno between 7:30am and 8:30am most mornings: pay the captain directly (US\$7.50, 3½ hours). Unpredictable boat connections usually make it easiest to travel from Puno to Amantani and on to Taquile, rather than in reverse. Puno travel agencies (p866) charge US\$15 for a two-day tour to Amantani, with a quick visit to Taquile and the floating islands.

CUZCO & THE SACRED VALLEY

As the heart of the once-mighty Inca empire, the magnetic city of Cuzco heads the list of many a traveler's itinerary. Each year it draws hundreds of thousands of travelers to its lofty elevations, lured by the city's unique combination of colonial splendor built on hefty stone foundations of the Incas. And lying within easy hopping distance of the city is the country's biggest draw card of all, the 'lost' city of the Incas, Machu Picchu, perched high on a remote mountaintop. The department of Cuzco also has superb trekking routes and a long list of flamboyant fiestas and carnivals in which Peru's pagan past colorfully collides with Catholic rituals and modern Latin American mayhem.

CUZCO

☎ 084 / pop 322,000

The high-flying Andean city of Cuzco (Qosq'o in the Quechua language) is the uneasy bearer of many grand titles. It was once the foremost

city of the Inca Empire, and is now the undisputed archaeological capital of the Americas as well as the continent's oldest continuously inhabited city. Massive Inca-built walls line steep, narrow cobblestone streets and plazas are often thronged with the descendants of the mighty Incas and Spanish conquistadors. But there's no question of who rules the roost now: the city's economy is almost totally at the whim of international tourists, and every second building surrounding the Plaza de Armas is a restaurant, shop or hotel.

History

Cuzco is a city so steeped in history, tradition and myth that it can be difficult to know where fact ends and myth begins. Legends tell that in the 12th century, the first Inca, Manco Capac, was charged by the ancestral sun god Inti to find the *qosq'o* (navel of the earth). When at last Manco discovered such a point, he founded the city.

The ninth Inca Pachacutec (see p823) wasn't only a warmonger: he also proved himself a sophisticated urban developer, devising Cuzco's famous puma shape and diverting rivers to cross the city. He also built the famous Coricancha temple and his palace fronting what is now the Plaza de Armas.

After murdering the 12th Inca Atahualpa (see p823), the Spanish conquistador Francisco Pizarro marched on Cuzco in 1533 and appointed Manco Inca as a puppet ruler of the Incas. After a few years, Manco rebelled and laid siege to Spanish-occupied Cuzco. Only a desperate battle at Saqsaywaman (p879) saved the Spanish from annihilation. Manco was forced to retreat to Ollantaytambo and eventually into the jungle at Vilcabamba. Once the city had been safely recaptured, looted and settled, the seafaring Spaniards turned their attentions to coastal Lima, making Cuzco just another quiet colonial backwater.

Few events of historical significance have rocked Cuzco since Spanish conquest but for earthquakes in 1650 and 1950, and a failed indigenous uprising led by Túpac Amaru II in 1780. It was the rediscovery of Machu Picchu in 1911 that has affected the city more than any event since the arrival of the Spanish.

Orientation

The city centers on the Plaza de Armas, while traffic-choked Av El Sol is the main business thoroughfare. Walking just a few blocks north

or east of the plaza will lead you onto steep, twisting cobblestone streets changed little for centuries.

The alley off the northwest side of the plaza is Procuradores (Tax Collectors), nicknamed 'Gringo Alley' for its huddle of backpacker bars and cafés – watch out for predatory touts. Beside the cathedral, narrow Calle Triunfo leads uphill to Plaza San Blas, the heart of Cuzco's artistic *barrio* (neighborhood).

In a resurgence of indigenous pride, the official names of many streets have been changed from Spanish back to Quechua spellings (eg Qosqo not Cuzco, Písac not Pisac). Maps may retain the old spellings, which are still in everyday use.

Information

BOOKSTORES

Book exchanges abound at cafés, pubs and the SAE clubhouse (right).

Jerusalén (Heladeros 143; ☎ 9am-9pm Mon-Sat)

Los Andes Bookshop (Portal Comercio 125;

☎ 9:30am-1:30pm & 4:15-9pm Mon-Sat)

SBS Bookshop (El Sol 781-A; ☎ 9am-9pm Mon-Sat)

EMERGENCY

Policía de Turismo (☎ 084-24-9654; Saphi 510;

☎ 24hr) For official reports needed for insurance claims and details of foreign consulate representatives.

IMMIGRATION

Migraciones (☎ 22-2741; El Sol 612; ☎ 8am-1pm & 2-4:30pm Mon-Fri) For visa extensions (p942).

INTERNET ACCESS

Internet cafés are on every corner.

Mundo Net (Santa Teresa 172; per hr US60¢; ☎ 7am-10pm Mon-Sat) A calm oasis, with private telephone booths and an espresso bar.

LAUNDRY

Lavanderías cluster on Suecia, Procuradores and Plateros. During high season, don't bet your last pair of trekking socks on their promise of 'in by 10am, ready by 6pm.'

LEFT LUGGAGE

Many guesthouses will store your bags for free. Lock everything securely, always get a receipt and keep a copy of the contents with you.

MEDICAL SERVICES

Cuzco's medical facilities are limited. Head back to Lima for serious procedures.

Clínica Pardo (☎ 24-0387; Av de la Cultura 710; ☎ 24hr)

Clínica Paredes (☎ 22-5265; Lechugal 405; ☎ 24hr)

Hospital Regional (☎ 23-9792/22-3691;

Av de la Cultura s/n) Cheaper, but not as good.

InkaFarma (☎ 24-2967; El Sol 174; ☎ 24hr) Well-stocked pharmacy.

MONEY

Many banks on Av El Sol and shops around the Plaza de Armas have foreign-card-friendly ATMs. The main bus terminal has a global ATM.

LAC Dolar (El Sol 150; ☎ 9am-8pm Mon-Sat) Reliable *casa de cambio*.

POST

Serpost (El Sol 800; ☎ 8am-8pm Mon-Sat)

TOURIST INFORMATION

iPerú airport (☎ 23-7364; Main Hall; ☎ 6am-4pm); city center (☎ 23-4498; Office 102, Galerías Turísticas, El Sol 103; ☎ 8:30am-7:30pm) Efficient, helpful main office also runs Indecopi, the tourist-protection agency.

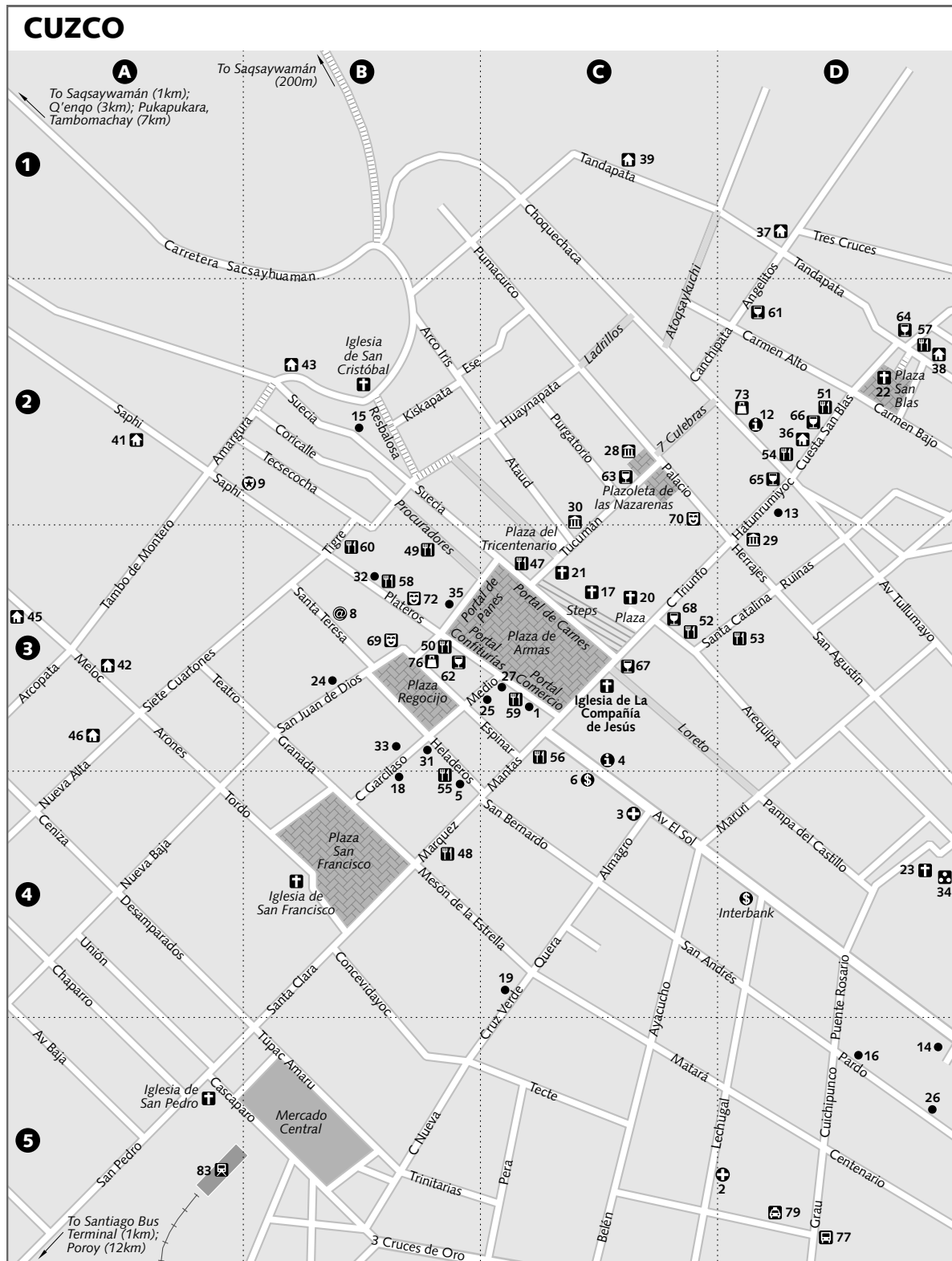
South American Explorers (SAE; ☎ 24-5484; www.saexplorers.org; No 4 Choquechaca 188; ☎ 9:30am-5pm Mon-Fri, to 1pm Sat) Traveler information and maps sold. Cultural events and some volunteering info for nonmembers. For details about the club, see p836 and p1072.

Dangers & Annoyances

The train stations and markets are prime areas for pickpockets and bag-slashers. Use only official taxis (look for the company's telephone number on the roof), lock your doors and never allow additional passengers. Late-night revelers returning from bars or trekkers setting off before sunrise are most vulnerable to 'choke and grab' muggings, especially on Resbalosa. Drug dealers and police often work together, especially on Procuradores, where you can make a drug deal and get busted, all within a couple of minutes. Beware of altitude sickness if you're flying in from sea level (see p1095).

Sights

For admission to many archaeological sites around Cuzco, you must buy a Boleto Turístico. A 10-day 'tourism ticket' costs US\$21/10.50 per adult/student. You can buy it at **Oficina Ejecutiva del Comité** (OFEC; ☎ 22-7037; El Sol 103; ☎ 8am-5:30pm Mon-Fri, to 12:30pm Sat), travel agencies or participating sites outside the city.



It's also possible to buy partial one-day *boletos* costing US\$12.

PLAZA DE ARMAS

Colonial arcades surround the plaza, which was the heart of the ancient Inca capital.

Taking almost 100 years to build, Cuzco's **cathedral** (adult/student US\$4.75/2.30, religious-circuit

ticket US\$10/5.35; ☎ 10am-6pm Mon-Sat, 2-6pm Sun) sits on the site of Inca Viracocha's Palace and was erected using blocks from Sacsaywamán (p879). It's one of the city's greatest repositories of colonial art. Look for *The Last Supper* by Marcos Zapata, with a plump, juicy-looking roast *cuy* (guinea pig) stealing the show. Opposite the silver altar is a magnifi-



cently carved 17th-century choir. The cathedral is joined with the church of **Jesus María** (1733) and **El Triunfo** (1536), Cuzco's oldest church containing the vault of the famous Inca historian Garcilaso de la Vega, born in Cuzco in 1539.

Leaving the plaza along Loreto, **Inca walls** line both sides of the alley. On the left is the

OVER THE RAINBOW

A common sight in Cuzco's Plaza de Armas is the city's much-loved flag – a brightly striped banner developed in the 1970s to represent the *arco iris* (rainbow) sacred to the Incas. Don't mistake this flag for the international gay-pride banner, to which it bears a remarkable resemblance!

oldest Inca wall in Cuzco, part of the Acclahuasi (House of the Chosen Women). After the conquest, it became part of Santa Catalina, so went from housing Virgins of the Sun to pious Catholic nuns. On the right is Amaruqancha (Courtyard of the Serpents), the site of the palace of Inca Huayna Capac. After the conquest, the Iglesia de La Compañía de Jesús was built here.

Exiting the plaza heading uphill toward San Blas along Triunfo you'll reach Hatunrumiyoc, a street named after the excellently fitted **12-sided stone** on the right – children stand next to it and insist on tips just for pointing it out. This stone was part of the palace of the sixth Inca, Roca.

QORIKANCHA

This **Inca site** (Plazoleta Santo Domingo; adult/student US\$3.60/1.80; ☎ 8am-5pm Mon-Sat, 2-5pm Sun) forms the base of the colonial church of **Iglesia de Santo Domingo**. Compare the colonial building with the Inca walls, most of which survived Cuzco's historic earthquakes with hardly a hairline crack. The site looks rather bizarre, topped with a modern protective roof of glass and metal.

In Inca times, Qorikancha (Quechua for 'golden courtyard') was literally covered with gold. It was not only used for religious rites, but was also an observatory from which priests monitored major celestial activities. Today all that remains of the Inca Empire's richest temple is its masterful stonework – Spanish conquistadors looted the rest. But it's fascinating to visit nonetheless, with excellent interpretive signs for self-guided tours.

MUSEUMS

Inside a Spanish colonial mansion with an Inca ceremonial courtyard, the dramatically curated **Museo de Arte Precolombino** (MAP; ☎ 23-3210; <http://map.perucultural.org.pe>; Plazoleta Nazarenas 231; adult/student US\$6/3; ☎ 9am-10pm) showcases a

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Andes Bookstore.....1 C3	Peru Treks.....(see 18)	Q'ente.....33 B3	7 Angelitos.....61 D2
Clínica Paredes.....2 D5	Qorikancha.....34 D4	San Blas Spanish School.....(see 57)	Cross Keys.....62 B3
InkaFarma.....3 C4	SAS.....35 B3		Fallen Angel.....63 C2
iPerú.....4 C3			Km 0.....64 D2
Jerusalén.....5 B4	SLEEPING ☑		Le Nomadé.....65 D2
LAC Dolar.....6 C4	Amaru Hostel.....36 D2		Macondo.....66 D2
Migraciones.....7 E5	Casa de la Gringa.....37 D1		Muse.....(see 57)
Mundo Net.....8 B3	El Mirador de la Ñusta.....38 D2		Norton.....67 C3
Policia de Turismo.....9 B2	Hospedaje Familiar Kuntur		Paddy O'Flaherty's.....68 C3
SBS Bookshop.....10 E5	Wasi.....39 C1		
Serpost.....11 E5	Hospedaje Inka.....40 E1		ENTERTAINMENT ☑
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SIGHTS & ACTIVITIES	Hostal Mira Sol.....43 B2		Qosqo Centro de Arte
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Iglesia de El Triunfo.....20 C3	El Buen Pastor.....51 D2		Werner & Ana.....76 B3
Iglesia de Jesús María.....21 C3	Gato's Market.....52 C3		
Iglesia de San Blas.....22 D2	Granja Heidi.....(see 36)		TRANSPORT
Iglesia de Santo Domingo.....23 D4	I Due Mondì.....53 D3		Buses to Chinchero &
Llama Path.....24 B3	Inka's Hut.....(see 82)		Urubamba.....77 D5
Loreto Tours.....25 C3	Jack's Cafe.....54 D2		Buses to Pisac & Urubamba.....78 F5
Manu Expeditions.....26 D5	Kin Taro.....55 B4		Colectivos to Chinchero &
Mayuc.....27 C3	Market.....56 C3		Urubamba.....79 D5
Museo de Arte	Muse.....57 D2		Huanacac Train Station.....80 F5
Precolombino.....28 C2	Sumaq Misky.....58 B3		Inka Express.....81 E5
Museo de Arte Religioso.....29 D3	Trotamundos.....59 C3		LAN.....82 E5
Museo Inka.....30 C2	Victor Victoria.....60 B3		San Pedro Train Station.....83 A5
OFEC Office.....31 B3			Star Perú.....84 E5
OFEC Office.....(see 4)			TACA.....(see 71)

PERU

stunningly varied if small collection of priceless archaeological pieces previously buried in the vast storerooms of Lima's Museo Larco. Labels are in Spanish, English and French.

The modest **Museo Inka** (☎ 23-7380; Tucumán at Atahú; admission US\$3; 🕒 8am-5pm Mon-Fri, 9am-5pm Sat) inhabits one of the city's finest colonial buildings. It's jam-packed with metal and gold work, pottery, textiles, *queros* (wooden Inca drinking vessels), mummies and more. In the courtyard, highland weavers sell their traditional textiles to the public.

Originally the palace of Inca Roca, the musty **Museo de Arte Religioso** (Hatunrumiyoc; adult/student US\$3/1.50, religious-circuit ticket US\$10/5.35; 🕒 8am-6pm Mon-Sat, 10am-6pm Sun) has an extensive religious art collection noted for its period detail and insight into the interactions of indigenous peoples with Spanish conquistadors.

IGLESIA DE SAN BLAS

This adobe **church** (Plaza San Blas; admission US\$1.80, religious-circuit ticket US\$10/5.35; 🕒 10am-6pm Mon-Sat,

2-6pm Sun) has a pulpit some call the finest example of colonial woodcarving in the Americas. Legend claims the creator's skull is nestled in the topmost part – look for yourself.

Activities

Scores of outdoor outfitters in Cuzco offer trekking, rafting and mountain-biking adventures, as well as mountaineering, horse-riding and paragliding trips.

TREKKING

The Inca Trail (p887) is on most hikers' minds, but a dizzying array of other treks surround Cuzco. Many agencies organize trips to remote Inca ruins, such as Choquequirau (p891) and Vilcabamba (p890), and around Ausangate (p891). Prices are *not* fixed. Shop around and ask questions (eg how many people per tents, how many porters are coming, what the arrangements are for special diets). Inspect all rental gear carefully. The SAE clubhouse (p871) sells topo maps.

Readers often recommend these agencies: **Aventours** (☎ 22-4050; www.aventours.com; Pardo 545) Expensive but its Inca Trail camp and llama treks are unique.

Enigma (☎ 22-2155; www.enigmaperu.com; Office 103, Calle Garcilaso 210) Specializes in tailor-made treks for small groups and alternative tourism.

Llama Path (☎ 24-0822; www.llamapath.com; San Juan de Dios 250) Friendly, small upstart trekking company.

Peru Treks (☎ 50-5863; www.perutreks.com; Garcilaso 265, 2nd fl) Locally owned, ecoconscious and ethical treatment of porters.

Q'ente (☎ 24-7836; www.qente.com; Garcilaso 210) Also offers many Inca Trail alternatives.

SAS (☎ 25-5205; www.sastravelperu.com; Portal de Panes 167) A mammoth operator, but with many detractors.

RIVER RUNNING & MOUNTAIN BIKING

White-water rafting (river running) down the **Río Urubamba** is popular. It's not very wild and offers some spectacular scenery and a chance to visit some of the best Inca ruins near Cuzco. For more remote rivers, you definitely need to book with a top-quality outfit using experienced rafting guides who know first aid, because you will be days away from help in the event of illness or accident. The same goes for mountain-biking trips.

The **Río Apurímac** has challenging rapids through deep gorges and protected rainforest, but can only be run from May to November. A wilder trip is the technically demanding **Río Tambopata**, which can be run from June to October. You'll start in the Andes, north of Lake Titicaca, and reach Reserva Nacional Tambopata in the Amazon.

If you're experienced, there are awesome mountain-biking possibilities around the Sacred Valley and downhill trips from Cuzco to the Amazon jungle. Better rental bikes cost US\$15 to US\$25 per day, but inspect them carefully. Make sure you get a helmet, puncture-repair kit, pump and tool kit.

Some reputable companies for rafting trips on remote rivers:

Amazonas Explorer (☎ 25-2846/976-5448/976-5447; www.amazonas-explorer.com; Collasuyo 910, Urb Marivelle) Professional international operator.

Apumayo Expeditions (☎ 24-6018; www.apumayo.com; Interior 3, Garcilaso 265) River-rafting trips, including for travelers with disabilities.

Loreto Tours (☎ 22-8264; www.loretotours.com; Calle del Medio 111) Good for mountain-biking tours.

Mayuc (☎ 084-24-2824; www.mayuc.com; Portal Confiturias 211) Resident rafting experts.

Courses

Cuzco is a convenient place to study Spanish.

Academia Latinoamericana (☎ 24-3364; www.latinoschools.com; Plaza Limacpampa 565)

Amauta (☎ 24-1422; www.amautaspanish.com; Suecia 480)

Cusco Spanish School (☎ 22-6928; www.cusco-spanishschool.com; Garcilaso 265, 2nd fl)

Excel Language Center (☎ 23-5298; www.excelin-spanish.com; Cruz Verde 336)

San Blas Spanish School (☎ 24-7898; www.spanish-schoolperu.com; Tandapata 688)

Tours

There are hundreds of registered travel agencies in Cuzco, but none can ever be 100% recommended. Ask around.

Blasé options include a half-day tour of the city or nearby ruins, a half-day trip to the Sunday markets at Pisac or Chinchero, or a full-day tour of the Sacred Valley (Pisac, Ollantaytambo and Chinchero). These tours are usually too rushed and not worth the money.

Even more expensive Machu Picchu tours include train tickets, the bus to/from the ruins, admission to the site, an English-speaking guide and lunch. But you only get to spend a few hours at the ruins before it's time to return to the train station, so it's better to DIY.

Cuzco is an excellent place to organize trips to the jungle, especially to Parque Nacional Manu (p929). None are cheap, though. Try the following:

Caiman (☎ 25-4041/4042; www.manucaiman.com; Office 207, Garcilaso 210)

Manu Expeditions (☎ 22-6671/23-9974; www.manuexpeditions.com; Humberto Vidal Unda G-5, Urb Magisterial)

Manu Nature Tours (☎ 25-2721; www.manuperu.com; Pardo 1046)

Pantiacolla (☎ 23-8323; www.pantiacolla.com; Plateros 360 & Saphi 554)

Festivals & Events

El Señor de los Temblores (The Lord of the Earthquakes) On the Monday before Easter; processions date from Cuzco's 1650 earthquake.

Qoyllur Rit'i Less well known are these traditional Andean rites, held in May or June near Ausangate.

Corpus Christi This feast takes place the ninth Thursday after Easter (usually early June), with fantastic religious processions and cathedral celebrations.

Inti Raymi (Festival of the Sun) Held on June 24, Cuzco's most important festival attracts thousands of visitors and culminates in a reenactment of Inca winter-solstice ceremonies at Saqsaywamán.

Sleeping

Side streets northwest of the Plaza de Armas (especially Tigre, Tecsecocha and Suecia) are bursting with dime-a-dozen *hostales*. Budget guesthouses also surround the Plaza San Blas, though you'll have to huff and puff to get up there.

Casas de Hospedaje (☎ 24-2710; www.cusco.net/familyhouse) Homestays cost from US\$5 to US\$12 per person, depending on the season and the facilities. Check the website for descriptions of each *cuzqueña* home, including its location and all amenities.

Loki Backpackers Hostel (☎ 24-3705; www.lokihostel.com; Santa Ana 601; dm US\$5.50-8.50, s/d US\$10.50/21; 📍) This is where the party's at! Expats rescued this 450-year-old national monument from near-ruin, then transformed it into a backpacker-friendly haven with hot showers, free internet and kitchen access.

Hospedaje Familiar Kuntur Wasi (☎ 22-7570; Tandapata 352A; s/d US\$15/25, without bathroom US\$6/12) This simple courtyard guesthouse has an invitingly sunny and hospitable environment, with warm showers and kitchen access.

Hospedaje Inka (☎ 23-1995; americopacheco@hotmail.com; Suytucato 848; s/d incl breakfast US\$7.50/15) This scruffy but charming converted hillside farmhouse above San Blas affords some great views. There's erratic hot water, private bathrooms and a large farm kitchen. Taxis can't climb the final uphill stretch.

Hostal Mira Sol (☎ 23-5824; mirasolhostal@hotmail.com; Suecia 504; s/d/tr with shared bath US\$7.50/15/22.50) This Italian-run guesthouse offers basic, tidy rooms (those below ground are quiet, but dark) and a huge lounge with a stereo, TV and shared kitchen.

Qorichaska Hostel (☎ 22-8974; www.qorichaskaperu.com; Nueva Alta 458; s/d/tr US\$12/20/30, s/d with shared bath US\$8/16/24, all incl breakfast) Qorichaska, which feels a bit like entering a secret society hidden behind several gates, is basic but friendly and safe. Hot water and kitchen access.

Casa de la Gringa (☎ 24-1168; www.anotherplanetperu.net/hostel.htm; Paspapacana 148; dm US\$9, d US\$26-30) This laid-back New Age retreat has a garden of healing plants. The unique rooms are wildly colorful, plus there's a kitchen, TV and games lounge.

Hostal Familiar (☎ 23-9353; hostalfamiliar@hotmail.com; Saphi 661; s/d without bathroom US\$7.50/15, s/d incl breakfast US\$12/18) Off the beaten path, this guesthouse has a well-kept colonial courtyard and clean, spartan rooms.

Amaru Hostel (☎ 22-5933; www.cusco.net/amaru; Cuesta San Blas 541; s/d/tr without bathroom US\$12/16/24, s/d/tr incl breakfast US\$17/25/36) In a characterful colonial building, flowerpots sit outside rooms, which may have rocking chairs and windows to let in sunshine. Those in the outer courtyard are noisier.

Hostal Los Niños (☎ 23-1424; www.ninoshotel.com; Meloc 442; s/d without bathroom US\$14/28, d US\$34) Even if this Dutch-run hostel weren't dedicated to helping street kids, this charming colonial mansion would still be our favorite place to stay. Hot water, wool blankets, portable heaters and a courtyard fireplace café.

Also recommended:

Albergue San Juan de Dios Luxemburgo (☎ 24-0135; www.sanjuandedioscusco.com; Manzanares 264, Urb Manuel Prado; s/d incl continental breakfast US\$15/30) Run as part of a nonprofit enterprise that funds a hospital clinic and provides job opportunities for young people with disabilities. Take a taxi (US\$1).

El Mirador de la Ñusta (☎ 24-8039; elmiradordelanusta@hotmail.com; Tandapata 682; s/d US\$10/15) Conveniently on the Plaza San Blas, though there are better-value guesthouses further west on Tandapata.

Hostal San Juan Masías (☎ 43-1563; Ahuacpinta 600; d/tr with shared bath US\$12/18, d/tr/q US\$15/22.50/30) Run by Dominican nuns on the grounds of a busy school. Spic-and-span rooms have hot water.

Eating

El Buen Pastor (Cuesta San Blas 579; items US\$30¢-\$1.50; ☎ 7am-8pm Mon-Sat) The warm glow at this bakery isn't just from supping cappuccino with your morning pastries, but also the knowledge that all profits benefit charity.

I Due Mondì (Santa Catalina Ancha 366; snacks from US\$75¢) Chic Italian-style café with 15 seductive ice-cream flavors (including *chicha!*).

Muse (Tandapata 684; items US\$75¢-\$4.20) With tables spilling out above the Plaza San Blas, this bohemian coffee shop dishes up English breakfasts and healthy salads and sandwiches.

Coco Loco (Espaderos 135; snacks US\$1-3; ☎ until 4am Mon-Sat) Fast-food joint for postclubbing cravings.

Trotamundos (Portal Comercio 177, 2nd fl; snacks US\$1.50-3; 📍) Popular plaza coffeeshop with dead-on views of the cathedral.

Kin Taro (Heladeros 149; mains US\$2-4.50; ☎ noon-10pm Mon-Sat) As authentic a Japanese menu as you'll find anywhere outside of Lima, plus trout sushi and sake.

Victor Victoria (Tigre 130; mains US\$2.50-6) No-frills Peruvian restaurant that slips in a few French, Israeli and vegetarian dishes.

Granja Heidi (Cuesta San Blas 525, 2nd fl; meals US\$3-6.50; ☎ 8:30am-9:30pm Mon-Sat) Follow the pictures of cows to this light, Alpine café, with terrific fresh produce, yogurts, cakes and other healthy food on offer. Breakfasts are gigantic.

Chez Maggy (Procuradores 344, 365, 374; mains US\$3.50-5.50) Chez Maggy has virtually taken over Gringo Alley with three déjà vu-inducing branches, all serving wood-fired pizzas and pastas.

Sumaq Misky (Plateros 334, 2nd fl; mains US\$4.50-12) Hidden in an alley of souvenir stalls, this warm eatery and bar targets adventurous foodies with special nights like alpaca Fridays or *cuy* Sundays, when you can even order guinea pig tandoori-style.

Jack's Cafe (Choquechaca 509; mains US\$5-7.50) Refuel here before struggling uphill to the Plaza San Blas on a hearty menu of modern international fare that makes it a favorite with expats. The ginger-lemon tea cures all ills.

Blueberry Lounge (Portal de Carnes 235; mains US\$5-8) Global fusion rules the roost, from South Asian curries to teriyaki alpaca. The after-dark atmosphere is way more sophisticated than run-of-the-mill Plaza de Armas eateries.

Café Dos X 3 (Marquez 271; snacks US\$1.50) A retro café with jazz tunes and out-of-this-world passion-fruit cheesecake.

Grocery shops include **Gato's Market** (Portal Belén; ☎ 7am-10pm) and the original **Market** (Mantas 119; ☎ 8am-11pm).

Drinking

In popular backpacker bars, especially around the Plaza de Armas, both sexes should beware of drinks being spiked – don't let go of your glass, and think twice about using free-drink coupons. Several nightclubs also show DVD movies during the day.

Norton's Rat (Loreto 115; ☎ 9am-late) Down-to-earth pub with wooden tables overlooking the plaza and TVs, darts and billiards, plus the best sloppy burgers in town.

Cross Keys (Portal Confiturías 233; ☎ 11am-late) A British-style pub in a rickety old building on the plaza, with TV, darts and a

pool table with an unparalleled bananalike trajectory.

Paddy Flaherty's (Triunfo 124; ☎ 11am-late) This cramped little Irish bar is full of high stools, games and TVs tuned to football (soccer) matches.

Fallen Angel (Plazoleta Nazarenas 221; ☎ 6pm-late) This is an ultrafunky restaurant falling all over itself with glitter balls, fake fur and even bathtub-cum-aquarium tables. Cocktails are expensive, but creative. Also runs Macondo (Cuesta San Blas 571).

Other funky watering holes in the San Blas barrio include the Muse coffee shop (opposite), **Km 0** (Tandapata 100) tapas bar, French-themed **Le Nomadé** (Choquechaca at Hatunrumiyoc) hookah café and **7 Angelitos** (Siete Angelitos 638) lounge, which all often have live music.

Entertainment

Several restaurants have evening *folklórica* music and dance shows; cover charges vary from US\$3 to US\$6.

Centro Qosqo de Arte Nativo (☎ 22-7901; El Sol 604; admission US\$4.50) This place has nightly *folklórica* shows.

Ukuku's Pub (Plateros 316; ☎ 8pm-late) Usually full to bursting, Ukuku's plays a winning combination of Latin pop, reggae, alternative, salsa, ska, soul, jazz and more, and hosts live local bands nightly.

Mandela's (Palacio 121; ☎ 6pm-late) A South Africa-themed bar, it has a tempting menu of bar snacks and a funky atmosphere, with plenty of live music and special events.

Kamikase (Plaza Regocijo 274; ☎ 8pm-late) It doesn't offer free drinks, but has a disarmingly large variety of music, which can switch from salsa to *folklórica* in an instant, with live shows almost nightly. Dare to try the El Camino a la Ruina cocktail.

Shopping

Cuzco offers a cornucopia of artisan workshops and stores selling knitted woolens, woven textiles, colorful ceramics, silver jewelry and more, as well as contemporary art galleries. Poke around the streets heading uphill from the Plaza de Armas and radiating outward from the Plaza San Blas. Prices and quality vary greatly, so shop around and expect to bargain (except in the most expensive stores, where prices are often fixed). Near the San Pedro train station, Cuzco's Mercado Central is a handy spot to pick up fruit

or that vital spare pair of clean socks, but don't go alone or take valuables, as thieves are persistent.

Center for Traditional Textiles of Cusco (El Sol 603-A) This nonprofit organization promotes the survival of traditional Andean weaving techniques, and has shop-floor demonstrations of finger-twisting complexity.

Agua y Tierra (Garcilaso 210) This beautiful gallery specializes in authentically handmade indigenous Amazonian art and crafts.

Werner & Ana (Plaza San Francisco 295-A) This sleek showroom features innovative modern alpaca-wool clothing for both sexes, including scarves, hats and sweaters.

Andean Expressions (Choquechaca 210) Hailing from Huaraz, the owner of this unique T-shirt shop is also the graphic designer – no Inka Kola logos here, we swear.

Centro Artesenal Cuzco (cnr El Sol & Tullumayo; ☎ 9am-10pm) For mass-produced souvenirs, head for this vast place where you can literally shop till you drop.

Getting There & Away

AIR

Most flights from Cuzco's **airport** (CUZ; ☎ 22-2611), 2km southeast of the center, are in the morning. Flights tend to be overbooked, so confirm and reconfirm. Many flights get canceled or lumped together during low periods. Earlier flights are less likely to be canceled.

Aero Condor Perú (☎ 084-25-2774; www.aerocondor.com.pe) Daily flights to Lima and thrice-weekly to Puerto Maldonado.

LAN (☎ 084-25-5552; www.lan.com; El Sol 627-B) Direct flights to Lima, Arequipa, Juliaca and Puerto Maldonado.

Star Perú (☎ 084-23-4060; www.starperu.com; El Sol 679) Twice-daily flights to Lima.

TACA (☎ 084-24-9921; www.taca.com; El Sol 602-B) Nearly daily service to/from Lima.

BUS

Long-Distance

The journey times given here are only approximate. Long delays are probable during the rainy season, especially January to April.

Cuzco has a long-distance bus terminal (departure tax US\$30¢), 2km southeast of the city center (taxi US\$1), where you'll find all of the major bus companies including **Cruz del Sur** (☎ 22-1909), **Ormeño** (☎ 084-22-7501), **Cromotex** (☎ 24-9573) and **Imexso** (☎ 22-9126). There are scores of *económico* bus operators too.

Frequent buses go to Puno (US\$4.50 to US\$10.50, six to seven hours) via Juliaca. Services to Arequipa (US\$7.50 to US\$21, nine to 11 hours) are mostly overnight. There are two routes to Lima. The first is via Abancay (US\$18 to US\$33, 17 to 23 hours), which is quicker but can be a rough ride and prone to crippling delays during the rainy season. The alternative is via Arequipa, a longer but more reliable route (US\$19.50 to US\$47.50, 25 to 27 hours). Buses to Abancay (US\$4.50, five hours) and Andahuaylas (US\$8, 10 hours) leave early in the morning and evening. Change at Andahuaylas for buses bound for Ayauchu via rough highland roads that get cold at night.

Minibuses to Urcos (US\$1) leave from Manco Capác, east of Tacna, and from Av de la Cultura opposite the regional hospital. Take these to visit Tipón, Pikillacta, Rumicolca and Andahuaylillas (see p889). But why not treat yourself instead? **Inka Express** (☎ 24-7887; www.inkaexpress.com; Pardo 865) has cushy tour buses (US\$25) that stop at several sites en route to Puno (see p867).

Buses to Quillabamba (US\$4.50, seven to eight hours) leave a few times daily from the Santiago bus terminal in western Cuzco (taxi US\$60¢). A recommended company is **Ampay** (☎ 24-5734), which staffs another ticket counter at Cuzco's main long-distance terminal. Day-time buses are safer and have the advantage of spectacular scenery.

For other Amazon destinations you have to fly, risk a hazardous journey by truck or find an expedition. During the dry season, daily trucks to Puerto Maldonado along a wild and difficult road (see p891) leave from near Plaza Túpac Amaru, east of Tacna along Garcilaso (US\$10, two to seven days). **Expreso Virgen del Carmen** (☎ 22-6895; Diagonal Angamos 1952) has buses to Paucartambo (US\$3, five hours) leaving from behind the Coliseo Cerrado daily. Continuing from Paucartambo to Manu, there are only passing trucks or expedition buses, though buses for Pillcopata leave from Avenida Angamos on Monday, Wednesday and Friday mornings (US\$4.50, 10 hours). Trucks continue onward from Pillcopata to Shintuya (US\$2.50, eight hours).

International

Several companies offer buses to Copacabana (US\$15, 13 hours) and La Paz (US\$18 to US\$20, 18 hours) in Bolivia; also see p868.

Many swear blind that their service is direct, though evening buses usually stop in Puno for several hours until the border opens. Ormeño goes to La Paz (US\$50.60, 16 hours) via Desaguadero. For Tacna, near the Chilean border, Cruz del Sur has departures every afternoon (US\$22.30, 15 hours); also see p856.

TRAIN

All train tickets are currently sold only at Estación Huanchac, though this may change. Buy tickets as far ahead as possible and bring your passport. Click to www.perurail.com for updated schedules, fares and reservations.

