



Culinary program

About this program

Embark on a gastronomic adventure to taste the flavors of Peru. This journey begins in Lima, the gastronomic capital of South America, where traditional dishes are exquisitely mixed with contemporary styles. As we walk through Ica and Paracas, we will find their beloved Pisco, and also venture into participating in some adventure sports. Moving to the highlands, in Cusco, we will immerse ourselves in its artisan cuisine. On our way, we will also get to know the wonder of the world, Machu Picchu. As the last step, in Arequipa, we will discover the magical culture that surrounds the city and surrounds its dishes, and we will appreciate the flight of the condor in the Colca Canyon.



Flights



Excursions



Accommodation

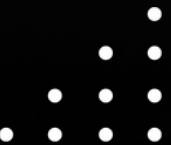


Food



Transfer

Day by day itinerary





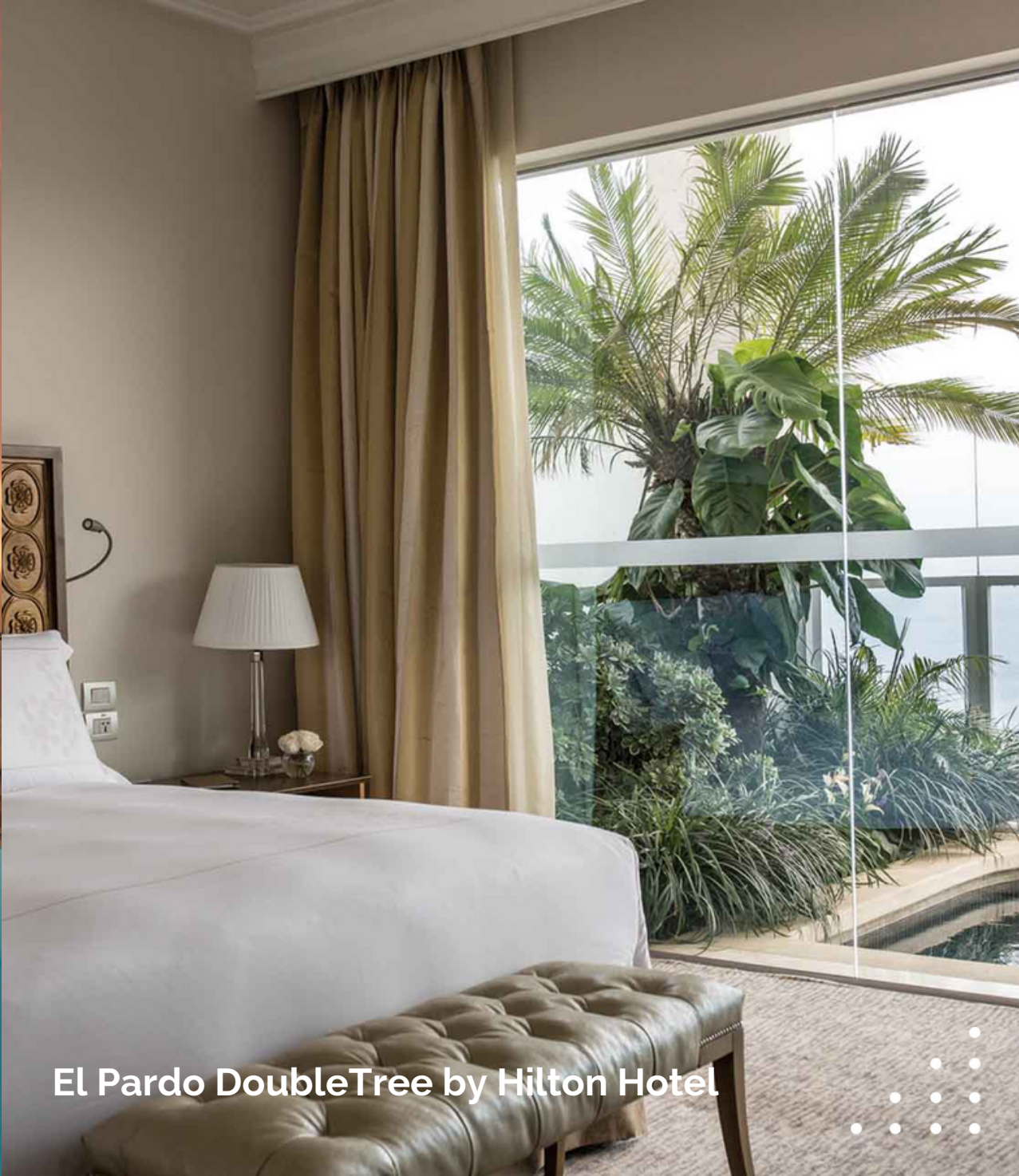
● Day 1 & 2 – Lima



Transfer Lima airport - hotel



Miraflores Park, A Belmond Hotel



El Pardo DoubleTree by Hilton Hotel



San Isidro Market. Help the chef choose the perfect ingredients for your cooking lesson.



Cooking lesson. Prepare local dishes and our most traditional drink, Pisco Sour.

