

WELCOME TO PERU!

**THE** unique  
PURE PLANT EXPERIENCE &  
sightseeing tour



27 SEPTEMBER - 9 OKTOBER 2026  
01 FEBRUARY - 6 FEBRUARY 2027

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*"Welcome to join the wonderful gastro Peru tour!"*

Virgilio Martinez



*Arch Logo*

*Virgilio*

VIRBILIO



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# Introduction

*Gastro tour Peru tour in  
the fabulous cosmopolitan  
culinary city; Lima!*

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## Welcome

Welcome to this unique and, a once in a lifetime unique Peru tour in the fabulous cosmopolitan culinary city; Lima!

The restaurant world in Lima is on fire! On the San Pellegrino's 50 Best of the world ranking, CENTRAL became the number 1! Kjolle, Mayta, Merito, La Picanteria... more toppers so concentrated in one city! Anyone who wants to be at the forefront of developments in the gastronomic field is therefore visiting us NOW too! Already 60 chefs - colleagues have visited us since 2023.

Peru has been named 'best culinary destination in the world' for the eighth (8!) year in a row at the presentation of the prestigious World Travel Awards (WTA). Peru has one of the most varied cuisines in the world, and Lima has developed in recent years into the culinary capital of South America. The country's cooking is characterized by an ancient amalgamation of Indian, Chinese, Japanese, Spanish, and African dishes, in combination with more recent Asian influences. The list of ingredients is endless. Countless different types of potatoes (more than 4000 varieties) and chili peppers, maize (more than 400 varieties), fish and shellfish, and lime are used. The ceviche is THE trademark of the Peruvian chef.

During these wonderful 'working days' full of amazing discoveries, you will become acquainted with the delicious cuisine of

Lima. You will visit the very best restaurants in the world: you get the unique opportunity to experience a true Amazonian experience and tasting and visit one of the best bakeries in the world: Pan De La Chola. Food service minded as we are, we will take you on a culinary journey for the next 5 days where you will be exposed to innovative food service concepts of a spectacular, authentic, trendy, and even romantic nature. Every concept that you will see, smell, feel, taste, and hear on this tour is an ode to our Pure Plant philosophy in a unique way.

Due to Peru's complicated geographical features, the arid coast (2.800 kms long), the rugged Andes mountains (2nd highest after the Himalaya) and the jungle (640.000 km<sup>2</sup>) difficult to access, Peru has a rather small agricultural area with 1.7% of the territory. Comparatively USA and UK have 25%, France 53%.

## Agricultural production in Peru

Agriculture has been the traditional activity of prehispanic Peru where several products of primary importance were developed and are found today all over the world. Peru is the country of origin of the potato, tomato, quinoa, bean, avocado, asparagus and cassava among others. Export of agricultural products is now the third largest economic sector of the country ahead of textiles (cotton and alpaca) et behind the extraction of minerals and industrial fishery. Since the 2000s, Peru is the first world exporter of asparagus with an average of 100.000 annual T (more than US\$500 million), ahead of China and Mexico. The country is also the leading exporter of paprika with about 50.000 t per year (US\$200 million) in competition

with China, as well as organic bananas with 170 million T in 2014 (US\$120 million). Peru is also one of the world's leading exporters of artichokes and quinoa (2nd), mangoes (3rd), citrus and avocado (5th), grapes (7th).

## LIMA : Culinary world city MIRAFLORES

The Miraflores district is located on the coast, and houses the pyramid Huaca Pucllana, this is a pre-Inca mudstone temple. Many of these temples have been demolished to use the materials for new construction. Many current buildings are therefore built on the foundations of these old Inca temples. Also, the Larcomar shopping center is located here, with many shops and many restaurants. You can also visit the "Malecon", the Parque de Amor, in the middle of the park you will find a large sculpture 'El Beso' which means the kiss and was made by Victor Delfin. The park is not very big, but it has a very nice view over the sea and the walls with mosaic work make it a pleasant place to relax. You can paraglide at the beach and plenty of restaurants to enjoy a nice meal in the evening and bars to enjoy a pisco sour in the evening!

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*You can also visit the "Malecon", the Parque de Amor, in the middle of the park you will find a large sculpture 'El Beso' which means the kiss and was made by Victor Delfin.*



# Your guides: Bruno Rouffaer & Elise De Geyter

## Bruno Rouffaer

Hello, I have lived in Lima Peru since 2014, am married to Fabi and in the meantime have a 9-year-old son, Camilo, and in Belgium 2 grown up daughters Ella and Louise aged 30 and 29. I am convinced, like so many before you, you will experience an unforgettable culinary and cultural journey in the mecca of food! You will be confronted through cuisine with more than 3,000 years of history, which has translated into an exquisite gigantic offer. Did you know that the potato originates from Peru, that there are 4.000, yes, 4.000 varieties here in addition to some 350 varieties of maize, that quinoa has been cultivated high up in the mountains since long before the Incas? That we have 2.800 km of sea loch and are the largest exporter of green asparagus, sardines, and abundant seafood for our rich cuisine? Peru has risen to the highest culinary level in the world, and I will guide you through this wonderful world. Working visits, workshops, lunches, dinners, pisco tastings, and so much more await you. I mastered the hotel and restaurant management school of Brussels and labor sociology at the Free University of Brussels. In Lima I co-run an NGO, Children of Lima, and in South Africa the NGO Tomorrow4Isibani. I am the author of books like "No way, Big Bad Boss Era Is Over", "Healthy Altruism as a weapon against extreme poverty" and the children's book "Pim & Pam", among others. In Peru's Amazon, our family has an ecofriendly country retreat in the middle of the jungle for family and friends.



I would love to welcome you personally to the airport.

¡Un gran abrazo todos ustedes y esperándote con mucha felicidad!

