

**One history,
a thousand
inspiring
stories.**



The astounding Lamay



Lamay is a little town at 2941 meters above sea level (9649 feet), in Cusco at the province of Calca, inside the Sacred Valley of the Incas. Lamay is located to 15 minutes from Pisac, 30 minutes from Urubamba and 1 hour from Cusco driving along the Sacred Valley of the Incas highway.

Lamay has as a main local activity, the traditional harvest of native products in the region, such as potato, corn, quinoa, tarwi, broad beans, beans and more. And other traditional activities like "chicha de jora" preparation, guinea pig breeding, and artisan textile and ceramic projects.



We practice sustainable tourism, in harmony with the environment and the community, so we seek to add value to agricultural work and the native and natural products they cultivate.




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.

A close-up photograph of a person's hands pouring a thick, white, frothy liquid from a clear plastic pitcher into a brown ceramic bowl. The person is wearing a white apron over a purple long-sleeved shirt. The background is a blurred outdoor setting with green grass and a blue sky.

The traditional "Chicha de Jora" is an ancestral and typical drink in Peru which its preparation and consume date back to the pre-inca times. It was the favorite drink of the Inca nobility and used in religious and ceremonial occasions.

The "Chicha de Jora" is considered an alcoholic drink prepared based on sprouted corn, its alcohol content is approximately 3%, but this varies according to the preparation. It is drunk in all the country, but more frequently in the rural zone of the Highlands and North Coast.



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





Washing and use of quinoa

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





Sacred Valley

The breadbasket of the Inca Empire. Home to picturesque communities, impressive terraces and several important archaeological sites.

ECUADOR

COLOMBIA

BRAZIL

BOLIVIA

Northern
Beaches

Chiclayo

Trujillo

Huaraz

Lima

Paracas

Ica

Nazca

Machu
Picchu

Cusco

Colca

Arequipa

Sacred
Valley

Puerto Maldonado

Lake Titicaca

Puno

PACIFIC OCEAN



Altitude

2871 masl / 9420 fasl



Climate

Dry, sunny days and cool nights

Maximum 26°C (78°F)

Minimum 10°C (50°F)

The rainy season starts in
November and ends in March



Access Route

By train: 78km northeast from
Cusco city. (1h 45min)



BASIC FACTS



Season:
All year round



Content:
Culture, History,
Archaeology &
Architecture



**Recommended
Stay:**
2 nights