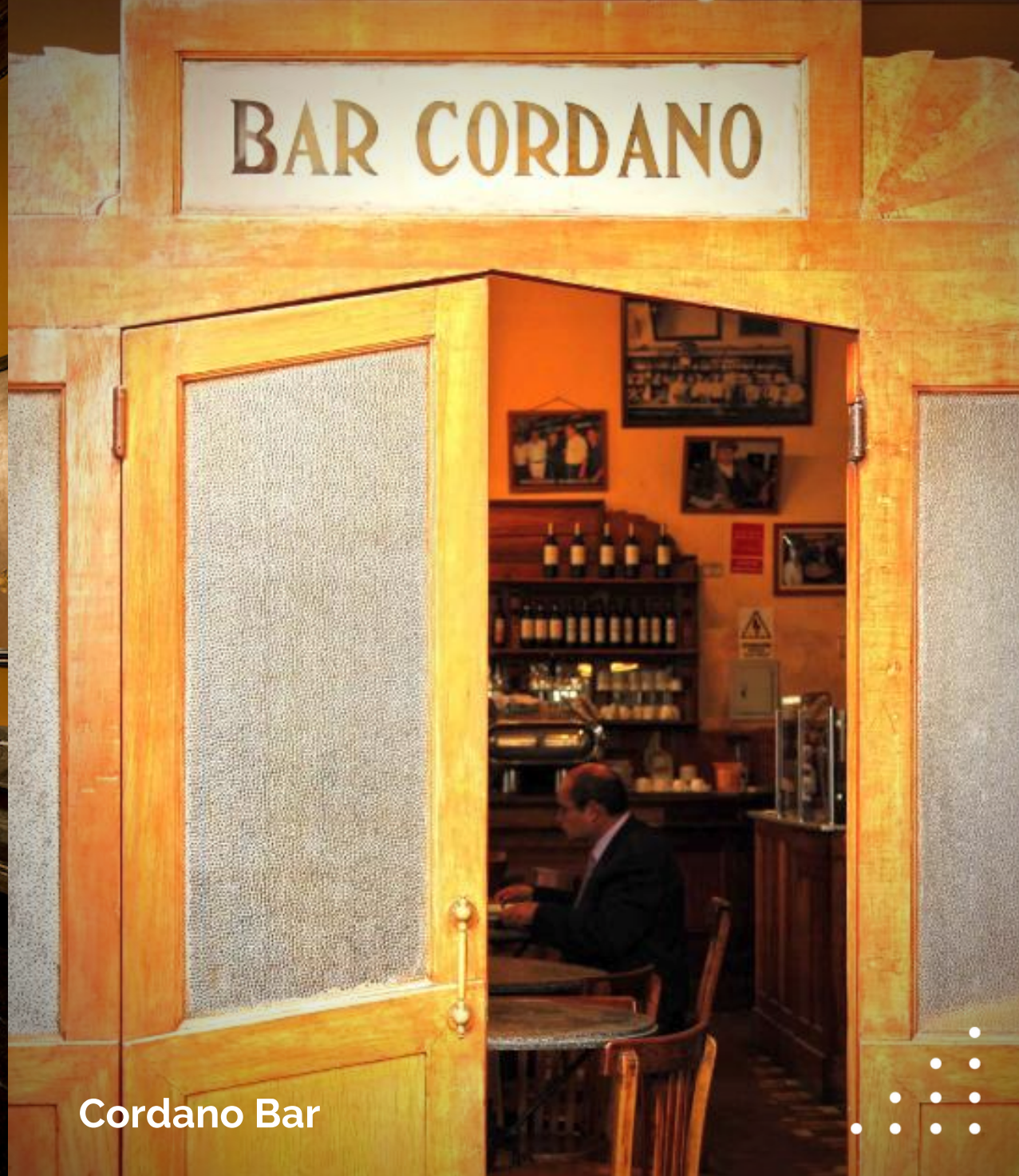




Lima downtown tour. Discover its history and traditions.



Casa de Aliaga. Lima's oldest Colonial mansion.



Cordano Bar



Overnight at Country Club Lima Hotel



Day 3 - Lima/Ica

Vineyards tour in Ica hotel. A large winery plant that produces more than 5 million liters a year.