Bruno

## Elise De Geyter

For over more than four years, I have had the honor to call Peru, my home. I love travelling in this extremely diverse country. Peru exists of three main geographic areas: the Coast, the Andes and the Amazon Rainforest.

I have a legal background, and I used to work as lawyer in Belgium. I have travelled extensively, and have lived in Singapore, Colombia and Switzerland before settling down in Peru. One of my passions is surfing, and the waves in the Pacific Ocean have held me back in Peru. From my perspective, Lima is truly underestimated as a city for visiting and living. Since 2023, I have been running a travel agency, based in Lima. We focus on organizing safe, comfortable and qualitative travel experiences.



We are very selective with the guides, drivers and local operators with whom we collaborate. Our local presence, extensive travel experience and comprehensive network allow us to create unique travel experiences that are tailor made. You will notice that the Peruvian population is very warm and welcoming towards travelers. It would be a true honor to organize an unforgettable trip for you, including some of the highlights of the South of Peru.

*¡Nos vemos en Perú! Elise*

# Casa Caceres (Barranco)

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Barranco, one of the oldest and most traditional districts of Lima, has a rich and diverse history that is reflected in its architecture and historical monuments. From its origins as a spa for the Lima aristocracy in colonial times to its evolution as a bohemian and artistic district in the 20th century, Barranco has maintained its historical charm, its cobblestone streets and old mansions like ours. Built in 1921 by the Rigau family in an English Tudor style, it was passed from family to family until it reached the current owners in 1971, when the Peruvian army commander Lizardo Cáceres Menacho and his wife Mrs. María Augusta Brommer Camino (our grandparents) acquired it, staying in the family to this day. In 1988 it was declared a Historical Monument in the status of Cultural Heritage of the nation, constituting a great pride for us as owners and as Barranco residents. In 2025 it was recognized as UNESCO patrimony. Today the house is completely restored and as it was in its best times, maintaining the warmth and elegance with which it was conceived 103 years ago.



# 1. PRIETA QUEBRANTA WINE TASTING

Prieta Quebranta takes its name from a grape variety and a term that predate the modern nomenclature of wine in Peru. It is not an aesthetic choice, but a historical one. For centuries, "Prieta" was the colloquial name for the black grape introduced by the Spanish in the 16th century, now known as Negra Criolla. "Quebranta" is the variety that emerged in Peru from that initial stock and eventually became the country's most representative grape. This historical interpretation is reflected in the curation of the space. The wine cellar brings together more than 240 labels from nine wine-producing regions in Peru, all the result of viticultural and winemaking processes developed in the country. In one place, it is possible to explore the diversity of Peruvian wine through small projects, limited-scale productions and diverse styles. In this context, the presence of Pedro Cuenca, one of the main promoters of the Peruvian wine renaissance, is central. If you are lucky enough to meet him in the shop, the experience is even greater. His knowledge, his work in promoting the industry and his understanding of the territory have been fundamental in raising the profile of a wine scene that today is diverse, solid and in full development. The wine tasting will be "ESPECTACULAR"!



# 2. MUSEO LARCO, THE PERUVIAN CULTURE

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In 1926, at the age of 25, Rafael Larco Hoyle founded the Museo Larco. With the help of his father, he managed to acquire several archaeological collections from Peru's northern coast, bringing together some 45,000 pieces.

Faced with the lack of archaeological information of the 1920s, Rafael Larco Hoyle was devoted to the study of ancient Peru. He began his own scientific research and excavated at a number of archaeological sites on Peru's northern coast. Therefore, he is considered one of the pioneers of Peruvian archaeology.

His investigations led to a series of notable archaeological discoveries, as well as the publication of scientific texts. His stratigraphic studies were important to understand the depth of our pre-Columbian history.

The Rafael Larco Hoyle's greatest legacy is the Museo Larco, which today allows us to connect with the ancient Peru through an extraordinary and comprehensive archaeological collection.

If you want to understand the culinary world of today, this museum is a must for chefs!





# 3. PAN DE LA CHOLA & PRODUCTION BAKERY

*Av Mariscal La Mar 918  
Miraflores 15074*

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In London, Peruvian Jonathan Day fell in love with artisan baking. As an engineer, actor and model, Day had it just fine. But blood runs where it cannot go. Without a professional degree, the young baker-to-be realized his dream: El Pan de la Chola. Located on one of Lima's busiest streets, El Pan de la Chola was the game changer in the traditional local bread scene. The refreshing new concept - and refreshing new baker - quickly garnered media attention and a large group of loyal customers. Every day, the place is dotted with people seeking the best bread in town, sandwiches made with homemade focaccia fresh from the oven and even biscuits and the most decadent dark brownies. Coffee, tea, wine, and fresh juices are also served with these incredibly artisanal dishes. If you then wonder what makes this bread so special, the answer is simple. The bread has only three ingredients: flour, water, and yeast. There is nothing artificial in the bread. Pan de La Chola has an electric grinder in the back of the kitchen, where he makes his own whole meal flour with fresh wheat seeds. Seeds, nuts, and dried fruits are some possible additions, depending on the type of bread you choose.



Images Pan de la chola



Meanwhile, five branches already exist across Lima.

Jonathan is an inspiring speaker and is happy to explain what Pan de la Chola means to him, the family and all employees!



# 4. clon

*Almirante grau 203-A,  
Barranco*

Clon became very quickly a reference to a wonderful Panadero-concept with inspirational and creative dishes. It's "THE" place to be seen in Barranco for your brunches and their natural flavored breads, croissants, cakes, ... are among the best, and don't forget the best cappuccino

of Barranco! An experience you will not forget and a great start to a visit around old Barranco.

Juan Luis and Michel make you feel at home and all the team feels like a happy bunch of people where serving is not an obligation, but a gift.