At the southeastern end of El Sol, **Estación Huanchac** (☎ 23-8722; 🕒 8:30am-4:30pm Mon-Fri, to noon Sat & Sun) serves Juliaca and Puno, with trains leaving at 8am Monday, Wednesday and Saturday (for details, see p868).

Trains to Ollantaytambo and Aguas Calientes for Machu Picchu leave from **Estación San Pedro** (☎ 22-1992), near the central market. The railway journey to Machu Picchu begins with a steep climb out of Cuzco, accomplished by slow, back-and-forth switchbacks. Late-risers who miss it can often make a dash for the station at Poroy (taxi US\$5) to catch up. The tracks then drop gently to Ollantaytambo station and into a narrow gorge of the lower Río Urubamba. Aguas Calientes is the end-of-the-line station for Machu Picchu.

From Cuzco, there are at least three daily tourist trains to Machu Picchu. Trains leave Cuzco between 6am and 7am and arrive at Aguas Calientes between 9:40am and 11am. Services return between 3:30pm and 5pm, arriving back between 7:20pm and 9:25pm. Round-trip/one-way fares are currently US\$113/66 in 1st-class Vistadome trains, or US\$73/46 in the backpacker trains. If you'll be visiting the Sacred Valley, cheaper trains leave from Ollantaytambo (p882).

Getting Around

TO/FROM THE AIRPORT

Frequent *colectivos* run along El Sol to just outside the airport (US\$30¢). A taxi to/from the city center costs US\$2.70 to US\$3.60. Many guesthouses offer free airport pick-ups by travel agents hoping to sell tours.

BUS & COLECTIVO

Daytime minibuses to Pisac (US\$60¢, one hour) and Urubamba (US\$90¢, two hours)

leave from Tullumayo, south of Garcilaso. Micros and speed-demon *colectivos* to Urubamba (US\$1.50, 1½ hours) via Chinchero (US\$75¢, 50 minutes) depart frequently during daylight hours from the 300 block of Grau near Puente Grau. For Ollantaytambo, transfer at Urubamba (US\$30¢, 30 minutes).

TAXI

Trips around town cost US\$1. Official taxis are much safer than 'pirate' taxis (see p871). A company to call is **Aló Taxi** (☎ 22-2222; www.alocusco.com), whose drivers are licensed and carry photo ID.

AROUND CUZCO

The archaeological ruins closest to Cuzco are **Saqsaywamán**, **Q'enqo**, **Pukapukara** and **Tambomachay** (🕒 7am-6pm) – admission with Boleto Turístico, p871. Take a Pisac-bound bus and get off at Tambomachay, the ruin furthest from Cuzco (and, at 3700m, the highest). It's an 8km walk back to Cuzco. Be aware that violent attacks against tourists have occurred along this route, even during daylight hours. Go in a group, and return before nightfall.

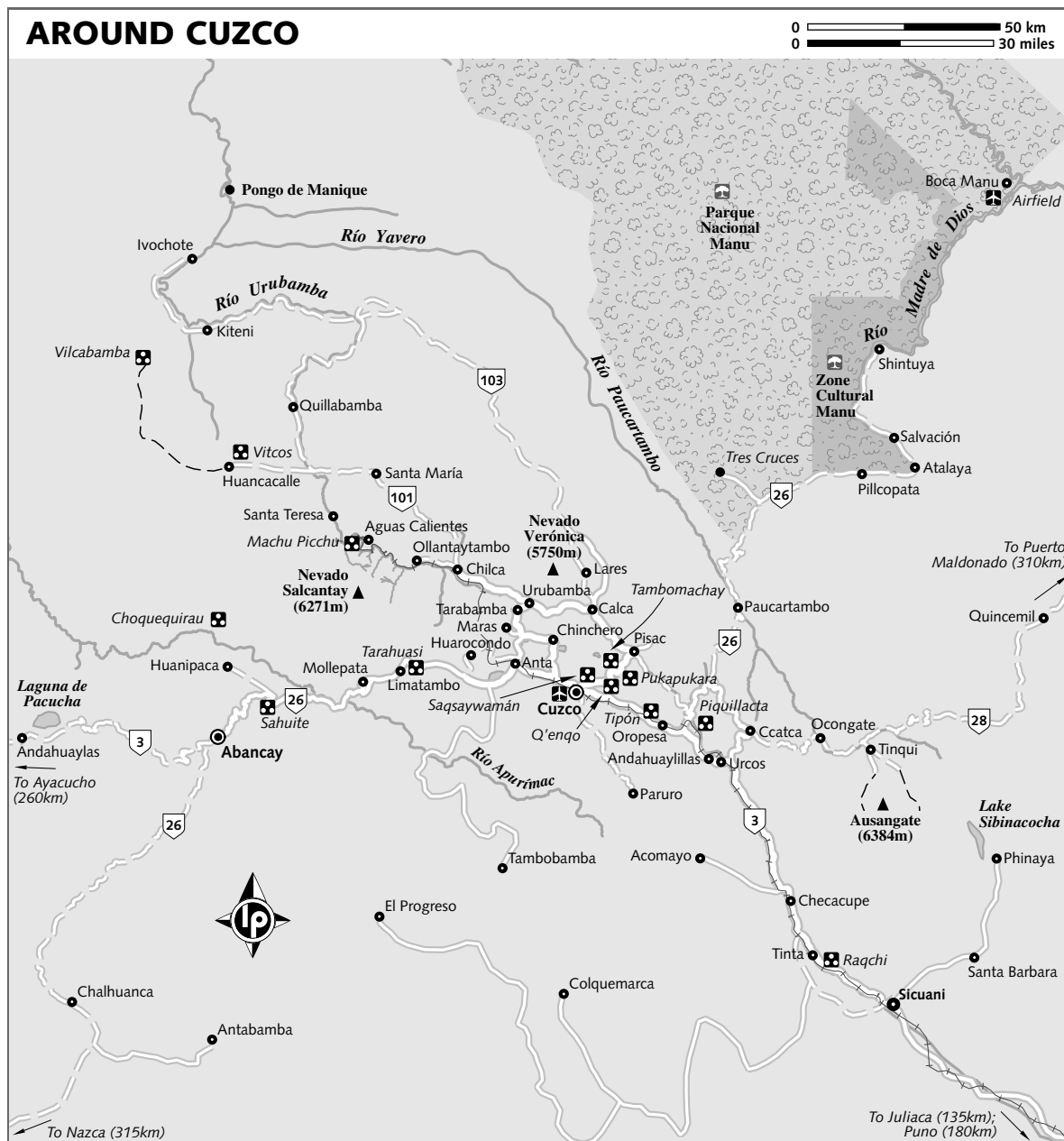
Saqsaywamán

The name means 'Satisfied Falcon,' though most travelers remember it by the mnemonic 'sexy woman.' The sprawling site is 2km from Cuzco. Climb steep Resbalosa street, turn right past the Church of San Cristóbal and continue to a hairpin bend in the road. On the left is a stone staircase, an Inca stone road leading to the top.

Although Saqsaywamán seems huge, what today's visitor sees is only about 20% of the original structure. Soon after the conquest, the Spaniards tore down walls and used the blocks to build their own houses in Cuzco.

In 1536 the fort saw one of the most bitter battles between the Spanish and Manco Inca, who used Saqsaywamán to lay siege to the conquistadors. Thousands of dead littered the site after the Inca defeat, which attracted swarms of carrion-eating Andean condors. The tragedy was memorialized by the inclusion of eight condors in Cuzco's coat of arms.

Most striking are the magnificent three-tiered fortifications. Inca Pachachutec envisioned Cuzco in the shape of a puma, with Sacsayhuamán as the head, and these 22 zig-zag walls form the teeth. The parade ground is used for Inti Raymi celebrations.



PERU

Q'enqo

The name of this fascinating small ruin means 'zigzag.' It's a large limestone rock riddled with niches, steps and extraordinary symbolic carvings, including channels that may have been used for ritual sacrifices of *chicha*, or perhaps blood. Scrambling up to the top of the boulder you'll find a flat surface used for ceremonies and laboriously etched representations of animals. Back below, explore the mysterious subterranean cave with altars hewn into the rock.

The site is 2km from Saqsaywamán, on the left as you descend from Tambomachay.

Tambomachay & Pukapukara

About 300m from the main road, **Tambomachay** is a beautifully wrought ceremonial bath, still

channeling clear spring water that earns it the title *El Baño del Inca* (Inca's Bath). On the opposite side of the road is the commanding ruin of **Pukapukara**. Its name means 'red fort,' though it was more likely a hunting lodge, guard post or stopping point for travelers. The upper esplanade has panoramic views.

THE SACRED VALLEY

The Valle Sagrado of the Río Urubamba is about 15km north of Cuzco as the condor flies. Its star attractions are the lofty Inca citadels of Pisac and Ollantaytambo, but the valley is also packed with more peaceful Inca sites, as well as frenzied markets and high-altitude Andean villages. Investigate the idyllic countryside with Peter Frost's in-depth *Exploring Cuzco*.

Pisac

☎ 084 / pop 2000

Pisac (elevation 2715m) lies 33km northeast of Cuzco by paved road and is the most convenient starting point for a visit to the Sacred Valley. There are two distinct parts: the colonial village beside the river and the Inca fortress perched dramatically on a mountain above.

SIGHTS & ACTIVITIES

The hilltop **Inca citadel** (🕒 7am-6pm) lies high above the village on a plateau with a plunging gorge on either side. Take the steep 4km footpath starting along the left side of the church. It's a spectacular climb up through terraces, sweeping around mountainous flanks and along cliff-hugging footpaths defended by massive stone doorways, vertigo-inducing staircases and a short tunnel carved out of the rock. Admission with Boleto Turístico, p871.

Topping the terraces is the ceremonial center, with an Intihuatana (hitching post of the sun), several working water channels and some neat masonry inside well-preserved temples. A path leads up the hillside to a series of ceremonial baths and around to the military area. A cliff behind the site is honeycombed with hundreds of Inca tombs that were plundered by *huaqueros* (grave robbers).

SLEEPING

Cheap guesthouses hover around the plaza.

Royal Inka Hotel Pisac (☎ 20-3064/3065; campsites per person US\$3, tent hire US\$10-15) Camp here, 1.5km along the road to the ruins.

Hospedaje Beho (☎ 20-3001; hospedajebeho@yahoo.es; Intihuatana 113; s/d US\$9/18, with shared bathroom US\$4.50/9) On the path to the ruins and easily hidden by market stalls, this family-run handicrafts shop offers no-frills lodging next door.

Hostal Pisaq (☎ 20-3062; www.hotelpisaq.com; Plaza Constitución; s/d with shared bathroom US\$13/26, s/d incl breakfast US\$20/35) Recognizable by its funky geometric designs, this hotel has a pretty courtyard. Massages and entry to the sauna cost extra. German, English and French spoken.

Paz y Luz B&B (☎ 20-3204; www.maxart.com/win dow/gateway.html; s/d incl breakfast US\$20/35) A 1km walk east along the river, this spiritual spot surrounded by green fields is run by a North American who organizes mystical tours.

EATING

Clay-oven bakeries on Mariscal Castilla vend piping-hot flatbread.

Mullu (Plaza Constitución; mains US\$2.40-5.35; 🕒 closed Mon) Hanging above an art gallery, this alt-cultural café commands a prime position over the plaza. There's a deliciously long list of juices, smoothies, sandwiches and fusion fare.

Ulrike's Café (Plaza Constitución; menú US\$3.60) This sunny café has an excellent vegetarian menu, homemade pastas, melt-in-the-mouth cheesecakes and brownies, a book exchange and DVDs.

SHOPPING

The Sunday market kicks into life in the early morning. Around 10am the tour buses deposit their hordes into an already chaotic scene, thronged with buyers and overrun with crafts stalls. Although the market retains a traditional side, prices are comparable to shops in Cuzco. There are smaller markets on Tuesday and Thursday.

GETTING THERE & AWAY

Buses to Urubamba (US\$60¢, one hour) and Cuzco (US\$60¢, one hour) leave from the bridge between 6am and 8pm. The latter may be standing room only.

Urubamba

☎ 084 / pop 8000

At the junction of the valley road with the road back to Cuzco via Chinchero, Urubamba (elevation 2870m) is an unappealing but necessary transit hub. There's a global ATM at the *grifo* (petrol station) on the main road, about 1km east of the bus terminal.

SIGHTS & ACTIVITIES

The village of **Tarabamba** is about 6km further down the valley. Here, cross the river by footbridge and continue on a footpath, climbing roughly southward up a valley for 3km further to **Salinas** (admission US\$1.50), where thousands of salt pans have been harvested since Inca times. The amphitheater-like terraces of **Moray** (admission US\$1.50) are over 10km east of Urubamba. The Incas are thought to have used them as an agricultural laboratory, and parts have been replanted with various crops. Take any bus between Urubamba and Cuzco via Chinchero to the Maras turnoff, where taxis await to drive you to Moray (round trip US\$9, including visit to Salinas US\$12).

Many outdoor activities that are organized from Cuzco take place at Urubamba, including horse-riding, mountain biking,

paragliding and hot-air balloon trips. **Perol Chicho** (☎ 21-3386, 962-4475; www.perolchico.com), run by Dutch-Peruvian Eduard van Brunschot Vega, has an excellent ranch outside Urubamba with Peruvian paso horses. Advance bookings for horse-riding tours are required.

SLEEPING & EATING

Hotel Urubamba (☎ 20-1062; Bolognesi 605; s/d US\$6/9, without bathroom US\$3/6) A basic but central choice; some hot water upon request.

Las Chullpas (☎ 968-5713/969-5030; www.geocities.com/laschullpas; Pumahuanca Valley; r per person US\$20) Tucked away 3km above town, these woodland cottages, which have fireplaces and private bathrooms, are a perfect getaway. There's a sweat lodge, garden hammocks and a kitchen with vegetarian food available. A *mototaxi* from town costs about US\$1.

Los Cedros (☎ 20-1416; campsites per person US\$5) This campground is 4km above the town on winding country roads.

Muse, Too (cnr Comercio & Grau; mains US\$3-6) Far from the touristy restaurants along the main road, this alternative café and lounge is just off the main plaza.

SHOPPING

Pablo Seminario (☎ 20-1002; www.ceramicaseminario.com; Berriozabal 111) A prolific, well-known potter whose workshop lies in western Urubamba, just off the main road.

GETTING THERE & AWAY

Buses going to Cuzco (US\$1, two hours) via Pisac (US60¢, one hour) or Chinchero (US50¢, 50 minutes) and *colectivos* to Ollantaytambo (US30¢, 30 minutes) all leave frequently from the bus terminal. Faster *colectivos* to Cuzco (US\$1.50, 1½ hours) wait near the *grifo* further east.

Ollantaytambo

☎ 084 / pop 2000

Dominated by a massive fortress above, Ollantaytambo (elevation 2800m) is the best surviving example of Inca city planning. Its narrow cobblestone streets have been continuously inhabited for over 700 years.

SIGHTS

The spectacular, steep terraces guarding the **Inca complex** (☎ 7am-6pm) – admission with Boleto Turístico, p871 – mark one of the few places where the conquistadors lost a major

battle, when Manco Inca threw missiles and flooded the plain below. But Ollantaytambo was as much a temple as a fort to the Incas. A finely worked ceremonial area sits on top of the terracing. The stone was quarried from the mountainside high above the Río Urubamba. Transporting the huge blocks was a stupendous feat.

Ollantaytambo is a great place to be when the locals are having a fiesta. **Museo CATCCO** (☎ 20-4024; www.ollanta.org; donation US\$1.50; ☎ 10am-1pm & 2-4pm Tue-Sun) has information on special events and small cultural and historical displays.

SLEEPING

Hospedaje Los Portadas (☎ 20-4008; Calle Principal s/n; s/d US\$6/12, without bathroom US\$3/6) Just east of Plaza Mayor, this family guesthouse has a sunny courtyard. All buses pass by outside, but it still manages tranquility. Camping allowed.

Chaska Wasi (☎ 20-4045; katycusco@yahoo.es; Calle de Medio s/n; dm US\$4, s/d without bathroom US\$6/12) North of the plaza, the friendly folks live up to their simple motto of 'bed, food & drinks.' Cheerful rooms have electric showers. There are bicycles for rent and a DVD library.

Hotel Munay Tika (☎ 20-4111; www.munaytika.com; Ferrocarril 118; s/d incl breakfast US\$15/25) Meaning 'jungle flower,' this well-kept inn proffers a pretty garden, kitchen privileges and a tiki bar.

EATING & DRINKING

Restaurants are found around the plaza.

Orishas Cafe (Ferrocarril s/n; items US\$1.50-4.50) On the way to the train station, opposite Munay Tika, this is a melodious riverside spot for breakfast, set menus and snacks.

Kusicoyllor (Plaza Araccama; mains US\$4.50-9) This stylish, underground café by the ruins has eclectic decor and victuals, from Amazon-grown coffee to Swiss fondue.

Mayupata (Convención; mains US\$6-9) A riverside Peruvian restaurant by the bridge which has a garden and a fireplace for those cold Andean nights. Nearby, Quechua Blues Bar & Cine Latino is the only nightspot.

GETTING THERE & AWAY

Frequent *colectivos* run from Plaza Mayor to Urubamba's bus terminal (US30¢, 30 minutes), but services peter out by early evening. To get to Cuzco, transfer in Urubamba.

Ollantaytambo is the halfway point for Machu Picchu trains running between Cuzco

(p879) and Aguas Calientes (below), but these services cost the same as from Cuzco. However, Ollantaytambo also offers three additional daily Vistadome services (one way/round trip US\$77/46) and one high-season backpacker shuttle (round trip US\$57) along the Sacred Valley line.

Chincho

☎ 084 / pop 2000

Known as the 'birthplace of the rainbow,' this typical Andean village 28km from Cuzco combines Inca ruins with an elaborately decorated colonial church and museum, access to which requires a Boleto Turístico (p871). There are fresh **mountain vistas** and a colorful **Sunday market**. Some buses between Urubamba (US50¢, 50 minutes) and Cuzco (US75¢, 70 minutes) and faster *colectivos* to Cuzco (US\$1, 45 minutes) stop here.

AGUAS CALIENTES

☎ 084 / pop 2000

Also known as Machu Picchu Pueblo, this village is nestled in the deep valley below Machu Picchu and enclosed by towering walls of

stone and cloud forest. Sounds scenic? It's not: this is the ugliest, most overpriced small town in Peru, but all travelers to and from Machu Picchu have to pass through here. There's only one good reason to stay overnight: to avoid being engulfed by day-trippers arriving by train from Cuzco, you can then catch the first morning bus up the mountain to Machu Picchu and/or stay at the ruins until late afternoon when the crowds vanish.

Information

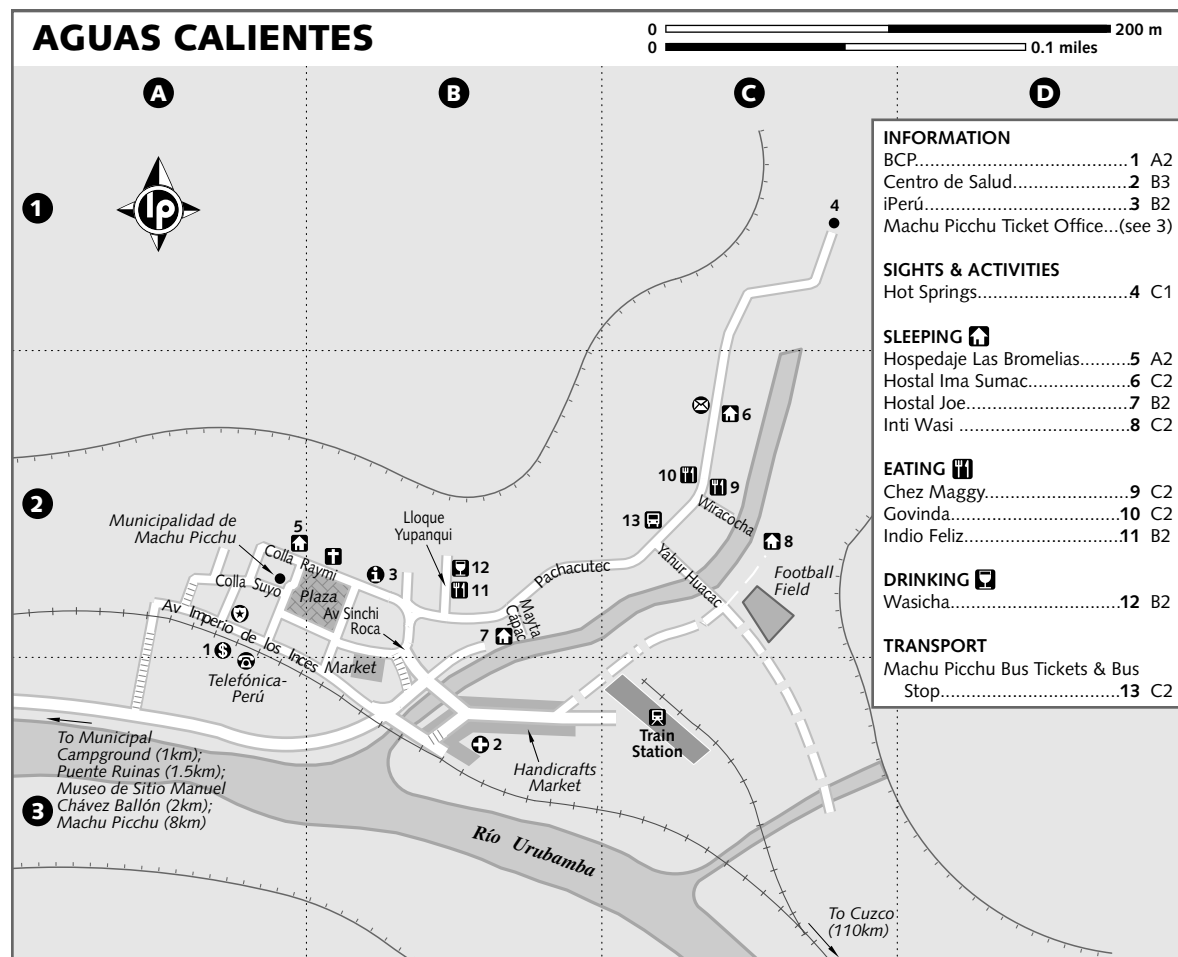
Small amounts of US dollars and traveler's checks can be exchanged at unfavorable rates in tourist shops. Payphones that accept phonecards and slow internet cafés are scattered around the village. There's also a post office and police station.

BCP (Av Imperio de los Incas s/n) Has a Visa ATM.

Centro de Salud (☎ 21-1161; 🏥 8am-8pm, emergencies 24hr) A small medical center.

iPerú (☎ 21-1104; Edificio del Instituto Nacional de Cultura, Pachacutec 1st block; 🕒 9am-1pm & 2-8pm) A helpful branch.

Machu Picchu ticket office (🕒 5am-10pm) In the same building as iPerú.



Sights & Activities

By Puente Ruinas at the base of the footpath to Machu Picchu, the **Museo de Sitio Manuel Chávez Ballón** (admission US\$6, free with Machu Picchu entrance ticket; ☎ 9:30am-4pm Wed-Mon) has superb multimedia displays on excavations of Machu Picchu and the ancient Incas' building methods, cosmology and culture. A small botanical garden blooms outside.

Just staggered in from the Inca Trail? Soak your aches and pains away in the **hot springs** (admission US\$3; ☎ 5am-8:30pm), 10 minutes' walk up Pachacutec. Swimsuits and towels can be rented cheaply outside the entrance.

Sleeping

Heavy discounts are available in the off-season. Early check-out times are the norm.

Municipal Campground (sites per person US\$3) On the road to Machu Picchu, about 15 minutes' walk downhill from town, this deserted campground offers basic facilities.

Inti Wasi (☎ 21-1036/80-2024; jddggk@latinmail.com; dm US\$4.50, s/d/tr without bathroom US\$5/10/15) This woodsy, family-owned guesthouse is hidden up an overgrown walking path on the locals' side of the river. It offers basic bunk beds and rooms with shared bathrooms, as well as camping.

Hostal Joe (☎ 21-1190; Mayta Cápac 103; s/d US\$10/15, without bathroom US\$4.50/9) Friendly Hostal Joe's has bare, cell-like rooms and limited hot water, with communal showers that are a mite exposed.

Hospedaje Las Bromelias (☎ 21-1145; Colla Raymi; s/d US\$7.50/12) Located on the plaza, this guesthouse has plain rooms that are just above average.

Hostal Ima Sumac (☎ 23-9648; www.machupicchu.lodging.com; Imperio de Los Incas s/n; s/d/tr US\$10/15/20) An eccentric, old favorite with hot water and plenty of hippie-dippie touches. Expect noise from the neighboring pubs and discos.

Eating & Drinking

Tourist restaurants cluster alongside the railway tracks and Pachacutec toward the hot springs. You'll find backpacker bars with extralong happy hours and showing movies up Pachacutec.

Govinda (Pachacutec; menú US\$3) This trusty vegetarian haunt has stone floors and good-value fare made by Hare Krishnas.

Chez Maggy (Pachacutec 156; mains US\$4.50-9) Chez Maggy has stained-glass walls, sociable long

tables, board games and an international menu that includes yummy nachos and wood-fired pizzas.

Indio Feliz (Lloque Yupanqui 4; meals from US\$10) Owned by a friendly French-Peruvian couple, here the cook whips up fantastic, farm-fresh meals.

Wasicha (Lloque Yupanqui MZ 12-L-2) Located near the plaza; has dancing till the wee hours.

Getting There & Around

Aguas Calientes is the final train stop for Machu Picchu. See p879 for information about trains from Cuzco and p882 for cheaper trains starting in Ollantaytambo.

At the time of research, it was possible to take an overnight bus from Cuzco to Quilabamba (US\$4.50, seven to eight hours), but get off in the middle of the night at Santa Maria, then transfer to a local minibus to Santa Teresa (US\$1.50, two hours), where there's a cable-car river crossing, then it's a two-hour walk to the hydroelectric plant, and finally two more hours along defunct train tracks to Aguas Calientes.

For buses to Machu Picchu, see p887.

MACHU PICCHU

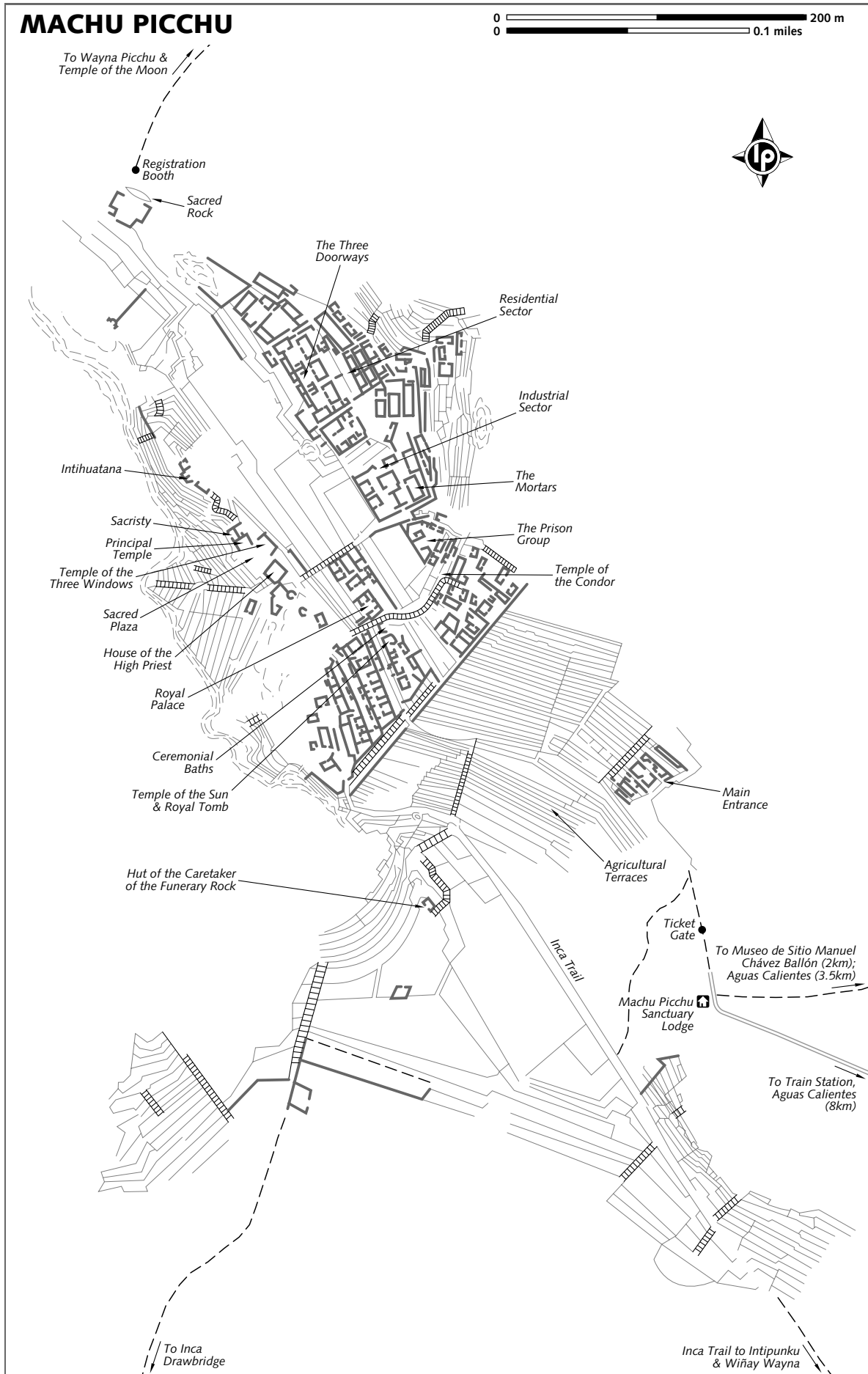
For many visitors to Peru and even South America itself, a visit to the 'lost' Inca city of Machu Picchu is the defining moment of their trip. Undeniably the most spectacular archaeological site on the continent, it tantalizes with its mysterious past and is deservedly world-famous for its stunning location and craftsmanship. From June to September as many as 1000 people arrive daily. Despite this great influx, this must-see site manages to retain its air of grandeur and mystery. Many backpackers reach Machu Picchu on foot, walking along the popular Inca Trail (p887).

History

For a brief history of the Inca empire, see p823.

The actual purpose and function of Machu Picchu is still a matter of speculation and educated guesswork. The citadel was never mentioned in the chronicles kept by the colonizing Spaniards, which served as a written archive of hitherto unrecorded Inca history.

Apart from the indigenous Quechuas, nobody knew of Machu Picchu's existence until American historian Hiram Bingham came upon the thickly overgrown ruins in



PERU

LOSING MACHU PICCHU

As Peru's showpiece site, everyone wants a piece of Machu Picchu. Even as thousands of visitors marvel at the site's seemingly un-touchable beauty, its overwhelming popularity has placed it on a perilous downhill slide. Scientists have determined that the mountain's slopes are slipping at the rate of 1cm per month, making a catastrophic landslide possible.

While a long-mooted plan to build a cable car to the summit has been scrapped following widespread condemnation from the national and international community, the threat of private interests encroaching on the site continually rears its ugly head. One unbelievable accident saw a crew filming a beer commercial smash a crane into the site's showpiece, the Intihuatana, breaking a large chip off the old block.

1911 while being guided by a local boy. Bingham's search was actually for the lost city of Vilcabamba (p890), the last stronghold of the Incas, and he thought he had found it at Machu Picchu. His book, *Inca Land: Explorations in the Highlands of Peru*, was first published in 1922. It's downloadable for free from Project Gutenberg (www.gutenberg.org).

Despite more recent studies of the 'lost' city of the Incas, knowledge of Machu Picchu remains sketchy. Some believe the citadel was founded in the waning years of the last Incas as an attempt to preserve Inca culture or rekindle Inca predominance, while others think it may have already become a forgotten city at the time of the conquest. Another theory suggests that the site was a royal retreat abandoned upon the Spanish invasion.

Whatever the case, the exceptionally high quality of the stonework and ornamentation tell that Machu Picchu must once have been vitally important as a ceremonial center. Indeed, to some extent, it still is: Alejandro Toledo, the country's first native Quechua-speaking president, staged his colorful inauguration here in 2001.

Information

The ruins are typically open from dawn till dusk, but they are most heavily visited between 10am and 2pm. One-day tickets cost

US\$23.50/12 per adult/student with ISIC card. You must buy them in advance through a tour operator or at the ticket office in Aguas Calientes (p883). You aren't allowed to bring large backpacks, walking sticks, food or water bottles into the ruins. There's a free storage room just before the main entrance.

Sights

Proceed from the ticket gate along a narrow path to the mazelike main entrance to Machu Picchu, where the ruins now reveal themselves and stretch out before you. To get a visual fix of the whole site and snap the classic postcard shot, climb the zigzagging staircase to the **Hut of the Caretaker of the Funerary Rock**, which is one of the few buildings that has been restored with a thatch roof, making it a good rain shelter. The Inca Trail enters the site just below this hut.

From here, take the steps down and to the left of the plazas into the ruined sections containing the **Temple of the Sun**, a curved, tapering tower containing some of Machu Picchu's finest stonework. The temple is cordoned off to visitors, but you can see into it from above. Below is an almost-hidden natural rock cave that has been carefully carved with a steplike altar and sacred niches by the Inca's stonemasons, known as the **Royal Tomb**, though no mummies were ever found here.

Climbing the stairs above the 16 nearby **ceremonial baths** that cascade down the ruins brings you to the **Sacred Plaza**, from which there is a spectacular view of the Río Urubamba valley and across to the snowcapped Cordillera Vilcabamba in the distance. The **Temple of the Three Windows** overlooks the plaza.

Behind the **Sacristy**, known for the two rocks flanking its entrance, each of which is said to contain 32 angles, a staircase climbs to the major shrine, **Intihuatana** (Hitching Post of the Sun), which lies atop a small hill. The carved rock at the summit is often called a sundial, though it was connected to the passing of the seasons rather than the time of day. The Spaniards smashed most such shrines in an attempt to wipe out the pagan blasphemy of sun worship.

At the back of the Intihuatana is another staircase that descends to the **Central Plaza**, which divides the ceremonial sector of Machu Picchu from the more mundane **residential** and **industrial** sectors. At the lower end of this area

INCA ROADS LESS TRAVELED

Let's face it: the Inca Trail is being loved to death. Besides, it's pricey. But there are alternative routes to reach Machu Picchu. For some recommended trekking agencies, see p874.

Prices and availability for all of these trips depend upon demand:

- A longer, but less strenuous version of the Inca Trail leaves from Km 82, following the Río Urubamba through lush jungle and past archaeological sites. It joins the main Inca Trail after climbing steeply to Wiñay Wayna from Km 104. The trek takes four days.
- An even longer, more spectacular approach to the Inca Trail, climbing over 4800m-high passes near the magnificent glacier-clad peak of Salkantay (6271m), starts from the village of Mollepata, off the main Cuzco–Abancay road. This weeklong trek joins the classic Inca Trail after three days.
- The Lares Valley trek spends three days walking between rural Andean villages in the Sacred Valley, past hot springs, archaeological sites, lush lagoons and gorges. Trekkers finish by taking the train to Aguas Calientes from Ollantaytambo. This is more of a cultural trek, not a technical one, though the highest mountain pass (4450m) is nothing to sneeze at.
- The four-day Inka Jungle Trail is a heart-stopping trek that starts off with a dizzying mountain-bike ride from the Abra de Malaga pass (4319m) down to Santa Maria, where there's a trekking lodge run by the affable Lorenzo Cahuana (lorenzocahuana@hotmail.com). From Santa Maria, you'll walk through Amazonian jungle to Santa Teresa, camping by hot springs, then ride a cable car across the river and follow disused train tracks to Aguas Calientes. You can go independently by taking a Quillabamba-bound bus from Cuzco as far as Santa Maria (US\$4.50, six to seven hours), then hiring a local guide at Lorenzo's lodge.

Information

You cannot hike the Inca Trail independently. All trekkers must go with a guide in an organized group (see Tours, below). You must also carry your passport (not a photocopy) and ISIC card to present at checkpoints. Don't litter or defecate in the ruins or pick plants in the national park. It is illegal to graffiti any trees or stones en route.

All trekking gear can be rented from outfitters in Cuzco. The trail gets extremely cold at night, so make sure sleeping bags are warm enough. Also remember sturdy shoes, rain gear, insect repellent, sunscreen, a flashlight (with fresh batteries), water-purification tablets, high-calorie snacks and a basic first-aid kit. Take a stash of small Peruvian currency for buying bottled water and snacks along the way, as well as for tipping the guide, cook and porters.

Tours

Guided tours depart year-round, except during February when the trail is closed for maintenance. However, in the wettest months (December to April), trails can be slippery, campsites muddy and views obscured behind a thick bank of clouds. The dry season from May to September is the most popular and crowded time to go.

The government has introduced a string of reforms in an attempt to prevent further damage to the trail. Registered tour agencies now have to pay huge annual fees and taxes, and their prices have consequently shot up. When choosing a tour company, realize that the cheapest agencies may care less about ecologically sensitive camping and porter welfare. For reputable companies, see p874.

For the classic four-day Inca Trail, expect to pay over US\$300 for a reliable company (10% to 15% less for students with a valid ISIC card). That price includes a tent, food, porters, guides, a cook, admission to Machu Picchu and train fare back to Cuzco. Tickets must be bought at least 72 hours before the trek; tour agents handle this. You should reserve your spot on the Inca Trail at least six weeks in advance. Booking several months ahead and reconfirming in advance will avoid delays caused by bottlenecks during high season. Because campsites are allotted in advance, late-comers are more likely to spend the last night several hours short of the final stretch.

