

ANCIENT PERU AND MACHU PICCHU

A private tour designed by Go Ahead Tours for the
College of Humanities and Fine Arts (HFA) at CSU, Chico

The tour group will be composed of students, alums, staff, faculty, and members of the community. The faculty-in-residence is Professor Andrew Flescher. (*See page 2 for more information on Dr. Flescher.) It is possible for CSU, Chico students to earn 1-3 units through Religious Studies. The group coordinator is Thomasin Saxe. A professional tour director will accompany the tour throughout its visit to Peru. A tax-deductible portion of the tour fee will support student scholarships and HFA programs.

SPACE IS LIMITED AND FILLED ON A FIRST-COME, FIRST-SERVED BASIS.

Please register as soon as possible.

TOUR PROFILE

- Tour Length 11 days
- Departure Date Jan. 5, 2009
- Return Date Jan. 15, 2009
- Departure Gateway Sacramento (Note that other gateways may be requested on an individual basis)

•Number of Participants 17–45

COST

- \$3516 (No land-only options)
- Single Supplement \$395

PAYMENT SCHEDULE

•**\$450 due now** to hold your place with the reservation form at the back of this packet to Go Ahead Tours. This deposit is fully refundable for 72 hours, and we will need to recruit 15 travelers in order to have the trip be a go.

Therefore, there is some risk (\$450) that the trip may not go, although we have every intention of making this happen. In the unlikely event we don't recruit 15, you will have the option to apply your deposit to another Go Ahead Tour listed in their brochure.

Please note, too, that the prices quoted above will probably go up after August 30, 2008, so if you can reserve now, you will save yourself the probable raise in price.

Go Ahead offers insurance for this tour at \$249 (TravelSafe Plus): you will need to contact them right away about the deadlines for this and information about what it covers.

•**\$3066 balance** (plus single supplements and optional excursion fees) **due Oct. 7, 2008.**

CONTACT INFORMATION

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Go Ahead Tours is part of EF Education, the world's largest educational travel company.

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DO YOU LIKE TO TRAVEL? GET ON THE HFA EMAIL LIST (tsaxe@csuchico.edu) TO FIND OUT ABOUT WONDERFUL TOURS IN THE YEARS TO COME: *Anastasia's Russia* with Kate Transchel, History (June 2009); *Africa or the Caribbean* with Tracy Butts, English (January 2010); *Another Garden Tour in England* with Jeanne C. Lawrence (July 2010); *India* with Daniel Veidlinger, Religious Studies (January 2011); *Greece* with Jed Wyrick, Religious Studies (June 2011)

***Andrew Flescher**, Associate Professor of Religious Studies, teaches comparative religious ethics and theory of religion. He directed Chico State's Center for Applied and Professional Ethics for five years. He earned his PhD and master's degree from Brown University. He has taught extensively in the honors program including a course with CSU, Chico President Paul Zingg, "The American University: Purpose, Promise, and Politics," and a former course, "What Motivates Altruism?," with Psychology Professor Daniel Worthen, the latter of which won a national award for being judged as one of the ten best ethics courses in the country. Based on their work in "What Motivates Altruism?," Dr. Flescher and Dr. Worthen have written a book entitled *The Altruistic Species* (Templeton Foundation Press, 2007), which, among other things, features an account of altruism from the perspective of evolutionary biology. Dr. Flescher also published *Heroes, Saints, and Ordinary Morality* with Georgetown University Press in 2003 and is currently laying the grounds for a third manuscript on the problem of evil (also with Georgetown). Dr. Flescher was one of the original authors of Chico State's Academic Integrity Policy. He has traveled extensively to Brazil and spent one summer studying wildlife in the Amazon River basin. In January 2008, he served as the faculty-in-residence for the HFA tour to Ecuador including the Galapagos Islands.