Images Demo

# 5. SAL Y MAR

From a converted wooden house, Héctor Solís deals in fabulously fresh and top casual seafood. The no-frills picantería (a lunch-only restaurant usually found in the Arequipa region) lays out daily catches straight from the sea on a bed of ice in front of a blackboard listing what is available and the price per kilo. Simply select your fish and weight then decide how you want the kitchen to prepare it in one of eight ways. Choosing a few different preparations is recommended: a soup to start, followed by a ceviche and then grilled. Best to turn up early as there is a limited number of fish on offer each day, once it's gone, it's gone. The desserts from La Picanteria are fabulous! Bruno and Fabiola had their marriage lunch with family and friends at

this wonderful place in 2014 and Hector became good friends after these 10 years! He moves now to Miraflores! Let's go! Says enough?



# 6. CARNAVAL BAR

*44 in worlds '50 best San Peligrino  
Avenida Pardo y Aliaga 662, San Isidro*



"Life is a carnival. You wait in long lines to enjoy a short ride but it's that moment that makes you feel alive". The new trendy bar in Lima that dazzles visitors with its innovative and magical offer. This San Isidro bar with a playful personality is staffed with skilled bartenders who take the craft of mixology very seriously.

TCarnaval is a high-end cocktail bar located in the heart of Lima's upscale district of San Isidro. Carnaval is the brainchild of Aaron Diaz, whose breadth of experience includes no less than beverage director at Astrid y Gaston as well as bartending stints at The Aviary (Chicago) and other high-end bars in Moscow, Mexico City and Buenos Aires.



Images Carnaval

*“The human being,  
Learned to sharpen first,  
Before he learned to cook!”*

Mijal Šimko

# 7. Templo del filo

*Calle Grimaldo Del Solar 105  
Miraflores*



It takes a bit of magic to get the sharpest knife in the world.

Be careful! By crossing the doorstep of Temple de Filo.... there is no return.

“When I ask the Chefs if I can teach them how to sharpen THEIR KNIFE, the logical answer is... “yes I can sharpen” and they look at me with distrust.

When the Chefs try cutting with a knife sharpened by my hand, they simply tell me... “this is from another world”.

“If you’re looking for an expert, a master chief knife sharpener, who loves his profession, who loves your knives like his own children, @templodelfilo is the champion.

Plus he has the best knives in the world. Professional and amateur cooks, a luxury to have it in our city.” quote by Gastón Acurio

“Every lover of good cooking or sibarita of good eating needs yes and yes a good knife, for this reason I recommend @templodelfilo where you will not only find high-end knives of all prices but you will also find sharpening stones, honing rod, knife case and even if need a good maintenance for your knife, for all this and more, this is the place..!! .

Let yourself be advised by Mijal, who will gladly teach you the correct way to maintain a knife and even give you a master class for a flawless sharpening “ quote by Israel Laura





# 8. CENTRAL

*Av. Pedro de Osma 301,  
Barranco*

Virgilio Martinez



Everything from the sea to the top of the Peruvian mountains, that's the credo here. Everything that the vegetable chef Virgilio Martinez finds edible and surprising food is found on the menu of Central. And you can really speak of creativity with vegetables, plants, herbs, fruit, flowers, cresses, seeds, nuts, sea vegetables and many more vegetables in the main role. Virgilio is now a star that is often asked at culinary conferences. But the quality of his dishes remains high. Congratulations to the whole Central team. Chef Virgilio Martínez studied all over the world, then went to his native Peru and built one of the best restaurants in the world with Peruvian cuisine at its heart. From bottling his own water ("filtered, oxidized and purified using reverse osmosis") to cultivate his own urban kitchen garden, to the complex, artful composition of the dishes he serves on his constantly tasting menus, Martínez is a true perfectionist. You will tantalize the senses with this incredible Eco-system Central Experience Menu, this one currently dedicated to Mater. Mater is an initiative of exploration and discovery, where a multidisciplinary team travels throughout Peru in search of new products and new people's stories. An example of what makes Peru a diverse country. MIL in Maras (between Cusco and Machu Picchu) has become THE research Centre of Central and known all over the world. In my eyes: he's the Leonardo Da Vince of the kitchen! Netflix : " Virgilio": <https://www.netflix.com/title/81692185> and <https://milcentro.pe/> and <https://www.instagram.com/milcentro/>



Images Central



# 9. Kjolle

*Av. Pedro de Osma 301,  
Barranco*

Kjolle is Pía León's restaurant, located in Lima, Peru. The restaurant shares its location with Central. Central is world-famous, but Kjolle is a winner. Named after the tree that grows high in the Andes, Kjolle is a restaurant that takes amazing and interesting ingredients from all corners of Peru and blends them together to create truly innovative dishes.

The main reason for the restaurant's success is Pía León. León worked at Central for 12 years and worked her way up to head chef, where she and her husband Martínez achieved the N° 1 position in the 50 best restaurants in Latin America with Central. She also works closely with Martínez's sister, Malena, who heads the restaurant's research arm, Mater Iniciativa, responsible for researching and experimenting with unique dishes from across Peru.