The Hike

Most agencies run minibuses to the start of the trail past the village of Chilca at Piscakucho (Km 82). After crossing the Río Urubamba

and taking care of trail fees and registration formalities, the trail climbs gently alongside the river to the first archaeological site of **Llactapata** before heading south down a side valley of the Río Kusichaca. The trail south leads 7km to the hamlet of **Wayllabamba** (3100m), where you can take a breather to appreciate views of snowy Veronica (5750m).

You'll cross the Río Llullucha, then climb steeply up along the river. This area is known as **Tres Piedras** (Three White Stones), and from here it is a long, very steep 3km climb. At some points, the trail and stream bed become one, but stone stairs keep hikers above the water. The trail eventually emerges on the high, bare mountainside of **Llulluchupampa**, where the flats are dotted with campsites.

From Llulluchupampa, a good path up the left-hand side of the valley climbs for the two-hour ascent to **Warmiwañusca** (4198m), colorfully known as 'Dead Woman's Pass.' This is the highest point of the trek, which leaves many a backpacker gasping. From Warmiwañusca, the trail continues down a long, knee-jarringly steep descent to the river, where there are large campsites at **Paqaymayu** (3500m). The trail crosses the river over a small footbridge and climbs right toward **Runkurakay**, a round ruin with superb views about an hour's walk above the river.

Above Runkurakay, the trail climbs to a false summit before continuing past two small lakes to the top of the second pass at 3950m, which has views of the snowcapped Cordillera Vilcabamba. The trail descends to the ruin of **Sayaqmarka**, a tightly constructed complex perched on a small mountain spur with incredible views, then continues downward crossing a tributary of the Río Aobamba.

The trail leads on across an Inca causeway and up again through cloud forest and an **Inca tunnel** carved into the rock to the third pass at 3670m. Soon afterward, you'll reach the beautiful, well-restored ruin of **Phuyupatamarca** (3600m above sea level). The site contains a beautiful series of ceremonial baths with water running through them.

From Phuyupatamarca, the trail takes a dizzying dive into the cloud forest below, following an incredibly well-engineered flight of many hundreds of Inca steps. After passing through a tunnel, the trail eventually zig-zags its way down to **Wiñay Wayna**, where a trekker's lodge sells hot showers, hot meals

and cold beer, for those who want to pay a bit extra.

From the **Wiñay Wayna guard post**, the trail contours around through cliff-hanging cloud forest for about two hours to reach **Intipunku** (Sun Gate) – where you may get lucky enough to catch your first glimpse of majestic Machu Picchu as you wait for the sun to rise over the mountaintops.

The final triumphant descent takes almost an hour. Backpacks are not allowed into the ruins, and guards will pounce upon you to check your pack and to stamp your trail permit. Trekkers generally arrive before the morning trainloads of tourists, so you can enjoy the exhilarated exhaustion of reaching your goal without having to push through as many crushing crowds.

CUZCO TO PUNO

Both the railway and the road to Lake Titicaca head southeast from Cuzco. En route you'll spy several ancient sites and scenic Andean towns that make great detours off the Gringo Trail. For bus information, see p878.

Tipón (admission with Boleto Turístico, p871; ☎ 7am-6pm) is a little-known Inca site noted for its ingenious irrigation system for steep agricultural terraces – a demonstration of the Incas' mastery over their environment. Take an Urcos bus 23km from Cuzco to the Tipón turnoff, where a dirt road climbs 4km to the ruins.

Another 9km further south, **Piquillacta** (admission with Boleto Turístico; ☎ 9am-5pm), built by the Wari culture, is the only major pre-Inca ruin near Cuzco. Literally 'The Place of the Flea,' it's a sprawling ceremonial center of crumbling, multi-story buildings. Nearby is the huge Inca gate of **Rumicolca**, built on Wari foundations. About 7km before Urcos, **Andahuaylillas** is a traditional Andean village famous for its lavishly decorated 17th-century Jesuit **church** (admission US\$1.20; ☎ 8am-noon & 2-5pm Mon-Sat, 8:30-10am & 3-5pm Sun) with heavy, baroque embellishments. Buses from Cuzco to Urcos and Puno pass by both archaeological sites and the village.

The road splits at Urcos: one road heads northeast to Puerto Maldonado in the jungle (see p891), while another continues southeast toward Lake Titicaca.

Nearly 120km from Cuzco, **Raqchi** (admission US\$1.50; ☎ 7am-5pm) is home to the ruins of the Temple of Viracocha, which supported the

largest-known Inca roof. They are visible from the railway at San Pedro, a few kilometers before Sicuani, and look like a huge aqueduct. Buses to Puno pass the site (US\$1.75, 2½ hours).

The **Abra la Raya** pass (4319m) is the highest point on the trip to Puno. Buses often stop by a cluster of handicrafts sellers, where passengers can take advantage of the photogenic view of snowcapped mountains. The pass marks the departmental line between Cuzco and Puno. From here, the route descends through bleak *altiplano*.

About 95km northwest of Juliaca is **Ayaviri** (3925m). This bustling, chilly market town with a colonial church is a few kilometers away from the hot springs of **Pojpojuella**. Another 45km further south, the sleepy village of **Pucara** is famous for its earthy *toritos* (ceramic bulls) seen perched on the roofs for luck. Near the plaza, a small **museum** (admission US\$1.50; ☎ 8:30am-5pm) displays surprising anthropomorphic monoliths from the town's nearby pre-Inca site, dating to the Tiahuanaco culture.

CUZCO TO THE JUNGLE

There are three routes into the jungle from Cuzco. One starts in the Sacred Valley, climbing from Ollantaytambo before dropping into Quillabamba. Two poorer, even less developed roads head eastward – one to Paucartambo, Tres Cruces and Shintuya for Parque Nacional Manu (p929), and the other from Urcos through Ocongate, Tinquí and Quincemil to Puerto Maldonado. Travel cautiously on these roads even in the dry season (June to September). They are muddy, slow and even more dangerous in the wet months, especially January to April.

Quillabamba

☎ 084 / pop 16,300

Located in one of Peru's prime tea and coffee-producing areas, Quillabamba itself is a hot and humid high-jungle town, nicknamed 'the city of eternal summer.' It lies at the end of a spectacular route high over the breathtaking pass of Abra de Malaga. Though quite listless, the town can be used as a base for dry-season trips deeper into the jungle, including through Pongo de Manique, a steep-walled canyon carved by waterfalls along the Río Urubamba. Travel agencies only open seasonally – ask around for Kiteni Tours. There's slow internet

access near the Plaza de Armas. **BCP** (Libertad 549) has a Visa ATM and changes US dollars.

There are cheap, cold-water hostels on and around the Plaza de Armas. **Hostal Alto Urubamba** (☎ 28-1131; 2 de Mayo 333; s/d/tr US\$12/16.40/19.50, without bathroom US\$5.65/8/10.50) has comfortable enough fan rooms circling a courtyard. Near the market, **Hostal Quillabamba** (☎ 28-1369; Grau 590; s/d/tr US\$13.50/18/24; 📺) offers more spacious rooms with hot showers and TV, plus a terrace restaurant. Cheap *chifas*, *pollerías* (chicken grills), *heladerías* (ice-cream shops), *cevicherías* and pizzerias too are on side streets off the Plaza de Armas. Just east on Independencia is a hole-in-the-wall vegetarian restaurant.

Buses for Cuzco via Ollantaytambo and Urubamba leave a few times daily (US\$4.50, seven to eight hours) from Terminal Terrestre (departure tax US\$30¢), several blocks south of Plaza Grau (taxi US\$1). **Ampay** (☎ 084-28-2576) is the most often recommended company.

Vilcabamba

The beleaguered Manco Inca fled to his jungle retreat in Vilcabamba after finally being defeated by the Spaniards at Ollantaytambo in 1536. This hideout, Espíritu Pampa, was later forgotten until expeditions rediscovered it in the mid-1960s. The hike takes several days from the village of **Huancacalle**. There's one basic hostel there where you can hire pack mules and guides. From Plaza Grau in Quillabamba, *combis* make the long, bumpy trip to Huancacalle most mornings (US\$4.50, five to six hours).

Paucartambo

This small village, 115km northeast of Cuzco, is reached by a cliff-hanging dirt road with exhilarating views of the Andes and the Amazon Basin beyond. Paucartambo is famous for its riotously colorful celebration of **La Virgen del Carmen**, held around July 15 to 17, with hypnotic street dancing, wonderful processions and weird costumes. Few tourists make it here, simply because it's so difficult to reach and because you have to camp, find a room in one of three extremely basic hotels or hope a local will give you floor space. Many tourist agencies in Cuzco run buses specifically for the fiesta and can arrange homestays. **Expreso Virgen del Carmen** (☎ 084-27-7755/22-6895; Diagonal Angamos 1952) has a few daily buses from Cuzco (US\$3, five hours).

Tres Cruces

Tres Cruces is 45km beyond Paucartambo. The view of the mountains dropping away into the Amazon Basin here is gorgeous in itself, but from May to July it's made all the more magical by the sunrise phenomenon that optically distorts the dawn into a multicolored light show with double images, halos and unusual tints. Travel agencies run sunrise-watching trips from Cuzco.

For onward travel to Manu, see p929.

To Puerto Maldonado

The journey to Puerto Maldonado is a spectacular but difficult journey on nightmarish roads (see p928). The journey (US\$10) takes up to a week and can be broken at Ocongate or Quincemil, which have basic hotels. Trucks leave Cuzco daily for Puerto Maldonado during the dry season (see p878) or you can catch a public bus (30 hours) from Urcos (see p889). Either trip requires hardiness, self-sufficiency and good luck.

From Ocongate, trucks take an hour to reach the village of **Tinqui**, which is the start of the spectacular seven-day trek encircling **Ausangate** (6384m), southern Peru's highest peak, passing fluted icy peaks, tumbling glaciers and turquoise lakes, rolling *puna* (grasslands) and marshy valleys. Tinqui has hot springs and a very basic hotel, and mules can be rented for the trek. From Cuzco, **Transportes Huayna Ausangate** (☎ 084-965-0922; Tomasa Tito Condemayta) has buses to Tinqui (US\$4.20, seven hours) at 10am daily except Sunday.

CUZCO TO THE CENTRAL HIGHLANDS

The recently rediscovered ridgetop Inca site of **Choquequirau** (admission US\$3) has an incredible location at the junction of three valleys, and can only be reached on foot. The most common route begins from Cachora, a village off the road to Abancay – the turnoff is after Sahuite, about four hours from Cuzco.

The sleepy, rural town of **Abancay** (2378m) is one possible resting place between Cuzco and Ayacucho. Several internet cafés, cheap restaurants and bare-bones hotels cluster near the bus companies on Arenas and also Arequipa. Buses leave for Cuzco (US\$4.50, five hours) and Andahuaylas (US\$4, five hours) a few times daily. Journeys take longer in the rainy season.

Andahuaylas (2980m) is another stop on the cold, rough but scenic route to Ayacucho.

The beautiful **Laguna de Pacucha** is 17km from town. Meals, fishing and rowboat rental are available. A one-hour hike brings you to the imposing hilltop site of **Sondor**, built by the Chanka culture, the Incas' traditional enemies. *Combis* to the lake run along Chanka on the north side of town (US\$1.20, 30 minutes). You'll find cheap hotels and restaurants near Andahuaylas' bus terminals and the plaza. **Aero Condor Perú** (☎ 083-72-2877; Cáceres 326) has Lima flights thrice weekly; it runs minibuses to the airport (US\$1.80). Buses to Ayacucho (US\$6, 10 hours) and Cuzco (US\$8, 10 hours) depart a few times daily.

CENTRAL HIGHLANDS

Far off the Gringo Trail, the central Peruvian Andes are ripe for exploration. Traditions linger longer here, with delightful colonial towns among the least spoiled in the entire Andean chain. A combination of geographical isolation, harsh mountain terrain and terrorist unrest (the Sendero Luminoso was born in Ayacucho) made travel difficult for decades. Over the past decade a more stable political situation and improved transportation infrastructure are making travelers' lives easier. But visiting the region is still challenging enough, with ear-popping passes and wearying bus journeys.

AYACUCHO

☎ 066 / pop 143,100

Ever since the paving of the road to Lima, the fascinating colonial city of Ayacucho (elevation 2750m) has embraced the 21st century, but is still most famous for its Semana Santa traditions. You can also make excursions into the mountains, where archaeological ruins await.

Information

Travel agencies are helpful.

BCP (Portal Unión 28) Has a Visa ATM.

Hueco Internet (☎ 31-5528; Portal Constitución 9) Offers international phone calls.

Interbank (9 de Diciembre 183) Has a global ATM.

iPerú (☎ 31-8305; Municipal Huamanga, Plaza Mayor, Portal Municipal 48; ☎ 8:30am-7:30pm Mon-Sat, 8:30am-2:30pm Sun) For tourist information.

Policía de Turismo (☎ 31-2179; 2 de Mayo 100; ☎ 7:30am-8pm) Handles emergencies.

Serpost (Asamblea 293; ☎ 8am-8pm Mon-Sat) Post office near the plaza.

Wari Tours (☎ 31-3115; Portal Independencia 70) Travel agency off the main plaza.

Warpa Picchu Eco-Aventura (☎ 31-5191; Portal Independencia 66) Another travel agency off the main plaza.

Sights

The town center has a 17th-century **cathedral**, along with a dozen other ornate **churches** from the 16th, 17th and 18th centuries, and several old **mansions** near the main plaza.

Museo de Arte Popular (Portal Unión 28; admission free; ☎ 9am-6:30pm Mon-Thu, to 7:30pm Fri, to 1pm Sat) showcases Ayacucho's folkcraft specialties. To inspect Wari ceramics, **Museo Arqueológico Hipólito Unanue** (Museo INC; ☎ 31-2056; Centro Cultural Simón Bolívar; admission US\$60¢; ☎ 9am-1pm & 3-5pm Mon-Sat, 9am-1pm Sun) is at the university, over 1km from the center along Independencia. The university library has a free exhibit of mummies and skulls.

Sprawling for several kilometers along a cactus-forested roadside are the extensive ruins of **Wari** (Huari; admission US\$60¢; ☎ 8am-5:30pm), the capital of the Wari empire, which predated the Inca by five centuries. Beyond lies the village of **Quinua**, where a huge monument and small museum mark the site of the Battle of Ayacucho (1824). Wari is 20km and Quinua 40km northeast of Ayacucho. Pickup trucks and buses to Quinua (US\$80¢, one hour) via the ruins from Paradero Magdalena at the traffic circle at the east end of M Cáceres in Ayacucho. Travel agencies in town offer Spanish-language tours (US\$8).

Festivals & Events

Ayacucho's **Semana Santa**, held the week before Easter, is Peru's finest religious festival. Celebrations begin the Friday before Palm Sunday and continue at a fevered pitch for 10 days until Easter Sunday. The Friday before Palm Sunday is marked by a procession in honor of La Virgen de los Dolores (Our Lady of Sorrows), during which it's customary to inflict 'sorrows' on bystanders by firing pebbles with slingshots. Every day sees another solemn yet colorful procession, culminating in an all-night party before Easter Sunday, with its dawn fireworks display.

Sleeping

Prices skyrocket during Semana Santa.

Hostal Tres Máscaras (☎ 31-2931/4107; Tres Máscaras 194; s/d \$7.60/12.20, without bathroom US\$4.50/7.50) Has

a walled garden and friendly staff, with hot water in the morning and later on request. Breakfast available (US\$2).

La Colmena Hotel (☎ 31-2146; Cuzco 140; s/d US\$8/10, s without bathroom US\$5) Though it's resting on its laurels these days, this long-standing hotel has courtyard balconies and a popular restaurant. Located just steps from the plaza, it's often full.

Hotel La Crillonesa (☎ 31-2350; Nazareno 165; s/d US\$9/15, without bathroom US\$5/8) Small but helpful place offering even smaller rooms with hot water, as well as a rooftop terrace with views, TV room and café.

Hotel Yañez (☎ 31-4918; M Cáceres 1210; s/d incl breakfast US\$11/17) Spacious rooms sport comfy mattresses, kitsch wall art, cable TV and hot showers. Beware of the noisy downstairs casino, though.

Hostal Marcos (☎ 31-6867; 9 de Diciembre 143; s/d incl breakfast US\$13/21) A dozen spotless rooms, with 24-hour hot water and cable TV, are sequestered away at the end of an alley. It's often booked, so call ahead.

Also recommended:

Hostal Huamanga (☎ 31-3527; Bellido 535; s/d US\$6/12, without bathroom US\$3/6) This basic place cranks out hot water all day.

Hotel Samary (☎ 31-2442; Callao 329; s/d US\$8/10, without bathroom US\$6.50/8.50) Simple but clean, with rooftop views.

Hotel Florida (☎ 31-2565; Cuzco 310; s/d US\$10/16) Has a garden, cafeteria and in-room TVs; traveler-friendly.

Hotel Santa Rosa (☎ 31-4614; Lima 166; s/d incl breakfast US\$18/33) Oversized rooms with cable TV, DVD players, phones, fridges and hot showers.

Eating

Regional specialties include *puca picante* (potato-beef stew in peppery peanut sauce, served over rice), *patachi* (wheat soup with beans, potatoes, lamb or beef) and *mondongo* (corn soup with pork or beef, red peppers and mint).

Wallpa Suwa (G de la Vega 240; mains US\$2-5; ☎ 6-11pm Mon-Sat) The name in Quechua means 'Chicken Thief' – makes you wonder where they get their poultry supplies from! It's always busy here.

Adolfo's Gourmet (2nd fl, Portal Constitución 4; mains US\$2-6) Score an outside balcony table for sweet sangria, pizzas and pastas accompanied by Ayacucho's best views.

El Niño (9 de Diciembre 205; mains US\$3-6) At this colonial mansion overlooking a garden, chronic

carnivores can sink their fangs into ample *parrillas* (grills).

Urpicha (Londres 272; mains US\$4) A homey place with a flower-filled patio, familial attention and traditional dishes including *cuy*. Take a taxi after dark.

Also recommended:

La Casona (Bellido 463; mains US\$2-6; ☎ 7am-10:30pm) Big portions of Peruvian fare; live musicians on weekend nights.

Restaurant Los Alamos (Cuzco 215; mains US\$3) Peruvian cooking including vegetarian dishes, and a patio.

Pizzería Italiana (Bellido 490; pizzas US\$4-8; ☎ 4:30-11:30pm) Wood-burning oven that's cozy on cold nights.

Drinking

On weekends, a few *peñas* stay open until the wee hours.

Los Balcones (Asamblea 187, 2nd fl) Beloved by university students, this bar has dancing and occasional live Andean bands.

Taberna Magia Negra (9 de Diciembre 293) An art gallery and bar serving beers and pizza.

La Nueva Ley (Cáceres 1147) A disco that often has salsa dancing.

Shopping

Ayacucho is famous for folkcrafts. There's a daytime **crafts market** (Independencia & Quinua). Workshops are found near Plazuela Santa Ana. Colonial-style **Centro Turístico Cultural San Cristobal** (28 de Julio 178) is full of art galleries, craft stores and flower stands, along with bars and cafés.

Getting There & Away

The **airport** (PYH) is 4km from the town center (taxis cost US\$2). **Aero Condor Perú** (☎ 066-31-2418; 9 de Diciembre 123) runs four weekly flights to/from Lima, sometimes via Andahuaylas. **LC Busre** (Lima 178) has a daily flight to/from Lima.

Buses utilize a bewildering array of terminals. For Lima (US\$6 to US\$15, nine hours), **Empresa Molina** (☎ 31-2984; 9 de Diciembre 459) and **Civa** (☎ 31-9948; M Cáceres 1242) offer *bus-cama* services. **Cruz del Sur** (☎ 31-2813; M Cáceres 1264) and **Ormeño** (☎ 31-2495; Libertad 257) offer executive-style services with comfy, yet not fully reclinable, seats.

For Huancayo (US\$7.30, 10 to 12 hours), Empresa Molina is preferred. Take note: this is a tough 250km trip, not for the faint of heart. To get to Huancavelica, take the train from Huancayo (see p894).

For Cuzco (US\$14, 22 hours), try **Expreso Turismo Los Chancas** (☎ 31-2391; Pasaje Cáceres 150). It's a long and rough trip, but the journey can be broken at Andahuaylas (US\$6, 10 hours). For Pucallpa, Tingo María and Huánuco, there's **Turismo Nacional** (☎ 31-5405; M Cáceres 884).

HUANCVELICA

☎ 067 / pop 42,600

Given that it can be a challenge just to get to Huancavelica, travelers justifiably expect to find something worthwhile. This endearing small town nestled among craggy peaks is more reminiscent of Switzerland than the Andes. It was once a strategic Inca center, then a colonial Spanish mining town, which is why it still has churches with silver-plated altars.

Information

More than a dozen cybercafés provide internet access.

BCP (V Toledo 384) Has a Visa ATM and changes dollars.

Dirección de Turismo (☎ 75-2938; 2nd fl, V Garma 444; ☎ 8am-1pm & 2-5pm Mon-Fri) Has Spanish-language information.

Serpost (Pasaje Ferrua 105) Near Iglesia de Santa Ana.

Sights & Activities

The **Instituto Nacional de Cultura** (INC; ☎ 75-2544; Raymondi 205; admission free; ☎ 10am-1pm & 3-6pm Tue-Sun), in a colonial building on Plaza San Juan de Dios, has a small museum and *folklórica* dance and music classes. Reached via a steep flight of stairs are some murky **mineral springs** (admission/private shower US\$30¢/50¢; ☎ 5:30am-4pm Sat-Thu, to noon Fri). The biggest daily **market** is on Sunday, when many locals are traditionally dressed.

Sleeping & Eating

Most places only have cold water.

Hostal Camacho (☎ 75-3298; Carabaya 481; s/d US\$4/6.60, with shared bathroom US\$2.50/4.30) A well-run budget choice with small rooms, but piles of blankets for those chilly Andean nights. Hot water in the mornings.

Hotel Ascensión (☎ 75-3103; Manco Capác 481; s/d US\$4.25/6.50, without bathroom US\$3/5) On the main plaza, has larger rooms and hot water.

Hotel Tahuantinsuyo (☎ 75-2968; Carabaya 399; s/d \$4/8, without bathroom US\$3/4.50) On a busy street, offers basic rooms with private bathrooms and morning hot water.

For excellent grilled trout, cast a line over at **Restaurant Joy** (V Toledo 216; menú US\$2, mains US\$2.50-6). Another busy little place is **Restaurant El Mesón** (Muñoz 153; mains US\$2.50-5; ☎ 9am-2pm & 5-10pm). Its daily changing specials sometimes features *criollo* dishes.

Entertainment

Peña Turística (V Toledo 319; ☎ 6pm-midnight Thu-Sat) For music while you drink, sit down here and listen to *folklórica* bands.

Getting There & Away

BUS & COLECTIVO

Most buses depart from Terminal Terrestre, inconveniently located 2km west of town (take a taxi US\$1), but tickets are sold from downtown offices.

Companies serving Huancayo (US\$3, five hours) include **Transportes Tidlás** (☎ 75-1562; Prado 56). For Lima (US\$9, 12 to 15 hours), **Transportes Oropesa** (☎ 75-3181; O'Donovan 599) goes via Pisco and stops in Ica (US\$8.50, 11 hours), while **Expreso Lobato** (☎ 75-2964; M Muñoz 489) goes via Huancayo. Also try **Expreso Huancavelica** (☎ 75-2964; M Muñoz 516).

For Ayacucho, you can either catch a 4:30am minibús to Rumichaca (US\$3, six hours), then wait for Lima–Ayacucho buses to pass by around 2pm, or you can spend a full day taking different minibuses to connect via Lircay and Julcamarca.

Colectivo taxis for the spectacularly scenic trip to Huancayo (US\$7.60, 2½ to three hours) leave when full from Terminal Terrestre.

TRAIN

Departures for Huancayo are at 6:30am daily and 12:30pm Monday to Saturday. The trip takes five to six hours. A faster *autovagón* (electric train) leaves at 5:30pm Friday. Buy tickets (US\$2.50 to US\$4.50) in advance from the **train station** (☎ 75-2898).

HUANCAYO

☎ 064 / pop 430,660

Arriving in Huancayo, you'll get the impression of some Wild West frontier town with dusty, chaotic streets and tumbledown suburbs. Huancayo challenges at first, then bids you to hang around a while. Most travelers eventually do. There are fiestas to be celebrated, wines to be drunk, musical instruments to be mastered and crafts to be bought. For adventurous travelers, there's

also trekking, mountain biking and jungle exploration.

Information

Internet cafés are along Giráldez. BCP, Interbank, other banks with ATMs and *casas de cambio* are on Real.

Clínica Ortega (☎ 23-2921; Carrión 1124; ☎ 24hr)

For emergencies.

Policía de Turismo (☎ 23-4714; Ferrocarril 580)

Post office (Centro Cívico)

Telefónica-Perú (Puno 200) Offers international phone calls.

Tourist office (☎ 20-0550; Casa del Artesano, Real 481; ☎ 10am-1:30pm & 4-7:30pm Mon-Fri) Has sightseeing information.

Sights & Activities

Museo Salesiano (☎ 24-7763; Salesian School; admission US60¢) has Amazonian fauna, pottery and archaeology exhibits; hours vary. From the center, walk 2km northeast on Giráldez to **Cerro de la Libertad**, which has good city views, then continue 2km more to the eroded sandstone towers of **Torre Torre**. About 5km from the center in the San Antonio neighborhood, **Parque de la Identidad Huanca** is a fanciful park full of stone statues and miniature buildings that supposedly represent the area's culture.

Courses

Incas del Peru (☎ 22-3303; www.incadelperu.org; Giráldez 652) arranges Spanish lessons, which include meals and accommodations with a local family from US\$110 per week. Lessons can be combined with other classes, such as dancing, cooking, gourd carving or *zampoña* (panpipes).

Tours

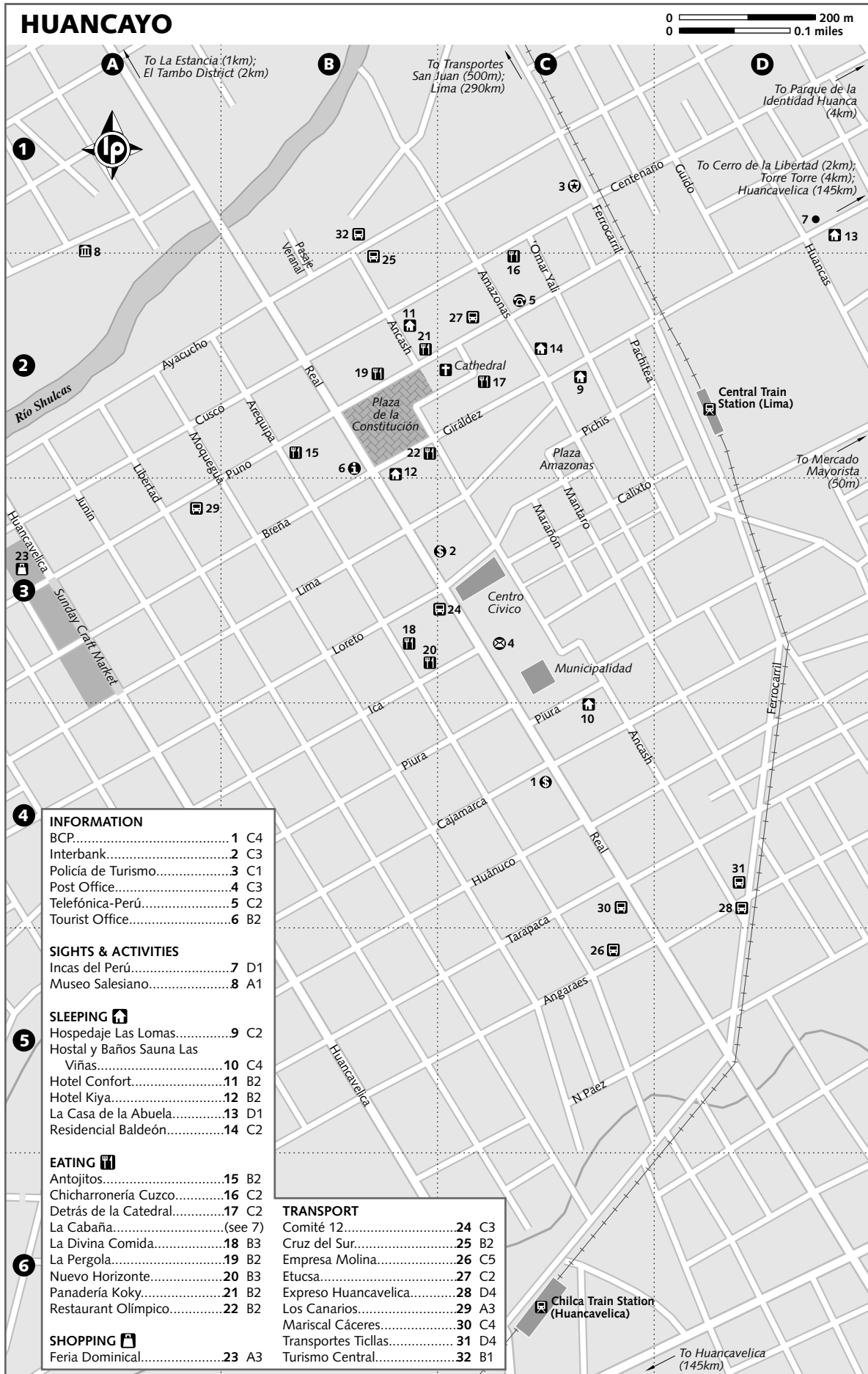
Incas del Peru (above) offers guided day hikes and cycling and horse-riding tours (US\$35). Mountain-bike rental costs US\$15 per day.

Festivals & Events

There are hundreds of fiestas in Huancayo and surrounding villages – supposedly one almost every day somewhere in the Río Mantaro valley! Huancayo's **Semana Santa** processions leading up to Easter are famous.

Sleeping

Residencial Baldeón (☎ 23-1634; Amazonas 543; s/d without bathroom US\$3/6) Teensy, basic rooms



surround a small courtyard in this friendly family's home. Hot showers (advance notice required), a secure entrance, kitchen and laundry make this fair value.

Peru Andino (☎ 22-3956; www.geocities.com/peruandino_1; Pasaje San Antonio 113; dm US\$3, s/d with bathroom US\$6/12, without bathroom US\$5/10, all incl breakfast) A shoestring favorite northwest of the center, Andino offers hot showers, kitchen and laundry, book exchange, bike rental, tour information and Spanish lessons.

La Casa de la Abuela (☎ 22-3303; Giráldez 691; dm US\$6, d with/without bathroom US\$9/7.60, all incl breakfast; ☒) Backpackers get mothered at this clean, older home with a garden, hot water, laundry, games and cable TV. Rates include killer coffee for breakfast.

Hotel Confort (☎ 23-3601; Ancash 237; s/d US\$6/9) This huge barn echoes with institutional corridors leading to scores of stark, faded rooms. But they're clean and large, and have hot showers, desks and cable TV (US\$1.50).

Also recommended:

Hospedaje Las Lomas (☎ 23-7587; laslomashyo@yahoo.es; Giráldez 327; s/d US\$8/10) Various sized rooms with hot water and excellent mattresses.

Hostal y Baños Sauna Las Viñas (☎ 36-5236; Piura 415; s/d US\$10/13) Small rooms with hot water, cable TV and phones. Sauna (US\$2).

Hotel Kiya (☎ 21-4955; hotelkiya@terra.com.pe; Giráldez 107; s/d US\$13/20) Six-story hotel with pink walls, comfy beds, phones, cable TV and hot water, plus some bathtubs.

Eating & Drinking

Nuevo Horizonte (Ica 578; mains US\$1-1.50; ☎ 7:30am-10pm Sun-Fri) In an atmospheric older house, this place has an excellent vegetarian menu using soy and tofu to recreate carnivorous Peruvian classics like *lomo saltado*.

Antojitos (Puno 599; mains US\$1.50-8; ☎ 5pm-late Mon-Sat) Housed in an antique-filled, wood-beamed building, this restaurant-bar attracts friendly crowds of well-dressed locals, who banter over the sounds of anything from cumbia to Pink Floyd.

Detrás de la Catedral (Ancash 335; mains US\$2.70-5, ☎ 11am-11pm) You can dine next to a charcoal brazier, admire Picasso-like surrealist paintings on the wall and feast on filling burgers (veggie or meat) and loads of local specialties.

La Cabaña (Giráldez 652; mains US\$3-6; ☎ 5-11pm) The house sangria, juicy grills and *al dente* pastas fuel a party crowd of locals and travelers alike. *Folklorico* bands perform Thursday to Saturday

nights. Next-door El Otro Lado café serves *cuy* lunches from April through October.

Restaurante Olímpico (Giráldez 199; lunch menú US\$2, mains US\$4-8) Huancayo's oldest restaurant has an open kitchen where you can see traditional Peruvian dishes prepared. Come for the popular Sunday brunch (US\$5).

La Divina Comida (Arequipa 712; mains US\$2) There's nothing infernal about the meatless fare at this busy hole-in-a-wall: hearty fried rice, tortillas with spinach and *lomo a la macho* feature on the small menu.

La Estancia (☎ 22-3279; M Castilla 2815; meals US\$7) Northwest of town, Calle Real becomes Av Mariscal Castilla in the El Tambo district, where this place does a great lunchtime *pachamanca* containing a meaty mix of *cuy*, pork and lamb, wrapped in leaves and cooked in an underground oven.

Also recommended:

Panadería Koky (Puno 298) Bakery serving *empanadas* and espresso.

La Pergola (Puno 444; menú US\$2) Courty atmosphere with plaza views.

Chicharrería Cuzco (Cusco 173; meals US\$2) Excellent *chicharrones*.

Shopping

The daily produce market, Mercado Mayorista, overflows east along the railway tracks, and sells every imaginable meaty delicacy, from fresh and dried frogs to guinea pigs.

Feria Dominical (Sunday craft market; Huancavelica) Sells souvenir weavings, sweaters, embroidered items, ceramics, woodcarvings and *mates buriados* (carved gourds) – watch your wallet.

Getting There & Away

BUS & COLECTIVO

Services vary depending on the season and demand.

Lima (US\$6 to US\$14, six to seven hours) is comfortably served by **Cruz del Sur** (☎ 23-5650; Ayacucho 251). **Etucsa** (☎ 23-6524; Puno 220) has more-frequent departures. There's also **Mariscal Cáceres** (☎ 21-6633; Real 1241). **Comité 12** (☎ 064-23-3281; Loreto 421) has faster *colectivo* taxis to Lima (US\$14, five hours).

For the rough road to Ayacucho (US\$7.30, 10 to 12 hours), **Empresa Molina** (☎ 22-4501; Angaraes 334) has morning and overnight departures. Huancavelica (US\$3, five hours) is frequently served by **Transportes Tidlás** (☎ 20-1555; Ferrocarril 1590). Ask around to find *colectivos* to Huancavelica (US\$7.60, 2½ to three hours).

DETOUR

The village of **Concepción** (elevation 3283m), halfway between Jauja and Huancayo on the *izquierda* (east) side of the Río Mantaro valley, is the gateway to the famous convent of **Santa Rosa de Ocopa** (45min guided tour US\$1.50; ☎ tours hourly 9am-noon & 3-6pm Wed-Mon). It was built in the early 18th century by Franciscans as a center for jungle missionaries trying to convert the Ashaninka and other indigenous tribes. It now houses impressive collections of stuffed jungle wildlife, indigenous cultural artifacts, colonial religious art and a fantastic library. From Huancayo, take a bus bound for Tarma (opposite) and get off at Concepción, from where frequent *colectivos* to the convent leave for Ocopa, about 5km away.

Transportes San Juan (☎ 21-4558; Ferrocarril 131) has minibuses almost hourly to Tarma (US\$2.50, 3½ hours). **Los Canarios** (Puno 739) also serves Tarma. **Turismo Central** (☎ 22-3128; Ayacucho 274) has buses north to Cerro de Pasco, Huánuco (US\$6, seven hours), Tingo María (US\$7.60, 10 hours) and Pucallpa (US\$13.60, 22 hours).

TRAIN

Train buffs shouldn't miss experiencing the **Ferrocarril Central Andino** (☎ in Lima 01-361-2828; www.ferroviasperu.com.pe), which reaches a head-spinning elevation of 4829m. It runs between Lima and Huancayo, usually every week from mid-April through October (round trip US\$45). Click to www.incasdelperu.org for updates.

Cheaper trains to Huancavelica leave from **Chilca station** (☎ 21-7724) at the south end of town. The 6:30am *expreso* (five hours, daily) and 12:30pm *ordinario* (six hours, daily except Sunday) services cost US\$2.50/3/4 in 2nd/1st/buffet class. On Sunday and Monday, there's a faster *autovagón* at 6pm (US\$4.50, four hours). Buy tickets beforehand.

TARMA

☎ 064 / pop 45,100

Not many travelers linger in 'the pearl of the Andes' between Lima and the jungle, but there are little-known, overgrown ruins to discover in the surrounding hills.

Information

You'll find *casas de cambio* near the BCP on Lima.

BCP (☎ 32-2149; cnr Lima & Paucartambo)

Changes money and has a Visa ATM.

Internet café (Paucartambo 567)

Tourist office (☎ 32-1010; 2 de Mayo 775; ☎ 8am-1pm & 3-6pm Mon-Fri) On the Plaza de Armas.

Sights & Activities

Excursions can be arranged to the village of Acobamba, 9km from Tarma, to see the famous religious sanctuary of **El Señor de Muruhuay**, which is decorated with huge weavings and holds a colorful **festival** throughout May.

From the village of Palcamayo, 28km from Tarma, it's a 4km walk to **Gruta de Guagapo**, a huge limestone cave protected as a national speleological area. A guide who lives by the entrance can provide ropes and lanterns to enter the first sections, beyond which technical caving and scuba gear are required.