11-DAY TOUR INCLUDES

- Round-trip air transportation with a major airline, airport transfers and escorts
- The services of a bilingual Go Ahead Tour Director
- 9 nights accommodation in comfortable, well-located hotels with twin beds and private bath or shower (3 in Lima, 5 in Cuzco, 1 in Machu Picchu)
- All hotel service charges and tips, baggage handling and local taxes
- Buffet breakfast daily; 4 lunches; 4 three-course dinners
- Private motorcoach
- Go Ahead travel bag and membership in our World Traveler Club, which includes credit toward your next tour

GUIDED SIGHTSEEING with licensed local guides

- Day 2: Lima
- Day 5: Cuzco and Incan ruins of Sacsayhuaman, Kenko, Pucapucara, & Tambomachay
- Day 8: Sacred Valley of the Incas

TOUR HIGHLIGHT Shrouded in mystery since its "discovery" by Yale-educated Hiram Bingham in 1911, Machu Picchu is a marvel of architecture, myth and beauty. Be part of a continuing archaeological puzzle—although now believed to be a religious center, the full details behind Machu Picchu's rapid construction and equally swift abandonment remain uncovered.

INSIDER'S TIP Peruvian cooking is rich and varied (see "Cuisine" for more info). For the more adventurous, try out traditional Andean food in one of Cuzco's quintas—open-air restaurants, usually in a courtyard or garden setting. Quintas are typically only open for lunch, but large portions ensure you might never go hungry again.

ITINERARY

Jan. 5, 2009, Day 1: Flight to Lima

Board your overnight flight to Peru.

Jan. 6, Day 2: Lima Sightseeing

Arrive this morning in Lima, Peru's diverse capital. After hotel check-in, a professional local city guide leads you on an extensive tour of both modern and colonial Lima. Once the center of the New World, Lima is now a bustling metropolis and home to many of South America's finest museums, shops and restaurants. You'll see the city's Cathedral, Plaza de Armas and Church of San Francisco, which houses a museum of fine religious art as well as catacombs first dug in the 16th century. Tonight, enjoy our included welcome dinner in Lima.

• Included meals: breakfast (in flight), dinner

Jan. 7, Day 3: Free Day in Lima

With a full free day in Lima, you may want to sample one of Lima's several museums. The National Museum houses a plethora of pre-Columbian artifacts from the nearby Incan ruins, as does the private museum of Rafael Larco Herrera. Or find unique souvenirs at the Polvos Azules city market.

• Included meal: breakfast

Alternatively, join a full-day **optional** excursion to the Nazca Lines, mysterious geometric designs visible only from the air (\$455).

Tonight, sample a traditional Peruvian specialty at an **optional** ceviche dinner (\$45).

Jan. 8, Day 4: Flight to Cuzco

This morning, you'll be escorted to Lima's airport for a flight to Cuzco, center of the Incan culture. Arrive in Cuzco and transfer to your hotel for check-in.

• Included meals: breakfast, dinner

Jan. 9, Day 5: Cuzco Sightseeing

Cuzco is a brilliant example of a living museum. This magnificent capital of ancient Peru was—and still is—the base for accessing the surrounding religious sites. The city still contains walls and roads originally built by the Incas. In fact, when the Spanish conquered Cuzco in the 16th century, they were so impressed with the Incan architecture that they simply built upon and around it. On a guided sightseeing tour, you'll view the old Spanish cathedral, La Merced Church and the breathtaking Korikancha Temple, a testament to the wealth and power of the Incas that used to be fully covered in gold. Later, you'll venture off to four separate Incan archaeological sites, including the fortress of Sacsayhuaman, the location of a historic battle that forever changed Peruvian life. The Spanish defeated the Incas here in 1536.

• Included meal: breakfast

Jan. 10, Day 6: Machu Picchu

Approaching Machu Picchu is a journey you'll never forget. Today, you'll take a train up Picchu mountain and through the lush valleys that lead to the evocative "Lost City of the Incas." Surrounded by the emerald green Andes Mountains, shrouded in mist with breaks of golden sunlight and totally hidden from ground level, Machu Picchu is truly one of the world's most spectacular sites. Explore the perfect stonework of the Temple of the Sun, the fountains of the Royal Sector, the views from the Temple of the Three Windows, the cave of the Temple of the Condor and the mysterious calendar of Intihuatana. Tonight you will stay in the Machu Picchu area.

• Included meals: breakfast, lunch, dinner

Jan. 11, Day 7: Transfer back to Cuzco

Spend a free morning in Machu Picchu valley. Then return to Cuzco via train and spend the night in Cuzco.

- Included meals: breakfast, lunch

Jan. 12, Day 8: The Sacred Valley of the Incas

An expert local guide leads you on a full-day sightseeing tour of the Sacred Valley of the Incas, nestled below and between Cuzco, Machu Picchu and the surrounding Andes Mountains. The valley is rich in ruins and traditional, native villages and is in some ways even more historically important than Machu Picchu. You'll see the famous ruins of Pisac and Ollantaytambo and visit several local market towns. Also featured is the longest man-made, pre-Columbian canal ever built.