Chef Pia Leon put Kjolle in Barranco-Lima on the world map. She now performs miracles with ingredients from the Peruvian treasury and she immediately had us convinced with a 100% vegetable menu 'Experiencia vegetariana' with greens, sprouts, aromatic herbs and flowers from her own garden, citrus fruits from the Amazon and root vegetables unknown even to Peru...". The knowledge León has

gained from her experiences and hard work at Central, Kjolle and with Mater Iniciativa makes her a widely respected figure in the world of gastronomy. In recognition of this, she won The World's Best Female Chef Award in 2021 and Kjolle serves as a manifestation of her. Kjolle is ranked N° 8 in the Latin America 50 best. See Instagram: <https://www.instagram.com/pialeonkjolle/>



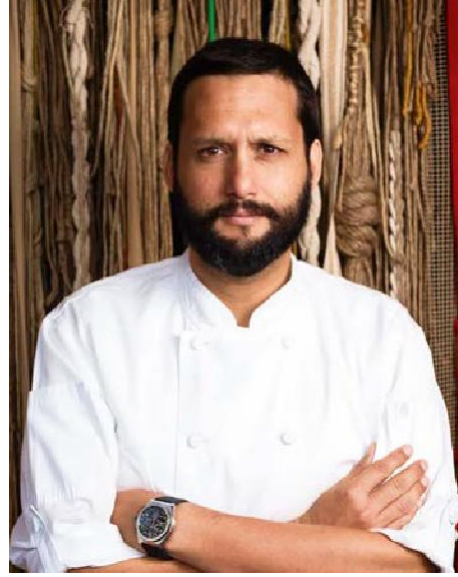
Images Kjolle



# 10. mayta

*Av. Mariscal La Mar 1285,  
Miraflores*

Jaime Pesaque



Mayta, which means “Noble Land” in Aymara, was born to give an ode to our land. It is Pesaque’s flagship restaurant and is a personal contemporary expression of Peruvian cuisine based on flavors and preparations of memory and history brought to actuality.

In 2019, Mayta entered the list of “Latin America’s 50 Best Restaurants”; in 2020 the restaurant won the “Highest Climber Award”, while in 2022 it entered the list of “The World’s 50 Best” and was also awarded as the best restaurant in the latest edition of “The World Culinary Awards”. Mayta has 4 radishes in our SMART guide.



Images Mayta





# 11. FIESTA

*Av. Reducto 1276,  
Miraflores*

Explore the complexities of Northern Peruvian cuisine

Héctor Solís pays homage to the complex cuisines of northern Peru at his groundbreaking Miraflores establishment. Using native ingredients, including chillis and heritage potatoes, the Lambayacana-born chef produces a menu of classics: arroz con pato a la chichlayana (duck and rice, Chiclayo-style), traditional Chiclayo kid goat stew and fragrant ceviche warmed over hot coals. A highlight is the Monsefu City-style stuffed breads.

Solís studied economics and hospitality management before working under his father at the family's original Fiesta restaurant in the northern city of Chiclayo. In 1996, Solís opened the Lima restaurant to great acclaim. He has since opened two further Fiesta establishments in Tacna, southern Peru, and the northern city of Trujillo, as well as lauded La Picantería in the capital.



Images Fiesta



# 12. MERITO

*Jr. 28 de Julio 206,  
Barranco 15063*

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After clocking up experience at one of Peru's most acclaimed restaurants, Central, Venezuelan chef Juan Luis Martínez flew the nest in 2018 to open Mérito. It's a cozy two-storey establishment with an open kitchen taking centre stage. Housed in trendy Barranco, the industrial tavern-style dining room sets the scene for introducing Venezuelan dishes with Peruvian ingredients. Small bites are creatively executed, the gamey glazed pork belly "char siu" paired with fluffy arepas have won the hearts of many repeat customers. Also notable is the way desserts are subverted using local produce, a notable example is the airy cakelet made with papa volodora (a tuber), coffee and lucuma fruit. Snag one of four coveted bar seats overlooking the kitchen if you can.



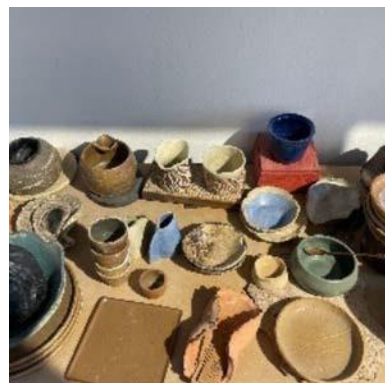
# 13.VISIT pájaro loco studio PABLO FERNANDEZ

*Av. Perez Roca 203  
Barranco*

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Pajaro Loco is a design studio committed to its social and environmental surroundings. We focus on a research process fueled by creativity and the search for disruptive proposals for the creation of ceramic and wooden objects. Pablo is a Master and together with his team, he produces the terra cotta, cutlery amongst other products for Central, Kjolle, Mayta, ... and many other top restaurants.

We will have a personal guided visit with Pablo around the new location in Barranco.



# PROGRAM

# GASTRO PERU TOUR

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**Sunday:**

Arrival in the morning at Lima international airport.  
Transport to Casa Caceres Hotel + Introduction Hotel Bar

**Monday :**

Free Morning – adaptation to the city of Lima  
La Picanteria in Surquillo and Brewery Artisanal  
Visit some small alcohol Pisco shops + Peruvian wine tasting  
Free walking Barranco  
Early bird hotel with the jetlag!

**Tuesday :**

Pan de la Chola + organic product chain+ pastry master Jonathan Day Visit  
Visit of the historic centre of Lima  
Fiesta Miraflores inclusive pairing  
Wine tasting Prieta Quebranta  
Clon Barranco

**Wednesday :**

Breakfast at hotel  
Larco Museum, Top Latin American Culture  
Kjolle Barranco inclusive pairing  
Carnaval nr 42 San Peligrino  
Mayta inclusive pairing

**Thursday :**

Breakfast at hotel  
Visit Pajaro Loca + Terra Cota Barranco  
Visit la Granula  
Workshop Templo del Filo  
Central, inclusive pairing  
Free evening in Barranco

**Friday :**

Breakfast in Demo in Barranco  
Visit Fish Market Chorillos  
Merito  
Pisco tasting at Bruno Place  
Transfer to airport for flight to Arequipa

# To know

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## PRIVATE PISCO TASTING AT BRUNO'S PLACE

Pisco is a spirit distilled from grapes.