Festivals & Events

The **Semana Santa** processions, including several candlelit after dark, are the big attraction. The **Easter Sunday** procession to the cathedral follows a route carpeted with flower petals, as do the **El Señor de Los Milagros** processions in late October.

Sleeping

Hot water is usually available only in the morning, though accommodation owners may claim otherwise.

Hospedaje El Dorado (☎ 32-1914; Huánuco 488; s/d US\$3/4.50, with bathroom US\$4.50/7.60) Can be noisy, but it's reasonably clean and has a relaxing courtyard.

Hospedaje Central (☎ 32-2625; Huánuco 614; s/d US\$4.50/5.80, with bathroom US\$6.80/8.80) An old, darkish yet friendly hotel, with an observatory open to stargazers on Friday nights (admission US\$1).

Hacienda La Florida (☎ 34-1041; www.hacienda.laflorida.com; campsites per person US\$4.50, s/d US\$29/49) Located six kilometers from Tarma along the Acobamba road, this rustic 18th-century plantation is owned by a welcoming Peruvian-German couple. It's a one-hour hike from here to the El Señor de Muruhuay sanctuary.

Hostal Vargas (☎ 32-1460; 2 de Mayo 627; s/d US\$4.50/6) Just ignore the gloomy entrance, because this clean hostel has spacious rooms and firm mattresses.

Hostal Aruba (☎ 32-2057; Moquegua 452; s/d US\$10/14.50) A very secure choice with clean rooms near the busy market; ring the bell to enter.

Eating & Drinking

El Mejorcito de Tarma (Arequipa 501; mains US\$2-5) The Mejorcito (the 'littlest and bestest') has a modest, but delicious menu of Peruvian favorites, including grilled trout.

Restaurant Señorial/El Braserito (Huánuco 138 & 140; menú US\$1.20, mains US\$2-5) These neighborly places are the locals' favorites, judging by the nonstop crowds. Traditional specialties include roast *cuy*.

El Gato Pardo (Callao 227) This dark, noisy pub is also a club with live Latin bands and DJs.

Getting There & Away

For buses to Lima (US\$3 to US\$9, six hours), try **Transportes Junín** (☎ 32-1234; Amazonas 667) or **Transportes La Merced** (☎ 32-2937; Vienrich 420). **Los Canarios** (☎ 32-3357; Amazonas 694) and **Transportes San Juan** (☎ 32-3139) go to Huancayo (US\$2.50, 3½ hours). A bus stop by Transportes San Juan, in front of the Estadio Unión Tarma (*mototaxi* US\$20¢) has minibuses to Acobamba and Palcamayo. By the gas station opposite the forlorn Terminal Terrestre, faster *colectivo* taxis take up to four passengers to Lima (US\$8.50). *Colectivos* to Huancayo (US\$5, 3½ hours) leave from Jauja, about 600m further south.

WARNING!

The main road from Lima to Pucallpa (p929) goes through the central Andes north of La Oroya, via Junín, Cerro de Pasco, Huánuco and Tingo María. This route is used by travelers heading for the first navigable Amazon port, from where it is possible to float inland to Iquitos along the Río Ucayali. But the long, lonely section of road between Pucallpa and Tingo María – the only paved link in the whole of Peru to the Amazonas region – can be risky. Armed robberies have happened on many occasions. It's much safer to fly to the jungle from Lima.

JUNÍN

At the south end of this remote village is a huge **craft market**. About 10km away, **Lago de Junín** is known for its birdlife. Over 4000m above sea level, it is the highest lake of its size in the Americas. To get there take a *colectivo* 5km north of Junín to the hamlet of Huayre, where a footpath leads to the lake. Back in Junín, you can overnight at cold-water **Hostal San Cristobal** (☎ 34-4215; Manuel Prado 255; s/d US\$2.80/4). Restaurants surround Plaza de Libertad.

HUÁNUCO

☎ 062 / pop 151,200

This town is just 5km from one of Peru's oldest Andean archaeological sites: the **Temple of Kotosh** (adult/student US\$90/45¢; ☎ 9am-3pm), aka Temple of the Crossed Hands. Visit by taxi (round trip US\$4.50).

About 25km south of Huánuco is the village of Ambo, noted for its *aguardiente* distilleries. This local sugarcane firewater is flavored with anise. Some buses stop here so passengers can buy a couple of liters.

Sleeping

Basic budget hotels are on the plaza and near the market.

Hostal Huánuco (☎ 51-2050; Huánuco 777; s without bathroom US\$5.80, s/d US\$7.30/8.80) This old-fashioned mansion has tiled floors, a lush garden, and walls covered with art and newspaper clippings. Hot water upon request.

Hotel Cuzco (☎ 51-7653; Huánuco 614; s/d US\$6/9) A dated hotel with a cafeteria and clean, bare but good-sized rooms with cable TV and hot showers (2nd floor only).

Eating & Drinking

Hotel Real (2 de Mayo 1125; mains US\$2.50-6; ☎ 24hr) The café is the place for midnight munchies and predawn breakfasts. At the side of the hotel is the underground Plaza Discoteca.

Govinda (2 de Mayo 1044; menú US\$1-2; ☎ 7am-9:30pm Mon-Sat, 7am-3pm Sun) Vegetarians can rely on this Hare Krishna-run café.

Chifa Khon Wa (☎ 51-3609; Prado 816; mains US\$2-3; ☎ 10:30am-11pm) Chinese restaurants can be a dime-a-dozen in Peru, but you know you've found a winner when the staff wears logo T-shirts.

Cheers (2 de Mayo 1201; mains US\$2-3; ☎ 11am-midnight) Neonlit and chic, this place draws crowds with its inexpensive chicken and Peruvian dishes. Karaoke on weekend nights.

Shorton Grill (D Beraún 685; mains US\$2-3) Chicken, chips and beer is what this place is all about, and it's all good.

Getting There & Away

The airport (HUU) is 5km from town (taxi US\$3.50). **LC Busre** (☎ 062-51-8113; 2 de Mayo 1357) flies to/from Lima daily.

Buses go to Lima (US\$6 to US\$11, eight hours), Pucallpa (US\$6 to US\$8, nine to 12 hours) and Huancayo (US\$6, seven hours). Companies are spread out all over town. Among the best are **León de Huánuco** (☎ 51-1489; Robles 821), luxurious **Bahía Continental** (☎ 51-9999; Valdizán 718), **Transportes El Rey** (☎ 51-3623; 28 de Julio 1215), and **Transmar** (28 de Julio 1067).

For Tingo María, take any Pucallpa-bound bus (US\$2, 3½ hours) or a faster *colectivo* (US\$3.50) with **Comité 15** (☎ 51-8346; General Prado) near the river.

TINGO MARÍA

☎ 062 / pop 54,000

After the high and bleak hinterland of the Andes appears this university and market town lying in the *ceja de la selva* (eyebrow of the jungle), as the lush, tropical slopes of the eastern Andes are called. It's surrounded by mountains, waterfalls and caves, and is hot almost year-round. It's the best place to break your journey to Pucallpa. Avoid the dangerous drug-growing Río Huallaga valley north of town, though.

Sights & Activities

The 18,000-hectare **Parque Nacional Tingo María** (admission incl guide US\$1.50) lies on the south side of town. Take a taxi to the 'Cave of the Owls' to see its oilbird colonies, stalactites and stalagmites.

Sleeping

Showers are usually cold.

Hotel Palacio (☎ 56-2319; A Raimondi 158; s/d with shared bath US\$4.50/7.30, s/d US\$7.30/12) Spartan fan-cooled rooms surround a plant- and parrot-filled courtyard. There's a handy café.

Hostal Roosevelt (☎ 50-5448; José Pratto 399; s/d US\$6/7.60) It's a midrange hostelry at budget prices. Smallish but spick-and-span rooms painted in odd colors have cable TV and full-length mirrors (whoa, Nelly!) beside the beds.

Hotel Nueva York (☎ 56-2406; www.hotelnueva.york.net; Alameda Perú 553; s/d from US\$7/9) Spacious, quiet rooms set back from the road have fans

and warm afternoon showers. Breakfast available (US\$1.50).

Villa Jennifer (☎ 969-5059; www.villajennifer.net; Km3.4 Castillo Grande; s/d without bathroom US\$14/22; 🚿) North of the airport, this relaxing hacienda is run by a Danish-Peruvian couple. Hang out in hammocks, feast on tropical fruit, play games, talk to the monkeys or watch DVDs.

Also recommended:

Hotel Internacional (☎ 56-3035; Raymondi 232; s/d US\$9/13.60) Close to the bus stations. Cool, tiled rooms have 24-hour hot water, cable TV and phones.

La Gran Muralla (☎ 56-2934; Raymondi 277; s/d US\$12/20; 🚿) Breezy, modern riverside complex next to all the action. Fan rooms have cable TV and phones.

Eating

El Mango (Lamas 232; sandwiches & breakfasts US\$1-5.50; 🕒 8am-3pm Mon-Sat & 7-11pm Mon-Sun) A surprisingly good garden restaurant with friendly service and an unmistakable mango-colored facade.

Simón (Fernández 416; mains US\$2-3; 🕒 7am-3pm & 6-10pm) This sweaty restaurant has no breeze, but lots of hearty fare including a few *criollo* dishes. Locals say it's the best value in town, especially for beer.

Trigale (Fernández 540; mains US\$2.50-4.50; 🕒 6-11pm) Tingo María's best pizza-and-pasta joint delivers if you can't bear to forsake the fan and TV in your hotel room.

El Super Dorado (Fernández 594; mains US\$2.50-4.50) Locals love this big 'n' brash place for its nonsense chicken *parrilladas* washed down with a lashing of cold beer.

Getting There & Away

As a general rule, avoid night travel and be careful on the road to Pucallpa (p929). Buses to Lima (US\$7 to US\$12, 12 hours) with **León de Huánuco** (☎ 56-2030), **Transmar** (☎ 56-3076), **Transportes Rey** (☎ 56-2565; Raymondi 297) and **TransInter** mostly leave at 7am or 7pm. Some of these stop in Pucallpa (US\$5, eight to nine hours). Faster service to Pucallpa is with Turismo Ucayali, which has *colectivos* (US\$14, six hours).

NORTH COAST

The unruly northern coast is flush with enough ancient chronicles to fill a library of memoirs. Animated colonial towns doff their collective *campesino* hats to all who make the effort to visit. Playful seaside resorts beckon modern-day sun worshippers to their shores,

while gnarly breaks have had surfers board-waxing lyrical for years. If you're heading north to Ecuador, the further you go, the better the weather gets.

CARAL

About 25km inland from Barranca lie the monumental ruins of **Caral** (admission US\$3), part of South America's oldest civilization, arising simultaneously with Egypt, India and China. **Proyecto Especial Arqueológico Caral** (☎ 01-431-2235; www.caralperu.gob.pe) has information and runs full-day tours from Lima (US\$24). Most coastal buses can drop you in Barranca, 195km north of Lima, from where *colectivos* to Caral (US\$1.50, two hours) depart frequently between April and November. Other buses from Barranca (US50¢, 25 minutes) go to the Chimú adobe temple of **Paramonga** (admission US90¢).

CASMA

☎ 043 / pop 21,400

A blip on the Panamerican radar, 370km north of Lima, Casma is the gateway to **Sechín** (admission US\$1.50; ☎ 8am-5pm). Shrouded in mystery, these well-preserved ruins date from 1600 BC. The outside walls of the main temple are covered with gruesomely realistic bas-relief carvings of warriors and captives being vividly eviscerated. The archaeological site is 5km from Casma.

Northwest of Casma at Km 392 on the Panamericana, the beach resort of Tortugas siddles along a calm bay with a pebbly swimming beach. The airy **Hotel Farol Beach Inn** (☎ 968-2540; s/d US\$12/18) has vistas and hot showers. Back in Casma, try the funky, feng shui-approved **Hostal Gregori** (☎ 01-9631-4291; L Ormeño 579; s/d US\$9/10.50, without bathroom US\$4.50/7.50).

Frequent buses with Cruz del Sur, Móvil and Turismo Paraiso to Lima (US\$5.40 to US\$11, six hours), Trujillo (US\$4.50, three hours) and Huaraz (US\$6.25, 5½ hours) stop by a shared **booking office** (☎ 043-41-2116; Ormeño 145). **Tepsa** (☎ 41-2658; Ormeño 546) has comfy buses to Lima (US\$9 to US\$15), Tumbes (US\$21, 11 hours) and Cajamarca (US\$18, seven hours).

Colectivos for Tortugas (US90¢, 20 minutes) and Chimbote (US\$1.50, 45 minutes) leave frequently from the Plaza de Armas. For Sechín, take a *mototaxi* (US\$1.50), or rent a bicycle (per day US\$6) at **Sechín Tours** (☎ 41-1421; www.sechintours.com; Hostal Montecarlo, Nepeña 16).

CHIMBOTE

☎ 043 / pop 320,600

You'll smell Peru's largest fishing port before you see it. If you find yourself stuck here waiting for a bus, take refuge at **Cesar's Hostel** (☎ 32-4946; Espinar 286; s/d US\$7.50/10.50) and the ramshackle restaurant **Vegetariano** (cnr Pardo & Palacios; meals US\$1.50; ☎ 8am-10pm).

Long-distance buses to Lima (US\$9 to US\$24, seven hours), Trujillo (US\$2.10, two hours) and Chiclayo (US\$6, six hours) leave from Terminal Terrestre, 5km east of town (taxi US\$1.20). Buses to Huaraz (US\$6 to US\$7.50, seven to nine hours) go via the spectacular Cañon del Pato, the equally rough mountain road from Casma or the paved Pativilca route. *Colectivos* for Casma (US\$1.50, 45 minutes) leave from Chimbote's market area.

TRUJILLO

☎ 044 / pop 768,300

Francisco Pizarro founded Trujillo, northern Peru's major city 560km from Lima, in 1534. In fact, he thought so highly of this patch of desert he named it after his birthplace in Spain. Trujillo's glamorously colonial streets look like they've hardly changed since. Nearby are the 1500-year-old Moche pyramids, Las Huacas del Sol y de la Luna, and the ancient Chimú adobe capital of Chan Chan (see p903). If so much ancient culture wears you out, the nearby beach village of Huanchaco (p904) offers its own modern interpretation of sun worship.

Information

The local newspaper *La Industria* lists entertainment, exhibitions and events.

BCP (Gamarra 562) Lowest traveler's-check commissions.

Clínica Americano-Peruano (☎ 23-1261; Mansiche 702) The best clinic.

Interbank (Gamarra at Pizarro) Has a global ATM.

InterWeb (Pizarro 721; ☎ 8:30am-11pm) Internet access.

iPerú (☎ 29-4561; Municipalidad, Plaza Mayor, Pizarro 412; ☎ 8am-7pm Mon-Sat, to 2pm Sun) Tourist information.

Lavanderías Unidas (Pizarro 683; ☎ 8am-11pm)

Does laundry.

Policía de Turismo (☎ 044-29-1705; Independencia 630)

Sights

The Plaza de Armas is fronted by an 18th-century **cathedral** with a famous basilica.

Many other elegant colonial churches and mansions have wrought-iron grillwork and

TRUJILLO

1 To Airport (10km)

2 To El Dorado (200m); Chiclayo (210km)

3 To Píero (Panamericana)

4 To Móvil Tours; América Express; Transportes Horro; El Uruguayo; Mar Píante

0 300 m / 0 0.2 miles

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PERU

pastel coloring that typify Trujillo. **Casa de la Emancipación** (Banco Continental; Pizarro 610), **Palacio Iturregui** (Pizarro 688; ☎ 9am-7pm Mon-Sat) and **Casa Ganoza Chopitea** (Independencia 630), with its art gallery and two lions standing guard out front: all deserve a look.

Museo Cassinelli (Piérola 601; admission US\$2.10; ☎ 9:30am-1pm & 3-6pm Mon-Sat) has an excellent archaeological collection – in the basement of a Mobil gas station! The university-run **Museo de Arqueología** (Junín 682; adult/student US\$1.50/80¢; ☎ 9am-3pm Mon, to 1pm & 3-7pm Tue-Fri, to 4pm Sat & Sun), in the restored Casa Risco, has artifacts from La Huaca de la Luna.

Tours

Trujillo Tours (☎ 23-3091; Almagro 301) offers multilingual guided tours of nearby archaeological sites (US\$15 to US\$18).

Festivals & Events

The *marinera* dance (p826) and *caballos de paso* (horseback dressage displays) are highlights of many festivals.

La Fiesta de la Marinera The biggest of its kind, held in late January.

La Fiesta de la Primavera Held during the last week of September, has Peru's most famous parade, and much dancing and entertainment.

Sleeping

Many travelers bed down in Huanchaco (p904).

Hostal Lima (☎ 23-2499; Ayacucho 718; s/d US\$3.30/5.40) If you've been on a tour of Alcatraz and thought, I could live here, this is your chance.

Hotel Americano (☎ 24-1361; Pizarro 764; s/d US\$6/9) You'll either love or hate this perennially popular hotel in a rambling, dilapidated old mansion with carved balconies. Echoing rooms are creaky. Those with shared showers are grungier.

Hotel Primavera (☎ 23-1915; Piérola 872; s/d US\$7.50/12; ☎) Retro blue flourishes announce this 1970s relic. It's only slightly shabby, and an invigorating pool may help you overlook the mustiness.

Hostal Almagro (☎ 22-3845; Almagro 748; s/d US\$13.50/18) There's no pretense of a colonial past here – modern if spartan rooms have TVs and glistening bathrooms. There's a café downstairs.

Hostal Colonial (☎ 25-8261; hostcolonialtrujillo@hotmail.com; Independencia 618; s/d US\$13.50/19.50) A great location near the Plaza de Armas, this tastefully

renovated colonial mansion run by chatty staff has a pleasant courtyard and garden. Cozy rooms have hot showers, and some have balcony views.

Gran Hotel Turismo (☎ 24-4181; Gamarra 747; s/d US\$14.40/21.30; ☎) Live out your secret *Austin Powers* fantasies here, where everything is decked out in hip 1960s decor and hallways are the length of football fields. Groovy, baby.

Also recommended:

Hospedaje El Conde de Arce (☎ 29-1607; Independencia 577; s/d US\$6/12) Simple, small and safe. Weathered rooms have electric showers.

Hostal El Ensueño (☎ 20-7744; Junín 336; s/d US\$9/15) Narrow, dark hallways, but gigantic bathrooms.

Eating

Search out trendy eateries on the 700 block of Pizarro.

Jugeria San Agustine (Bolívar 526; juice US\$0.50; ☎ 8am-10pm) Lines snake around the corner at this locals' fave.

Diet Light (Pizzario 724, snacks US\$0.80-1.20; ☎ 9:30am-10pm) A strangely named place for whopping servings of ice cream and mixed fruit.

El Sol Restaurante Vegetariano (Pizarro 660; meals US\$0.90-1.40; ☎ 8am-10pm) A limited menu attests to experience: the cooks already know exactly what you want.

Restaurant Romano (Pizarro 747; mains US\$1.80-4.50; ☎ 7am-midnight) Open for over half a century, this incredibly popular place dishes up hot breakfasts, hearty Peruvian lunches and dinners, plus desserts and espresso.

Mar Picante (América Sur 2199; meals US\$2.10-4.50; ☎ 11am-10pm) A bamboo-lined seafood palace, it specializes in fresh *ceviche* and is packed with savvy locals. Take a taxi (US\$0.80¢).

El Uruguayo (América Sur 2219; meals US\$4.50-7.50; ☎ 6:30pm-1am) A sizzling plate of delicious barbecued meat (steak, chicken, chorizo sausage, beef heart plus a few surprises), salad and fries enough for two ravenous travelers will set you back only US\$9.90. Take a taxi (US\$0.80¢).

Chifa Ah Chau (Gamarra 769; mains US\$5; ☎ 6-10pm) A funky, faded but fun place, with private curtained booths and huge portions of genuine Chinese food.

Supermercado Merpisa (Pizarro 700; ☎ 9:15am-1:15pm & 4:30-9pm) For self-catering.

Entertainment

Foreign women going out alone after dark will be given exasperating amounts of unsolicited attention from local men.

Mecano Bar (Gamarra 574; admission US\$6; ☎ 9pm-late) For now, this is where the in-crowd hangs out, especially on weekends. Sway your hips to salsa, reggae and techno grooves.

Restaurante Turístico Canana (San Martín 791; admission US\$3; ☎ shows 11pm Thu-Sat) When local dancers and musicians perform, anyone not chowing down on *chicharrones* joins in.

Ributo Bar (Plaza de Armas, cnr Pizarro & Almagro; ☎ 9pm-late) A quiet bar for chatting with friends, or live bands and hot DJs on the weekend.

Getting There & Away

AIR

The airport (TRU) is 10km northwest of town. Take a taxi (US\$3 to US\$4.50) or a bus bound for Huanchaco and walk 1km. **LAN** (☎ 22-1469; Pizarro 340) and **Star Perú** (☎ 41-0009; Almagro 545) have daily flights to/from Lima.

BUS

Buses are often full, so purchase seats in advance and double-check where your bus leaves from.

Major companies include the following:

Cruz del Sur (☎ 26-1801; Amazonas 237) To Lima (US\$10.50 to US\$31.50, eight hours).

Linea booking office (☎ 24-5181; cnr San Martín & Obregoso; ☎ 8am-8pm Mon-Fri); terminal (☎ 24-3271; América Sur 2857) Goes to Piura (US\$9, six hours), Cajamarca (US\$4.50 to US\$10.50, six hours), Chiclayo (US\$3.60, three hours), Chimbote (US\$1.80, two hours). Buses for Lima (US\$9 to US\$21, eight hours) and Huaraz (US\$12, nine hours) are mostly overnight.

Móvil Tours (☎ 28-6538; América Sur 3955) Comfortable overnight buses to Lima (US\$19.50, eight hours), Huaraz (US\$13.50, eight hours), Chachapoyas (US\$15, 13 hours) and Tarapoto (US\$22.50, 18 hours).

Ormeño (☎ 25-9782; Ejército 233) Overnight buses to Lima (US\$10.50 to US\$21) and Tumbes (US\$15 to US\$21, 10 hours).

Other companies around the intersection of España and Amazonas offer Lima-bound night buses. **América Express** (☎ 26-1906; La Marina 315) has frequent buses south to Chimbote (US\$2.10, two hours); take a taxi (US\$90¢).

El Dorado (☎ 29-1778; Piérola 1070) has rudimentary buses to Piura (US\$7, six hours) and Tumbes (US\$7.50 to US\$9, 10 hours). **Ittsa** (☎ 25-1415; Mansiche 145) also has buses to Piura. **Transportes Horna** (☎ 25-7605; América Sur 1368) has morning buses to Cajamarca (US\$4.50, six hours).

Getting Around

White-yellow-and-orange *B colectivos* to La Huaca Esmeralda, Chan Chan and Huanchaco run along España past the corners of Ejército and Industrial every few minutes. Buses for La Esperanza go northwest along the Panamericana to La Huaca Arco Iris. Minibuses for Las Huacas del Sol y de la Luna leave every half hour from Suarez. These buses are worked by professional thieves – keep valuables hidden, and watch your bags carefully. Fares run US\$30¢ to US\$50¢.

AROUND TRUJILLO

The Moche and the Chimú are the two cultures that have left the greatest mark on the Trujillo area, but they are by no means the only ones – more new sites are being excavated each year.

For the Chan Chan museum and site, plus Huaca Esmeralda and Huaca Arco Iris, a **combined ticket** (adult/student US\$3.30/1.70) is valid for two days. Tickets are sold at each site except Huaca Esmeralda. All are open 9am to 4:30pm daily.

Chan Chan

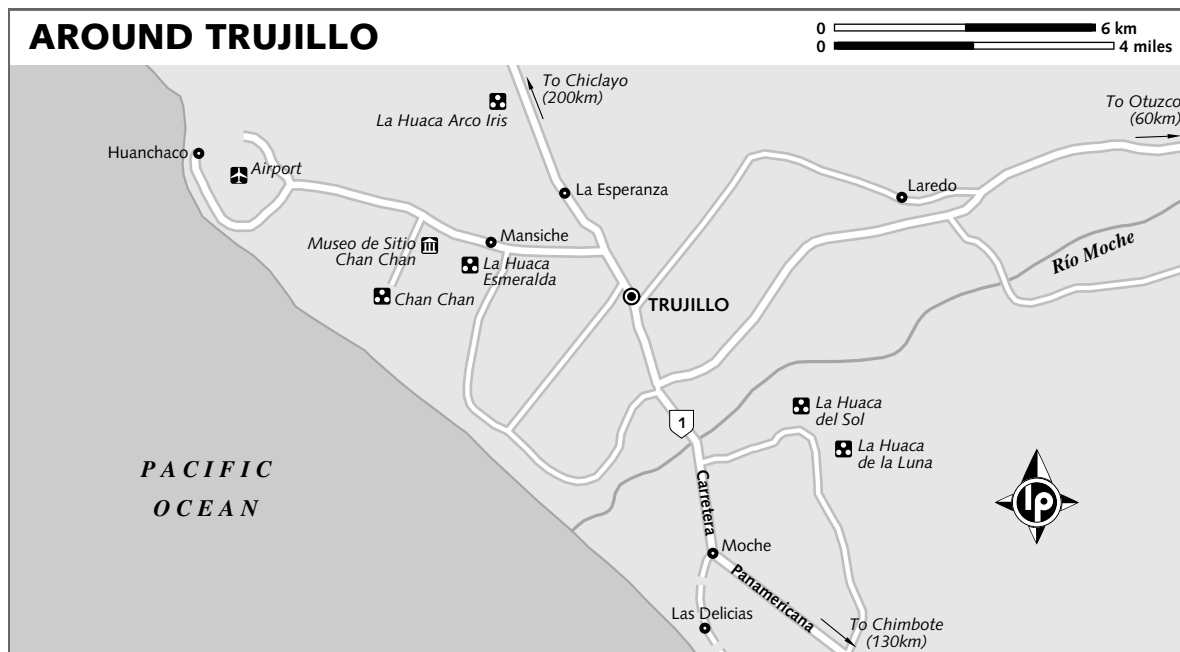
Built around AD 1300, Chan Chan must once have been a dazzling site. As you approach along the Panamericana, it's impossible not to be impressed by the vast area of crumbling mud walls stretching away into the distance. This site once formed the largest pre-Columbian city in the Americas and the largest adobe city in the world.

At the height of the Chimú Empire, Chan Chan contained about 10,000 structures, from royal palaces lined with precious metals to huge burial mounds. Although the Incas conquered the Chimú around 1460, the city was not looted until the gold-hungry Spanish arrived, and *huaqueros* (grave robbers) finished their work.

The Chimú capital contained nine subcities, or royal compounds. The restored **Tschudi**

WARNING!

It is dangerous to walk along Buenos Aires beach between Chan Chan and Huanchaco. Travelers have also been attacked while visiting archaeological sites. Go in a group, stay on the main paths and don't visit late in the day.



complex is near the entrance area by the **site museum** on the main road about 500m before the Chan Chan turnoff. Tschudi's walls once stood over 10m high with impressive friezes of fish, waves and sea life. A king was once buried in the mausoleum with a treasure trove of ceremonial objects for the afterlife – and plenty of sacrificial companions.

La Huaca Esmeralda

This stepped-platform Chimú adobe temple is south of the main road halfway between Trujillo and Chan Chan, four blocks behind the Mansiche church. Guards will take you around for a tip to see the unrestored adobe designs of fish, seabirds, waves and fishing nets.

La Huaca Arco Iris

This Chimú site, meaning 'Rainbow Temple' (also called La Huaca del Dragón), is in the suburb of La Esperanza, 4km northwest of Trujillo. It's one of the best-preserved Chimú temples because it was covered by sand until the 1960s. Inside the defensive wall is the temple itself, which may have been used for fertility rituals and infant sacrifices. The slightly pyramidal walls are covered with repeated rainbow designs and ramps leading to the very top. There's a small museum. Guides are available for a tip.

Las Huacas del Sol y de la Luna

These **Moche temples** (admission & guided tour adult/student US\$3.30/1.70; ☎ 9am-4pm), 10km southeast

of Trujillo, are 700 years older than Chan Chan.

The **Huaca del Sol** is Peru's largest pre-Columbian structure; 140 million adobe bricks were used to build it. Originally the pyramid had several levels, connected by steep stairs, huge ramps and walls sloping at 77 degrees to the horizon. Now it resembles a giant sand pile, but its sheer size makes it an awesome sight nonetheless.

The smaller **Huaca de la Luna** is riddled with rooms containing ceramics, precious metals and the beautiful polychrome friezes for which the Moche were famous. Their custom of 'burying' old temples under new ones has facilitated preservation, and archaeologists are still peeling away the layers. Keep an eye out for Peruvian hairless dogs that hang here. The body temperature of these dogs is higher than that of normal dogs, and they've been traditionally used as body-warmers for people with arthritis!

HUANCHACO

☎ 044 / pop 18,000

This once-tranquil fishing village, 12km northwest of Trujillo, is a popular alternative base for exploring the Trujillo area. It's famous for high-ended, cigar-shaped, *totora* boats called *caballitos* (little horses) on which fishermen paddle beyond the breakers, then surf back to the beach with their catch. Paying fishermen US\$1.50 will get you paddled out and surfed back in a wet rush.

On weekends, Huanchaco is swamped with Peruvian holidaymakers. Armies of bleached-

PERU

DETOUR

The small fishing outpost of **Puerto Chicama** (aka Malabrigo) lays claim to one of the world's longest left-hand point breaks. It seduces surfers dying to try their luck at catching that rare, incredible 2km ride on 2m-high waves. The marathon breaks usually arrive between March and June. The original surfers hostel, **El Hombre** (☎ 044-57-6077; s/d from US\$5/8), rents some gear, but it's best to bring your own. Buses leave Trujillo's Terminal Interurbano frequently for Paján (US\$1.40, 1½ hours), 40km north along the Panamericana, where you can catch *colectivos* to Puerto Chicama (US\$40¢, 20 minutes).

blond surfers amble the streets with boards in tow during the coastal summer (December to April), when the curving, grey-sand beach invites swimming.

Activities

Rent surfboards and wet suits (per day US\$6 to US\$9) from several places along the main drag, including the **Wave** (☎ 58-7005; Larco 525) and **Un Lugar** (☎ 957-7170; www.otracosa.info; cnr Bolognesi & Atahualpa), which offers lessons and surf safaris.

Sleeping

You'll find budget lodgings in the northern part of town, as well as at the southern end on side streets running perpendicular to the beach.

Hostal Naylamp (☎ 46-1022; www.geocities.com/hostalnaylamp; Victor Larco 1420; campsite US\$2.40, dm US\$3.60, s US\$7.50-9, d US\$10.50-13.50) Seascape patios have sunset views, and there are hot showers and hammocks for everyone. There's also a kitchen, laundry and café.

Hospedaje Los Ficus de Huanchaco (☎ 46-1719; www.huanchaco.net/losficus; Los Ficus 516; s/d without bathroom US\$4.50/9) This spotless house offers hot showers, breakfast on request and kitchen privileges. Many of the bright rooms have tons of space, but not all are created equal, so choose carefully.

La Casa Suiza (☎ 46-1825; www.casasuiza.com; Los Pinos 451/310; s/d without bathroom US\$4.50/9; 📺) A tired-looking surfer crash pad, with a rowdy rooftop.

Huanchaco's Garden (☎ 46-1194; huanchacosgarden@yahoo.es; Circumvalación 440; d US\$12; 📺) Set back

from the beach, this hospitable family-run hostelry boasts low-lying white adobe buildings surrounding a shady garden.

Huankarute Hospedaje (☎ 044-46-1705; www.hostalhuankarute.com; La Rivera 233; s US\$21, d US\$24-33; 📺) A small place with bright rooms that have fans and cable TV. Top-floor doubles have sea views – and bathtubs! The kidney-shaped pool has an attached 'aqua bar' and the on-site seafood restaurant has cheap lunch specials.

Eating

Huanchaco has oodles of seafood restaurants on the beach.

Otra Cosa (Larco 921; dishes US\$1.20-2.40; 📺 9am-8pm Wed-Sun) With Middle Eastern decor and hammocks, this beachfront pad dishes up yummy vegetarian snacks like falafel and hummus. The owners also organize volunteer projects.

Grill a Bordo (Los Pinos 491; dishes US\$2.40-6; 📺 6pm-11pm Mon-Sat, 11am-11pm Sun) The waiters are strangely dressed as sailors, even though there's only one fish dish on the menu at this *parrilla* grill serving carnivorous delights.

Also recommended:

El Caribe (Larco at Atahualpa; dishes US\$3-4.50; 📺 10am-7pm) Fresh seafood, including *ceviche*.

Club Colonial (Grau 272; meals US\$4.50-7.50; 📺 noon-11pm) Romantic Belgian-French-Peruvian restaurant with an art gallery.

Mamma Mía (☎ 997-3635; Larco at Independencia; meals US\$5-9; 📺 6-11pm) Delicious designer pizzas, and the owner's secret-recipe crab lasagna.

Getting There & Away

Combis will take you from España at Industrial in Trujillo to Huanchaco's beachfront (US\$0¢). A taxi costs US\$3 to US\$4.50.

CHICLAYO

☎ 074 / pop 592,200

Spanish missionaries founded a small rural community here, 200km north of Lima, in the 16th century. Either by chance or through help from 'above,' the crossroads city of Chiclayo has prospered ever since. A bounty of important archaeology sites lies nearby.

Information

Internet cafés abound. Several banks are on the 600 block of Balta.

BCP (Balta 630) Has a 24-hour Visa ATM.

Centro de Información Turístico (☎ 23-3132; Saenz Peña 838) Next to the police.

Clínica del Pacífico (☎ 23-6378; Ortiz 420) For medical attention.

Interbank (cnr Colón & Aguirre) Has a global ATM.

Lavandería (☎ 23-3159; 7 de Enero 639).

Migraciones (☎ 20-6838; La Plata 070) Near Paseo de Las Museos.

Policía de Turismo (☎ 23-6700; Saenz Peña 830)

Sights & Activities

Don't miss the fascinating **Mercado Modelo**, which houses a superstore of shamanistic herbs, elixirs and sagely curiosities. Need a love potion or a cure for warts? Herbalist and *brujo* (witch doctor) stalls sit side-by-side, vending dried herbs, bones, claws, hooves, and other weird and wonderful healing charms.

During summer the coastal beaches of Pimintel and Santa Rosa are popular for **surfing**, especially at El Faro.

Tours

Moche Tours (☎ 22-4637; 7 de Enero 638) offers daily tours in English and Spanish.

Sleeping

Katuwira Lodge (☎ 970-0484/976-9188; www.katuwira.com; campsite/r per person incl meals US\$5/10) A 20-minute walk south of Pimintel at Playa Las Rocas, this chilled beachside bamboo hangout sprawls. Pyramid-shaped bungalows have sea views. French and Japanese spoken.

Hospedaje San Lucas (☎ 49-9269; Aguirre 412; s without bathroom US\$3, s/d US\$6/9) Elementary, but trim

CHICLAYO

0 200 m
0 0.1 miles

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- Tepsa.....31 C3

PERU

and tidy, the former Hostal Lido steps up to its 'welcome backpackers' motto with top-floor city views and mostly hot showers.

Hostal Tumi de Oro (☎ 22-7108; Prado 1145; s US\$6-9, d US\$9-13.50) This spartan place boasts almost midrange niceties (including hot showers) at a budget price.

Hotel Royal (☎ 22-1708; San José 787; r US\$7-9.60) For aficionados of older, run-down, characterful hotels, this noisy choice with hot showers is right on the Plaza de Armas. The only thing royal about it, though, is its elegant business card.

Hostal Victoria (☎ 22-5642; Izaga 933; s/d US\$7.50/13.50) Regain your sanity at this quiet, colorful gem just east of the plaza. Potted plants breathe lots of life into the place, which has a familial feel.

Pirámide Real (☎ 22-4036; piramidereal@hotmail.com; Izaga 726; s/d US\$9/15) Look hard for this hotel's tiny entrance. Tidy rooms have hot water and cable TV. Romanesque statues fill the hallways and add some kind of personality – we're still undecided as to what kind.

Hostal Sican (☎ 23-7618; Izaga 356; s/d US\$10.50/15) Hotel Sican is an appealing choice, with lots of polished wood, artworks and wrought iron creating illusions of grandeur. The rooms are small, comfortable and cool. All of them have TVs.

Eating & Drinking

Boom (San José 677; meals US\$1.40-4.20; ☎ 7am-late) This buzzing, neonlit joint whips out elephantine Peruvian dishes, sandwiches, pizzas and cakes.

Las Américas (Aguirre 824; mains US\$1.80-5.40) A perennial favorite, off the southeast corner of the plaza, with retro red-and-white booths. Try the *criollo* fish in spicy tomato sauce.

Restaurant Romana (Balta 512; mains US\$2.50-6) For a wide variety of local dishes. If you're feeling brave, try its *chirimpico* for breakfast; it's stewed goat tripe and organs, guaranteed to either cure a hangover or give you one.

El Ferrocil (Las Américas 168; meals US\$3-7.50; ☎ 11am-7pm) This hole-in-the-wall is worth a trip: Chef Lucho prepares some of the best *ceviche* in Chiclayo.

Hebron (Balta 605; mains US\$3-5; ☎ 24hr) A flashy, contemporary two-story restaurant that's like a *pollería* on steroids.

Pizzería Venecia (Balta 413; pizzas US\$4-8; ☎ 6:30pm-late) Attracts a rip-roaring crowd of locals who hum along to Latin pop tunes while chugging beer with their pie.

El Centro Supermarket (cnr Gonzalez & Aguirre; ☎ 8am-10pm) For self-catering.

Premium (Balta 100; ☎ 9pm-late) The place to knock back a few drinks and boogie with a boisterous crowd.

