















## **Lamay Town Experience**

We will begin this adventure visiting Lamay, a traditional and very little tourist town in the Sacred Valley of the Incas. Arriving at Lamay Base, we will have a brief interpretation of the activities of the town and the agricultural work in the countryside.

Then we will go out to visit some traditional houses and local businesses, such as the family guinea pig raising sheds, the traditional "chicherias" where the "chicha de jora" is made, the Pichinku natural dyeing project and some other local offers.

Finally, you will return to La Base to have a coffee or a beer and then return to your hotel.







## Lamay Farm and Food

Enjoy a day learning about the cuisine of Cusco and the Sacred Valley of the Incas, recognizing agricultural resources and biodiversity and then putting into practice some fun cooking classes at La Base Lamay.

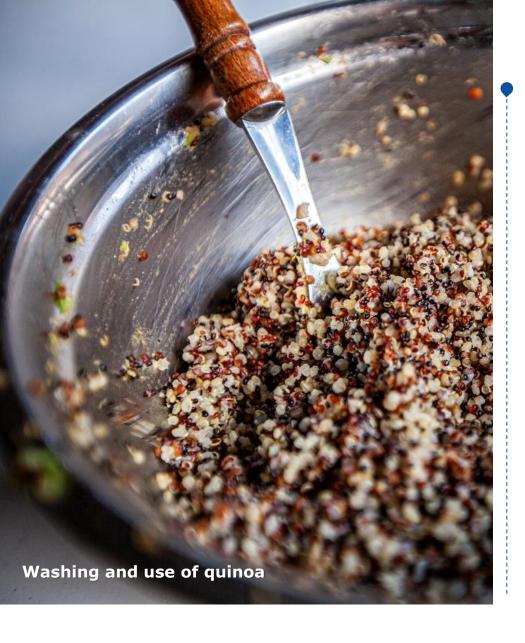
We will start leaving Lamay towards the community of Huayllafara. There we will visit some farms of traditional crops (such as corn, potatoes, oca, tarwi, quinoa, beans, among others) and try some of the local products. Then we will visit a garden of vegetables and vegetables.

Local farmers will spontaneously guide us on their farmland and the activity will depend on the time of year and activities according to the agricultural calendar. The tour and interpretation will be oriented to agricultural techniques and also the processing of food products, such as the









the preparation of chuño and moraya, the washing and use of quinoa, elaboration of chicha de jora, and other Andean activities.

After the activity in the field, we will return to Lamay Base, for some cooking classes. We will prepare classic recipes from Peru, using local inputs and also prepare pisco sour or make a tasting of the different types of pisco.

After the activity you will be taken to your hotel.





**Typical Quinoa Preparation** 