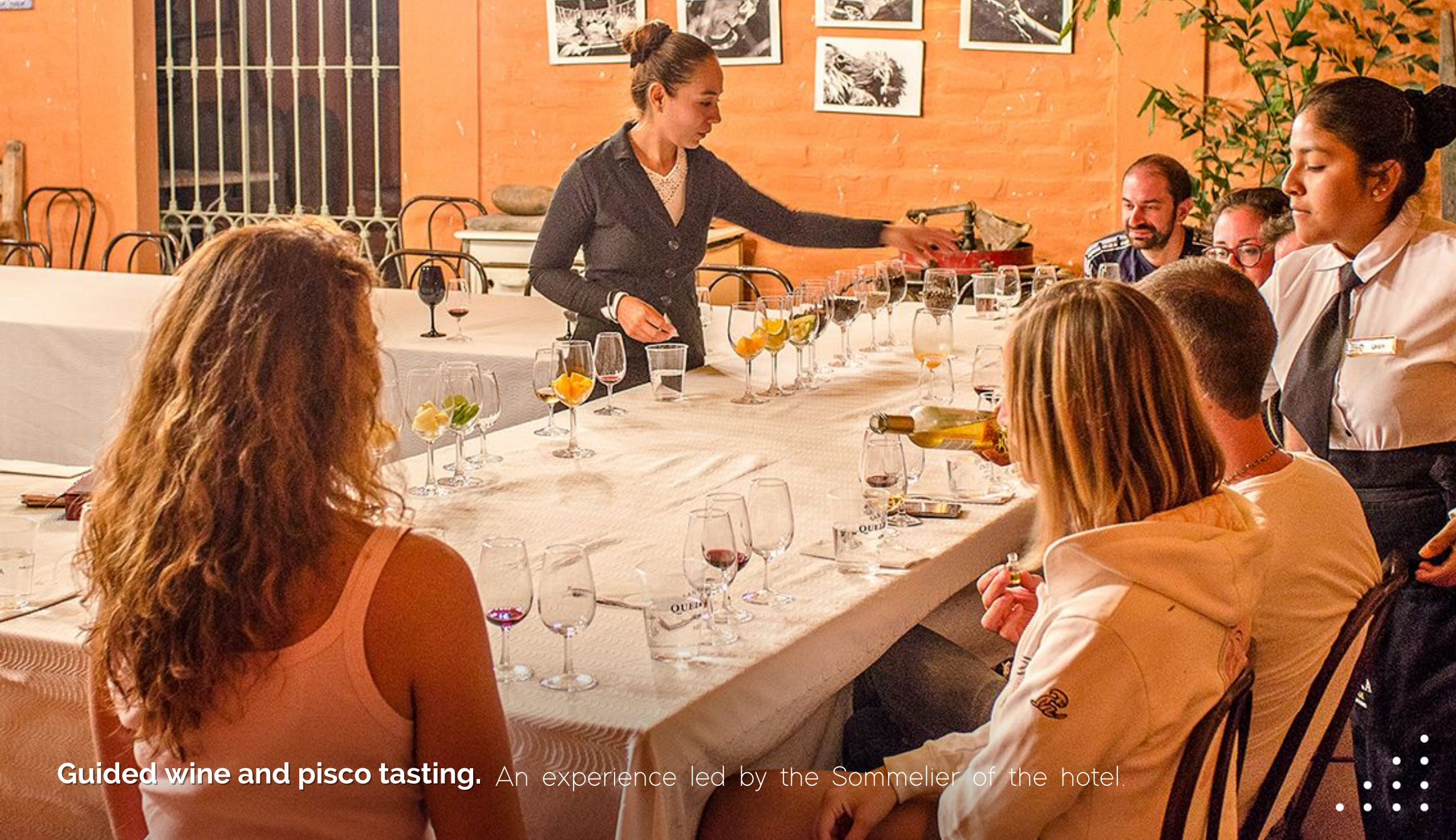




Viñas viewpoint. Visit the lookout of the hotel.



Champagne, pisco and snacks



Guided wine and pisco tasting. An experience led by the Sommelier of the hotel.



Day 4 - Ica



City tour. Includes a visit to an old Pisco-producing bodega.





Helena Chocolatier. Elaborate the typical sweets tejas and choco-tejas.



Oasis of Huacachina





Overnight at Viñas Queirolo

● Day 5 - Ballestas Islands



Observe local species such as sea lions, Peruvian pelicans, and Humboldt penguins.



Hacienda San Jose



Sopa seca & carapulcra. Taste the typical dish.