Entertainment

Cine Primavera (☎ 20-7471; Gonzales 1235) Shows Hollywood flicks on five screens.

Getting There & Around

AIR

The **airport** (CIX; ☎ 23-3192) is 2km southeast of town (taxi US\$60¢). **LAN** (☎ 27-4875; Izaga 770) offers daily flights to Lima and Piura. **Star Perú**

GETTING TO ECUADOR

Since Peru signed a peace treaty with Ecuador in 1998, it is possible to cross at the remote outpost of La Balsa. The first convenient stop in Ecuador is the lovely village of Vilcabamba (p697).

From Chiclayo, **Linea** (☎ 074-23-3497; Bolognesi 638), **Civa** (☎ 074-22-3434; Bolognesi 714), **Empresa Transcade** (☎ 074-23-2552; Balta 110) and the minibus terminal behind **Tepesa** (Bolognesi 504) have buses to **Jaén** (US\$4.50 to US\$6.90, six hours), where there are a few banks and hotels. From Jaén, *colectivos* (US\$3.60, 2½ hours) follow a good road for 107km to **San Ignacio** (where there's a simple hotel and places to eat). Transfer to another *colectivo* to travel the rough road to La Balsa (US\$3.60, 2½ hours) on the Río Blanco, which divides Peru from Ecuador. There used to be a ferry here, but an international bridge now links the countries.

Border formalities are straightforward, though immigration officers don't see many gringos. On the Ecuadorian side, *rancheras* (trucks with rows of wooden seats) await for an uncomfortable 10km drive to Zumba, where buses go to Vilcabamba (US\$4, three hours). If you leave Jaén at dawn, you should reach Vilcabamba the same day.

For entering Peru from Ecuador, see p699.

(☎ 27-1173; Bolognesi 316) flies twice daily to Lima and once to Trujillo.

BUS & COLECTIVO

Many bus companies are along Bolognesi, including **Cruz del Sur** (☎ 22-5508; Bolognesi 888), **Linea** (☎ 23-3497; Bolognesi 638) and **Móvil Tours** (☎ 27-1940; Bolognesi 199). Long-distance buses go to Lima (US\$12 to US\$24, 10 hours), Jaén (US\$4.50 to US\$6.90, six hours), Tumbes (US\$6, eight hours), Trujillo (US\$3.60, three hours), Piura (US\$3.60, two hours), Cajamarca (US\$4.50 to US\$9, six hours), Chachapoyas (US\$12, 10½ hours), Tarapoto (US\$12 to US\$21, 13 hours) and elsewhere.

The minibus terminal at the intersection of San José and Lora y Lora has regular buses to Lambayeque (US50¢, 20 minutes) and Pimentel (US50¢, 25 minutes). Buses for Sipán (US80¢, one hour) and Ferreñafe (US50¢, 30 minutes) leave from Terminal de Microbuses Epsel, on Piérola at Oriente, northeast of downtown.

AROUND CHICLAYO

Guides can be hired at each of the following sites for US\$4.50 to US\$6 each. Guided tours from Chiclayo cost US\$15 to US\$20, including transportation.

Lambayeque

The pride of northern Peru, **Museo Tumbas Reales De Sipán** (☎ 28-3977/8; admission US\$2.30; ☎ 9am-6pm Tue-Sun, last admission 5pm) is a world-class facility showcasing the dazzling finds of the Royal Tombs of Sipán, including that of the Lord of Sipán himself. Signs are Spanish only. Also in Lambayeque is the older **Bruning Museum** (☎ 28-2110; adult/student US\$2.30/0.90; ☎ 9am-5pm), which houses artifacts from the Chimu, Moche, Chavín and Vicus cultures.

Sipán

The story of this **site** (Huaca Rayada; ☎ 80-0048; adult/student US\$2.30/90¢; ☎ 9am-5pm), 30km south-east of Chiclayo, is an exciting one of buried treasure, *huaqueros*, the black market, police, archaeologists and at least one murder. Hundreds of exquisite and priceless artifacts have been recovered, and a gold-smothered royal Moche burial site – the Lord of Sipán – was discovered in 1987. One tomb here has a replica of his burial, but the most spectacular finds are in Lambayeque's museums (see above).

Ferreñafe

About 18km northeast of Chiclayo, **Museo Nacional Sicán** (☎ 074-28-6469; <http://sican.perucultural.org.pe>; adult/student US\$2.30/90¢; ☎ 9am-5pm Tue-Sun) displays replicas of some of the largest tombs ever found in South America. Interestingly, the Lord of Sicán was buried upside down, in a fetal position with his head chopped off, along with a sophisticated security system to ward off *huaqueros* – a red dust that's toxic when inhaled.

Túcume

This little-known **site** (☎ 074-80-0052; adult/student US\$2.30/90¢; ☎ 8am-4:30pm Tue-Sun) can be seen from a spectacular cliff-top mirador about 30km north of Lambayeque on the Panamericana. It's worth the climb to see the vast complex of crumbling walls, plazas and over two dozen pyramids. Buses from Angamos near Pardo in Chiclayo (US50¢, one hour) or the Bruning Museum in Lambayeque can drop you nearby.

PIURA

☎ 073 / pop 328,600

Arriving from the south after crossing the unforgiving Sechura Desert, Peru's oldest colonial city is like a mirage on the horizon. Piura is a transportation hub, so you may end up spending time in this sunscorched city. Cobblestone streets full of characterful houses don't change the fact that there's little to do here.

Information

The post office and banks with ATMs are on the Plaza de Armas. Look for *casas de cambio* at the intersection of Ica and Arequipa.

Akasa (Tacna 630; ☎ 8am-11pm) Air-con internet café.

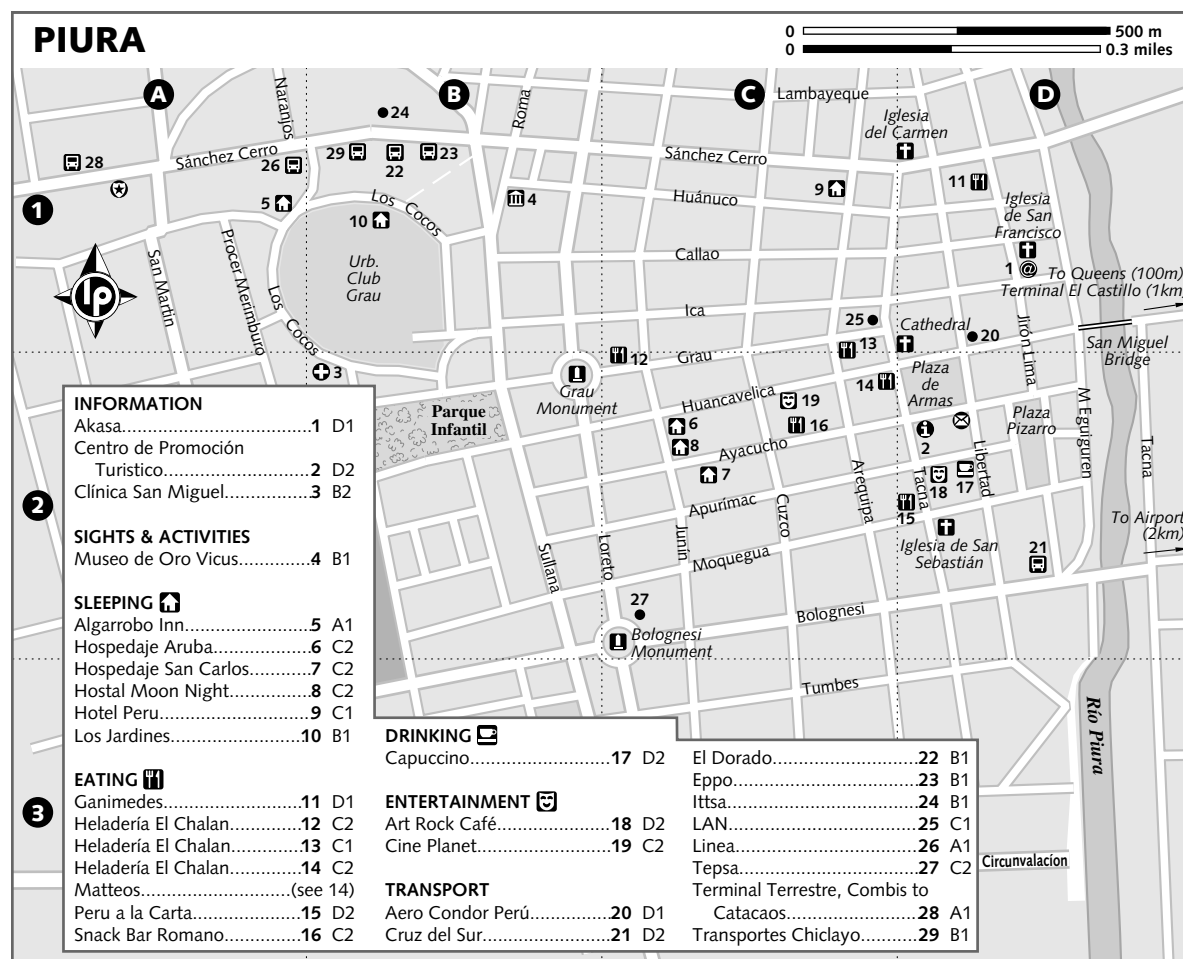
Centro de Promoción Turístico (☎ 31-0772; www.munipiura.gob.pe; Ayacucho 377; ☎ 8am-7pm Mon-Fri, 9am-7pm Sat, to noon Sun) Has tourist information.

Clínica San Miguel (☎ 30-9300; Los Cocos 111; ☎ 24hr) For medical attention.

Sights & Activities

Museo de Oro Vicus (Museo Municipal; Huánuco 893; admission US90¢; ☎ 9am-5pm Tue-Sun) is an underground gold museum, featuring a belt with a life-sized gold cat's head for a buckle.

About 12km southwest of Piura, the dusty village of Catacaos claims northern Peru's best **crafts market** (☎ 10am-4pm), which sprawls for several blocks near the plaza. Haggle for weav-



ings, gold and silver jewelry, ceramics, wood carvings, leather goods and more – weekends are busiest.

Sleeping

Hospedaje Aruba (☎ 30-3067; Junín 851; s/d without bathroom US\$4.50/6) All white and bright, these small, spartan rooms maintain an edge over more run-of-the-mill cheapies.

Hostal Moon Night (☎ 333-6174; Junín 899; s/d US\$9/10.50, without bathroom US\$4.50/6) Five skinny floors of bare, faux-wood-lined abodes with hot water and cable TV. Grab a quieter room on top for city views.

Hospedaje San Carlos (☎ 20-1059; Ayacucho 627; s/d US\$7.50/10.50) Winning the budget stakes by a nose, this smiley *hospedaje* has immaculate, trim rooms with TV.

Los Jardines (☎ 32-6590; Los Cocos 436; s/d US\$9/13.50) In a smart residential area, this family-owned hostelry proffers enormous rooms with TVs. There is also a shared garden and laundry facilities.

Hotel Peru (☎ 33-3421; Arequipa 476; s/d US\$11.70/17.40, d with air-con US\$24.40; 🚿) Worth its weight in soles, this place has a bamboo lounge, elegant

restaurant with unfortunate gold fixtures, and spacious rooms with hot water and TVs.

Algarrobo Inn (☎ 30-7450; Los Cocos 389; s/d US\$13.50/15, r with air-con US\$24, all incl breakfast; 🚿 🚿) In a walled compound with grass and shade, rooms are just OK, but include access to the Club Grau swimming pool next door.

Eating & Drinking

Nearby Catacaos has dozens of lunchtime *picanterías* for trying local specialties like *seco de chabelo* (beef stew with plantains), *seco de cabrito* (goat stew), *tamales verdes* (green-corn dumplings) and *copus* (vinegar-cured goat heads stewed with vegetables).

Heladería El Chalan (items US\$1.50-3) Grau (Grau 173); Grau monument (Grau 453); Tacna (Tacna 520) These fast-food outlets whip up fresh juices and a dozen cool flavors of ice cream.

Ganimedes (Lima 440; menú US\$1.50, mains US\$2-3; 🕒 7am-10pm Mon-Sat, 11am-9pm Sun) A magnet for patchouli-scented dreadlock types, this hippie hangout sticks diligently to its vegetarian pledge.

Snack Bar Romano (Ayacucho 580; menú US\$1.70, mains US\$2.10-5.70; 🕒 7am-11pm Mon-Sat) A local fave that's

PERU

been around as long as its waiters. Thumbs-up for the *ceviche* and other Peruvian specialties.

Matteos (Tacna 532; meals US\$2.40-3.60; ☎ 7am-10pm) On the Plaza de Armas, Matteos serves I-can't-believe-it's-not-meat versions of local Peruvian dishes, salads and heaping plates of fruit and yogurt.

Capuccino (Libertad 1048; sandwiches US\$2.40-3.60; ☎ 10am-2pm & 5-11pm) This place is excellent for coffee, desserts, frozen fruit juices and massive sandwiches.

Peru a la Carta (Tacna 786; meals US\$3-5.40; ☎ 8:30am-10pm) Barely upmarket Peruvian restaurant in a cavernous building with artistic touches.

Entertainment

Cine Planet (☎ 30-3714; Huancavelica 537) Shows Hollywood flicks in blissful air-conditioning.

Art Rock Café (Apurímac 343; ☎ 6pm-late Thu-Sun) A modish, wood-ensconced watering hole with live music and pool and foosball tables.

Queens (cnr Guardia Civil & Cayeta; admission US\$4.50; ☎ 9pm-late Thu-Sun) If you need to shake your rump, head down to Queens – not in New York, but just east of town.

Getting There & Away

AIR

The **airport** (PIU; ☎ 34-4505) is 2km southeast of the city center. **LAN** (☎ 30-2145; Grau 140) has daily flights to/from Lima and Chiclayo. **Aero Condor Perú** (☎ 31-3668; Libertad 777) has daily flights to/from Lima.

BUS

Buses go to Lima (US\$15 to US\$38, 12 to 16 hours) with **Cruz del Sur** (☎ 33-7094; Bolognesi at Lima), **Tepsa** (☎ 073-30-6345; Loreto 1198), Linea and Ittisa.

For other destinations:

El Dorado (☎ 32-5875; S Cerro 1119) For Tumbes (US\$4.50, five hours).

El Sol Peruano (☎ 41-8143; S Cerro 1112) For Tarapoto (US\$4.50, 18 hours).

Eppo (☎ 30-4543; Cerro 1141) To Máncora (US\$3.60, 3½ hours, hourly).

Ittisa (☎ 33-3982; Cerro 1142) To Trujillo (US\$3.30), Chimbote (US\$7.20, seven hours) and by *bus-cama* to Lima.

Linea (☎ 32-7821; Cerro 1215) Hourly to Chiclayo (US\$3.60, three hours) and twice daily to Cajamarca (US\$11 to US\$14.50, 10 hours).

Transportes Chiclayo (☎ 30-8455; S Cerro 1121) Hourly to Chiclayo (US\$3.60, three hours) and daily to Tumbes (US\$4.50, five hours).

For Cajamarca and the northern Andes, it's best to connect in Chiclayo (p908).

Combis for Catacaos (US\$30¢, 15 minutes) leave from Piura's Terminal Terrestre on the 1200 block of Cerro.

MÁNCORA

☎ 073 / pop 10,000

Thanks to year-round sunshine, this beach resort may be Peru's worst-kept secret. During summer, surfers and other foreigners

SHOPPING FOR SHAMANS

Here's a trip for daring adventurers. Deep in the eastern mountains, Huancabamba is famous for the powerful *brujos* (witch doctors) and *curanderos* (healers) that live at the nearby lakes of Huarinas. The town itself is surrounded by mountains shrouded in mist. Because the eroding banks of the Río Huancabamba are unstable, the town is frequently subject to slippage, earning itself the nickname *la ciudad que camina* (the town that walks). Spooky.

Peruvians from all walks of life come to visit the lake district's shamans and often pay sizable amounts of money for their mystical services. They are supposed to cure an endless list of ailments, from headaches to cancer to chronic bad luck, and are particularly popular in matters of the heart – whether it's love lost, found, desired or scorned.

Ceremonies may last all night and entail hallucinogenic plants like the San Pedro cactus, as well as singing, chanting, dancing, and a dip in the freezing lake waters. Some ceremonies involve more powerful substances like *ayahuasca* (Quechua for 'vine of the soul'), a potent and vile mix of jungle vines. Vomiting is a common side effect.

Combis leave Huancabamba, a 10-hour bus trip from Piura (US\$6), before dawn for Salala, from where horses and mules can be arranged to reach the famous lakes. Many locals (but few gringos) visit the area, so finding guides isn't difficult. Watch out for scam artists – try to get a reference beforehand. Expect to pay US\$60 for a shaman visit. Be warned that this tradition is taken very seriously, and gawkers or skeptics will get a hostile reception.

GETTING TO ECUADOR

The route via La Tina/Macará to Loja, Ecuador, is more scenic but less popular than going via Tumbes (p912).

Buses and *combis* for Sullana (US60¢, 45 minutes) leave from Piura's Terminal El Castillo, east of the San Miguel pedestrian bridge. From Sullana, the border post of La Tina is reached by *colectivo* taxis (US\$4.50, two hours) departing throughout the day. **Transportes Loja** (☎ 074-30-9407; S Cerro 228) has a few convenient daily buses that go direct from Piura to Macará (US\$3.60, four hours) and on to Loja (US\$8.40, eight hours).

Formalities are fairly relaxed at the 24-hour border by the international Río Calvas bridge. There are no banks, but money changers at the border and in Macará, Ecuador, will change cash. Taxis and *colectivos* take travelers entering Ecuador to Macará (3km), where the Ecuadorian immigration building is found on the 2nd floor of the Municipalidad on the plaza (stop there for entry stamps). If you're riding the international Transportes Loja bus, you don't have to get off during formalities.

To enter Peru from Ecuador, see p697.

flock here to rub sunburnt shoulders with the frothy cream of the Peruvian jet set. From December to March the scene gets deliriously rowdy – and accommodations rates skyrocket.

Information

The website www.vivamancora.com has useful tourist information. There's no bank, but you'll find Visa/MasterCard ATMs. Exchange US dollars cash at **Banco de la Nación** (☎ 25-8193; Piura 625). **Marlon** (☎ 073-25-2437; Piura 520) sells phonecards and provides internet access.

Activities

You can go **surfing** year-round, but the best waves hit from November to February. Rent surfboards at the beach's southern end. **Soledad** (☎ 929-1356; Piura 316) offers surf lessons. Some budget hotels teach surfing and kiteboarding, too.

To explore more deserted beaches, **Máncora Rent** (☎ 25-8351; Hospedaje Las Terrazas, Piura 496) rents off-road motorbikes/smaller quad bikes (US\$4.50/20 per hour) and jet-skis (US\$30 per half hour). For transportation with a mind of its own, horses are available for hire along Máncora's beach (US\$6 per hour).

About 11km east of town, some bubbling natural **hot springs** (admission US60¢) supposedly have curative properties, plus powder-fine mud perfect for a facial. Take a *mototaxi* (US\$9, including wait time). You can also hire a pickup truck to take you further up the Fernandez Valley past the mud baths to road's end, where a two-hour wood-

lands hike leads to the Los Pilares pools for swimming.

Sleeping & Eating

Cheap sleeps are mostly found in the center and at the beach's southern end. If you love seafood, you'll be happy. If not, there ain't much else.

HI La Posada (☎ 25-8328; Km1164 Panamericana; camping per person US\$1.50, dm US\$4.50, s without bathroom US\$7.50, d US\$35) Safe; has a garden, hammocks, basic kitchen and stilt restaurant.

Laguna Camp (☎ 01-9401-5628; www.vivamancora.com/lagunacamp; r per person US\$6) Laid-back Laguna has Indonesian-style bamboo bungalows between a lagoon and the ocean.

Del Wawa (☎ 25-8427; www.delwawa.com; s/d US\$15/30) The surfer's mecca; has a great setup right on the beach, with adobe rooms facing the ocean.

Green Eggs & Ham (Piura 112; meals US\$3; ☎ 7:30am-1pm) A little beachfront shack for scrumptious breakfasts.

El Faro Lounge (Piura 233; meals US\$1.80-6; ☎ 6-11pm) Has a goodie-box menu of gastronomical specimens, from grilled fish and meats to wontons.

Punto Pollo (Piura 609; meals from US\$2.10; ☎ 6pm-midnight) is arguably the best *pollería* in town – and who are we to argue? **Jugería Mi Janett** (Piura 250; juices US30-90¢; ☎ 7am-2:30pm & 5:30-10pm) is another fave.

Getting There & Away

Most southbound coastal buses headed for Lima originate in Tumbes (p913). Frequent *combis* for Tumbes (US\$1.80, two hours) drive along Máncora's main drag.

TUMBES

☎ 072 / pop 128,500

Near the Ecuadorian border, mosquito-ridden Tumbes is where dry deserts magically turn into mangroves. A swath of ecological reserves stretches in all directions. It's not a bad place to stop and catch your breath.

Information

BCP (Bolívar 261) Changes traveler's checks; has an ATM.

Clinica Fejoo (☎ 52-5341; Mariscal Castilla 305)

Recommended.

Ecuadorian consulate (☎ 52-5949; Bolívar 129, 3rd fl) On the Plaza de Armas.

Ministerio de Turismo (☎ 52-3699; Bolognesi 194, 2nd fl; 🕒 7:30am-1pm & 2-4:30pm Mon-Fri)

Plaz@Net (Bolívar 161; 🕒 8am-11pm) For internet.

Serpost (San Martín 208) South of Plaza Bolognesi.

Tours

Offering tours (US\$10 to US\$30) to nearby beaches, ecological reserves etc:

Cocodrilos Tours (☎ 52-4133; Huáscar 309)

Preference Tours (☎ 52-4757; Grau 427).

Sleeping

Most rooms have fans, handy for repelling mozzies. Due to cross-border traffic, hotels are often full and single rooms difficult to find. Expect frequent electricity outages and water shortages. Many places are cold water only.

Hospedaje Chicho (☎ 52-2282; Tumbes 327; s/d US\$7.50/10.50) A clean and central choice, with hot showers, cable TV, minifridges, telephones and mosquito nets upon request.

Turismo Inversiones Cesar (☎ 52-2883; Huáscar 311; s/d US\$12/15) A gregarious owner, warm colors and creaky polished floorboards give this *hostal* a lived-in appeal. The rooms all have TVs.

Hostal Lourdes (☎ 52-2966; Mayor Bodero 118; s/d US\$12/18) Clean, safe and friendly, Lourdes includes a top-floor restaurant among its many amenities. Although rooms are austere, they've got hot water, fans, cable TV and phones.

Hostal Roma (☎ 52-4137; hotelromatumbes@hotmail.com; Bolognesi 425; s/d US\$13.50/19.50) A modern hotel with prime plaza real estate, here comfy rooms have hot showers, fans, phones and cable TV.

Other no-frills options:

Hospedaje Italia (☎ 52-3396; Grau 733; d US\$7.50) Well lit.

Hospedaje Tumbes (☎ 52-2203; Grau 614; s/d US\$5.70/8.70) Fairly dark, but welcoming.

Hospedaje Amazonas (☎ 52-5266; Tumbes 317; s/d US\$6/9) Has a TV lounge; spacious.

Hospedaje Franco (☎ 52-5295; San Martín 107; s/d US\$7.50/10.50) Quiet.

Eating

The plaza has bars and restaurants with shaded tables for watching the world go by.

Restaurant Sí Señor (Bolívar 115; menú US\$1.50, meals US\$3-3.90; 🕒 7:30am-2am) With quixotically slow-turning fans, Sí Señor serves traditional Peruvian fare.

Las Terrazas (Andrés Araujo 549; meals US\$3-5.40; 🕒 9am-8pm) A terrace restaurant serving heaping plates of *ceviche* or freshly cooked seafood, anything

GETTING TO ECUADOR

The Peruvian border town of Aguas Verdes is linked by an international bridge across the Río Zarumilla with the Ecuadorian border town of Huaquillas. Shady practices have earned this the dubious title of 'worst border crossing in South America.'

For the best rates, change nuevos soles into US dollars while still in Peru. There are no entry fees into Ecuador, so be polite but insistent with any border guards trying their luck.

From Tumbes, *colectivo* taxis (US90¢, 25 minutes) and minibuses (US50¢, 40 minutes) leave from the intersection of Abad Puell and Tumbes for the border, 26km away. It's best to take a direct bus with **Cifa** (☎ 072-52-7120; Tumbes 572) to Machala, Ecuador (US\$2, two hours) or Guayaquil (US\$5, five hours), departing every two hours.

The Peruvian immigration office in Aguas Verdes is open 24 hours. On public transportation, make sure you stop there for border formalities. *Mototaxis* will then whisk you to the border (US50¢). About 3km to the north of the bridge, Ecuadorian immigration is also open 24 hours. Take a taxi from the bridge (US\$1). There are basic hotels in Huaquillas, but most people catch an onward bus to Machala, Ecuador.

To enter Peru from Ecuador, see p725.

from lobster to octopus, with live folk music on weekends. Take a *mototaxi* (US\$30¢).

Classic Restaurant (Tumbes 185; mains US\$3.30-5.50; ☎ 8am-5pm; ♿) This small, dignified eatery is a great escape from the rest of torrid Tumbes. Linger over a long lunch of northern coastal fare with in-the-know locals.

Getting There & Away

AIR

The **airport** (TBP; ☎ 52-5102) is 8km north of town (taxi US\$4.50). **Aero Condor Perú** (☎ 52-4835; Grau 454) has daily flights to/from Lima.

BUS & COLECTIVO

Most bus companies are on Av Tumbes. Buy tickets to Lima (US\$17 to US\$45, 16 to 18 hours) in advance. **Cruz del Sur** (☎ 52-6200; Tumbes 319) offers the most luxurious overnight *bus-cama* service to Lima. Many Lima-bound buses stop at Piura (US\$4.50, five hours), Chiclayo (US\$6, eight hours), Trujillo (US\$7.50 to US\$21, 10 hours) and other intermediate stops. *Combis* to Máncora (US\$1.80, two hours) leave from the market.

HUARAZ & THE CORDILLERAS

Huaraz is the nerve center of one of South America's premier trekking, mountain biking and climbing areas. The mountainous region of the Cordilleras Blanca and Huayhuash is where superlatives crash and burn in a brazen attempt to capture its awesome natural beauty. Glaciated peaks razor their way through expansive mantles of jade valleys, and in the recesses of these prodigious Andean giants huddle scores of pristine lakes, ice caves and torrid springs. This is the highest mountain range in the world outside of the Himalayas, a fact that its 22 ostentatious summits over 6000m will not let you forget for a second.

HUARAZ

☎ 043 / pop 88,300

The restless capital of this Andean adventure kingdom was nearly wiped out by the earthquake of 1970. Now the streets buzz with the adrenaline-fueled activity of hundreds of adventurers, especially during the dry season (from May to September). An endless line-up of guesthouses, restaurants and bars keeps

everything hopping long after tents have been put away to dry.

Information

EMERGENCY

Casa de Guías (☎ 42-1811; Plaza Ginebra 28-G; ☎ 7-11am & 5-11pm) Arranges mountain rescues (purchase insurance before leaving home).

Policía de Turismo (☎ 42-1341; ☎ 8am-1pm Mon-Sat, 5-8pm Mon-Fri) Located on an alley on the west side of the Plaza de Armas.

INTERNET ACCESS

Cybercafés cluster on Plaza Ginebra and the corresponding block of Luzuriaga.

LAUNDRY

Also offering dry-cleaning:

B&B/Pressmatic (José de la Mar 674)

Lavandería Dennys (José de la Mar 561)

MEDICAL SERVICES

Clínica San Pablo (☎ 72-8811; Huaylas 172; ☎ 24hr) North of town. Some English spoken.

Farmacia Recuay (☎ 72-1391; Luzuriaga 497) Restocks expedition medical kits.

MONEY

BCP (Luzuriaga 691) Visa ATM and no commission on traveler's checks.

Interbank (José Sucre 687) Global ATM.

Oh NaNa (Plaza de Armas) This *casa de cambio* changes US dollars and euros.

POST

Serpost (Luzuriaga 702)

TOURIST INFORMATION

Lonely Planet's *Trekking in the Central Andes* covers the best hikes in the Cordilleras Blanca and Huayhuash.

iPerú (☎ 42-8812; Oficina 1, Plaza de Armas, Pasaje Atusparia; ☎ 8am-6:30pm Mon-Sat, 8:30am-2pm Sun)

Dangers & Annoyances

Recently there's been a series of armed muggings of tourists on day trips near Huaraz and while trekking in the Cordilleras. Inquire locally about current conditions before you head off sightseeing or hiking. Consider hiring an escort for greater safety.

Sights

The **Museo Regional de Ancash** (Plaza de Armas; adult/student US\$1.70/1.10; ☎ 8am-6:30pm) has small



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but interesting archaeology exhibits. **Monumento Nacional Wilcahuain** (adult/student US\$1.40/60¢; ☎ 8am-5pm) is a small but well-preserved Wari site with a three-story temple. The two-hour walk from town may be dangerous; take a taxi (US\$3) or look for *combis* by the Río Quilcay.

Activities

TREKKING & MOUNTAINEERING

The best treks are in the **Cordillera Blanca** inside Parque Nacional Huascarán (p918) and in the Cordillera Huayhuash (p920). All the equipment and help you need can be hired or bought, including trail maps, guidebooks, pack animals, *arrieros* (drivers) and local guides. Expect to pay around US\$30 to US\$50

per person per day for an all-inclusive trek or climbing expedition. Always inspect rental gear carefully.

Check certified guides and register before heading out at **Casa de Guías** (p913). Reputable outfitters:

Galaxia Expeditions (☎ 42-5691; Cáceres 428)

Montañero (☎ 42-6386; Parque Ginebra)

Monttrek (☎ 42-1124; monttrek@terra.com.pe;

Luzuriaga 646, 2nd fl)

MountClimb (☎ 42-6060; Cáceres 421)

Skyline Adventures (☎ 964-9480; www.sladventure school.com) Based outside Huaraz.

ROCK CLIMBING

You'll find great bolted sport climbs in the Cordillera Blanca, particularly at Chancos

(near Marcará), Monterrey, and Recuay. For big-wall action to keep you chalked up for days, head to the famous Torre de Parón (aka the Sphinx) at Laguna Parón, 32km east of Caraz. Many trekking agencies offer rock-climbing trips and rent gear. Galaxia Expeditions has an indoor climbing wall, too.

MOUNTAIN BIKING

Mountain Bike Adventures (☎ 42-4259; www.chakinaniperu.com; Lúcar y Torre 530, 2nd fl) has been in business for over a decade. It has a good safety record and selection of bikes. The English-speaking owner is a lifelong resident of Huaraz who knows the region's single-track better than anyone. Rates start at US\$20 per day for equipment rental, US\$30 for guided tours. Ask about more challenging 12-day circuits of the Cordillera Blanca.

Tours

One bus tour visits the ruins at Chavín de Huantar, another goes through Yungay to the beautiful Lagunas Llanganuco, where there are spectacular views of Huascarán; a third takes you through Caraz to scenic Laguna Parón, and a fourth goes to see the extraordinary giant *Puya raimondii* plant (which can take 100 years to grow to its full height – often 10m!) and the mineral springs at Nevado Pastoruri. Full-day tours cost US\$8 to US\$12, excluding entry fees. Guides may not speak English.

Recommended agencies:

Huaraz Chavín Tours (☎ 42-1578; Luzuriaga 502)

Pablo Tours (☎ 42-1145; Luzuriaga 501)

Sechín Tours (☎ 42-1419; www.sechintours.com; Morales 602)

Festivals & Events

Semana Santa (Holy Week) In March/April, tongue-in-cheek funeral processions for *Ño Carnavalón* (King of Carnival) are on Ash Wednesday.

El Señor de la Soledad Huaraz pays homage to its patron saint during this festival, with fireworks, music, dancing, costume parades and lots of drinking, in early May.

Semana de Andinismo International mountaineering exhibitions and competitions in June.

Sleeping

Locals meet buses to offer rooms in their houses, and *hostales* do the same. Don't pay until you've seen the room.

Caroline Lodging (☎ 42-6398; carolinelodging@yahoo.com; Urb Avitental Mz-D, Lt 1; dm/r US\$3/12) Beyond

the west end of 28 de Julio and down a flight of stairs, this delightful homestay offers hot-water showers, kitchen, TV lounge and mountain views. Call ahead for pick-ups.

Familia Meza Lodging (☎ 42-6763; Lucar y Torre 538; s/d without bathroom US\$4.50/9) A charming family guesthouse with cheery rooms, hot showers, a small kitchen and owners kind enough to cure the worst bouts of homesickness.

Jo's Place (☎ 42-5505; www.huaraz.com/josplace; Villayzan 278; dm US\$4.50, s/d US\$6/10.50) A slightly chaotic place with a huge grassy area (camping allowed); four floors linked by spindly staircases lead to a warren of basic rooms, some with bathrooms. English expat Jo provides UK newspapers and bacon-and-eggs breakfasts.

Way Inn (☎ 42-8714; www.thewayinn.com; Buenaventura Mendoza 821; dm US\$5, d US\$12-15) Run by the friendly UK team of Alex and Bruni, this decent guesthouse has a rooftop terrace thrown in for good measure. Ask about staying at their remote Way Inn Lodge, peacefully nestled in the Cordillera Blanca.

Alojamiento Soledad (☎ 42-1196; www.cordillera-adventure.com; Figueroa 1267; s/d US\$6/12; 📺) The English- and German-speaking owners of this cozy guesthouse offer a book exchange, free internet, kitchen and laundry, cable TV and a rooftop terrace with a BBQ. Most rooms have private hot-water showers.

Albergue Churup (☎ 42-2584; www.churup.com; Figueroa 1257; dm US\$6-7, s/d incl breakfast US\$16/25) A freshly renovated, ultrapopular hotel with a pretty garden, fireplace lounge with mountain views, book exchange, sauna, café-bar, kitchen and laundry. Reservations advised.

Olaza's Guest House (☎ 42-2529; info@andeanexplorer.com; Arguedas 1242; s/d US\$10.50/16.50) A small, spotless guesthouse with excellent hot showers, book exchange, laundry and wonderful views from the rooftop terrace – a great place to wolf down breakfast (from US\$2.50). Reserve ahead for pick-ups.

B&B My House (☎ 42-3375; bmark@ddm.com.pe; 27 de Noviembre 773; s/d incl breakfast US\$13.50/21) This hospitable B&B has a bright little patio and homey rooms with hot showers and writing desks. English and French spoken.

Also recommended:

Hostal Gyula Inn (☎ 42-1567; www.hostalgyula.on.to; Plaza Ginebra 632; s/d US\$6/9) Set on a quiet, central plaza; hot showers.

Hostal Tany (☎ 42-7680; Lucar y Torre 648; s/d US\$6/9; 📺) Bright rooms with massive windows.

