

MT. PACHATUSAN

Axis of the ancient Inka world.

**Sacred Journey to the legendary protector of
the wisdom of the Earthkeepers**

With Mimi & Michael Jocson and Q'ero shaman

Don Pasqual

March 28- April 1, 2024

Experience an incredible spiritual healing journey and receive the blessings of the ancient masters of this land. This extraordinary trip, shared by a small private loving group, will take place in some of the most sacred and powerful light-filled places on the planet where we can accelerate our soul's growth. Some of these places are Mt. Pumamarca, Ollantaytambo, Senor the Huanca Sanctuary, Tipon and Mt. Pachatusan.

In order to join us in this expedition, it will be in your best interest to participate in the Oxygen Advantage Approach for simulation of altitude training taught by Michael Jocson. This can be done by attending the class in person or by zoom meeting.

\$1,750 double occupancy special rate reserve by 12/1/2023

\$1,900 double occupancy rate reserve after 12/1/2023

\$2,250 single occupancy special rate reserve by 12/1/2023

\$2,500 single occupancy after 12/1/2023

Group Size: 10 people

\$500 non-refundable deposit required to reserve your place.

ITINERARY

ACCOMMODATIONS

Casa Andina Premium in Sacred Valley, Urubamba, provides luxury accommodations while preserving the warm Andean home stay. Tents provided during camping portion.

Day 1: Afternoon meeting in our hotel. Introduction to Don Pasqual from the Q'ero nation and overview of the goals and objectives of the Expedition.

Ayni Despacho ceremony at Hotel.

Day 2: Hike to Mt Pumamarca, the temple of the jaguars (45 minute hike up to ruins) Shaman leads us in a blessing ceremony and calling on the medicine of the jaguar and its lessons of the journey beyond death.

Visit Ollantaytambo archeological site, the pyramid dedicated to the wind and a very important place of power. Its location is in the crux of three valleys.

Lunch on your own in Ollantaytambo.

Day 3: Visit Senor De Huanca Sanctuary where the power of nature congregates.

Visit Tipon, Temple of the waters

Ceremony by Lagoon: receive Earthkeepers rite given by Don Pasqual. The Earthkeepers rite is an empowerment rite where we are initiated into a lineage of medicine men and women dedicated to the welfare of all beings. **This rite transmits to each of us the wisdom, the kindness, and the courage to dream a new world into being.**

Settle in our campsite that our porters and staff have prepared.

Picnic lunch and dinner provided. Camping overnight

Private healings provided by Don Pasqual \$100 – Optional

Day 4: Hike to visit Mt. Pachatusan (3 hr. hike) with Q'ero Shaman

Healings with the keeper of the Mountain. This is an opportunity to shed the limitations that live inside each one of us, and to break the spell of the nightmare of history that we are living under.

After a picnic lunch, we drive back to our hotel.

Sample itinerary subject to change.

Day 5: Leisurely morning and integration of experience at Hotel
Check out from Hotel

**OPTIONAL DAY 5 & 6 - ADDITIONAL COST: \$400.00
VISIT MACHU PICCHU**

Includes: One night at Hotel in Aguas Calientes, round trip bus and train tickets to , Macchu Picchu as well as entrance fee, tour guide, transportation from train to Hotel. Meals are not included.

Day 5: Transportation from Hotel to Train station for
AguasCalientes overnight stay at Hotel

Day 6: Visit Macchu Picchu with tour guide. Transportation from
train station to Hotel in Cusco

TRAVEL INFORMATION

1. Passport

A valid passport is required for entry into Peru. All participants should carry a second form of photo ID, such as a driver's license, as well as a photocopy of the personal data page of your passport. A copy of your passport is the easiest way to prove your identity if you happen to lose your passport.

US citizens are automatically given a ninety-day visa upon entry to Peru.

Upon entering Peru, you will receive your visa. The visa is a small piece of paper that you can keep inside your passport. **Please make sure you SAVE this visa as you will need it when you exit the country.**

2. Flights

You are responsible for booking your own flights to Cuzco, Peru. If you arrive before the starting date of the expedition, you are also responsible for your transfer from the airport, hotel accommodations before the trip starts, and transportation to Casa Andina Premium in Sacred Valley, where the group is meeting. As soon as you book your flight, please email and provide us with your flight details and emergency contact information.

3. Travelex Insurance

We strongly recommends that you purchase travel insurance to protect yourself in case extenuating circumstances force you to cancel your trip. If for some unforeseen reason you must cancel your journey, your deposit is non-refundable. One option is Travelex Insurance, which offers Trip Cancellation, Trip Interruption, Trip Delay and Baggage insurance. We suggest you purchase travel insurance within three weeks of your initial trip deposit for the best coverage. For complete details, please visit: www.travelexinsurance.com or call customer service at 1-800-228-9792 Monday-Friday 8:00 a.m.-7:00 p.m.