- Included meals: breakfast, lunch

This evening, join an **optional** dinner and Peruvian Folk Show (\$39).

Jan. 13, Day 9: Free Time in Cuzco

With a free day in Cuzco, you might choose to head to the Archaeological Museum with thousands of artifacts from the nearby ruins.

- Included meal: breakfast

Jan. 14, Day 10: Lima & Departure

Fly to Lima this morning. Trace the chronological history of Peru's pre-Columbian art and culture at the Larco Museum.

- Included meals: breakfast, lunch, dinner
- Included entrances: Larco Museum

Jan. 15, Day 11: Return Home

Transfer to the airport this morning for your return flight to the United States.

- Included meal: breakfast (in flight)

Travel pace: 4 Travel pace levels are based on criteria such as length of tour, number of cities visited, number of included activities, as well as length of flights and land transfers. (1-leisurely; 2-comfortable; 3-active; 4 - challenging)

Walking on Tour Travelers should be prepared, as expected, for some high-altitude travel (see "Health" section for more info) on "Ancient Peru & Machu Picchu." While sightseeing will never involve strenuous hikes, some walks and climbs over very old ruins and uneven, rocky or jungle terrain will occur. Travelers should be comfortable with climbing steps and small hills.

Climate Peru's seasons are reversed, but the climate varies dramatically by region from the temperate Lima coast to the cool highlands of Cuzco and Machu Picchu. The rainy season is generally from December to April. The following guide provides the average temperatures for a sampling of the regions on your itinerary.

Lima

Nov-May 63°-80°F

Jun-Oct 60°-69°F

Cuzco

Nov-May 41°-69°F

Jun-Oct 32°-66°F

Suggested Reading List

- *The Incas and Their Ancestors* Michael Moseley
- *The Peru Reader: History, Culture, Politics* Orin Starn, editor
- *The Conquest of the Incas* John Hemming
- *The Lost City of the Incas* Hiram Bingham
- *Aunt Julia and the Scriptwriter* Mario Vargas Llosa
- *The Real Life of Alejandro Mayta* Mario Vargas Llosa

•*Complete Posthumous Poetry* César Vallejo
•*Peru: The Ecotourists' Wildlife Guide* David Pearson and Les Beletsky
•*Exploring Cuzco* Peter Frost
•*Inca-kola: A Traveler's Tale of Peru* Matthew Parris

Passport and Visa Requirements In order to enter Peru, U.S. citizens need a valid passport. The expiration date must extend at least six months beyond the date of your return to the United States. No visa is required for U.S. citizens. If you are not a U.S. citizen, you must contact the Peruvian consulate for your specific entry requirements. Upon arrival in Peru, you will be given an Andean immigration card. Please keep this with you. You will need it for your trip to Machu Picchu.

Airport and Departure Taxes All airport and departure taxes for "Ancient Peru & Machu Picchu" are included in the total trip cost.

Baggage Allowance Airlines have varying weight restrictions on luggage. Please contact your airline directly to determine your airline's maximum allowance. Bear in mind that your luggage will probably weigh more on your return trip due to souvenir shopping. We allow only one suitcase per person. One carry-on bag is also permitted, provided that it does not exceed 45 inches (length + width + height). There may be times when you will have to handle your own bags, and you'll find that lightweight luggage provides an advantage. Make sure you label your baggage and carry valuables, medication and documents in your carry-on luggage. Also, please pack a small overnight bag for your trip to Machu Picchu.

Clothing and Packing Tips Light, loose-fitting clothing that provides comfort when exploring the sights is essential for your tour. A sun hat, sunglasses, and a sturdy pair of walking shoes or sneakers are recommended for sightseeing. Binoculars may be handy for a closer look at the wildlife and views from the Peruvian highlands. Insect repellent and long clothing are also strongly recommended on excursions to the Incan ruins and the Sacred Valley of the Incas. It's always a good idea to be prepared for any eventuality—a lightweight sports jacket and emergency rainwear are advised. If you plan to visit an especially elegant restaurant or attend the opera or theater, you will probably feel more comfortable with something more formal to wear. Also, remember that it is preferable not to visit churches or other religious sites with bare legs and shoulders (and entrance may be denied on this basis).