HUARAZ & THE CORDILLERA

INFORMATION

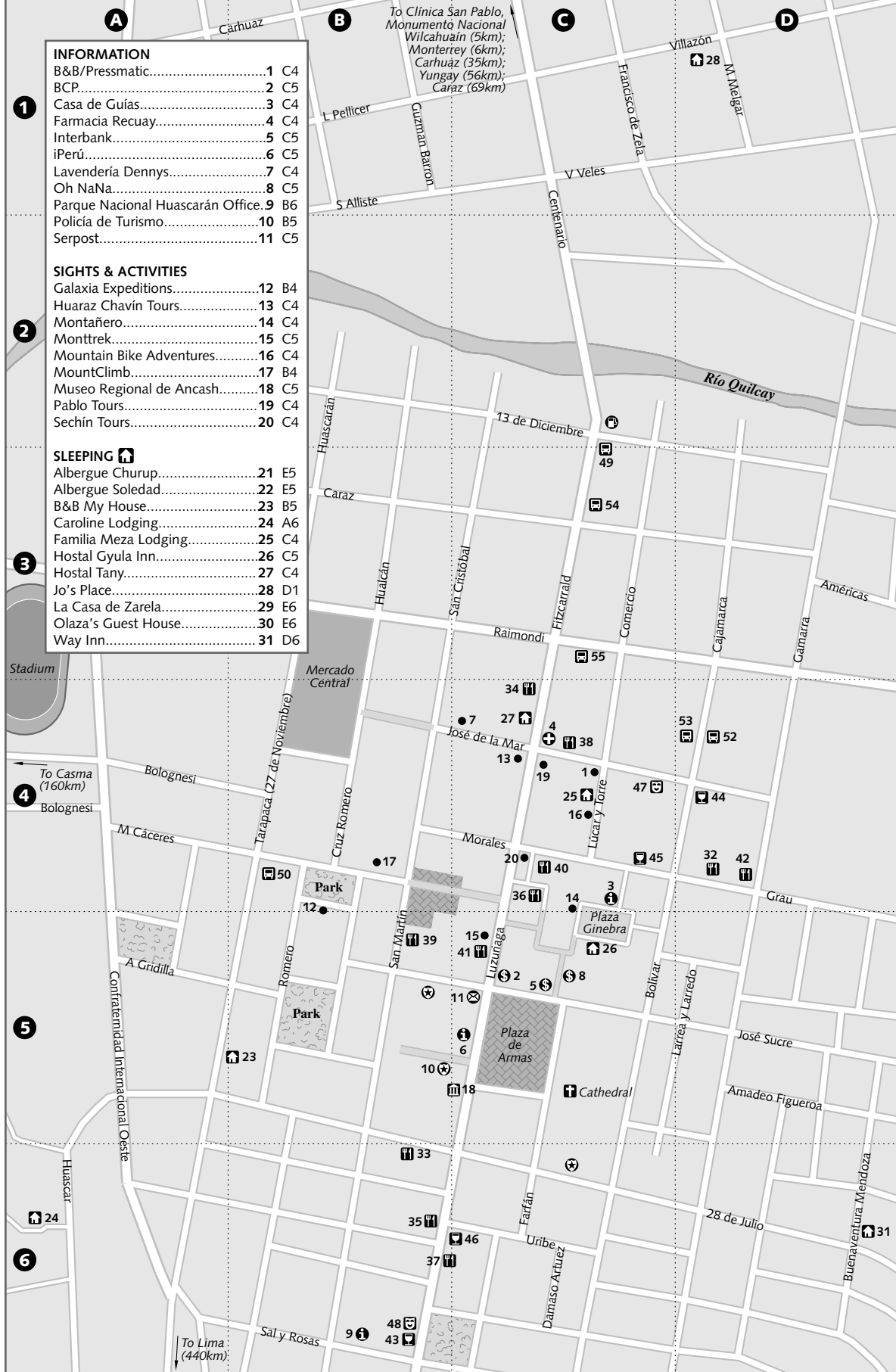
- B&B/Pressmatic.....1 C4
- BCP.....2 C5
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- Oh NaNa.....8 C5
- Parque Nacional Huascarán Office.....9 B6
- Policía de Turismo.....10 B5
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SIGHTS & ACTIVITIES

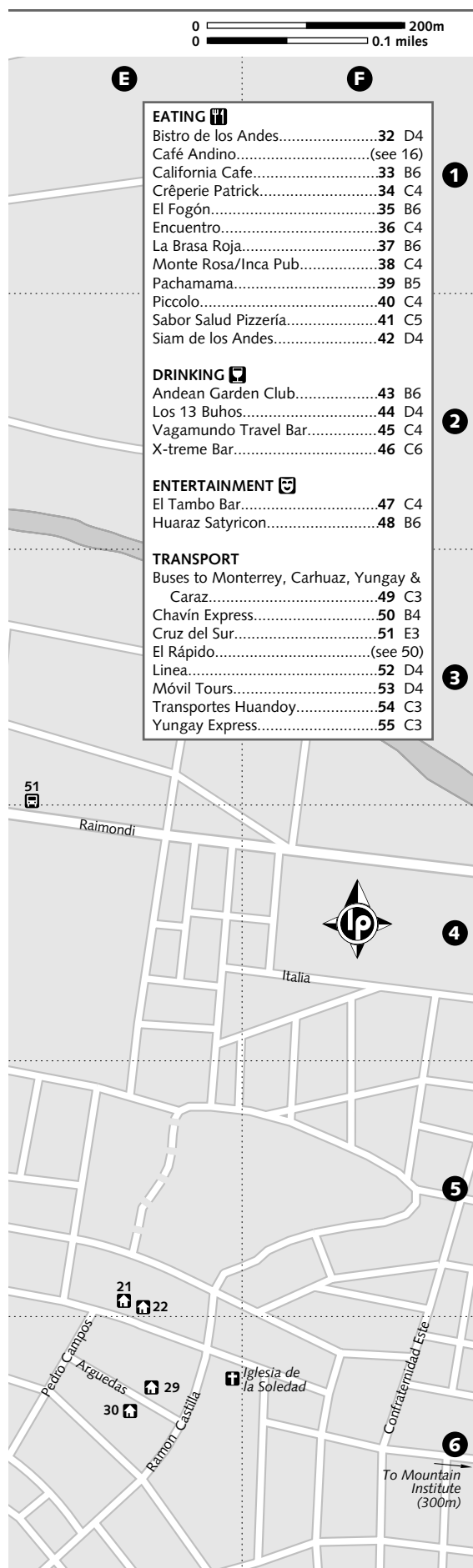
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- Jo's Place.....28 D1
- La Casa de Zarela.....29 E6
- Olaza's Guest House.....30 E6
- Way Inn.....31 D6



PERU



La Casa de Zarela (☎ 42-1694; www.lacasadezarella.com; Arguedas 1263; s/d US\$7.50/15) Zarela's helpfulness is legendary. Hot showers and kitchen access.

Eating

Café Andino (Lucar y Torre 530, 3rd fl; all-day breakfasts US\$1.80-5.40) The best java joint in town is also Huaraz's ultimate hangout, with great mountain vistas, groovy tunes, board games and a library of maps and guidebooks.

Pachamama (San Martín 687; snacks & mains US\$1.80-7) This glass-roofed, plant-filled Peruvian-Swiss restaurant and bar features art, a pool table, ping-pong and a giant chessboard. Some weekends there's live music and dancing (*not folklórico!*).

California Cafe (28 de Julio 562; meals US\$1.90-5.40; ☎ 7:30am-7pm) This authentically Californian-run space infused by world music serves all-day breakfasts, light lunches and salads, rich espresso drinks and herbal teas. There's a book exchange and wi-fi internet access.

Sabor Salud Pizzería (Luzuriaga 672, 2nd fl; mains US\$2-5) 'Flavor and Health' are the bywords for this vegetarian *pizzería*, which also makes spinach lasagna, soy burgers, yogurt and fruit salads, and more.

El Fogón (Luzuriaga 928, 2nd fl; mains US\$2.40-4.50; ☎ noon-11pm) An upscale twist on the traditional Peruvian grill house, this place will flame anything that moves – including chicken, trout, great *anticuchos* (kebabs) and rabbit.

Encuentro (Luzuriaga 6th block; mains US\$2.70-5.40; ☎ 9am-11pm) This popular eatery has a niche market in well-prepared Peruvian cuisine, including everyone's favorite Andean delicacy, *cuy*.

Bistro de los Andes (Morales 823; mains US\$5.50; ☎ 6-10pm Mon, 7am-10pm Tue-Sun) Only open in high season, this elegant French restaurant does fabulous fish dishes and delectable desserts.

Mercado Ortiz (Luzuriaga at Raimondi) Ideal for self-caterers.

Also recommended:

Crêperie Patrick (Luzuriaga 422; mains US\$5) French-influenced crêpes, plus a morning rooftop patio.

La Brasa Roja (Luzuriaga 919; mains US\$3-6.60; ☎ noon-midnight Mon-Sat) Scrumptious *pollería* for posttrekking protein refueling.

Monte Rosa/Inca Pub (José de la Mar 661; mains US\$5.50-11.50) Excellent Alpine vibe, with Swiss fondue and raclette.

Piccolo (Morales 632; mains US\$3.30-7.50; ☎ 7am-midnight) Sidewalk café, *pizzería*, Peruvian and international restaurant, all in one.

PERU

Siam de los Andes (Gamarra 560; mains US\$7.50-11.50) Superb Thai food (including vegetarian) worth the price tag.

Drinking

Huaraz is the best spot in the Peruvian Andes to take a load off and get pleasantly buzzed.

X-treme Bar (cnr Uribe & Luzuriaga; ☎ dusk-late) This classic watering hole hasn't changed in years. Bizarre art, drunken graffiti, strong cocktails and loud rock and blues keep things rambunctious.

Also recommended:

Andean Garden Club (Luzuriaga 1032; ☎ 11am-6pm, high season only) Climb the walls, literally.

Los 13 Buhos (José de la Mar 812, 2nd fl; ☎ 5pm-late) Comfy chill-out couches.

Vagamundo Travel Bar (Morales 753; ☎ hours vary) Foosball and beer.

Entertainment

There are plenty of bars, discos and *peñas* (bars featuring folkloric music) around, though names and popularity change with the seasons.

El Tambo Bar (José de la Mar 776; ☎ 9am-4pm) The longest lasting of the dance clubs, fashionable El Tambo plays everything from technocumbia to pop, with salsa and reggaeton to spice things up. Drinks are astronomically priced.

Huaraz Satyricon (☎ 955-7343; Luzuriaga 1036) This place may just be the world's most perfect little cinema: intimate sofas, fresh popcorn, snacks, espresso and quality international and arthouse flicks.

Getting There & Away

Many bus companies have midmorning or late-evening departures for Lima (US\$6 to US\$16.50, seven to eight hours). **Cruz del Sur** (☎ 42-8726; Bolívar 491) has nonstop luxury services. **Móvil Tours** (☎ 42-2555; Bolívar 542) is also comfortable.

Most buses to Chimbote (US\$6 to US\$12, seven to nine hours) use the paved road to the Panamericana via Pativilca, though rougher rides via the spectacular Cañón del Pato or 4225m-high Punta Callán are worth seeing. **Linea** (☎ 42-6666; Bolívar 450) and **Móvil Tours** go direct to Chimbote, continuing to Trujillo (US\$9 to US\$13.50, nine to ten hours). Daytime departures for the scenic routes are with **Transportes Huandoy** (☎ 42-7507; Fitzcarrald 261) and **Yungay Express** (☎ 42-4377; Raimondi 744).

Chavín Express (☎ 42-4652; Cáceres 338) goes to Chavín de Huántar (US\$3, two hours), continuing to Huari (US\$3.60, four hours). For Chiquián (US\$2.40 to US\$3.60, 2½ hours), **El Rápido** (☎ 72-2887; cnr Cáceres & Tarapaca) has a few daily buses.

Daytime minibuses for Caraz (US\$1.40, 1½ hours) depart frequently from near the gas station on 13 de Diciembre. Brave, beat-up buses go to many other villages: ask around.

PARQUE NACIONAL HUASCARÁN

Encompassing almost the entire area of the Cordillera Blanca above 4000m, this 3400 sq km park is bursting with picturesque emerald lakes, brightly colored alpine wildflowers and red *quenua* trees.

The most popular backpacking circuit, the four-day **Santa Cruz** trek, takes four days and rises to the Punta Unión pass (4760m), which arguably has the best Andean views in Peru. The trail, which passes by icy waterfalls and lakes, mossy meadows and verdant valleys, is well marked. *Colectivo* taxis frequently leave from Caraz for the main trailhead at Cashapampa (US\$1.80, 1½ hours).

Many other trails are available, from day hikes to ambitious two-week treks. The scenery is just as jaw-dropping, but minus the crowds. Many routes aren't clearly marked, so go with a guide or take along top-notch topographic maps. **Laguna 69** is a beautiful overnight trek dripping with marvelous lake views, while several other routes traipse through the **Conchucos Valley**. In Huaraz, the **Mountain Institute** (☎ 043-42-3446; www.mountain.org; Ricardo Palma 100) has information on the developing Inca Naani trail between Huari and Huanuco that supports grassroots tourism initiatives.

Register with your passport at the **park office** (☎ 043-42-2086; Sal y Rosas 555) in Huaraz and pay the park entrance fee (US\$1.50/20 per day/month). You can also register and pay at control stations, but their locations and operating hours vary. Don't dodge or begrudge paying the fee: the Cordillera Blanca is one of the most amazing places on the planet.

NORTH OF HUARAZ

As the Río Santa slices its way north through El Callejón de Huaylas, a paved road passes several subdued towns to Caraz, and onto the menacingly impressive **Cañón del Pato**. Many hiking trailheads are accessible from towns along this route, and two unsealed roads val-

iantly cross the Cordillera, one via Chacas and another via Yungay.

Monterrey to Carhuaz

Six kilometers north of Huaraz is **Monterrey**, popular for **hot springs** (admission US\$90¢; ☎ 6am-6pm). There are several touristy hotels and restaurants. Catch a local bus from Huaraz (US\$30¢, 15 minutes) or take a taxi (US\$1.50).

Another 10km further along, the village of **Taricá** is known for its pottery. About 25km north of Huaraz, past a miniscule airport, is the hamlet of **Marcará**, from where minibuses and trucks leave regularly for the hot springs and natural saunas at **Chancos** (admission US\$30¢-\$1.50), 4km east.

Carhuaz, 35km north of Huaraz, has a colorful Sunday market. Its wild festival of **La Virgen de La Merced** is celebrated for 10 days during mid-September with processions, fireworks, dancing, bullfights and plenty of drinking. Rudimentary, family-run *hostales* have simple, clean rooms with hot showers, costing from US\$4.50/6 per single/double. Eateries line the Plaza de Armas, where you can catch minibuses to Huaraz (US\$80¢, 50 minutes), Yungay (US\$30¢, 30 minutes) and Caraz (US\$1.10, 45 minutes).

Yungay

☎ 043 / pop 11,300

The rubble-strewn area of old Yungay is the site of the single worst natural disaster in the Andes. The earthquake of 1970 loosened 15 million cubic meters of granite and ice, and almost all of the town's 18,000 inhabitants were buried. New Yungay has been rebuilt just beyond the avalanche path.

Hostal Gledel (☎ 39-3048; s/d US\$3/4.50) has over a dozen impossibly cute, spartan rooms rented out by the gregarious Señora Gamboa. Expect at least one hug and sample of her cooking during your stay.

Minibuses go to Huaraz (US\$1.10, 1¼ hours) via Carhuaz (US\$30¢, 30 minutes).

Lagunas Llanganuco

A dirt road climbs through the valley to two stunning **lakes**, Laguna Chinancocha and Laguna Orconcocha, 28km east of Yungay. Nestled in a glacial valley below the snow line, these pristine lagoons practically glow with bright turquoise and emerald hues. There's a 1½-hour nature trail hugging Chinancocha,

passing rare *polylepis* trees. You can rent small boats at this lake – it's a popular day-tripping spot. National park entry costs US\$1.50. During high season (June to August), frequent minibuses leave from Yungay, stopping for two hours around the lakes (round trip US\$5). Trips during other months depend on demand. *Colectivo* taxis cost US\$3 each way. You can also take a tour from Huaraz (p915).

Caraz

☎ 043 / pop 11,020

Trekking and hiking trails meander in all directions from this fetching little colonial town, 67km north of Huaraz. It has survived many an earthquake and landslide, and is the traditional end (or untraditional start point) of the Santa Cruz trek (opposite).

Bring cash with you, as there's no ATM. **Dan Clau** (Sucre 1122), on the Plaza de Armas, offers internet access.

Pony's Expeditions (☎ 79-1642; www.ponyexpeditions.com; José Sucre 1266; ☎ 8am-10pm) and **Apu Aventura** (☎ 9683-2740; www.apuaventura.com; Albergue Los Pinos) rent gear, sell maps and arrange trekking, horse-riding and climbing.

Albergue Los Pinos (☎ 39-1130; Parque San Martín 103; campsite per person US\$3, s/d US\$12/21, with shared bathroom US\$6/12; ☎) is an outstanding YHA-affiliated hostel in a massive mansion with garden courtyards, kitchen and laundry. Small, simple **Alojamiento Caballero** (☎ 043-39-1637; Villar 485; s/d without bathroom US\$3/9) is a friendly, family-run place with views. **Hostal La Casona** (☎ 39-1334; Raimondi 319; s/d US\$4.50/6, without bathroom US\$3/4.50) has dark, windowless rooms, but an attractive patio. **Hostal Chavín** (☎ 043-79-1171; hostalchavin@latinmail.com; San Martín 1135; s/d US\$7.50/10.50) has a knowledgeable owner and simple rooms with TVs and hot showers. Breakfast available.

A great place to grab an early breakfast, tiny little **Cafeteria El Turista** (San Martín 1127; breakfast US\$1.40-2.10; ☎ 7am-noon & 5-8pm) is a one-woman show run by the exuberant Maria. It's filled with knickknacks, which are all for sale. A short walk from the town center, the stadium-sized **La Punta Grande** (Daniel Villar 595; meals US\$1.50-3.30; ☎ 7am-7pm) is the place for a typical highland lunch. It has an encyclopedic menu serving dishes like *cuy* (guinea pig). **Café de Rat** (above Pony's Expeditions; meals US\$1.80-4.50, pizzas US\$6.30-8.40; ☎ 7am-11pm Mon-Sat) is an atmospheric, wood-beamed restaurant boasting a

book exchange, darts, a fireplace and a bar. Buffet breakfast.

Minibuses to Yungay (US\$40¢, 15 minutes) and Huaraz (US\$1.40, 1½ hours) leave from the station on the Carretera Central. *Colectivos* for Cashapampa (US\$1.80, 1½ hours) leave from Ramón Castilla at Santa Cruz. Long-distance buses to Lima (US\$6 to US\$9, 10 to 12 hours) and Trujillo (US\$13.50, 12 hours) go with **Móvil Tours** (☎ 39-1922, cnr Cordova & Santa Rosa) and other companies.

CHAVÍN DE HUÁNTAR

☎ 043 / pop 2900

Located near this small village are the ruins of **Chavín** (adult/student US\$3.30/1.70; ☎ 8am-5pm), built between 1200 and 800 BC by one of the continent's oldest civilizations. The site contains highly stylized cultist carvings of a jaguar or puma, Chavín's principal deity, and of condors, snakes and humans undergoing mystical (often hallucinogenic) transformations. The site's snaking underground tunnels are an exceptional feat of 3000-year-old engineering, comprising a maze of alleys, ducts and chambers – it's worth hiring a guide. Look out for the exquisitely carved, daggerlike rock known as the Lanzón de Chavín.

Camping by the ruins is possible with the guard's permission. The reputation of the secure, popular **Hostal Inca** (☎ 45-4092; Plaza de Armas; s/d US\$7.50/15) is as reliable as its hot showers, and it boasts very respectable rooms. **La Casona** (☎ 45-9004; Plaza de Armas 130; s/d US\$7.50/15) is an old house with erratic hot water, but a beautiful courtyard. Some rooms have TVs or balconies. **Hotel Chavín** (☎ 45-4055; Inca Roca 141; s/d US\$9/15) has modern rooms with hot water and TVs. Around the corner is its cheaper partner, the more-basic Hostal Chavín.

Restaurants close soon after sunset; most are along 17 de Enero or inside hotels.

Chavín Express buses go to Huaraz (US\$3, two hours). See p915 for tours.

CORDILLERA HUAYHUASH

Often playing second fiddle to the Cordillera Blanca, the Huayhuash nevertheless has an equally impressive medley of glaciers, summits and lakes all packed into an area only 30km across. Increasing numbers of travelers are discovering this rugged and remote territory, where strenuous high passes over 4500m throw down the gauntlet to the hardest of trekkers. The feeling of utter wilderness, particularly

along the unspoiled eastern edge, is a big draw. You are more likely to spot an Andean condor here than another tour group.

Several communities along the classic 10-day trekking circuit charge fees of US\$3 to US\$4. These fees go toward improving security for hikers and continuing conservation work. Please support local preservation efforts by paying your fees, carrying plenty of small bills and always asking for official receipts.

Chiquián

☎ 043 / pop 5000

This high-altitude village is the traditional gateway to the spectacular Cordillera Huayhuash. You can bypass it entirely by taking the new road to the trailhead at Llamac, which has basic *hospedajes* and campsites. Otherwise, limited supplies are available here.

Hotel Los Nogales (☎ 44-7121; hotel_nogales_chiquian@yahoo.com; Comercio 1301; s/d US\$6/12, with shared bathroom US\$3/6) is about three blocks from the plaza. Attractive rooms with hot showers surround a colonial-style courtyard. The more modern **Gran Hotel Huayhuash** (☎ 74-7049; Figueredo Amadeo 216; s/d US\$6/12) has some rooms with cable TV, views and hot water, plus the town's best restaurant.

El Rápido (☎ 42-2887) and **Virgen Del Carmen** (☎ 44-7003) buses depart for Huaraz (US\$2.40 to US\$3.60, 2½ hours) from the Plaza de Armas at 5am and 2pm. **Turismo Cavassa** (☎ 44-7036; Bolognesi 421) has buses to Lima leaving at 9am daily (US\$6, nine hours).

NORTHERN HIGHLANDS

Vast tracts of unexplored jungle and mountain ranges shrouded in mist guard the secrets of Peru's northern highlands, where Andean peaks and cloud forests stretch all the way from the coast to the deepest Amazon jungle. Interspersed with the relics of ancient warriors and Inca kings, these wild outposts are yet barely connected by disheveled, circuitous roads.

CAJAMARCA

☎ 076 / pop 135,000

The cobblestone colonial streets of Cajamarca testify to what was the beginning of the end for the powerful Incas. Today fertile farmlands carpet the entire valley, which turns even lush during the rainy season. Those

hills are also full of ‘invisible gold,’ subject to noxious extraction techniques that cause environmental pollution, as protested by *campesino* farmers.

Information

- Internet cafés are abundant.
- BCP** (Lima at Apurímac) Changes traveler’s checks and has a Visa/MasterCard ATM.
- Clínica Limatambo** (☎ 36-4241; Puno 265)
- Dirección de Turismo** (☎ 36-2903; El Complejo de Belén; 🕒 7:30am-1pm & 2:30-6pm Mon-Fri)
- Information booth** (Lima at Belén)
- Interbank** (2 de Mayo 546) On the Plaza de Armas; changes traveler’s checks and has a global ATM.
- Laundry Dandy** (Puga 545) Convenient.
- Serpost** (Puga 668) Behind Iglesia de San Francisco.

Sights

The following central sights are officially open 9am to 1pm and 3pm to 6pm daily. They don’t have addresses.

The only remaining Inca building here is **El Cuarto del Rescate** (Ransom Chamber; admission US\$1.40). Despite the name, this is actually where Francisco Pizarro kept Inca Atahualpa prisoner before killing him off (see p823), not where the ransom was stored. Tickets include same-day admission to **El Complejo de Belén**, a sprawling 17th-century colonial complex with a small archaeology museum, and the **Museo de Etnografía**, with exhibits of traditional highland life.

Well worth visiting, the university-run **Museo Arqueológico** (Del Batán 289; admission free;

CAJAMARCA

0 200 m
0 0.1 miles

<p>INFORMATION</p> <ul style="list-style-type: none"> BCP.....1 A3 Dirección de Turismo.....2 C3 Information Booth.....3 C3 Interbank.....4 C3 Laundry Dandy.....5 B2 Serpost.....6 C3 <p>SIGHTS & ACTIVITIES</p> <ul style="list-style-type: none"> Cajamarca Tours.....7 B3 Cerro Santa Apolonia.....8 B4 Clarín Tours.....9 B2 El Complejo de Belén.....(see 2) 	<ul style="list-style-type: none"> El Cuarto del Rescate.....10 C3 Iglesia de San Francisco.....11 C3 Mega Tours.....(see 17) Museo Arqueológico.....12 B2 Museo de Etnografía.....13 C4 <p>SLEEPING 🏠</p> <ul style="list-style-type: none"> Hospedaje Los Jazmines.....14 C3 Hostal Jusovi.....15 B2 Hostal Plaza.....(see 17) Hostal Prado.....16 B2 Hostal Santa Apolonia.....17 C3 Los Balcones de La Recoleta..18 D4 	<p>EATING 🍴</p> <ul style="list-style-type: none"> Carpa Bruja.....19 B2 Don Paco.....20 C3 El Batán.....21 B2 Heladería Holanda.....22 B2 New York Pizza.....23 D4 Salas.....(see 22) Supermercado San Francisco..24 C3 <p>DRINKING 🍷</p> <ul style="list-style-type: none"> Sanguchon.com.....25 B3 <p>ENTERTAINMENT 🎪</p> <ul style="list-style-type: none"> aKaesh.....26 B3 El Batán.....(see 21) Usha-Usha.....27 A2 <p>SHOPPING 🛍️</p> <ul style="list-style-type: none"> Colors & Creations.....28 C3 <p>TRANSPORT</p> <ul style="list-style-type: none"> Aero Condor Perú.....(see 7) Colectivos to Los Baños del Inca.....29 C2 LC Busre.....29 C2 Local Buses to Airport & Otuzco.....30 B3 Local Buses to Airport & Otuzco.....31 C1
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☎ 8am-2:30pm Mon-Fri) displays artifacts from pre-Inca Cajamarca culture. Facing the Plaza de Armas, **Iglesia de San Francisco** (admission US\$50¢; ☎ 9am-noon & 4-6pm Mon-Fri) has catacombs and a religious-art museum.

Hilltop **Cerro Santa Apolonia** (admission US\$30¢; ☎ 9am-1pm & 3-5pm), with its gardens and pre-Columbian carvings, overlooks the city. Climb the stairs at the end of 2 de Mayo.

Travel agents include **Mega Tours** (☎ 35-7793; Puga 691), **Cajamarca Tours** (☎ 36-5674; 2 de Mayo 323) and **Clarín Tours** (☎ 36-6829; Del Batán 161).

Festivals & Events

Carnaval (p939) Involves nine days of dancing, eating, singing, partying, costumes, parades and rowdy mayhem. And water fights here are worse (or better, depending on your point of view) than elsewhere. Hotels raise their rates and fill up weeks beforehand, so hundreds of visitors end up sleeping in the plaza.

Corpus Christi (p939) Also colorful.

Fiestas Patrias (p939) Celebrations on July 28 and 29 may include bullfighting.

Sleeping

Some cheapies are cold water only, but you can always head to Los Baños del Inca (opposite).

Hostal Plaza (☎ 36-2058; Puga 669; s/d US\$7.50/10.50, without bathroom US\$4.50/7.50) In a colorful, tattered building on the plaza, rooms are creaky and basic, but some have balconies with plaza views.

Hostal Prado (☎ 36-6093; La Mar 582; s/d US\$12/21, without bathroom US\$6/12) This well-kept property has a café, TVs and hot water all day.

Hostal Jusovi (☎ 36-2920; Amazonas 637; s/d US\$9/15) What must be the smallest rooms in town are perfectly clean; some have cable TV. A rooftop terrace has cathedral views.

Hospedaje Los Jazmines (☎ 82-1812; assado@hotmail.com; Amazonas 775; s/d US\$9/13.50, with bathroom US\$12/18) This six-room German-run *hospedaje* isn't much to look at, but its hot showers, café and practice of hiring people with disabilities are commendable.

Los Balcones de La Recoleta (☎ 36-3302; Puga 1050; s/d US\$10.50/21; ☎) This 19th-century building has charismatic, rickety rooms surrounding a plant-filled courtyard. Hot showers, cable TV, comfortable beds and a small restaurant.

Hostal Santa Apolonia (☎ 36-7207; Puga 649; s/d US\$15/24) The plaza's best budget hotel features smart rooms with solid mattresses, cable TVs, 24-hour hot water and minifridges.

Complejo Turístico Baños del Inca (☎ 34-8385; bungalow/albergue US\$18/35) Worth a splurge, these spacious bungalows with minifridges and cable TV located behind Los Baños del Inca (opposite) have views of the water steaming Danté-esquely.

Eating & Drinking

Heladería Holanda (Puga 657; snacks US\$80¢-\$2; ☎ 9am-7pm) A large, bright café selling northern Peru's best ice cream, plus creamy cappuccinos and homemade pies.

New York Pizza (Puga 1045; pizzas US\$1.10-2.70; ☎ 4-11pm) They're not authentic NYC-style pies, but they're still ooey-gooney good.

Carpa Bruja (Puga 519; sandwiches US\$1.50-4.20, meals US\$4.50-7.50; ☎ noon-11pm) This slick, modern affair serves up gourmet sandwiches (on wholewheat ciabatta!), international dishes, lots of salads and plenty of yummy vegetarian options.

Don Paco (Puga 726; meals US\$2.70-5.40; ☎ 8:30am-11pm) With a faithful following among locals and expats, there's something for everyone here: big breakfasts, Peruvian favorites and vegetarian delights.

Salas (Puga 637; mains US\$3.30-5.70; ☎ 7am-10pm) This barn of a place on the Plaza de Armas has been a local favorite since 1947. Knowledgeable, elderly staff in white suits helps you navigate the extensive menu, with such local specialties as corn *tamales*, roasted goat and *sesos* (cow brains).

El Batán (Del Batán 369; menú US\$4.50-9, mains US\$4-6; ☎ 10am-11pm) This restaurant, art gallery, *peña* and cultural center serves Peruvian and international fare.

Sanguchon.com (Junín 1137; ☎ 6pm-late) The bar at this burger joint remains rowdy till the wee hours.

Supermercado San Francisco (Amazonas 780; ☎ 7am-8pm) For self-caterers.

Entertainment

aKaesh (2 de Mayo 334; ☎ 9pm-late) Roughly translated as 'here it is,' this popular, well-stocked bar has flashy retro styling and nightly events, from movies to live bands.

Usha-Usha (Puga 142; admission US\$1.50; ☎ 9pm-late) A graffiti-covered hole-in-the-wall bar run by an eccentric musician, with strong drinks and live jazz most nights.

El Batán (Del Batán 369; ☎ to 11pm) Expect anything from live Andean folk music to Afro-Peruvian rhythms on weekend nights.

Shopping

Crafts are sold near the market and along Belén.

Colors & Creations (☎ 34-3875; Belén 628) A local artisan-run cooperative.

Getting There & Away

AIR

The **airport** (CJA; ☎ 36-2523) is 4km north of town. Local buses for Otuzco, leaving from 500m north of the plaza, pass the airport (US\$20¢); taxis are faster (US\$1.50). **Aero Conductor Perú** (☎ 36-2814/5674; 2 de Mayo 323) and **LC Busre** (☎ 36-1098; Lima 1024) have daily flights to/from Lima.

BUS

Most terminals are on the third block of Atahualpa, 1.5km southeast of town on the road to Los Baños del Inca.

Many companies have buses to Chiclayo (US\$4.50 to US\$9, six hours), Trujillo (US\$4.50 to US\$10.50, six hours) and Lima (US\$9 to US\$27, 14 hours). **Linea** (☎ 36-3956; Atahualpa 318) and **Ormeño** (☎ 36-9885; Independencia 304) have comfortable Lima-bound buses. Luxury *bus-camas* to Lima go with **Cruz del Sur** (☎ 36-1737; Via de Evitamiento 750), several kilometers further along the road.

Linea also has buses to Trujillo and Chiclayo. **El Cumbe** (☎ 36-3088; Atahualpa 300) has a few daily departures for Chiclayo. **Turismo Diaz** (☎ 36-8289; Sucre 422) goes via Chota, a wildly scenic alternative route to Chiclayo if you're not in a hurry.

A few companies go to Celendín (US\$3, five hours). Beyond Celendín to Chachapoyas, transport is unreliable and the road is bad, if beautiful. It's easier to reach Chachapoyas from Chiclayo (see p907).

AROUND CAJAMARCA

Los Baños del Inca

Atahualpa was camped by these natural **hot springs** (admission US\$60¢, private baths per hr US\$90¢-\$1.50, sauna or massage US\$3; ☎ 4:30am-8pm), 6km east of Cajamarca, before his fateful run-in with Pizarro. Show up early in the morning to avoid the rush. *Colectivos* for Los Baños del Inca leave frequently from along Sabogal, near 2 de Mayo (US\$20¢).

Cumbe Mayo

An astounding yet mysterious feat of pre-Inca engineering, these **aqueducts** run for several

kilometers across the bleak mountaintops. Nearby are caves with petroglyphs, and the countryside is high, windswept and slightly eerie. The site can be reached on foot from Cerro Santa Apolonia (p921) via a signposted road. It's a four-hour walk, if you take shortcuts and ask locals for directions. Tours from Cajamarca cost US\$5.

Ventanillas de Otuzco & Combayo

These pre-Inca necropolises have scores of **funerary niches** built into the hillside. You can walk to Otuzco from Cajamarca or Los Baños del Inca. Buses from Cajamarca leave from north of the main plaza (US\$60¢). Better-preserved *ventanillas* (windows) at Combayo, 30km from Cajamarca, are most easily visited on a tour (US\$10).

CHACHAPOYAS

☎ 041 / pop 20,700

The unlikely capital of the Amazonas department, colonial Chachas is a busy market town. It's an ideal base for exploring the awesome ruins left behind by the fierce cloud forest-dwelling civilization that ruled here from 800 AD until the Incas came in the 1470s.

Information

Most of the following are on the Plaza de Armas, plus internet cafés and several shops changing dollars.

BCP (Plaza de Armas) Changes US dollars and traveler's checks, and has a Visa/MasterCard ATM.

iPerú (☎ 47-7292; Ortiz Arrieta 588; ☎ 8am-7pm)

Lavandería Speed Clean (Ayachuco 964; ☎ 7am-1pm & 2pm-10pm)

Serpost (Ortiz Arrieta 632) Just south of the plaza.

Sights & Activities

Travel agencies hover around the plaza. You'll pay from US\$35 to US\$45 for multiday treks, US\$20 for day tours. **Chachapoyas Tours** (☎ 47-8078; Hotel Plaza, Grau 534) and **Turismo Explorer** (☎ 47-8060; cnr Amazonas & Grau) get good reviews, but ask around. The dry season (May to September) is best for hiking, including the five-day **Gran Vilaya** trek to the Valle de Belén or a three-day trip to **Laguna de los Cóndores** on foot and horseback.

Levanto is a small village that's a four-hour walk along an Inca road from Chachas. You can stay at **Levanto Lodge** (r per person US\$6), which is built in the traditional style of a Chachapoyan roundhouse. **Colla Cruz** nearby is a

reconstructed thatched-roof building with round Chachapoyan walls on meticulous Inca stone foundations.

Sleeping

Hostal Johumaji (☎ 47-7279; Ayacucho 711; s US\$4.50, d US\$7.50-12) Small, spartan but tidy and well-lit rooms have electric hot showers and rental TVs (US\$1.50).

Hotel El Dorado (☎ 47-7047; Ayacucho 1062; s/d US\$6/9) An older house with clean rooms, electric hot showers and helpful staff.

Hotel Karajía (☎ 31-2606; 2 de Mayo 546; s/d US\$7.50/10.50) Kaleidoscopic bedspreads cheer up these secure, clean but very basic rooms a bit.

Hotel Plaza (☎ 47-7654; eltejado@viabcp.com; Grau 534; s/d incl breakfast US\$10.50/13.50) This hotel boasts friendly, helpful staff and well-kept, quiet rooms. There's an upstairs terrace restaurant overlooking the plaza.

Hotel Revash (☎ 47-7391; revash@terra.com; Grau 517; s/d US\$10.50/15; 📺) The showers seem endlessly hot in this classic older hotel, with a garden courtyard and wooden floors adding plenty of character. Staff were a little pushy about tours when we visited.

Hotel Casa Vieja (☎ 47-7353; www.casaviejaperu.com; Chincha Alta 569; s/d US\$18/30; 📺) Waking up to the sounds of chirping birds rather than roaring *mototaxis* is a pleasure inside this classy mansion. Bright rooms have big windows, hot showers and handcrafted decor. Breakfast (in bed!) available.

Eating & Drinking

Look for *juanes* (banana leaf-steamed fish or chicken), made locally with yucca instead of rice, and *cecina* (a smoked pork dish), often made with beef instead.

Panificadora San José (Ayacucho 816; snacks US\$90¢-1.80; ☎ 6:30am-10pm) A tiny bakery where you can enjoy a *humita*, corn *tamales* or a sandwich with coffee or hot chocolate for breakfast, then snacks and desserts all day.

505 Pizza-Bar (2 de Mayo 505; pizzas US\$90¢; ☎ noon-late) A full bar and music will keep you lingering over a *pisco sour* long after the last slice is gone.

Hotel Plaza (Grau 534, 2nd fl; menú US\$1.80) Slow service, but cool ambience and good set lunches, with a few tables facing the plaza.

Las Rocas (Ayacucho 932; mains US\$1.80-3; ☎ 7:30am-9pm Mon-Sat & 6-9pm Sun) Nothing too fancy: just huge, finger-lickin' portions of Peruvian fare for a handful of nuevos soles.

La Tushpa (Ortiz Arrieta 753; meals US\$2.10-4.50; ☎ noon-10pm) For sensational grills and steaks cooked whatever way you like 'em, it's justifiably packed nightly with locals.

Getting There & Away

Buses to Chiclayo (US\$6 to US\$12, 10 to 11 hours) and on to Lima (US\$21 to US\$27, 20 to 23 hours) take a route that is paved beyond Pedro Ruíz. Services leave with **Transservis Kuélap** (☎ 47-8128; Arrieta 412), **CIVA** (☎ 47-8048; Salamanca 956), **Transportes Zelada** (☎ 37-8066; Arrieta 310) and comfortable **Móvil Tours** (☎ 47-8545; La Libertad 464).

Virgen del Carmen (Salamanca 650) goes twice weekly to Celendín (US\$9, 12 to 14 hours). **Transportes Roller** (Grau 302) has buses to Kuélap (US\$3.60, 3½ hours) at 4am. *Colectivo* taxis to Kuélap depart throughout the day (US\$4.50, three hours).

There are frequent *combis* (US\$1.80, 1½ hours) and *colectivos* for Tingo (US\$2.40, 1½ hours), which may continue to María (US\$3.60, three hours). *Colectivos* also go to Pedro Ruíz (US\$3.60, 1½ hours), where east-bound buses to Tarapoto (US\$7.50 to US\$9, seven hours) stop.

KUÉLAP

Matched in grandeur only by the ruins of Machu Picchu, the fabulous ruins of this pre-Inca **citadel** (adult/student US\$3/1.70; ☎ 8am-noon & 1-5pm), constructed between AD 900 and 1100, are perched in the mountains southeast of Chachapoyas. The site (elevation 3100m) receives remarkably few visitors, though those who make it get to see one of the most significant and impressive pre-Columbian ruins in South America.

Below the ruins, **Hospedaje El Bebedero** (r per person US\$4) has bare-bones rooms without electricity or running water – bring a sleeping bag and water-purification equipment. You can camp nearby at INC Hostel, permanently occupied by the Kuélap excavation team. Basic meals are available at local houses.

In the hamlet of **María**, two hours' walk from Kuélap, there are charming *hospedajes*. All offer clean, modest rooms (per person US\$3) with electric hot showers; hearty meals cost less than US\$2. An hour further down the road, **Choctemal Lodge** (r per person US\$7.50) has stunning 360-degree panoramas of the valley, arty rooms, electric showers and an outdoor hot tub. It also offers basic meals.

To get to Kuélap, take the Transportes Roller bus from Chachapoyas (opposite) or a more frequent *combi* (US\$1.80, 1½ hours) or *colectivo* to Tingo (US\$2.40, 1½ hours), some of which continue to María (US\$3.60, three hours). A steep 10km trail leads from the southern end of Tingo via María to the ruins, 1200m above. Allow five to six hours for the climb, and take water.