The word 'pisco' comes from Quechua where it is the name of a bird (pisku, phishgo, pichiu or pisccu, in the modern Quechua alphabet: pisku'). The valley where this bird was common today is the Pisco Valley in Peru. The inhabitants of this valley were called 'piskos' (singular: 'pisko'). The piskos were good potters and, among other things, they made pots in which liquor was stored, which were also called 'piskos'. Eventually, the drink in the pots was given the same name as the pots and their makers: pisco.

In Peru, the drink is often served as a cocktail called pisco sour. In addition to pisco, this drink contains beaten egg whites, cane sugar syrup, crushed ice cubes and lots of lime or lemon juice.

Bruno will take you through a tasting of some of the top pisco drinks.

Pisco Sour is one of Peru's iconic products. Since the 1920s, this Peruvian cocktail par excellence has been globally recognised as an exquisite apero. The Pisco Sour is a mix of Pisco (a southern rural bourbon-like drink) with fresh lemon juice, cane syrup, egg white and Angostura bitter. Although Pisco Sour is served everywhere in Lima, nowhere does it do better than Hotel Maury.

The legendary story where Pisco Sour and Hotel Maury found each other starts with the death of Vaughen Morris. His apprentice, Mario Bruiget, became the bartender at Hotel Maury and continued his teacher's recipe. He improved it by making two ingredients that formed the texture of the cocktail: egg white and Angostura bitter. Located in the centre of Lima, Hotel Maury has an old-fashioned wooden bar run by a bartender who has done almost nothing but make Pisco Sours for the last 50 years.

A historic spot for those seeking the origins of Pisco Sour and let that be just the place where you will taste this cocktail in all its glory!

Finalizing the Pisco tasting, a driver will wait for us and take us to the airport of Lima, for our direct flight to Arequipa. This will be the start of the Sightseeing tour in the South of Peru.

The price for the Gastro Tour is 3,985 EUR per person (4,700 USD).

In all the tasting menu's, pairings with alcoholic or non-alcoholic drinks are included!

*THE*  
Marvelous sightseeing tour  
of Peru

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# Day 1: Arequipa City tour + transfer to Colca Valley

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A guide will pick us up in the morning in our hotel for a walking tour in the beautiful city of Arequipa. We will visit the world-famous Santa Catalina monastery, which forms a small city in the city. The monastery was built to house the daughters of the city's most distinguished families who had a religious vocation. It was inaugurated on October 2, 1580, as a centre of absolute enclosure. The Monastery occupies an area of approximately 22,000 square meters.

We will also visit the major square and the cathedral. From the top of the cathedral we can enjoy an amazing view over the city. After our lunch, we will make our way to the Colca Valley where we will spend one night. You can leave your big luggage in the hotel in Arequipa. Before we leave the city, we will make different stops which views over the city, including in the neighborhood of Yanahuara. The driver will guide us through the Colca Valley. We will have some time to relax in the hot water springs. An ideal activity to end our day.

We stay at the Colca Lodge, a luxury lodge with beautiful views and its private hot springs.





# Day 2: Colca Canyon & Condor spotting

In the morning, we depart early from the hotel towards the Cruz del Condor viewpoint. This is the ideal place to observe condors. Together with the guide, we also take a short walk through the Colca Valley, to observe the surrounding nature. We have a chance to view more condors on the way. On the way back to Arequipa, we make different stops to observe the surrounding volcanoes. As we drive through the National Reserve of Salinas and Aguada Blanca, we will keep an eye out for llamas, alpacas and vicuñas.



The Reserve is distinguished by the presence of the majestic Ubinas, Pichupichu, Misti, and Chachani volcanoes, and by the snow-capped peaks of Chuccura and Huarancante. The high Andean plains, dotted with beautiful lagoons and bofedales (high-altitude wetlands), complete the icy landscape of most of the territory, which is inhabited mainly by South American camelids and a large number of terrestrial and aquatic birds.



Originally conceived as a site for the protection of vicuñas, today it also represents the main water reserve for the city of Arequipa and its surrounding areas.

We may also be able to see guanacos. Our guide will explain us how you can distinguish the different types of camelids.

We spend the night in the same hotel as two nights, before, the charming boutique hotel, La Hostería in Arequipa.



# Day 3: Cusco

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In the morning, we will take a direct flight from Arequipa to Cusco, the former capital of the Inca empire, located 3.300 meters above sea level.

Our driver and guide will wait for us at the airport. We will stroll through the streets of Cusco. We will visit Qoricancha, the temple of the sun, located in the middle of the city. We will also visit the cathedral at Central Square. Cusco is a magnificent city where history is alive.

After our visit to Machu Picchu, we will come back to the city, where you will have some additional free time.

We will leave the city and make our way to the Sacred Valley. We will visit the impressive site of Sacsayhuamán. We will also visit the site of Tambomachay.

That evening we can enjoy an impressive glamping site, Mountain View Experience near the salt mine of Maras, with breath-taking views of the surrounding mountains



# Day 4: Mil Centre + Maras

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After our breakfast, we will visit the Mil Centre.  
Based in the Peruvian highlands



MIL Centro is surrounded by sacred mountains and local communities, as a deliberate convergence of nature, history, and intention. Next to the archaeological Inca site of Moray, at 3,600 meters above sea level, MIL is in continuous dialogue with the territory, the people, and their cosmovisions.

Our neighbors from the Mullak'as Misminay and K'acllaraccay communities guide us with their wisdom and provide an understanding of an ancestral way of living in relation to plants and seasons, while our staff of researchers contributes by adding contemporary applications and interpretations.

Moray inspires our menu — a vertical journey through ecosystems and microclimates. We connect with the land and respect its cycles, using only what is seasonally available. Our commitment to tradition is met with our pursuit of creativity that has positive, long-lasting effects on local biodiversity and the people living within it.