Health Travelers should be aware of high-altitude conditions in Peru. The altitude of Cuzco is 11,000 feet. Travelers (especially those with heart or lung conditions) are encouraged to take precautions and consult with their personal health-care providers before undertaking high-altitude travel. The best way to prevent "altitude sickness," which sometimes results in headaches and nausea, is to make sure that you are well hydrated throughout your stay. Sightseeing of Machu Picchu and the Incan ruins also involves walking on some uneven terrain (see "Walking on Tour"), and travelers should be in reasonable shape. While no vaccinations are required for entry into Peru, it's always advisable to check with your doctor at least eight weeks prior to departure for personal recommendations.

Important Health Tips

In order for you to stay healthy throughout your Peruvian tour, we recommend the following:

- Drink bottled water. Refrain from drinking tap water, including when brushing teeth.

- Avoid eating fresh fruits and vegetables unless they are cooked or washed in clean water and peeled.

- Bring a small first-aid kit, including antacids, anti-diarrhea medication and any prescription medications.

Cuisine Peruvian dishes are rich and especially varied, from the light seafood of the coast to the substantial, thick meals of the highlands. The cuisine features a blend of indigenous and European (mainly Spanish) tastes. Typical dishes on the coast include shellfish, sea bass and scallops, often marinated in lemon juice, chili peppers and onion and served with potato or corn. Highland dishes are heartier, also featuring corn and potatoes usually with roasted meat. A popular favorite is *lomo saltado*, strips of beef fried with onions, tomatoes, peppers and potatoes and served with rice. For the more adventurous, the Incan delicacy is the roast guinea pig, and outdoor barbecues are very popular among the natives. Soups make excellent appetizers for all meals. It's a good idea to check about the preparation of Peruvian dishes with the waitstaff or chef, as many are very spicy.

Social drinking is less popular in Peru, and local beers and wines don't have the same reputation as those of Chile, Argentina and Brazil. However, you might sample the native *pisco*, a delicious (but sour) white-grape brandy.

Transportation Round-trip flights arrive in and depart from Lima. A flight to Cuzco, round-trip train travel to Machu Picchu and a flight back to Lima are also included in your trip cost. All other transportation is by private motorcoach.

Lima is a large, busy city and while walking is possible in most areas, you may want to explore on your own by public transportation. Local buses are available in two forms: micros (ironically, the bigger, standard ones) and combis (minibuses or vans). Ask your tour director about using public transportation and purchasing instructions.

Electricity Peru uses 220 volts. An adapter is necessary.

Currency The Peruvian sol is the currency you will be using on your tour. Better rates of exchange are usually available at your destination rather than in the United States, although it is worth ordering some currency from your local bank to use when you first arrive. The most efficient and cost effective method is using ATMs, which are widely available in both Lima and Cuzco (mostly on the Visa and Plus international networks). We also recommend that you take credit cards, although direct credit card transactions (at hotels, shops and restaurants) sometimes attract an 8 percent commission in Peru. We suggest that you inform your bank and credit card company of your travel plans, so that they won't confuse your international purchases for fraudulent charges. Please note: It has been increasingly difficult to exchange traveler's checks outside of Peru's major cities—both at banks and shops—and they often attract higher fees.

Time Zones Despite having reversed seasons, Peru actually falls on a similar time zone to Eastern Standard Time, except it does not observe daylight-saving time. Therefore, Peru has the **same time as New York from October to April**, and is one hour behind New York from April to October.

Tipping At the conclusion of your tour, it is customary to offer your Go Ahead Tour Director and driver a gratuity. We recommend \$2 per person per day for your driver and \$4 to \$6 per person per day for your tour director.

Purchasing Optional Excursions on Tour If you have not yet purchased your optional excursions, you may be able to do so while on your tour. Your tour director will only accept cash (in U.S. dollars only), Visa, MasterCard or American Express as payment for optional excursions. Please be advised that if you pay for an excursion by credit card while on tour, it may take up to three months for your card to be charged. Some optional excursions may only be purchased in advance.

International travel is, by its very nature, unpredictable. We must therefore reserve the right to change this itinerary without advanced notice to meet with local conditions at the time of travel. We appreciate your understanding. International flight times are subject to change and may effect number or location of overnights.