TARAPOTO

☎ 042 / pop 128,500

A lethargic rainforest metropolis, Tarapoto dips its toe into the Amazon basin, but clings to the Andean foothills – and the rest of Peru – by the umbilical cord of a long, paved road back to civilization. Tarapoto's geography is rugged, and waterfalls and lakes are abundant. Traveling onward east to Yurimaguas is safe, but the route south along the Río Huallaga valley to Tingo María goes through Peru's major coca-growing region, and is *not* recommended.

Information

Internet cafés are everywhere.

BCP (Maynas 130) Cashes travelers' checks and has an ATM.

Clínica San Martín (☎ 52-3680/7860; San Martín 274; ☑ 24hr) Offers medical care.

Tours

Chancas Expeditions (☎ 52-2616; www.geocities.com/amazonrainforest; Rioja 357) Offers river-rafting trips.

Quiquiriqui Tours (☎ 52-4016; Pimentel 309; ☑ 8am-7pm Mon-Fri, 8am-6pm Sat, 9am-noon Sun) A full-service travel agency for tours of the surrounding villages and natural attractions.

Sleeping

Hostal Pasquelandia (☎ 52-2290; Pimentel 341; s/d without bathroom US\$2.40/3.60) A dirt-cheap, beat-up wooden affair with cold-water showers.

Alojamiento Grau (☎ 52-3777; Grau 243; s/d US\$6/9) Elementary rooms with exposed-brick walls are quiet at this amicable family-run hostelry.

Hospedaje Misti (☎ 52-2439; Prado 341; s/d US\$6/9) Rooms have tiny bathrooms, but also TVs and ceiling fans. There's a laid-back café and leafy courtyard.

Hostal San Antonio (☎ 52-5563; Pimentel 126; s/d US\$7.50/10.50) Good-value rooms with hot showers, fan and cable TV, just steps from the main plaza.

Alojamiento July (☎ 52-2087; Morey 205; s/d US\$7.50/10.50) Every wall is covered with jungle murals, while endless rows of beads and knickknacks clank in the hallways. Rooms have electric hot showers, cable TV and mini-fridges.

Alojamiento Arevalo (☎ 52-5265; Moyobamba 223; US\$9/13.50) This quiet hotel offers rooms with cold showers, cable TVs, fans and mini-fridges.

La Patarashca (☎ 52-3899; www.lapatarashca.com; Lamas 261; s/d incl breakfast US\$10.50/18) A tropical vibe pervades this cute *hospedaje*, which has a thatched-roof lounge, bilingual parrots, hammocks, cold showers and cable TV.

Eating

Banana's Burgers (Morey 102; mains US\$1-2; ☑ 24hr) Banana's is a great burger joint with a bar upstairs.

El Brassero (Lamas 231; mains US\$3-6.30; ☑ noon-late) Just choose your carnivorous cut, then have it grilled to order for you. Pork ribs are the specialty. Funky acid-jazz tunes are a bonus.

La Patarashca (Lamas 261; mains US\$3-7.50; ☑ 8am-11pm) Offering regional Amazonian cuisine, it's popular on weekends. The 2nd floor has tropical ambience and views.

La Collpa (Circunvalación 164; mains US\$4.20-7.50; ☑ 10am-11pm) Located in a place where you can practically taste the jungle air, this bamboo-stilt restaurant has river and rainforest views. Its have-a-go-at-anything menu is best for lunch.

Supermercado La Inmaculada (Compagnon 126; ☑ 8:30am-10pm) For self-catering.

Drinking

Stonewasi Taberna (Lamas 222; ☑ 6pm-late) The pick of a bunch of bars at the busy intersection of Lamas and La Cruz, which transforms into a cruising scene every evening.

La Alternativa (Grau 401) A hole-in-the-wall bar with shelves of dusty bottles containing *uvachado* and homemade concoctions based on soaking roots, lianas etc in cane liquor. Potent Amazonian tonics and brews are not for the faint-hearted.

Entertainment

Papillón (Peru 209; admission US\$3; ☑ 9pm-late Fri & Sat) In the Morales district, 3km west of town by the Río Cumbaza, this nightclub has live salsa bands and DJ-fueled dancing.

Getting There & Around

The **airport** (TPP; ☎ 52-2278) is 3km southwest of the center. **LAN** (☎ 52-9318; Hurtado 184) has daily flight to/from Lima. **Star Perú** (☎ 52-8765; San Pablo de la Cruz 100) also has Lima and possibly Iquitos flights daily.

Most bus companies are along Salaverry in the Morales district. **Móvil Tours** (☎ 52-9193; Salaverry 858) and **El Sol Peruano** (☎ 52-3232) are the best. Buses head west on the paved road to Chiclayo (US\$12 to US\$19.50, 14 to 16 hours), Trujillo (US\$16.50 to US\$24, 18 to 20 hours), Piura (US\$4.50, 18 hours) and Lima (US\$36 to \$33, 24 to 28 hours). Transfer in Pedro Ruíz (US\$7.50 to US\$9, seven hours) to a *colectivo* taxi to reach Chachapoyas (US\$3.60, 1½ hours).

A rough road goes east from Tarapoto to Yurimaguas. Minibuses, pickup trucks and *colectivos* traveling to Yurimaguas (US\$4.50 to US\$7.50, six hours) leave from the market in the eastern suburb of Banda de Shilcayo. Back on Salaverry, **Paredes Estrella** (☎ 52-1202) and **Expreso Huamanga** (☎ 52-7272) have cheaper, slower buses to Yurimaguas.

A short *mototaxi* ride around town costs US30¢, to the bus terminal/airport US60/90¢.

AMAZON BASIN

Peru's Amazonas is a vivid, bright, exotic and challenging frontier zone. It claims approximately 50% of the nation's landmass, yet only 5% of Peruvians live here. Though a fast-growing tourist destination, judicious protection of the jungle has meant that the biosphere on the eastern flank of the Andes preserves some of the world's most diverse fauna and flora.

There are few towns of any size. Pucallpa and Yurimaguas are reached by rough roads. Both have slow boats on to Iquitos, accessible only by air otherwise. To get to Puerto Maldonado, take a flight or a rough overland trip by truck from Cuzco.

PUERTO MALDONADO

☎ 082 / pop 39,100

The ramshackle jungle town of Puerto Maldonado, capital of the Madre de Dios region, is an unlikely destination, yet it gives travelers the chance to see, feel and hear the unspoiled Amazon jungle like nowhere else. The town has been important in harvesting rubber, log-

ging and gold and oil prospecting. Its role as a crossroads will take on even greater dimensions once the Interoceánica Hwy linking the Atlantic and Pacific Oceans via Brazil opens.

Information

BCP (Plaza de Armas) Changes US dollars and traveler's checks, and has a Visa ATM.

Casa de cambio (cnr Puno & G Prada) Exchanges US dollars; Brazilian reais and Bolivian pesos are hard to negotiate.

Lavandería (Velarde 898) To wash your mud-caked, sweat-soaked rags.

Ministerio de Industria y Turismo (☎ 57-1413; Fitzcarrald 252) Also has an airport booth.

Serpost (Velarde 6th block) Southwest of the Plaza de Armas.

Social Seguro Hospital (☎ 57-1711) At Km 3 on the Cuzco road.

UnAMad (2 de Mayo 287; per hr US\$1.50) Internet.

Sights & Activities

Just outside the airport gates, you'll find the **ProNaturalezas Butterfly Conservation Center Japipi** (☎ 01-264-2736; www.pronaturaleza.org; admission US\$5), which has live exhibits.

A cheap way of seeing a little of this major Peruvian jungle river, the **Madre de Dios ferry** (one-way fare US15¢; ☎ dawn-dusk) leaves from Puerto Capetania close to the Plaza de Armas. *Peki-peki* (wooden canoes powered by two-stroke motorcycle engines with long propeller shafts) leave from the dock at an incredible 45-degree angle to counter the river's current.

Horse-riding, cycling and other activities can be arranged at Iñapari Lodge.

Courses

Tambopata Language Center (☎ 57-6014; www.geo.cities.com/tambopata_language; Cajamarca 895) offers Spanish classes, homestays and cultural and jungle tours from US\$100 per week.

Tours

If you haven't prearranged a river and jungle tour (see p928), there are several local guides; some quite reputable and experienced, others just interested in making quick money. Shop around, never pay for a tour beforehand and, when you agree on a price, make sure it includes the return trip! Officially licensed guides charge US\$25 to US\$60 per person per day (excluding park fees) depending



on the destination and number of people. Boat rides, which are usually needed to get out of Puerto Maldonado, are notoriously expensive.

Sleeping

Watch for overcharging. Expect cold showers. Outside town are several jungle lodges (p928).

Hostal Moderno (☎ 30-0043; Billinghurst 359; s/d/tr US\$3.20/6.25/8.75) Despite the name, this simple, family-run place has been around for decades, though it does get a regular splash of paint.

Hostal Cahuata (☎ 57-2111; Fitzcarrald 517; s/d US\$6.25/9.40, without bathroom US\$3.20/6.25) The market-side locale quiets down at night. Small, neat rooms have fans.

Iñapari Lodge (☎ 57-2575; r per person US\$6) Near the airport, this friendly, rustic hostel has communal showers, a restaurant and bar.

Also worth a peek are the basic **Hostal El Solar** (☎ 57-1634; G Prada 445; s/d US\$6/10, without bathroom US\$4.50/7.50); the spacious **Hospedaje Royal Inn** (☎ 57-1048; 2 de Mayo 333; s/d US\$7.50/10.50); and **Hospedaje Rey Port** (☎ 57-1177; Velarde 457;

s/d US\$10/14, without bathroom US\$6/9), which has good views.

Eating

Regional specialties include *chilcano* (fish-chunk soup flavored with cilantro) and *parillada de la selva* (marinated meat BBQ in a Brazil-nut sauce). In the Mercado Modelo, look for freshly squeezed fruit juices and jungle staples such as *pan de arroz* (rice bread).

La Casa Nostra (2 de Mayo 287a; snacks US\$1-3; ☎ 7am-1pm & 5-11pm) Long-running café is your best bet for breakfasts, snacks (try the *tamales*), tropical juices and coffee.

Los Gustitos del Cur (Velarde 474; meals US\$2; ☎ 11am-10pm) For the best ice cream in town, drop into this French-owned patisserie for a sweet treat. It also serves sandwiches.

Pollería Astoria (Velarde 701; mains US\$2) Opposite a neonlit, fast-food chicken joint, this dimly lit, wooden *pollería* has an authentic Amazonian feel.

Frutos del Mar (Moquegua 787; mains US\$2-4) People praise this modest *cevichería* for its quality seafood at bargain prices.



GETTING TO BRAZIL & BOLIVIA

An unpaved road goes from Puerto Maldonado to **Iñapari** on the Brazilian border. *Colectivos* to Iñapari (US\$8, four hours) with **Empresa Transportes Imperial** (☎ 082-57-4274; Ica 5th block) leave when they have four passengers. Iberia, 170km north of Puerto Maldonado, and Iñapari, 70km beyond Iberia, have a couple of basic hotels. At Iñapari, where Peruvian exit formalities are conducted, cross the Río Acre by ferry or bridge to Assis, Brazil, which has better hotels and a paved road via Brasiléia to Río Branco. US, Australian, New Zealand and Canadian citizens need to get a Brazilian visa in advance (see p407).

From Puerto Maldonado, boats can be hired for the half-day trip to the Bolivian border at Puerto Pardo for about US\$100. Cheaper passages are available on infrequent cargo boats. Make sure to get exit stamps before leaving Peru at Puerto Maldonado's **immigration office** (☎ 082-57-1069; Plaza Bolognesi at Ica; ☎ 9am-1pm Mon-Fri). From Puerto Heath, a few minutes away from Puerto Pardo by boat, it takes several days (even weeks) to arrange a boat (expensive) to Riberalta, which has road and air connections. Travel in a group to share costs and avoid months when the water is too low. Another option is to go to Brasiléia, cross the Río Acre by ferry or bridge to Cobija, on the Bolivian side, where there are hotels and erratic flights. There's also a dry-season gravel road onward to Riberalta.

To enter Peru from Brazil, see p398.

El Califa (Piura 266; mains US\$2-5; ☎ 10am-4:30pm)

A rustic, sultry place for regional specialties including palm-heart salad, *juanes*, fried plantains and game.

Pizzería El Hornito/Chez Maggy (D Carrión 271; pizzas US\$3.50-8.50; ☎ 6pm-late) Popular hangout dishes up big bowls of pastas and wood-fired pizzas.

Drinking

A handful of nightclubs open on weekends. The best known is **Discoteca Witite** (Velarde 151).

Anaconda Pub (Loreto 228) and Coconut Pub are both on the Plaza de Armas. Outside town 4km along the airport road, **La Choza del Candamo** (☎ 57-2872; ☎ 7pm-late) is a relaxed *peña* where you can sample appetizers from all three regions of Peru – coast, mountain and jungle.

Shopping

Artesanía Shabuya (Arequipa 279) For honestly made crafts on the Plaza de Armas.

Getting There & Around

AIR

The **airport** (PEM) is 7km west of town; *mototaxis* cost US\$2. **Aero Condor Perú** (☎ 57-1733; Loreto 222) and **LAN** (☎ 57-3677; Velarde 503) have daily flights to Lima via Cuzco.

BOAT

Boat hire at the Madre de Dios ferry dock for excursions or to travel down to the Bolivian border is expensive. Upriver boats toward Manu are difficult to find.

MOTORCYCLE & TAXI

There are several motorcycle-rental outlets, mostly on Prada between Velarde and Puno, charging US\$1.20 per hour for 100cc bikes.

Mototaxis cruise around town for about US\$25¢ per person.

TRUCK

Trucks to Cuzco during the highland dry season leave from the Mercado Modelo or two blocks south. The rough, hazardous 500km trip (US\$10) takes at least three days, depending on road and weather conditions. The more expensive seats are in the cab with the driver. The least comfortable but fastest trucks are *cisternas* (gasoline trucks), with a narrow ledge on top upon which to crouch. The trucks stop about three times daily to let the driver eat, and once more so he can sleep (never for long though).

AROUND PUERTO MALDONADO

There are dozens of jungle lodges along the Ríos Tambopata and Madre de Dios from Puerto Maldonado. Lodges and jungle tours are expensive, but definitely worth the money. To visit Reserva Nacional Tambopata, purchase an entrance permit (US\$8.50 to US\$20) at **INRENA** (☎ 57-1604; Cuzco 135) before leaving Puerto Maldonado.

Down the Madre de Dios, luxurious **Inkaterra Reserva Amazonica** (☎ in Lima 01-610-0410, Cuzco 084-24-5314; www.inkaterra.com; 3-day/2-night tour s/d r US\$183/314, ste US\$292/480) offers a good look at the jungle from its canopy walkway.

On Lago Sandoval, a haven for exotic wildlife, family-run **Willy Mejía Cepa Lodge** (Velarde 487, Puerto Maldonado; r per person without bathroom incl meals US\$20) has been offering basic, backpacker accommodations and Spanish-language expeditions for nearly two decades.

Along the Río Tambopata, **Inotawa** (☎ 57-2511; www.inotawaexpeditions.com; Fonavi J9, Puerto Maldonado; 3-day/2-night tour per person from US\$160) offers multilingual guides upon request; camping is allowed for a small fee.

At **Picaflor Research Centre** (www.picaflor.org; 3-day/2-night tour per person US\$190), 74km from Puerto Maldonado, you'll pay just US\$140 for 10 nights of accommodations and meals, excluding national park fees and transportation from Puerto Maldonado (US\$3), if you agree to volunteer three hours daily.

PARQUE NACIONAL MANU

Covering almost 20,000 sq km, **Manu National Park** is one of the best spots in South America to see tropical wildlife. Starting in the eastern slopes of the Andes, the park plunges down into the lowlands, covering a wide range of cloud-forest and rainforest habitats containing hundreds of bird species, not to mention monkeys, armadillos, kinkajous, ocelots, river turtles, caiman, and countless insects, reptiles and amphibians. More elusive species include jaguars, tapirs, giant anteaters, tamanduas, capybaras, peccaries and giant river otters.

The best time to visit the park is during the dry season (June to November). Manu may be inaccessible or closed during the rainiest months (January to April), except to people staying in the expensive Manu Lodge or Cocha Salvador Safari Camp.

It's illegal to enter the park without a licensed guide and permit, which can be arranged at Cuzco travel agencies (p875). Transportation, accommodations and meals are also part of the tour package. Beware: not all companies enter the park itself. Some offer cheaper 'Manu Tours' that cover areas outside the park, but these still boast exceptional wildlife-watching.

Costs depend on whether you camp or stay in a lodge, and whether you arrive/depart overland or by air, but generally start at US\$750 for five days/four nights, flying in and out, or US\$800 for nine days/eight nights, all overland. Camping trips using the park's beaches can bring costs down to roughly US\$75 per day. Book well in advance, but be

flexible with your travel plans, as tours often return days late.

Independent travelers can reach the reserve's environs without taking a tour. However, you'll still need to hire a guide and they generally charge US\$60 per day plus food, so little is saved. If you're determined to go solo, take a bus from Av Angamos in Cuzco to Pillcopata (US\$4.50, 10 hours in good weather) via Paucartambo.

Boats travel from Pillcopata via the villages of Atalaya, Salvación and Shintuya toward Manu. Pickup trucks leave Pillcopata early every morning for Shintuya (US\$2.50, five hours) via Atalaya. People on tours often start river travel from Atalaya after a night in a lodge. The boat journey down the Alto Madre de Dios to the Río Manu takes almost a day. A few minutes from the village of Boca Manu is an airstrip, often the starting or exit point for commercial trips into the park. There is a park entrance fee of US\$20, and continuing is only possible with a guide and permit.

PUCALLPA

☎ 061 / pop 324,870

For the uninitiated it is a revelation to arrive at Pucallpa, capital of Ucayali department, after miles of lush jungle down from the raw, rocky Andes. Travelers come here in search of riverboats to Iquitos or to visit indigenous communities near Yarinacocha.

Information

Several banks change money and traveler's checks and have ATMs; *casas de cambio* are along the 4th, 5th and 6th blocks of Raimondi.

Clínica Santa Rosa (☎ 57-1689; Inmaculada 529; ☎ 24 hr) Good medical services.

Lavandería Gasparin (Portillo 526; ☎ 9am-1pm & 4-8pm Mon-Sat) Offers self-service and drop-off laundry.

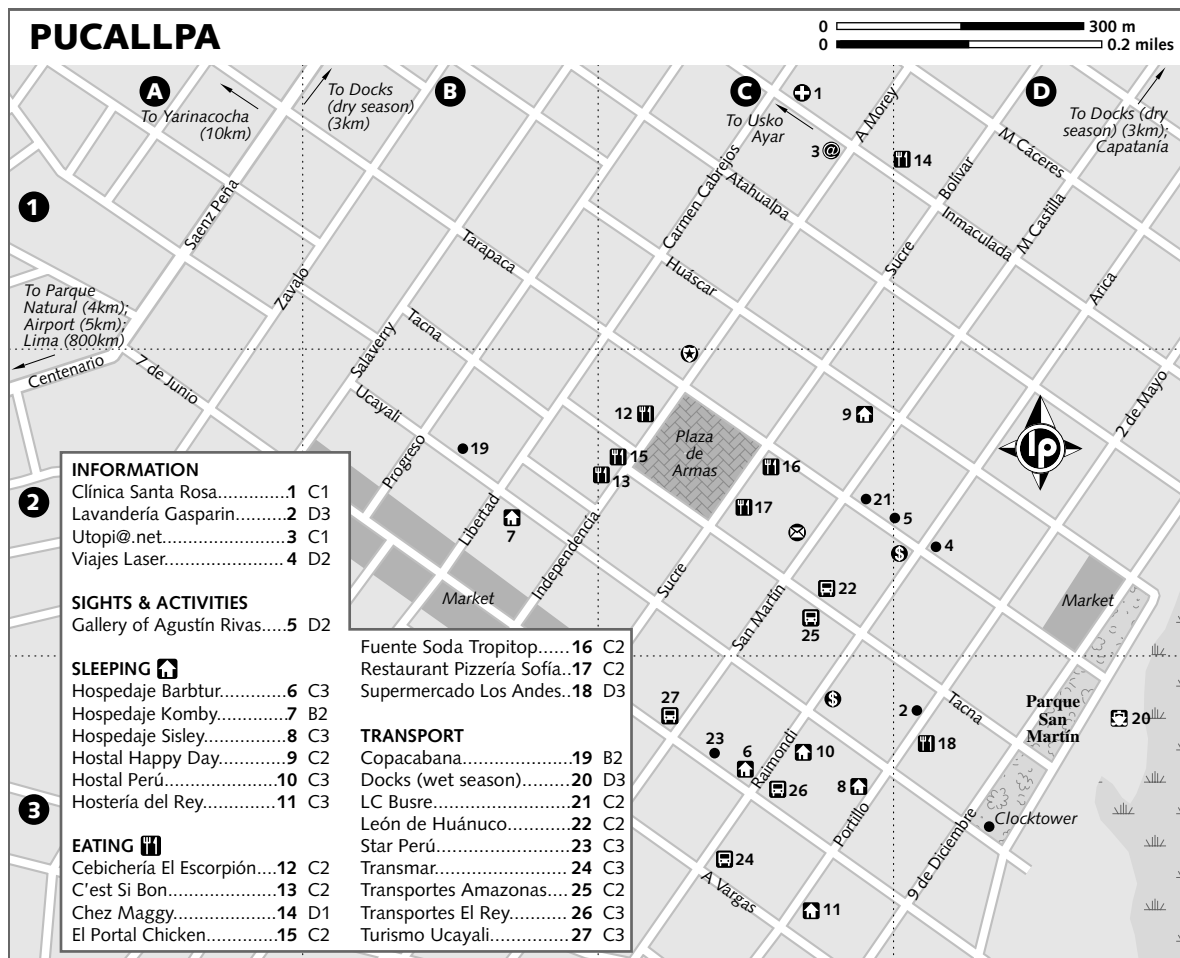
Tourist booth (☎ 57-1303; 2 de Mayo 111) There's a small one at the airport.

Utopia@.net (cnr Morey & Inmaculada; ☎ 8am-11pm) Has internet *cabinas*.

Viajes Laser (☎ 57-1120; Raimondi 470) At the Western Union office, this is one of Pucallpa's better travel agencies, but for jungle guides go to Yarinacocha.

Sights & Activities

Usko-Ayar (☎ 57-3088; Sánchez Cerro 465), near Iglesia Fray Marcos, is the gallery of Pablo Amaringo, a visionary local artist inspired by the hallucinogenic *yahuasca* vine. Works by famed local



woodcarver Agustín Rivas are displayed at his house, now also a **gallery** (☎ 061-57-1834; Tarapaca 861, 2nd fl); ring the bell to enter.

About 4km from the town center, off the airport road, **Parque Natural** (admission US70¢; ☎ 9am-5pm) has a small Amazonian zoo and museum of Shipibo pottery. Airport buses can drop you here, or take a *motocarro* (US\$1).

Sleeping

Hostal Perú (☎ 57-5128; Raimondi 639; s US\$5.50-9, d US\$7.25-11.50, s/d without bathroom US\$4.25/5.50) A Shipibo pot collection brightens the entry to this faded older property. Rooms are tiny but clean with small fans and cold showers.

Hostería del Rey (☎ 57-5815; Portillo 747; s/d US\$5/6) High ceilings, cold showers and fans to help you keep your cool.

Hospedaje Barbtur (☎ 57-2532; Raimondi 670; s/d US\$8/11) Small, well-maintained family hostelry, with cold showers and cable TV in en suite rooms.

Hospedaje Sisley (☎ 57-5137; Portillo 658, 2nd fl; s/d US\$8.50/12) Decent place run by friendly older ladies, with tidy rooms, cold showers, fans and TV.

Hospedaje Komby (☎ 57-1562; www.hospedajekom bi.com.pe; Ucayali 360; s/d US\$10/12;) Clean rooms are basic, though a small pool and restaurant make up for that.

Hostal Happy Day (☎ 57-2067; Huáscar 440; s/d incl breakfast from US\$10/13;) Maybe there's truth in advertising: all of the tiny rooms in this sunset-colored building on a quiet side street have – gasp! – air-conditioning.

Eating

Many restaurants open by 7am for breakfast and are closed Sunday.

Cebichería El Escorpión (Independencia 430; meals US\$3-6) Never mind Pucallpa's distance from the sea. This seafood joint has a prime plaza location with boisterous sidewalk tables.

El Portal Chicken (Independencia 510; mains US\$3; ☎ 5pm-midnight) You can't miss this three-story chicken restaurant with the brightest neon lights in town. Some open-air tables have plaza views.

Chez Maggy (Inmaculada 643; mains US\$3-7) A modern restaurant with a wood-burning oven that churns out over a dozen kinds of tasty pizza. Try the tropical-flavored *sangria*.

Restaurante Pizzeria Sofía (Sucre 415; menú US\$2) On the main square, this friendly joint is a great spot for hearty breakfasts and set lunches.

Stock up at **Supermercado Los Andes** (Portillo 545) for long trips. On opposite corners of the plaza, **C'est Si Bon** (Independencia 560; snacks US\$1-3) and **Fuente Soda Tropitop** (Sucre 401; snacks US\$1-3) are bright spots for ice cream, breakfasts and sandwiches.

Getting There & Away

AIR

Pucallpa's **airport** (PCL) is 5km northwest of town. Currently scheduled flights are to Lima only with **LC Busre** (☎ 57-5309; Tarapaca s/n) and **Star Perú** (☎ 59-0586; 7 de Julio 865).

BOAT

During high water (January to April), boats depart from next to Parque San Martín. As water levels drop, the port moves 3km northeast of the center, reached by minibus (US\$50¢). Crowded boats to Iquitos (US\$18 to US\$30) take three to five days. Passengers can sleep aboard on hammocks, which are sold in the market, and basic meals are provided. See p829 for more important details on cargo-boat journeys.

BUS

Several companies go to Lima (US\$13, 20 hours) via Tingo María, Huánuco, Cerro de Pasco and Junín. Read the 'Warning!' box on p898 before making this journey, though. Bus companies include **León de Huánuco** (☎ 57-2411; Tacna 655), **Transportes El Rey** (☎ 57-5545; cnr Raimondi & 7 de Junio), **Transmar** (☎ 57-4900; Raimondi 793) and **Transportes Amazonas** (☎ 57-1292; Tacna 628). **Turismo Ucayali** (☎ 59-3002; 7 de Junio 799) has faster *colectivos* to Tingo María (US\$14, six hours).

Getting Around

Motocarros cost US\$2 to the airport or Yarinacocha; car taxis charge US\$3.20. *Colectivos* to Yarinacocha (US\$25¢) leave from 9 de Diciembre near the market and San Martín at Ucayali. Alternatively, rent motorbikes from **Copacabana** (☎ 50-5304; Ucayali 265; per hr US\$2, per 12hr US\$15-20).

YARINACOCHA

This lovely oxbow lake is 10km northwest of Pucallpa. You can go **canoeing**, watch **wildlife**, visit matriarchal Shipibo communities and

purchase **handicrafts**. In the lakeside village of Puerto Callao, internet access is available on the main plaza.

Popular boat trips include to the **botanical gardens** (per person US\$60¢; ☎ 8am-4pm), best visited in the early morning to observe abundant birdlife, and the **Shipibo villages** of San Francisco and Santa Clara. You can hire guides for jungle walks and overnight treks. *Pekipeki* boats with drivers cost about US\$5 per hour. Overnight trips are US\$35 per person per day. Recommended guides include **Gilber Reategui Sangama** (☎ 962-7607/985-5352; www.sacredheritage.com/normita), with his boat *La Normita*; **Miguel Tans** (☎ 59-7494) with *Pituco*; **Eduardo Vela** (☎ leave a message at 57-5383) with *The Best*; and Gustavo Paredes with *Poseidon*. It's easy to find their boats, which are all pulled up along the waterfront. Don't fall for the old 'Oh, that boat sank. Why don't you take a tour with me?' tactic.

For rustic hospitality and shaman ceremonies, stay across the lake at Gilber Reategui Sangama's **house** (☎ leave a message at 57-9018; junglesecrets@yahoo.com; r per person incl meals US\$15). There are also three pricier lakeside lodges (US\$25 to US\$35 per person including meals), including **Pandisho Albergue** (☎ 57-5041; dm US\$3). The Shipibo village of San Francisco offers lodging from US\$3 per person.

Several inexpensive restaurants and lively bars line the Puerto Callao waterfront.

YURIMAGUAS

☎ 065 / pop 42,793

This quiet, sleepy little port on the Río Hualaga has boats to Iquitos. Reaching Yurimaguas involves a tiring road trip from the northern highlands, though. **Manguare Expediciones** (Lores 126) provides information and arranges tours. BCP and Banco Continental have Visa ATMs and change US cash or traveler's checks. Look for internet cafés in the town center.

Few places have hot water. Clean and quiet **Hostal César Gustavo** (☎ 35-1585; Atahualpa 102; s/d US\$4.50/7.50) is top-rated among the most basic places. Rooms have decent beds and fans. What **Hostal de Paz** (☎ 35-2123; Jáuregui 431; s/d US\$6/8.50) may lack in signage out front, it makes up for with good-value rooms that have fans and cable TV. Too ambitiously baptized, older **Leo's Palace** (☎ 35-3008; Lores 108; s/d US\$6/9), has run-down but spacious fan rooms. Some have a balcony overlooking the

plaza. Decent set lunches (US\$1.50). Quiet and recommended **Hostal El Naranjo** (☎ 35-2650; elnaranjo@hotmail.com; Arica 318; r US\$14-23; 📶 📺 🚿) has rooms with cable TV and fans or air-con. There's a good restaurant, swimming pool and hot showers.

Hotel restaurants are among the best places to eat. Try **La Prosperidad** (Progreso 107) for tropical juices, burgers and chicken.

For flights to Lima, the nearest airport is at Tarapoto (p925). Companies with buses to Tarapoto (US\$3, six hours) include Paredes Estrella and Expreso Huamanga, with offices on the outskirts of town.

The main port 'La Boca' is 13 blocks north of the center. Cargo boats (see also p829), stopping in Lagunas (below), usually leave daily except Sunday for Iquitos (US\$15 to US\$30, three to five days). Boat information is available from a dockside store.

LAGUNAS

The remote village of Lagunas has no money-changing facilities and limited food, but it's a launching pad for visiting the wildlife-rich **Reserva Nacional Pacaya-Samiria** (admission US\$20), home to Amazon manatees, caiman, river dolphins and turtles, monkeys and abundant birdlife. Avoid visiting during the rainy season. To avoid price-cutting, there is now an official guides association, **ESTPEL** (☎ 40-1007). Tours cost approximately US\$50 per person per day, including accommodations and transportation, but not food or park entrance fees. **Hostal La Sombra** (☎ 40-1063; r per person US\$2) has hot, stuffy little rooms. Lagunas' best hotel is **Hostal Miraflores** (☎ 40-1001; Miraflores 249; s/d US\$3/5), with clean rooms. Both provide cheap meals. Boats from Yurimaguas usually take 10 hours and arrive in Lagunas most days.

IQUITOS

☎ 065 / pop 430,000

A sassy and slightly manic jungle metropolis, Iquitos holds the title of the world's largest city that can't be reached by road. Originally founded as a remote Jesuit mission in the 1750s, the town spent many of its early years fending off attacks from indigenous tribes who didn't particularly want to be converted, thank you very much.

During the late-19th-century rubber boom, rubber barons became fabulously rich, while the tribespeople and *mestizo* rubber tappers

suffered virtual enslavement, even death from disease and harsh treatment. Traces of opulence can still be seen in local mansions and artistically tiled walls.

Then, in the 1960s, oil made Iquitos a prosperous modern place once again. Since everything must be 'imported' by boat or air, costs are high.

Information

EMERGENCY

Clínica Ana Stahl (☎ 25-2535; La Marina 285;

📶 24hr)

Policía de Turismo (☎ 24-2081; Lores 834)

IMMIGRATION

Colombian consulate (☎ 23-1461; Calvo de Araujo 431; 📶 9am-12:30pm & 2-4:30pm Mon-Fri)

Migraciones (☎ 23-5371; M Cáceres 18th block)

Extends Peruvian immigration cards, but get entry/exit stamps at the border.

INTERNET ACCESS

Most cybercafés charge less than US\$1 per hour.

Manugare Internet (Próspero 273) Fast machines.

Sured Internet (Morona 213) Air-conditioned.

LAUNDRY

Lavandería Imperial (Putumayo 150; 📶 8am-8pm Mon-Sat) Coin-operated.

MONEY

Many banks change traveler's checks, give credit-card advances and have ATMs. Changing Brazilian or Colombian currency is best done at the border.

Western Union (☎ 23-5182; Napo 359)

POST

Serpost (Arica 402; 📶 8am-6pm Mon-Fri, to 4:30pm Sat)

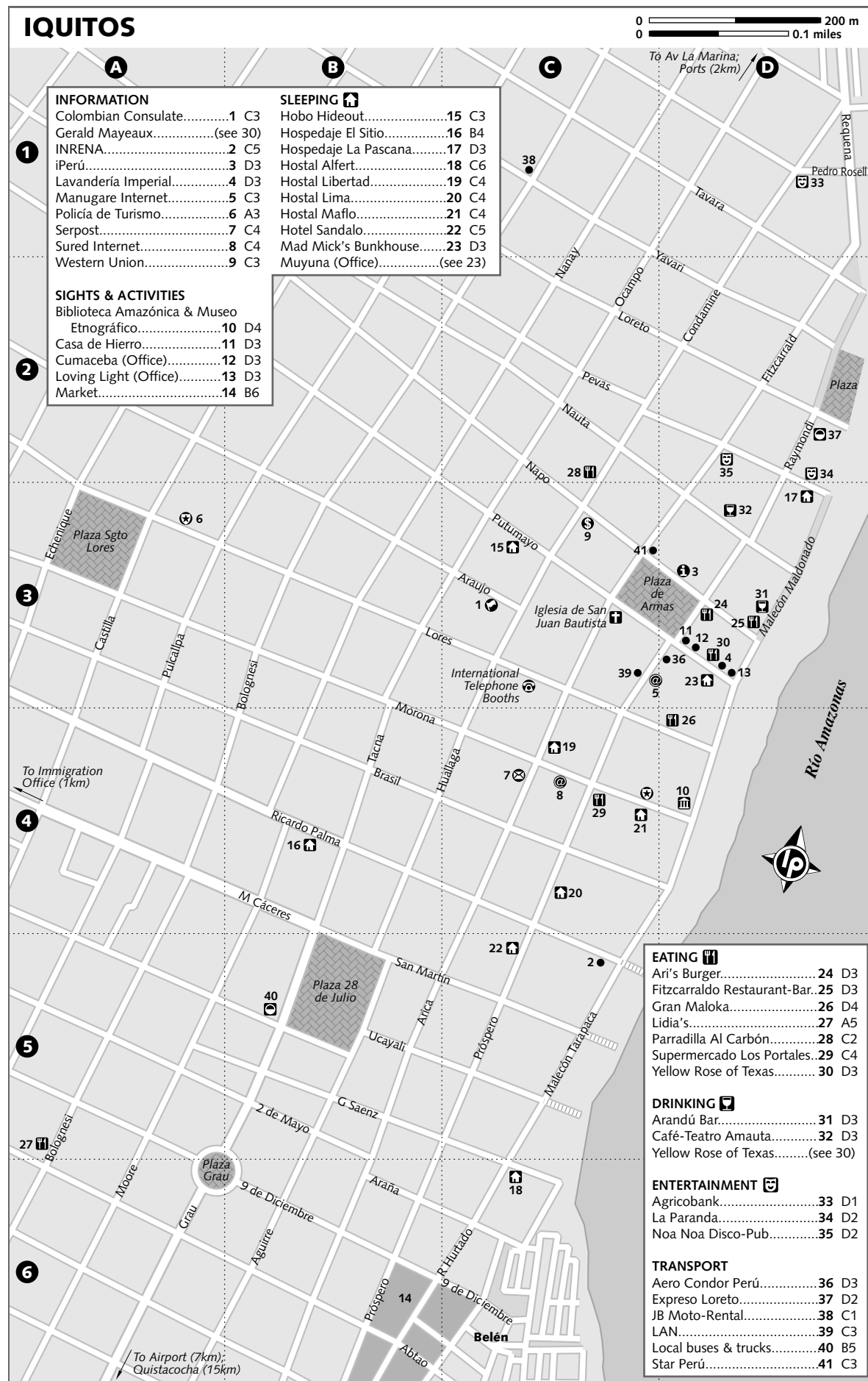
TOURIST INFORMATION

Gerald Mayeaux (theyellowroseoftexasiquitos@hotmail.com) Ex-tourist office director now dispenses information from Yellow Rose of Texas (p935).

iPerú airport (☎ 26-0251; Main Hall, Airport; 📶 8am-1pm & 4-8pm) city center (☎ 23-6144; Plaza de Armas, Calle Napo 232; 📶 8:30am-7:30pm)

Iquitos Times (www.iquitostimes.com) Free English-language tourist newspaper.

Reserva Nacional Pacaya-Samiria office (☎ 23-2980; 4th fl, Ricardo Palma 113; 📶 8am-4pm Mon-Fri) INRENA's office.



Dangers & Annoyances

Aggressive street touts and many self-styled jungle guides are irritatingly insistent and dishonest – don't trust them. Some have criminal records for robbing tourists. Be especially careful when arranging jungle camping trips. All guides should have a permit or license; ask for references, check at the tourist office and then proceed with caution. Petty thievery committed by young children who roam the streets looking for easy prey is also common.