Connect with the local people of K'acllaraccay  
MIL CENTRO AND K'ACLLARACCAY  
6HRS 30MIN APROX.  
TASTING MENU INCLUDED

Connect with the local people of K'acllaraccay

Warmi is a group of 16 women that emerged in 2018 as part of the collaborative residencies of Mater. Warmi describes a woman with culturally significant skills for Andean communities, with the willingness to learn and the pride of knowing how to do something. How to weave, work the land, cook, raise children, and care for their animals; among many other things, they sustain life.



This is a route that invites you to delve into the deep social and cultural fabric that takes place in a high Andean community, understanding “social” by including all living beings that coexist in this territory: humans and non-humans, plants, animals, and all animated entities from the perspective of Andean philosophy.

Guided by the ancestral textile process as a symbolic thread that interweaves and tells about rural life in the Andes, the Warmi collective from the community of K’acllaraccay invites us to walk through the intimacy of their community and daily life; sharing their knowledge about working with wool, spinning with pushka, the collective and ancestral knowledge about medicinal/dye plants and their local uses, working the land, and the respect for natural elements such as winds, rains, and frosts that determine activities throughout the year.

In deep connection with nature, the Warmis (women of the collective) open and extend traditional knowledge and the life that is woven into textiles as narratives of a culture and maps of a territory. Once the route is finished (approximately at 13:15), you will be driven back to Mil Centro for lunch. During the eight courses, each step is directly connected to the territory and the ecosystems where you spent your morning.

A MUST view on Netflix : VIRGILIO

(intro on Youtube : <https://www.youtube.com/watch?v=bspCZK0F7rk> )

A guide and driver will wait for us after our visit of MIL. We will visit the salt mines of Maras. We can observe how the local population harvests salt and also offers it for sale. Maras consists of a vast area made up of nearly 3,000 natural salt ponds fed by an underground spring. They are not only of great importance for supplying salt to the entire Cusco region but also represent a valuable source of export of this essential culinary seasoning to the world.

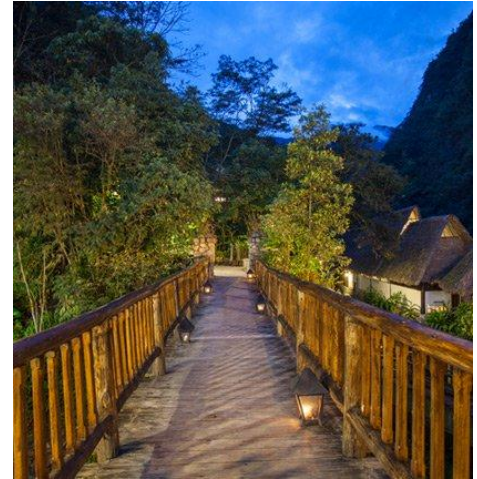


Our next stop is Ollantaytambo. This small village preserved over time its houses, streets, and canals from the era of the Tahuantinsuyo. Together with the guide we will visit the site of Ollantaytambo, one of the great wonders of Inca architecture.

One of the most striking details of Ollantaytambo is that the rocks found in the complex are perfectly polished, have impeccable cuts, and are intact, which means that the builders were able to lift and transport the stones without them suffering any damage. This represents a remarkable feat, since the fortress is built on a very steep slope. Ollantaytambo was a strategic military, religious, and agricultural centre that still dazzles with its stone-built terraces and its imposing constructions over four meters high. It was here that Manco Inca confronted the Spanish troops of Hernando Pizarro and achieved victory. Archaeologists believe to have served as a refuge for Inca royalty and nobility. The fortress was built with

enormous rocks brought from a quarry 6 kilometers away, near the Urubamba River. To transport these stones, the Incas had to divert the entire water channel around the area, a masterful feat of engineering and wisdom.

At the Ollantaytambo train station, we take the train to Aguas Calientes, the village of Machu Picchu. From the train station we will walk towards our hotel, El MaPi by Inkaterra.



# Day 5: Machu Picchu

We will get up early in the morning for our visit to Machu Picchu. A guide will be waiting for us in the hotel lobby. Together we take the bus to the entrance of Machu Picchu. The large and impressive stone blocks joined together without any mortar form one of the most important religious, political, and administrative centres of the Inca Empire.



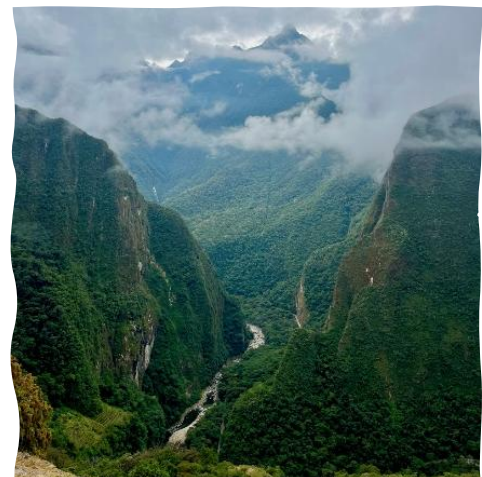
The Inca City is divided into two main sectors: the agricultural sector, with a vast network of “andenes” or terraces, and the urban sector, featuring beautiful constructions such as the Temple of the Sun.

Its intensely green terraces and the imposing mountain range that surrounds it create a breathtaking landscape. Not only the site is impressive, but also the interaction between the construction and the neighbouring mountains. Machu Picchu is a World Heritage Site and a source of pride for Peru.

Together with the guide, we will take a halt at the most iconic place of the Machu Picchu site.