4. Extra Nights

If you are arriving before the expedition start date, or staying on afterwards, we recommend the following hotels:

Sacred Valley: Casa Andina Premium Valle Sagrado Hotel & Villas

It is located at 5to Paradero Yanahuara, Urubamba.

Phone: 011-51-84-76-5501

Email: recep-capvalle@casa-andina.com

Lima Airport: Costa del Sol Wyndham: It is located at the International Airport Jorge Chavez.

Phone Number: 011-51-1-200-9200 or #011-51-1-711-2000

Email: reservasindividuales@costadelsolperu.com

Lima City: Casa Andina Premium Miraflores: It is located at Av. La Paz 463, Miraflores – Lima, Peru

Phone: 011-51-213-4300

Email: recep-capmiraflores@casa-andina.com

Cusco: Casa Andina Premium. It is located at Plazoleta Limacpampa Chico 473 Cusco, Peru

Phone: 011-51-84-58-1200

Email: recep-capcusco@casa-andina.com

5. Meals

During our one night camping day, all meals will be provided as well as fresh fruit to carry in your daypack. Meals are simple, healthy and delicious. You will have plenty of food and any dietary needs such as vegetarian and gluten-free should be easily accommodated.

During days at the Sacred Valley Hotel, daily breakfast at the hotel is included. Lunch and Dinner are not covered; the typical cost for a lunch or dinner ranges from US \$15.00 to US \$20.00. Most days

we will be hiking during lunchtime so we can purchase food at local places. Please feel free to bring power bars or other organic healthy snacks. If you choose to eat at the hotel, your meals will be charged to the credit card on file for your room at the hotel and must be paid when you check out.

6. Water

Drinking water will be provided for the camping day. You will need to bring at least one water bottle to fill and carry with you. You may also want to bring a bottle for hot tea in the morning or evening. You can also purchase bottle water from local stores.

7. Supplements and special dietary products

Please be sure to pack supplements you are taking and any special dietary products such as protein powder mix, tea, or other packaged goods that are absolutely essential to your diet. Please check with the Peruvian Consulate if these products can be brought into Peru.

8. Prescription medications

If you take prescription medications, be sure to bring enough for your travels. Containers should be clearly labeled with prescription forms to avoid problems at Customs. Please bring a sufficient supply of any personal medications you take. We will bring a basic medical kit and other medical supplies, but it is helpful when you are able to tend to basic daily medical needs. Below is a list of items to consider, bring whatever you would use at home. Consult your physician if you have specific concerns before you travel.

- Cipro (Rx) for intestinal bacteria
- Diamox (Rx) for high elevation mountain sickness
- Azithromycin(Rx) for URIs or respiratory infections
- Robitussin cough suppressant
- Pepto Bismol
- Antibiotic cream (Neosporin)

- Ibuprofen or Naproxen
- Decongestant
- Lubricating eye drops
- Herbal and holistic remedies for throat and stomach discomfort
- Ricola, Cepacol for dry and scratchy throats
- Stool softeners: Colace, Swiss Kriss, Dulcolax
- Treatment for diarrhea: Lomotil, Imodium
- Muscle Calm is recommended to help ease sleeplessness. It's a natural alternative to other sleep aids which are not advised at high elevation

9. Personal Hygiene while on the mountain

While on the mountain we will not have showers or baths. Water for basic washing up and brushing teeth will be available. The packing list includes suggestions for wipes to do some sponge bathing along the way.

Chemical toilets will be available in the camp.

10. Health and safety

You can visit the CDC website for information about traveling to Peru, including vaccinations you may need to have:

<https://wwwnc.cdc.gov/travel/destinations/traveler/none/peru>.

Keep in mind that I cannot offer medical advice. It is best that you consult with your primary care physician, who knows your medical history and can best advise you.

Most illnesses while traveling are caused by contamination of food or water. Drink only bottled water and do not use ice cubes unless you know them to be safe. Freezing does not kill bacteria. Do not drink from the streams. Eat only cooked foods and fruits with peel. Avoid food from sidewalk vendors. Our hotel has excellent hygiene and food preparation practices.

Hydration is the key to avoiding altitude sickness. We recommend you drink at least two full liters of water per day. Drinking wine or beer will dehydrate you, so limited consumption is strongly

advised. Emergen-C Packets (containing vitamins and electrolytes) and simple Electrolyte Packets can be added to bottled water to assist hydration. If you experience sleeplessness it might be caused by dehydration; drink more water immediately.

Please note:

- Should you require it, medical attention at the hotel will be available at an additional \$100 charge per visit.
- We recommend purchasing Emergency Evacuation Insurance from Travelex or any other Traveling Insurance Company.
- We will have an emergency vehicle available in the mountain at all times, as well as oxygen and first aid should we need it. Please note that if you need to descend for health reasons there will be a charge of \$100 for this service.