Sights & Activities

The **Casa de Hierro** (Iron House; cnr Putumayo & Raymondí), designed by Eiffel of towering fame, was made in Paris and imported piece by piece to Iquitos around 1890. It looks like what it is: a bunch of metal sheets bolted together. Stay tuned – a restaurant and bar may open upstairs above the store.

The **Biblioteca Amazónica & Museo Etnográfico** (cnr Malecón & Morona; ☎ Mon-Fri), inside one of Iquitos' oldest houses, features startlingly life-like fiberglass statues of different Amazonian tribespeoples.

The floating shantytown of **Belén** houses thousands of people living on huts that rise and fall with the river, and canoes selling and trading jungle produce daily from around 7am. This is a poor area, but relatively safe in daylight. Take a cab to Los Chinos, walk to the port and rent a canoe to paddle you around during the November to May high-water season; it's difficult to navigate in other months. The **market**, on the west side of Belén, has piles of dried frogs and fish, armadillo shells, piranha teeth and almost everything else, including kitchen sinks. Look for Chuchuhuasi tree bark that is soaked in rum for weeks, then used as a tonic (it's even served in local bars).

Pilpintuwasi Butterfly Farm (☎ 23-2665; www.amazonanimalorphange.org; Padra Cocha; admission US\$5; ☎ 10am-4pm) is a conservatorium and breeding center for Amazonian butterflies, but it's the orphaned exotic animals – including a capuchin monkey, tapir, jaguar, giant anteater and manatee – that steal the show. From Bellavista-Nanay port, 2km north of Iquitos, take a small boat to Padre Cocha. The farm is a signposted 1km walk through the village.

Built by nostalgic expats, the wacky, wonderful **Amazon Golf Club** (☎ 63-1333; Quistacocho; 9-hole round incl club rental US\$20; ☎ 6am-6pm) is the only golf course in the entire Amazon. To take a swing, enquire at **Mad Mick's Trading Post** (☎ 065-75-4976; Putumayo 163; ☎ 8am-8pm), where you can buy, rent, sell or trade almost anything necessary for a jungle expedition.

Sleeping

Mosquitoes are rarely a serious problem, so netting isn't provided. All rooms have fans unless otherwise noted. The May to September high season brings slightly higher rates.

Mad Mick's Bunkhouse (☎ 975-4976; michaelcollis@hotmail.com; Putumayo 163; dm US\$3) Crash in an eight-bed dormitory at the back of a trading post. For the price, you can't get any closer to the action – it's 50m from the Plaza de Armas.

Hostal Alfert (☎ 23-4105; G Saenz 1; s/d US\$4.50/7.30) With a view of the river and Belén, this gaudy place with warm showers attracts shoestringers, though the neighborhood is dodgy.

Hobo Hideout (☎ 23-4099; hobohideout@yahoo.com; Putumayo 437; dm US\$5, s/d US\$8.75/11; ☎) A cool traveler vibe reaches out through the iron-grill gate and into the kitchen, laundry, waterfall plunge pool, bar and cable TV room. One

SPLURGE!

There are over a dozen jungle lodges in the Iquitos area, but lodges built further off into the Amazon itself offer your best chances of seeing exotic wildlife. A typical (but unforgettable) trip includes a river journey, all accommodations and meals, jungle walks and canoe trips, and a visit to an indigenous village. Most lodges charge over US\$100 per day depending on the number of days, services, group size and your bargaining abilities. Lodge offices are found in central Iquitos (Map p933), or ask at the tourist office. Budget travelers have especially recommended **Cumaceba** (☎ 065-22-1456; www.cumaceba.com; Putumayo 184), **Muyuna** (☎ 065-24-2858; www.muyuna.com; Putumayo 163), **Loving Light** (☎ 065-24-3180; www.junglelodge.com; Putumayo 128), **Yarapa River** (☎ 065-993-1172; www.yarapariverlodge.com; La Marina 124) and **Explorama** (☎ 065-25-2530; www.explorama.com; La Marina 340) Amazon lodges.

(pricier) room towers on jungle-style stilts; others are small and dark.

Hospedaje La Pascana (☎ 065-23-1418; www.pascana.com; Pevas 133; s/d/tr US\$11/12.50/15.50) With a small plant-filled garden, this safe and friendly place is deservedly popular with travelers and often full. Book exchange.

Also recommended:

Hostal Maflo (☎ 24-1257; hostalmaflo@mixmail.com; Morona 177; s/d incl breakfast US\$7.20/12) Plain rooms with hot water and cable TV.

Hostal Libertad (☎ 23-5763; Arica 361; s/d US\$7.50/11.50, d with air-con US\$15) Simple rooms with electric showers; some have cable TV.

Hospedaje El Sitio (☎ 23-4932; R Palma 545; s/d US\$7.80/11) Clean, extra large rooms with cable TV.

Hostal Lima (☎ 22-1409; Próspero 549; s/d US\$8/11) Tight but tidy rooms with miniscule baths. Upstairs is better and breezier.

Hotel Sandalo (☎ 23-4761; sandalo@iquitos.net; Próspero 616; s/d US\$12.50/18.75, with air-con US\$18.75/25, all incl breakfast; 🍷) Modern, motel-style carpeted rooms with cable TV, minifridge and phone.

Eating

Yellow Rose of Texas (Putumayo 180; breakfast from US\$1.50, mains US\$5-7.50; 🍷 24hr) Specializes in Texas BBQ, but you can feast on other jungle and international dishes, too, in the lanternlit courtyard or at sidewalk tables.

Lidia's (Bolognesi 1181; mains from US\$2; 🍷 6-9pm Mon-Sat) So homey it's practically inside Lidia's living room, with plenty of meat, fish, *tamales* and plantains straight off the grill. No sign, but plenty of sizzle.

Parrillada Al Carbón (Condamine 115; mains US\$2-5; 🍷 dinner) Look out for local dishes such as *tacacho* (mashed bananas with bacon), *calabresa* (spicy Brazilian sausage) and *patacones* (fried plantains) at this tasty grill.

Ari's Burger (Próspero 127; meals US\$2-6; 🍷 7am-3am) Squeaky clean and on the main plaza, it's locally dubbed 'gringolandia' and great for American-style food and ice cream.

Fitzcarraldo Restaurant-Bar (Napo 100; mains US\$3-7) Anchors a block of upscale riverside restaurants, with a streetside patio and frigid air-con indoors.

Gran Maloka (Lores 170; menú US\$3.50, mains US\$7-9; 🍷 noon-10pm; 🍷) Inside an atmospheric mansion from rubber-boom days. The menu is adventurous (curried caiman anyone?) but has plenty of less-startling options. Good for a splurge.

Supermercado Los Portales (cnr Próspero & Morona) For supplies.

Drinking

Arandú Bar (Napo) A good beer joint next to the Fitzcarraldo.

Café-Teatro Amauta (Nauta 250) Has live Peruvian music most nights and a well-stocked bar of local drinks.

Yellow Rose of Texas (Putumayo 180; 🍷 24hr) The spot for games, sports TV and heavenly ice-cold beers.

Entertainment

Agricobank (cnr Condamine & Pablo Rosell; admission US\$1.75) Hundreds gather to let loose at this huge, outdoor place.

Noa Noa Disco-Pub (Pevas 292; admission US\$6) The upscale Noa Noa pulsates to cumbia and salsa rhythms.

La Paranda (Pevas 174) Sees locals strutting their stuff on weekends.

Getting There & Away

AIR

Iquitos' airport (IQT) is 7km south of town. Flights are currently available to Lima and Tarapoto with more modern **LAN** (☎ 23-2421; Próspero 232), as well as **Star Perú** (☎ 23-6208; Napo 256) and **Aero Condor Perú** (☎ 23-1086; Próspero 215). Charter flights go almost anywhere in the Amazon (US\$300 per hour).

BOAT

Cargo boats normally leave from Puerto Masusa, on Av La Marina, 2.5km north of the town center. Chalkboards tell you which boats are leaving when (though departures often change overnight, and boats tend to leave hours or days late). See p828 for more details on cargo-boat journeys.

Boats to Pucallpa (four to seven days) or Yurimaguas (three to six days) cost around US\$20 to US\$30 per person. Boats leave about three times a week to Pucallpa, more often to Yurimaguas, but less if the river is low at the time of departure.

Getting Around

Taxis to the airport cost US\$3, *motocarros* US\$2. Buses and trucks for nearby destinations, including the airport, leave from Plaza 28 de Julio. *Motocarro* rides around town cost US70¢. **JB Moto-Rental** (Yavari 702; per hr US\$2.50) rents motorcycles.

GETTING TO COLUMBIA, BRAZIL & ECUADOR

Colombia, Brazil and Peru share a three-way border. Even in the middle of the Amazon, border formalities must be adhered to and officials will refuse passage if your passport, tourist card and visas are not in order. Regulations change, but the riverboat captains know where to go. You can travel between the three countries without formalities, as long as you stay in the tri-border area. Otherwise, if you're leaving Peru, get an exit stamp at the Peruvian immigration post in Santa Rosa, on the south side of the river, just before the border (boats will stop long enough for this – ask the captain).

The biggest town is Leticia (Colombia), which has hotels, restaurants and a hospital. Get your passport stamped here for official entry into Colombia. Motorized canoes from Santa Rosa reach Leticia in about 15 minutes. From Leticia you can fly to Bogotá on almost daily commercial flights. Otherwise, infrequent boats go to Puerto Asis on the Río Putumayo, a trip of up to 12 days. From Puerto Asis, buses go further into Colombia.

Leticia is linked with Tabatinga (Brazil) by road (a short walk or taxi ride). Get your official entry stamp for Brazil from Tabatinga's police station. Tabatinga has an airport with flights to Manaus (Brazil). Boats to Manaus, about a week away, leave from downriver and usually stop in the Brazilian port of Benjamin Constant for a night. Otherwise it takes about an hour to reach Benjamin Constant by public ferry. North Americans, Australians and others must obtain visas to enter Brazil; for more information, see p407.

From Iquitos (p935), boats to Santa Rosa leave twice weekly, take two days and cost US\$15 to US\$20 (bargain hard). Several companies on Raymondí at Loreto including **Expreso Loreto** (☎ 065-23-4086/24-3661) offer fast launches that take 12 hours, depart at 6am every other day and cost US\$50, including lunch.

It is also possible, though arduous, to travel by cargo boat between Iquitos and Coca, Ecuador, via the Amazon and Napo Rivers. For more information on traveling this route from Ecuador to Peru, see p702 in the Ecuador chapter.

For information on entering Peru from Brazil, see p394; from Colombia, p625.

PERU DIRECTORY

ACCOMMODATIONS

Lima and the tourist mecca of Cuzco are the most expensive places to stay in Peru. During high season (June through August), major holidays (p940) and festivals (p939), accommodations are likely to be full and rates can triple. At other times, the high-season rates quoted in this chapter are very negotiable. Foreign tourists normally aren't charged the 10% sales tax on accommodations. *Incluye impuesto* (IGV) means a service charge has been included in the price. At better hotels, taxes and service charges combined may total 28%. Budget hotels usually have hot (or more likely, tepid) showers some of the time. They may not accept or honor reservations. Dormitory beds come with shared bathrooms, while single/double rooms (including those in *hostales*, which are guesthouses and not the same as backpacker hostels) have private bathrooms, unless otherwise noted.

ACTIVITIES

Most activities are available year-round, but certain times of year are better than others. Peak season for most outdoor activities is during the winter dry season (June to August). Trekking in the highlands is a muddy proposition during the wet season, especially December to March, when the heaviest rains fall. However, those hotter summer months are best for swimming and surfing along the Pacific Coast.

The fledgling status of many outdoor activities in Peru means that equipment rental can be expensive and hard to find. Beware that activity guides are often unregulated, untrained and inexperienced, which can lead to injury or even death for their clients. For your safety, avoid the cheapest, cut-rate tour agencies and outdoor outfitters. For specialized activities, bring high-quality gear from home.

Bird-Watching

If bird-watching gets you in a flap, head for the Amazon Basin (p926), Islas Ballestas (p846) and Cañón del Colca (p863) for starters. See p827 for more info on Peru's wildlife.

Climbing

Huascarán (6768m), Peru's highest mountain, is experts-only, but easier peaks abound near Huaraz (p914) and Arequipa (p860). Rock and ice climbing are taking off in a big way around Huaraz (p914).

Horse-Riding

Horse rentals can be easily arranged. For a real splurge, take a ride on a graceful Peruvian paso horse near Lima (p838) or Urubamba (p881).

Mountain Biking

Gearing up for some downhill adventures? Easy or demanding single-track trails also await mountain bikers outside Huaraz (p915), Cuzco (p875) and Arequipa (p860).

Paragliding

Paragliding is an up-and-coming sport in Peru, especially in Lima (p838).

Rafting

White-water rafting (river-running) agencies in Cuzco (p875) and Arequipa (p861) offer a multitude of day runs and longer hauls (grade III to IV+ rapids). Travelers have died on these rivers in recent years, so be especially cautious about which rafting company to trust with your life. The best place for beginners is at Lunahuaná (p845).

Surfing & Sandboarding

Surfing has a big fan base in Peru. There are some radical waves up north, famously at Huanchaco (p904), Máncora (p911) and Puerto Chicama (p905), and just south of Lima (p838), too. For something completely different, sandboard down humongous dunes in the coastal desert near Huacachina (p850) and Nazca (p852).

Trekking

Trekkers, pack your boots – the variety of trails in Peru is staggering. The Cordillera Blanca (p918) can't be beat for peaks, while the nearby Cordillera Huayhuash (p920) is similarly stunning. But if you've heard of *any* trek in Peru, you will have heard of the world-famous Inca Trail to Machu Picchu (p887) – and everyone else has, too, so consider taking an alternative route to Machu Picchu (p888). The spectacular six-day Ausangate Circuit (p891), the Inca site Choquequirau (p891) and

ancient ruins hidden in cloud forests outside Chachapoyas (p923) are a few more trekking possibilities. Alternatively, get down into the world's deepest canyons – the Cañón del Cotahuasi (p860) and Cañón del Colca (p863).

BOOKS

Check out Lonely Planet's *Peru* guide and *Trekking in the Central Andes*.

If you read only one book about the Incas, make it the lucid and lively *Conquest of the Incas* by John Hemming. Or get a grip of all of Peru's bygone cultures with *The Ancient Kingdoms of Peru* by Nigel Davies.

The White Rock by Hugh Thomson describes a filmmaker's search for Inca archaeological sites throughout the Andes, with plenty of background on earlier explorers.

Eight Feet in the Andes by Dervla Murphy is a witty travelogue of the writer's 1300-mile journey with her daughter through remote Andean highlands from Ecuador to Cuzco, ending at Machu Picchu.

The Peru Reader: History, Culture, Politics, edited by Orin Starn, Carlos Ivan Degregori and Robin Kirk, looks at everything from the conquest of the Incas to cocaine production, guerrilla warfare and gay activism.

Touching the Void by Joe Simpson, now an award-winning British documentary film, is a harrowing account of mountaineering survival in the Cordillera Huayhuash.

The Monkey's Paw by Robin Kirk covers Peru during the violent 1980s – it's an excellent if chaotic examination of how individuals manage to survive terror.

Trail of Feathers by Tahir Shah is a tall tale of the author's quest to uncover what lies behind the 'birdmen' legends of the Peruvian desert, eventually leading to a cannibalistic Amazonian tribe.

Inca Kola by Matthew Parris is a tongue-in-cheek, often snide story about backpacking in Peru.

BUSINESS HOURS

Shops open at 9am or 10am and close between 6pm and 8pm. A three-hour lunch break is common, especially at restaurants. Shops may stay open through lunch in big cities, and there are 24-hour supermarkets in Lima. Banks are generally open 9am to 6pm Monday to Friday, to 1pm Saturday. Post offices and *casas de cambio* keep highly variable hours. Almost everything closes on Sunday.

CLIMATE

During the coastal summer (late December to early April), many Peruvians head to the beach as the dreary *garúa* (coastal fog, mist or drizzle) clears and the sun breaks through.

In the Andes proper, the cool, dry season runs from May to September, which is peak season for tourism. The mountains can reach freezing temperatures at night, but enjoy glorious sunshine during the day. The wet season in the mountains extends from October to May, and is at its worst during January and February.

It rains all the time in the hot and humid Amazonian rainforest, but the driest months are from June to September. However, even during the wettest months (from December to May), it rarely rains for more than a few hours at a time.

For more information and climate charts, see p1062.

DANGERS & ANNOYANCES

Peru has its fair share of traveler hassles, which may often be avoided by exercising common sense.

The most common problem is theft, either stealth or snatch – theft by violent mugging is rare, though not to be ruled out. Watch out for ‘choke and grab’ attacks, especially at archaeological sites. Robberies and fatal attacks have occurred even on popular trekking trails, notably around Huaraz.

Avoid unlicensed ‘pirate’ taxis, as some drivers have been known to be complicit in ‘express’ kidnappings. Take good-quality day buses instead of cheap, overnight services to lower the risk of having an accident or possibly being hijacked.

Do *not* get involved with drugs. Gringos who have done are being repaid with long-term incarceration in harsh Peruvian prisons. Any suspect in a crime (which includes vehicle accidents, whether or not you’re the driver at fault) is considered guilty until proven innocent.

Terrorism is largely a thing of the past in Peru, but narco-trafficking is serious business. Areas to avoid are the Río Huallaga valley between Tingo María and Juanjui, and the Río Apurímac valley near Ayacucho, where the majority of Peru’s illegal drug-growing takes place.

Not all unexploded ordinance (UXO) along the Ecuadorian border has been cleaned up –

use only official border crossings and don’t stray off the beaten path in border zones.

Soroche (altitude sickness) can be fatal. For more information, see p1095.

DRIVER’S LICENSE

A driving license from your own home country is sufficient for renting a car. An International Driving Permit (IDP) is only required if you’ll be driving in Peru for more than 30 days.

ELECTRICITY

Peru runs on a 220V, 60Hz AC electricity supply. Even though two-pronged outlets accept both flat (North American) and round (European) plugs, electronics built for lower voltage and cycles (eg 110–120V North American appliances) will function poorly or not at all, and plugging them in without using a converter can damage them.

EMBASSIES & CONSULATES

Embassies & Consulates in Peru

Australia Lima (Map pp832-3; ☎ 01-222-8281; www.australia.org.pe; Suite 1301, Torre Real 3, Av Victor A Belaúnde 147, San Isidro, Lima 27)

Bolivia Lima (Map pp832-3; ☎ 01-422-8231; fax 01-222-4594; Castaños 235, San Isidro, Lima 27)
Puno (Map p866; ☎ /fax 051-35-1251; Arequipa 136, 3rd fl, Puno)

Brazil (Map p840; ☎ 01-421-5660; www.embajadabrasil.org.pe; José Pardo 850, Miraflores, Lima 18)

Canada (Map p840; ☎ 01-444-4015; www.dfait-maeci.gc.ca/latin-america/peru; Libertad 130, Miraflores, Lima 18)

Chile (Map pp832-3; ☎ 01-611-2211; www.emba-chile.peru.com.pe; Javier Prado Oeste 790, San Isidro, Lima 27)

Colombia Iquitos (Map p933; ☎ 065-23-1461; cniqitosperu@terra.com.pe; Calvo de Araujo 431, Iquitos); Lima (Map pp832-3; ☎ 01-441-0954; www.embajadacolombia.org.pe; Jorge Basadre 1580, San Isidro, Lima 27)

Ecuador Lima (Map pp832-3; ☎ 01-212-4171; www.mecadorperu.org.pe; Las Palmeras 356, San Isidro, Lima 27); Tumbes (☎ 072-52-5949; 3rd fl, Bolívar 129, Plaza de Armas, Tumbes)

France (Map pp832-3; ☎ 01-215-8400; www.ambafrance-pe.org; Arequipa 3415, San Isidro, Lima 27)

Germany (Map p840; ☎ 01-212-5016; www.emba-jada-alemana.org.pe; Arequipa 4210, Miraflores, Lima 18)

UK (☎ 01-617-3000; www.britishembassy.gov.uk; 23fl, Torre Parque Mar, José Larco 1301, Miraflores, Lima 18)

USA (Map pp832-3; ☎ 01-434-3000; <http://lima.usembassy.gov>; La Encalada 17th block, Surco, Lima 33)

Peruvian Embassies & Consulates

See p942 for visa information. Peruvian embassies are found in all neighboring countries, in addition to the following:

Australia (☎ 02-6273-8752; www.embaperu.org.au; 40 Brisbane Ave, Barton, ACT 2600)

Canada (☎ 613-238-2721; www.embassyofperu.ca; Suite 201, 130 Albert St, Ottawa, ON K1P 5G4)

France (☎ 01-42-70-65-25-10; conperparis@wanadoo.fr; 25 rue de l'Arcade, 75008 Paris)

Germany (☎ 030-2-29-14-55; www.conperberlin.embaperu.de; Mohrenstrasse 42, 10117 Berlin)

Israel (☎ 09-9957-8836; emperu@012.net.il; Entrada A, 2nd fl, 60 Medinat Hayehudim St, Herzliya 46766)

Italy (☎ 06-8069-1510, 06-8069-1534; www.ambasciataperu.it; Via Francesco Siacchi 2B, 00197 Roma)

Netherlands (☎ 020-622 85 80; fax 020-422 85 81; Kantoorgebouw Riverstate, Amsteldijk 166-7E, 1079 LH Amsterdam)

New Zealand (☎ 04-499-8087; www.embassyofperu.org.nz; Level 8, Cigna House, 40 Mercer St, PO Box 2566, Wellington)

Spain (☎ 91-56-29-012; www.consuladoperumadrid.org; Calle Cristobal Bordiú 49, 28003 Madrid)

UK (☎ 020-7235 1917; www.peruembassy-uk.com; 52 Sloane St, London SW1X 9SP)

USA (☎ 202-833-9860; www.peruvianembassy.us; 1700 Massachusetts Ave NW, Washington, DC 20036)

FESTIVALS & EVENTS

See p940 for a list of national holidays.

La Virgen de la Candelaria (Candlemas) A colorful highland fiesta on February 2, particularly in the Puno area.

Carnaval In February/March – water fights galore!

Semana Santa (Holy Week) Religious processions throughout the week; March/April.

Corpus Christi Dramatic processions in Cuzco on the ninth Thursday after Easter.

Inti Raymi The great Inca festival of the sun, held on the winter solstice (June 24).

La Virgen del Carmen Street dancing in Pucara near Lake Titicaca and Paucartambo and Pisac near Cuzco on July 16.

Puno Day Spectacular costumes and dancing in Puno (November 5) to commemorate the legendary emergence of the first Inca, Manco Capác, from Lake Titicaca.

FOOD & DRINK

Food tends toward the spicy, but *aji* (chili condiments) are served separately. If you're sick of seafood, crying off *cuy* (guinea pig) or feeling ill at the very idea of Cajamarca's spe-

cialty, cow brains, every town has its *pollería* grills churning out chicken and potatoes for the masses. Vegetarianism is a small but fast-growing industry in Peru; hole-in-the-wall joints are popping up in major cities and tourist destinations. *Chifas* (Chinese restaurants) are often cheap, while many other local restaurants offer a *menú del día* (set meal, usually lunch), consisting of a soup, main course and possibly dessert for around US\$2.

Incluye impuesto (IGV) means a service charge has been included in the price. Better restaurants add 18% in taxes and 10% in tips to the bill.

Peruvian Cuisine

Among the most typical Peruvian snacks and dishes:

ceviche erótico (*se-vee-che e-ro-tee-ko*) – mixed seafood marinated in lime, chili and onions, served cold with sweet corn and a boiled yam; considered an aphrodisiac!

chirimoya (*chee-ree-mo-ya*) – reptilian-looking custard apple with sweet interior; tastes better than it looks

cuy chactado (*kwee chak-ta-do*) – roasted guinea pig

lomo de alpaca (*lo-mo de al-pa-ka*) – alpaca meat tastes like beef, but has only half the fat

lomo saltado (*lo-mo sal-ta-do*) – chopped steak fried with onions, tomatoes and potatoes, served with rice

palta a la jardinera (*pal-ta a la khar-dee-nye-ra*) – avocado stuffed with cold vegetables and mayonnaise;

a la reina is stuffed with chicken salad

rocoto relleno (*ro-ko-to re-ye-no*) – spicy bell pepper stuffed with ground meat; very hot!

sopa a la criolla (*so-pa a la kree-ol-la*) – lightly spiced, creamy noodle soup with beef and vegetables; *a la criolla* describes spicy foods.

Drinks

ALCOHOLIC DRINKS

There are about a dozen kinds of palatable and inexpensive beer, both light, lager-type beers and sweet, dark beers (called *malta* or *cerveza negra*). Cuzco and Arequipa are fiercely proud of their beers, Cuzqueña and Arequipeña.

Dating back to pre-Columbian times, traditional highland *chicha* (corn beer) is stored in

WARNING

Avoid food prepared from endangered animals. Sometimes *chanco marino* (dolphin) may be served up or, in the jungle areas, *huevos de charapa* (tortoise eggs), *motelo* (turtle) or even *mono* (monkey).

earthenware pots and served in huge glasses in small Andean villages and markets, but is not usually commercially available. This homebrew is an acquired taste – the unhygienic fermentation process begins with someone chewing the corn.

Peruvian wines are good but not up to the standard of Chilean or Argentine tipple. A white-grape brandy called *pisco* is the national drink, most frequently served in a *pisco sour*, a tasty cocktail made from pisco, egg white, lemon juice, syrup, crushed ice and bitters. The firewater of choice in the jungle is *aguardiente* (sugarcane spirits flavored with anise). *Salud!*

NONALCOHOLIC DRINKS

Agua mineral (mineral water) is sold *con gas* (with carbonation) or *sin gas* (without carbonation). Don't leave without trying Peru's top-selling, fizzy-bubble-gum-flavored Inca Kola at least once. Ask for it *sin hielo* (without ice) unless you really trust the water supply. *Jugos* (fruit juices) are widely available. Make sure you get *jugo puro*, not *con agua*. The most common juices are *naranja* (orange), *toronja* (grapefruit), *maracuyá* (passion fruit), *manzana* (apple), *naranjilla* (a local fruit tasting like bitter orange) and papaya. *Chicha morada* is a sweet, bland, noncarbonated drink made from purple corn. *Maté de coca* (coca-leaf tea) allegedly helps with acclimatization.

GAY & LESBIAN TRAVELERS

Peru is a strongly conservative, Catholic country. Gays and lesbians tend to keep a low profile. Homosexual rights in a political or legal context don't even exist as an issue for most Peruvians. (FYI the rainbow flag seen around Cuzco is *not* a gay pride flag – it's the flag of the Inca Empire.) When the issue does arise in public, hostility is most often the official response.

Kissing on the mouth is rarely seen in public, by either heterosexual or homosexual couples. Peruvians are physically demonstrative with their friends, though, so kissing on the cheek in greeting or an *abrazo* (backslapping hug exchanged between men) are innocuous, everyday behaviors. When in doubt, do as locals do.

Lima is the most accepting of gay people (see p839), while Cuzco, Arequipa and Trujillo are more tolerant than the norm. **Movimiento Homosexual-Lesbiana** (☎ 01-332-2945;

www.mhol.org.pe) is Peru's best-known gay political organization.

HOLIDAYS

On major holidays, banks, offices and other services are closed, fully booked hotels double or triple their rates, and transportation becomes overcrowded. Fiestas Patrias is the biggest national holiday, when the entire nation seems to be on the move.

Año Nuevo (New Year's Day) January 1

Good Friday March/April

Día del Trabajador (Labor Day) May 1

Inti Raymi June 24

Fiestas de San Pedro y San Pablo (Feast of St Peter & St Paul) June 29

Fiestas Patrias (National Independence Days) July 28 and 29

Fiesta de Santa Rosa de Lima August 30

Battle of Angamos Day October 8

Todos Santos (All Saints Day) November 1

Fiesta de la Purísima Concepción (Feast of the Immaculate Conception) December 8

Navidad (Christmas Day) December 25

INTERNET ACCESS

Internet cafés are found on every other street corner in Peru. Even small towns will have at least one *cabina* tucked away somewhere. Access is fast and inexpensive (around US60¢ per hour) in cities, but pricier and painfully slow in rural areas.

INTERNET RESOURCES

Andean Travel Web (www.andeantravelweb.com/peru) Travel directory with links to hotels, tour companies, volunteer programs etc.

Living in Peru (www.livinginperu.com) English-speaking expat's guide: an excellent source of Lima-centric news and events.

Peru Links (www.perulinks.com) Thousands of interesting links; many are in Spanish, some in English. Editor's picks and top 10 sites are always good.

PromPerú (www.peru.info) Official governmental tourism site has a good overview in Spanish, English, French, German, Italian and Portuguese.

LEGAL MATTERS

There are *policía de turismo* (tourist police) stations in over a dozen major cities, and they usually have someone on hand who speaks at least a little English. Although bribery is illegal, some police officers (including tourist police) are corrupt. Because most travelers won't have to deal with traffic police, the most

likely place you'll be expected to pay officials a little extra is at overland border crossings. This too is illegal, and if you have the time and fortitude to stick to your guns, you will eventually be allowed in.

MAPS

The best road map of Peru, *Mapa Vial* (1:2,000,000) published by Lima 2000, is sold in bookstores. **Instituto Geográfico Nacional** (IGN; Map pp832-3; ☎ in Lima 01-475-9960; Aramburu 1198, Surquillo; ☒ 9am-4pm Mon-Fri) sells topographic maps, which are more easily available from outdoor outfitters in major cities and tourist destinations.

MONEY

The currency is the nuevo sol (S/), divided into 100 *céntimos*.

ATMs

Most cities and some small towns have 24-hour ATMs on the Plus (Visa) and Cirrus (Maestro/MasterCard) systems. American Express and other networks are less widespread. Bigger airports and bus stations, as well as Interbank branches, have global ATMs that accept almost all foreign cards. ATMs in Peru will only accept your debit, bank or traveler's check card if you have a four-digit PIN. Both US dollars and Peruvian currency are dispensed. Remember your bank will charge a fee for each foreign ATM transaction.

Cash

The following bills are commonly in circulation: S/10, S/20, S/50, S/100. When changing money, always ask for plenty of small bills. Coins of S/0.5, S/0.10, S/0.20, S/0.50, S/1, S/2 and S/5 are also in use. US dollars are accepted at many tourist-oriented establishments, but you'll need nuevos soles to pay for transportation, cheap meals and guesthouses etc.

Credit Cards

Better hotels, restaurants and shops accept *tarjetas de credito* (credit cards), but usually tack on a fee of 7% or more for paying with plastic.

Exchanging Money

Currencies other than US dollars can be exchanged only in major cities and at a high commission. Worn, torn or damaged bills are not accepted. *Casas de cambio* are open

longer than banks and are much faster. Money changers are useful for exchange outside banking hours or at borders where there are no banks, but beware of 'fixed' calculators, counterfeit notes and short-changing.

Traveler's Checks

Traveler's checks can be cashed at larger banks and money changers' offices, but they are hard to exchange outside of large towns. Commissions are high, up to 10%. Amex is the most widely accepted brand, followed by Thomas Cook and Visa.

POST

Serpost (www.serpost.com.pe) is the privatized postal system. It's relatively efficient, but expensive. Airmail postcards and letters cost about US\$3.50 each to most foreign destinations, arriving in about two weeks from Lima, longer from provincial cities.

Lista de correos (poste restante/general delivery) can be sent to any major post office. South American Explorers will hold mail and packages for members at its clubhouses in Lima (p836) and Cuzco (p871).

RESPONSIBLE TRAVEL

Archaeologists are fighting a losing battle with *huaqueros* (grave robbers), particularly along the coast. Refrain from buying original pre-Columbian artifacts, and do not contribute to wildlife destruction by eating endangered animals (see p939) or purchasing souvenirs made from skins, feathers, horns or turtle shells. Some indigenous communities make their living from tourism. Visiting these communities may financially support their initiatives, but also weaken traditional cultures. If you go on an organized tour, make sure the company is locally owned and ask if any of the proceeds benefit the places you'll be visiting.

STUDYING

Peru is less well known for its Spanish-language courses than other Latin American countries. However, there are several schools in Lima (p830), Cuzco (p875) and Arequipa (p860).

TELEPHONE

Public payphones are available in even the tiniest towns. Most work with phonecards, and many with coins. Dial 109 for a Peruvian operator, 108 for an international operator

and 103 for information. Internet cafés are often much cheaper for making local, long-distance and international phone calls than **Telefónica-Perú** (www.telefonica.com.pe) offices.

Cell Phones

It's possible to use a tri-band GSM world phone in Peru (GSM 1900); other systems in use are CDMA and TDMA. In major cities, you can buy cell phones for about US\$65, then pop in a SIM card that costs from US\$6 – Claro is a popular pay-as-you-go plan. Reception fades the further you head into the mountains or jungle.

Phone Codes

Peru's country code is ☎ 51. To call a foreign country, dial 00, the country code, area code and local number.

Each region of Peru (called a department) has its own area code, which begins with 0 (☎ 01 in Lima, 0 plus two digits elsewhere). To call long-distance within Peru, include the 0 in the area code. If calling from abroad, dial your international access code, the country code (☎ 51), the area code without the 0, then the local number.

Phonecards

Called *tarjetas telefonicas*, phonecards are widely available from street vendors or kiosks. Some have an electronic chip, but most make you dial a code to obtain access. The most common are the 147 cards: dial 147, enter the code on the back of your card, listen to a message in Spanish telling you your balance, dial the number, listen to how much time you have, then your call connects. Ask around for which companies' cards offer the best deals.

TOILETS

Peruvian plumbing leaves something to be desired. Even a small amount of toilet paper in the bowl can muck up the entire system – that's why a small, plastic bin is routinely provided for disposing of it. Except at museums, restaurants, hotels and bus stations, public toilets are rare in Peru. Always carry an extra roll of toilet paper with you.

TOURIST INFORMATION

PromPerú's official tourism website (www.peru.info) has information in Spanish, English, French, German, Italian and Portuguese. PromPerú also runs **iPerú** (☎ 24hr hotline 01-574-

8000) information offices in Lima, Arequipa, Ayacucho, Chachapoyas, Cuzco, Huaraz, Iquitos, Puno and Trujillo. Municipal tourist offices are found in other cities listed earlier in this chapter. The South American Explorers clubhouses in Lima (p836) and Cuzco (p871) are good sources of information for travelers, but you'll get more help as a paying member.

TOURS

Some protected areas such as the Inca Trail and Parque Nacional Manu can only be entered with a guided tour. Other outdoor activities, such as trekking in the Andes or wildlife-watching in the Amazon, may be more rewarding with an experienced guide.

TRAVELERS WITH DISABILITIES

Peru offers few conveniences for travelers with disabilities. Peru's official tourism organization **PromPerú** (left) has a link to Accessible Tourism from the 'Special Interest' section of its website (www.peru.info) for reports on wheelchair-accessible hotels, restaurants and attractions in Lima, Cuzco, Aguas Calientes, Iquitos and Trujillo. **Apumayo Expeditions** (p875) is an adventure-tour company that specializes in tours to Machu Picchu and the Amazon jungle, as well as river-rafting trips.

VISAS

With few exceptions (a handful of Asian, African and communist countries), visas are not required for tourism. Passports should be valid for at least six months from your departure date. For more information on entry requirements (eg onward/return tickets), see p1073. Travelers are permitted a 30- to 90-day stay, stamped into their passports and onto an Andean Immigration Card that you must keep and return when leaving Peru. Visa extensions are available at immigration offices (*oficinas de migraciones* or *migraciones*) in major cities, with Lima (p831) being the easiest place to do so. Bring your passport and immigration card; you may be asked to show a ticket out of the country or proof of sufficient funds. Each extension costs about US\$28 and you can stay up to 180 days total. When your time is up, you can leave the country overland and return a day later to begin the process again.

While traveling around Peru, carry your passport and immigration card with you at all times, as you can be arrested if you don't have proper ID.

VOLUNTEERING

Most volunteer programs charge you for program fees, room and board. Watch out for fake charities and illegitimate programs that are scams. Spanish-language schools usually know of casual volunteer opportunities. South American Explorers clubhouses have firsthand reports from foreign volunteers in Lima (p836) and Cuzco (p871). **ProWorld Service Corps** (ProPeru; ☎ in USA 877-733-7378, in UK 0-870-750-7202; www.proworldsc.org) organizes two- to 26-week cultural, service and academic placements in the Sacred Valley and the Amazon, and is affiliated with NGOs throughout Peru.

WOMEN TRAVELERS

Most women encounter no serious problems in Peru, though they should come mentally prepared for being the constant center of attention. Machismo is alive and well in Peruvian towns and cities, where curious staring, whistling, hissing and *piropos* (cheeky, flirtatious or vulgar remarks) are an everyday occurrence. Ignoring provocation is generally the best response. Most men don't follow up their idle chatter with something more threatening unless they feel you've challenged or insulted their manhood.

If you appeal to locals for help, you'll find most Peruvians act protectively toward women traveling alone, expressing surprise and concern when you tell them you're traveling without your husband or family. If a stranger approaches you on the street to ask a question, *don't* stop walking, which would allow attackers to quickly surround you. Never go alone on a guided tour, and stay alert at archaeological sites, even during daylight hours. Take only authorized taxis and avoid overnight buses.

Abortions are illegal in Peru, except to save the life of the mother. Planned Parenthood-affiliated **Instituto Peruano de Paternidad Responsable** (Inppares; ☎ 01-583-9012; www.inppares.org.pe) runs a dozen sexual- and reproductive-health clinics for both sexes around the country.

WORKING

Officially you need a work visa in Peru, though language centers in Lima or Cuzco sometimes hire native speakers to teach English. This is illegal, and such jobs are increasingly difficult to get without a proper work visa. For internships and short-term jobs with volunteer organizations, see left.