Enthusiasts can also climb Huayna Picchu mountain that forms part of the site of Machu Picchu (the mountain at the right side in the classic picture of Machu Picchu). The climb is quite steep and physically demanding, but the panoramic view from the top of the mountain over the site of Machu Picchu is worth it. After our descending, we take the bus back to the village of Aguas Calientes, where we will have free time for lunch. In the afternoon, we take the train from Aguas Calientes back to the train station of Ollantaytambo. A driver will wait for us at the train station of Ollantaytambo and bring us back to the city of Cusco.



We will spend the night in the nice boutique hotel, Abittare, located opposite Qoricancha and only a few squares away from the main square of Cusco.



# Day 6: Free morning in Cusco – return to Lima

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We can enjoy a free morning in the magnificent city of Cusco. This is the perfect opportunity to take some extra pictures and buy the last souvenirs.

A driver will pick us up around noon at the hotel and will take us to the airport for a direct flight to Lima.

In Lima we can enjoy our last dinner in Barranco, walking distance from the hotel where we will spend our last night.

The next morning, we will check out early from the hotel the head to the airport for our international return flight.



# PROGRAM

# MARVELOUS SIGHTSEEING TOUR

# PERU

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## **Saturday**

City tour Arequipa  
Transfer to Colca Valley  
Natural hot springs

## **Sunday**

Colca Canyon – Condor spotting  
Return to Arequipa

## **Monday**

City tour Cusco  
Departure to Sacred Valley

## **Tuesday**

MIL – Food interpretation Centre  
Salt mines Maras  
Transfer to Machu Picchu village

## **Wednesday**

Visit of Machu Picchu  
Return to Cusco

## **Thursday**

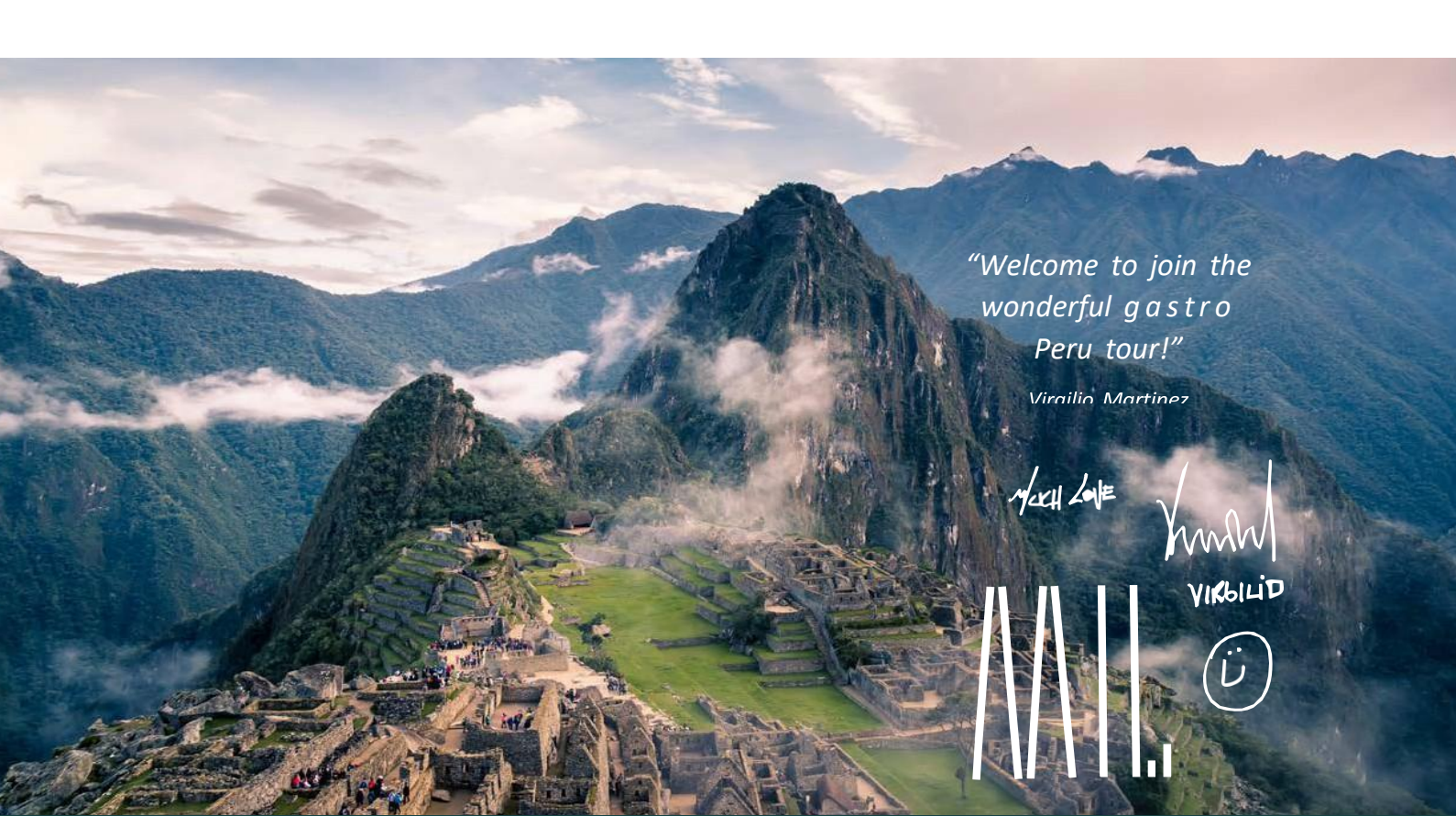
Free morning in Cusco to buy souvenirs  
Return flight to Lima  
Dinner in Barranco (not included)

## **Friday**

Return flight home

Thank you for travelling with us!

The price for the sightseeing tour, including the experience at MIL Food Interpretation Centre, is 3,476 EUR per person (4,100 USD).