11. Money

Consider exchanging US \$200-\$400 at the airport, to be used for tips and other eventualities. When you bring US dollars into Peru, they must be new bills with no tears or rips. Damaged bills are not accepted in Peru. Should you need more money, you can find ATM machines in Lima, Cusco, and in Urubamba, very close to our hotel. You can also exchange US dollars at the hotel, other types of currency may not be easily exchanged. Note that Visa and MasterCard are the most widely accepted credit cards.

12. Tips

We collect tips for our guides, bus drivers, and porters. These are collected by a volunteer and given as a group donation at the end of the Expedition.

We ask for US \$10 per day so plan on having US \$40-\$50 for these gratuities/tips.

13. Airport taxes

All Peruvian airports charge “Exit Taxes.” Most airlines include this tax in the cost of your ticket. Please contact your airline to confirm.

14. Optional healing sessions

Our shaman, Don Pasqual offers energy medicine sessions. The cost for each session is US \$100 and can be paid in cash directly to him.

15. Temperatures & Elevation

Cusco: 60° Fahrenheit during the day and in the low 50° at night; 11,400-foot elevation

Sacred Valley: 70° Fahrenheit during the day and 40° to 50° at night; 8,500-foot elevation

Mt. Pachatusan: Temperatures can change dramatically in the mountain, but it is typically cold during the day and may drop to freezing at night; about 12,500-foot elevation

We will be camping overnight near Patabamba approximately 10,000 foot elevation.

Check the weather forecast a week prior to ensure you pack according to the most current temperature forecast.

16. Packing tips for the mountain

You will leave your large luggage at the hotel and **bring the personal gear with everything you’ll need for our camping journey in one soft duffle bag.** You will be responsible to carry your daypack. Humans and animals will be carrying your duffle bag so please be mindful and keep it simple and as lightweight as possible. **NO BAGS WITH WHEELS.** A sturdy, waterproof duffel is best and an internal frame backpacking pack will work. **ALL** of your equipment must fit into your bag, with the exception of the items you will carry in your daypack. Bring a daypack that is very comfortable and waterproof. Something with side pockets to easily

access water and internal dividers so you can quickly find what you need.

17. What to pack for the mountain

- A warm, 4-season personal sleeping bag (rated to -15 F) that will work in sub-freezing temperatures (which can drop as low as 0F). Rental available for \$15
- Lightweight sleeping mat will be provided
- If you need a pillow, bring an inflatable one or a pillow case to stuff with clothing to create a pillow
- Lightweight hiking boots: Gore Tex or water-resistant w/ankle support are best
- Tevas or strapped hiking sandals (optional)
- 1-2 pairs of jeans or comfortable hiking pants
- Yoga pants, tights, or thermal underwear for layering and sleeping in
- 2-3 Long-sleeved lightweight shirts, the ones that wick away moisture and are quick drying are worth the investment
- Fleece jacket
- Warm jacket for night time
- Rain jacket and pants (highly recommended)
- Good quality hiking socks (keep an extra pair in your daypack)**
- 1-2 bandanas**
- Scarf
- A winter hat and fast-drying gloves
- Sun hat**
- Sunglasses**
- Water bottles (for cold and hot drinks)
- Hot water bottle to insert in the bottom of your sleeping bag at night to keep toes warm.
- Thermacare heat wraps – my go to in order to stay warm on a camping night. (low back size) found at CVS or Walgreens
- Pocketknife (for fruit, etc.)**

- Small flashlight or headlamp with extra batteries
- Camera, digital cards and extra batteries (they are expensive in Peru)
- Notebook/journal, pen/pencil (good to keep in a ziplock bag to protect from moisture)**
- Emergen-C or other electrolyte packets to add to water**
- Snack foods: protein or granola bars, beef jerky, nuts, hard candies, dried fruit (choose options with minimal sugar content)**
- Sunscreen (the sun can be very strong at high altitudes)**
- Lip balm with SPF**
- Kleenex, wet wipes**
- Small washcloth for face - optional
- Biodegradable soap and shampoo, small amount
- Baby-wipes or witch hazel towelettes work well for sponge baths
- Ziplock bags for day hikes (as with everything, what you carry IN on a hike must be brought OUT and disposed of properly)
- First aid items (suggested): clip-on hand sanitizer; blister treatment kits (for the prevention and treatment of blisters); band aids. **
- A Nalgene leak-proof water bottle that can hold hot water (you will insert in the bottom of your sleeping bag at night to keep toes warm)
- A winter wool cap, sun hat, fast-drying gloves, waterproof over-pants and extra socks. I also recommend a good water proof rain jacket as well as a down jacket.
- Temperatures will range during the day in the mid 70's and dropping at night to the low 30's F. As sun as the sun comes out the camp warms up.

• **We suggest you carry these items in your daypack for easy access.