Overnight in Lima

Day 6 - Lima/Cusco



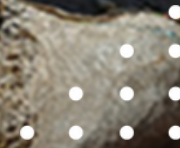
Transfer Lima - Cusco - Sacred Valley



Ceremonial site Sacsayhuaman

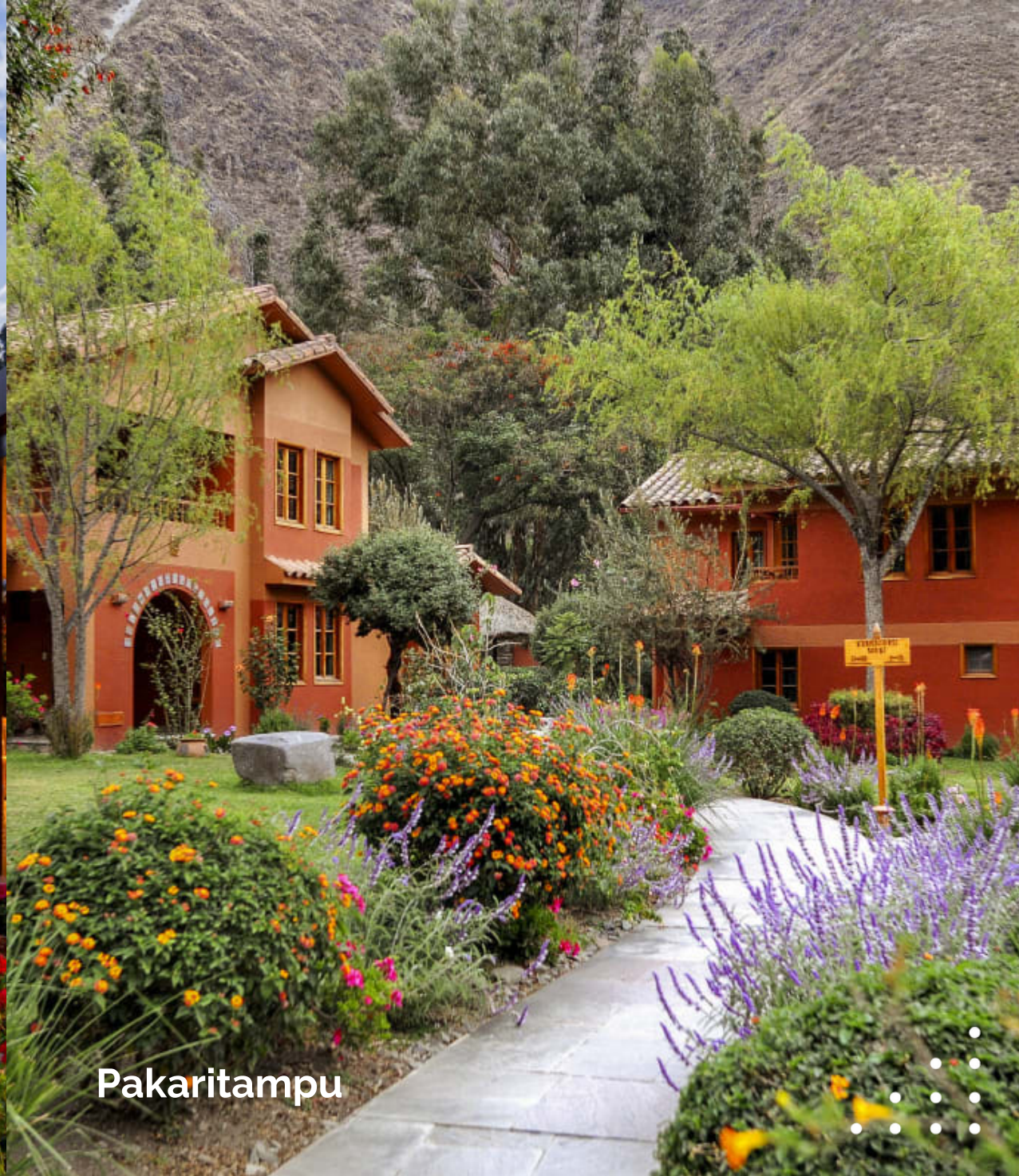


Visit and gourmet lunch at Hacienda Sarapampa. The home of the Giant White Corn.





Sol y Luna Lodge & Spa



Pakaritampu

Day 7 – Lamay Base





Food and Farm in Huayllafara community. Visit farms of traditional crops with local farmers.



Chicheria



Guinea Pig

Day 8 & 9 – Ollantaytambo/Machu Picchu

Visit to Ollantaytambo. An Inca ancient town and strategic military base.



First Class Ollantaymabo to Machu Picchu





Guide Tour to Machu Picchu. One of the world's most impressive archaeological sites.





Overnight at Inkaterra Machu Picchu Pueblo Hotel





Pachamama ceremony





Back to Cusco by Hiram Bingham train





Overnight at Aranwa Cusco Boutique



Day 10 – Piuray Outdoor



Pachamanca in Piuray lagoon. A traditional dish cooked with the help of hot stones.





Paddle or kayak adventure at 3,500 m.a.s.l.

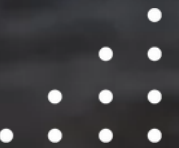




Walking city tour Cusco. Visit the historical monuments and the district of San Blas.



Snack and drinks at San Francisco Bell Tower





Overnight at JW Marriott El Convento

● Day 11 – Arequipa



Flight Cusco - Arequipa





City tour and visit to Santa Catalina Convent.
A 'small town' from the 19th Century.



Tour San Camilo Market



Lunch at Picanteria





Overnight at Casa Andina Standard



Day 12 to 15 – Arequipa/Colca



Pampa Cañahuas and the Aguada Blanca National Reserve





Colca Valley and the flight of the Andean condor. Visit traditional villages along the way.





Overnight at Las Casitas, A Belmond Hotel, Colca Canyon





Colca Valley





Dinner at Zig Zag





Overnight at Casa Andina Premium Arequipa



LET OUR WORK SPEAK FOR US



info@metropolitan-touring.com.pe



www.metropolitan-touring.com.pe



[/metropolitantouringperu](https://www.facebook.com/metropolitantouringperu)



[@metropolitantouringperu](https://www.instagram.com/metropolitantouringperu)