*"Welcome to join the wonderful gastro Peru tour!"*

*Virgilio Martinez*

*MIL*

*Virgilio*

*VIRGILIO*

**MIL**

## What's in it

You can opt for one of the following three possibilities: You can choose to participate (i) only in the Gastro Tour, (ii) only in the Sightseeing Tour, or (iii) participate in both tours. To participate in the Gastro Tour, you should reach Lima on Sunday, since the tour will start on Monday. The room on Sunday night is also included in the price.

### Gastro Tour

The Gastro Tour includes Hotel Casa Caceres (or a hotel nearby of similar standard depending on occupation) and all restaurants fully inclusive pairings visits. We are not responsible in case a restaurant might close, but we'll find an equivalent replacement. Hours of visit can change due to occupation (eg. switching lunch and dinner between restaurants).

The Belgian Bruno Rouffaer is your guide and supervisor of the entire Gastro Tour. He has been living in Lima since 2014 and knows all the chefs personally and knows Lima like the back of his hand! He has already accompanied more than 60 chefs on previous tours. Once booked, all top restaurants are especially blocked for us, fully paid largely in advance and are not refundable.

If you opt only for the Gastro Tour, the price is 3,985 EUR (4,700 USD) per person.

### Marvelous Sightseeing Tour

Most participants in the past combined this gastro trend tour with a marvelous sightseeing tour in Peru and taking the opportunity to visit also worldwide investigation center MIL of Virgilio Martinez, next to the white city Arequipa, the world second largest Colca canyon, the mysterious Sacred Valley, Cusco and the world heritage site Machu Picchu. Don't hesitate watching the Netflix movie "Virgilio" : [www.netflix.com/title/81692185](http://www.netflix.com/title/81692185)

Elise De Geyter, our local Belgian tour operator will be honored to organize this sightseeing trip for you. We will do everything possible to ensure that everything goes smoothly.

For the sightseeing part of the tour dinner and lunch are not included, except for lunch during the visit at MIL and dinner at the hotel in Aguas Calientes (Machu Picchu Village). We can make suggestions for restaurants at all locations during the trip.

If you opt only for the Marvelous Sightseeing Tour, the price is 3,476 EUR (4,100 USD) per person.

## Gastro & Sightseeing

The price for participation in both the Gastro and the Sightseeing tour is 7,461 EUR (8,800 USD).

*All payments need to be made in American dollars considering the amounts in USD mentioned in this document.*

Due to the worldwide instability, prices can vary due to exchange rates of EUR/USD and oil prices for flights.

## Practical information

These price proposals are valid for a group of minimum 8 and maximum 10 participants. The hotels mentioned in this proposal are indicative and subject to availability. In case there is no availability, reservations will be made in hotels with the same or similar level of quality of services.

50% of the payment of the participation price is required at least four (4) months prior to the start date of the trip.

The advance payment is necessary to make all the necessary reservations in the restaurants, hotels, domestic flights, tickets for Machu Picchu, train tickets, etc. Those costs are not reimbursable. A copy of the valid passport of all participants is required at least four (4) months prior to start date of the trip.

The remaining 50% should be paid at least thirty (30) days prior to the start date of the trip. None of the payments made are refundable. A penalty of 100% of the participation price applies in case of cancelation of the trip less than thirty (30) days prior to the start date of the trip.

If you book the tour less than four (4) months in advance, we cannot guarantee that we can reserve the entrance tickets to Machu Picchu, as this will depend upon availability.

The passport of each participant needs to be valid at least six (6) months at the date of the entry to Peru. Each passenger is responsible for meeting all migratory requirements and providing us with the correct information. All participants must have valid cancellation and medical insurance in place prior to the start date of the trip.

On the following link, you can find information about recommended vaccinations for Peru and also about altitude sickness: [www.wanda.be/nl/landen/peru/](http://www.wanda.be/nl/landen/peru/)

Looking forward meeting you in our wonderful country, PERU!

Elise and Bruno will be glad to assist the participants with any questions and requests that may have before, during or after your trip:

[Bruno.rouffaer@gmail.com](mailto:Bruno.rouffaer@gmail.com), +51 996 660 383

[elise@ladouceperu.com](mailto:elise@ladouceperu.com), +51 985 080 486

# Feedback from participants in the past

Jouw kennis van het land, de politiek de persoonlijke verhalen en meer deden ons meer dan eens de mond openvallen. Het was Top! Bedankt dat we bij jou thuis de Pisco tasting mochten doen! We komen bedankt voor alles! Nancy & Bruno

4 dagen eten, totaal losb met de zoon van Kapitein Zeppos. Danku Bruno voor spijs & drank van de sandwich & de frieten. Zodat we in de central "nog" met handen gesloten alles was top, de gerechten waren vandaar mijn topbone niet licht in mijn gezicht +100 by THANK Peter

Bedankt Bruno voor deze onvergetelijke fantastische reis. Sterren & radijden spelen hier geen rol. De massa's passie die je teoreke drag aan de man bracht, inspireerde ons & de ganze groep! De keuze aan restaurants was top! Een voor één een aanrader.

9 november 2023  
Onze laatste avond van een mooie food-reis met een exelente privé gids:

- nieuwe Kapitein Zeppos van Lima
- prima chauffeur
- leuke verteller
- kalen knobbef
- is van top alle markten
- lude ons alles over de <sup>thuis</sup> erotick in Peru
- gastry en steeds met de glimlach

Bruno,  
Wat en fantastisch en inspirerende reis was dit. Ik heb een getwijfeld om mee te gaan, maar de beste beslissing om mee te gaan. Zulke mooie ervaring om nooit te vergeten. Voor deze reis heb ik maar 2 woorden "Waarom zing Fantastisch" Top gids, leuke groep, fantastische ervaring. Ik kom terug binnen en aantal jaar als de kinderen groter zijn met heel het gezin. Warme groet Van