Go Ahead Information

Nearly four decades of experience. Go Ahead Tours is part of EF, the world's largest private educational travel company. EF was founded in 1965 and has grown to a multinational group of companies. Over the years, our commitment to our customers has remained steadfast. We're proud of our solid foundation and unwavering dedication to our travelers. It's a record that stands behind every tour we run.

We're local wherever you choose to go. With over 200 offices in 43 countries, we are uniquely positioned to make your vacation carefree. Wherever you travel, you can take great comfort in knowing that we're always nearby. Our global presence provides a kind of security and reassurance that makes every traveler feel at ease in any destination.

A world of savings when you buy direct. Go Ahead takes advantage of high-volume purchasing to achieve top quality at the lowest prices. We have staff on site throughout the world working directly with hotels, airlines and restaurants—all to make sure that you get the best value. And with Go Ahead you're dealing with a tour operator, so there are no extra fees—just substantial savings that we pass directly on to you.

Your Go Ahead group coordinator and professional tour director. Your group coordinator stays in touch with Go Ahead and together we make sure that you have everything you need. Your group coordinator makes it easy for you to enjoy your vacation while also sparing you the time required to arrange the details. If you have any questions before you go, just pass them on to your group coordinator. A professional tour director will see to every detail including any questions you have along the way.

Benefit from the best consumer protection. Go Ahead Vacations participates in the United States Tour Operators Association's \$1 Million Consumer Protection Plan and is a member of the International Air Transport Association (IATA), the Cruise Lines International Association (CLIA) and the Better Business Bureau (BBB) of Eastern Massachusetts.

Important information. Please take the time to accurately fill out these items on your Reservation Form:

- Name
- Must match the name on your passport.
- Emergency contact information
- Date of birth

•Rooming preference

To book a double room, you must designate a roommate. If you do not name a roommate, you will automatically be booked into a single room.

•TravelSafe protection plan

After you book your tour. Below is a schedule of what you will receive after making your reservation (dates are approximate):

•14 days after booking

Welcome packet including your invoice, confirmation statement, insurance booklet, detailed itinerary and information on passports and visas

•110 days prior to departure

Final invoice

•30-40 days prior to departure

Flight itinerary, travel bag and luggage tags (two separate mailings)

•7-10 days prior to departure*

Airline tickets, tour itinerary, hotel list. This mailing is sent via courier service and requires a signature.

It cannot be delivered to a post office box. Please inform your group coordinator if this mailing should be sent to an alternate address.

Reservation Form

Group Coordinator name: THOMASIN SAXE

Organization: COLLEGE OF HUMANITIES AND FINE ARTS; CSU, CHICO

Have you traveled with Go Ahead Tours before? • Yes • No If yes, how many times? _____

Name of tour: *Ancient Peru and Machu Picchu*

Requested departure date: January 5, 2009

Departure city: Sacramento, CA

Name _____

(FIRST AND LAST NAME AS IT APPEARS ON PASSPORT)

Tel (_____) _____

Address _____

City _____ State _____ Zip _____

Email address _____

Sex • M • F Date of birth ____ / ____ / ____

Citizenship • U.S. • Other _____ (Please note: non-US citizens must make their own visa arrangements)

Emergency contact person

_____ Tel (_____) _____

Accommodations

- Single room (private accommodations; single supplement charges apply)
- Double bed (one bed for two) Roommate name

_____ name _____

Payment information

Be sure to list the names of all persons for whom the payment applies on the face of the check or money order.

I am enclosing a reservation fee of \$450 OR

I authorize you to charge \$450 to my: MasterCard • Visa • American Express Card number _____ Exp. date _____

Cardholder name _____

Cardholder signature _____

I would like to purchase the following travel protection • TravelSafe Plus package • I authorize you to charge \$249 to my: • MasterCard • Visa • American Express

Card number _____ Exp. date _____

Cardholder name _____

Cardholder signature _____

I understand that once I receive an invoice, a set of "Terms and Conditions" regarding the tour will be printed on the back. Please initial: _____

Make payment to "Go Ahead Tours" and mail to: Valerie Blum, Tour Consultant; Go Ahead Tours; One Education Street; Cambridge, MA 02141. Or email valerie.blum@goaheadtours.com or phone 1.800.438-7672 or fax 617.619-1995.