

# POST CONGRESS BOOKLET



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# ABOUT THE POST CONGRESS

## GET TO KNOW PERU!

During our post congress, you will relax after the General Assemblies, while having the opportunity to know one of the other two regions of our country: the Highlands or the Rainforest.

We have prepared four itineraries, each in a different and magical city, where you will have an unforgettable experience!

## LOCATIONS

For this event, you will be able to decide to visit one of the following cities:



**CUSCO**



**IQUITOS**



**PUNO**



**TARAPOTO**

## DATES

August 15th to 19th, 2024 (Iquitos, Puno and Tarapoto)

August 15th to 20th, 2024 (Cusco)



## ABOUT THE CITY

Acknowledged as the historic capital of Peru and renowned as the navel of the Earth, Cusco is an unmissable destination.

In Cusco, every corner tells a captivating, mystical and inviting story and offers a piece of our history.

Join this adventure including trips into the majestic Andes, to see famous Inca ruins, and of course to discover the World Heritage site of Machu Picchu.



## FEE

€520

- Includes flight\*, accomodation, tours and meals

\*Basic economy (allows 1 personal item)

## ABOUT THE CITY

- Stay: 6 days & 5 nights
- Temperature: 8°C - 15°C
- Weather: chilly, dry and windy
- Make sure you pack warm clothes and sporty shoes!





# CUSCO ITINERARY

## DAY

## ACTIVITIES

1

Transfer to hotel

Visit the Main Square

City tour: Qoricancha temple, Sacsayhuaman fortress, Q'enko temple, Puca Pucara military centre, Tambomachay temple

2

Transfer to Chinchero and visit the local market

Transfer to Moray to visit the circular platforms

Transfer to Maras to visit the salt mines

Return to Cusco

3

Transfer to Cusipata for breakfast

Start hiking to visit the Rainbow Mountain

Return to Cusipata for lunch

Return to Cusco





# CUSCO ITINERARY

DAY	ACTIVITIES
4	<p>Visit Pisaq archaeological park and local market</p> <p>Lunch in Urubamba</p> <p>Visit Ollantaytambo archaeological park</p> <p>Train to Aguas Calientes</p>
5	<p>Bus to Machu Picchu</p> <p>Full day Machu Picchu tour</p> <p>Trip back to Cusco city</p>
6	<p>Transfer to airport</p>



# IQUITOS

## ABOUT THE CITY

Iquitos is a fantastic city located in the department of Loreto, the largest in our country.

This thriving city is Peru's gateway to the Amazon Rainforest near the famous Amazon River.

Fun fact: The Peruvian territory of the Amazon jungle is roughly 60% and is home to a great variety of wildlife and flora.

The beauty of the surrounding protected areas and incredible animals and plants make Iquitos a fantastic place to visit!



## FEE

€340

- Includes flight\*, accommodation, tours and meals

\*Basic economy (allows 1 personal item)

## IMPORTANT INFO

- Stay: 5 days & 4 nights
- Temperature: 30°C - 32°C
- Weather: sunny, humid and rainy
- Make sure you pack sunscreen and repellent!





# IQUITOS ITINERARY

## DAY

## ACTIVITIES

1

**Navigation on the Nanay River to the Amazon River**

**Visit a wild animal sanctuary**

**Meet the Boras tribe**

**Night excursion through the jungle**

2

**Bird watching at dawn**

**4 rivers route: gray and pink dolphins sighting**

**Native Community of Independencia: Sequoia tree climbing, bats sighting**

**Piranha fishing and bath in the river**

**Movie night**





# IQUITOS ITINERARY

## DAY

## ACTIVITIES

**3**

**Bird watching at dawb**  
**Visit the Cocama community of Padrecocha**  
**Visit the Amazonian Butterfly Garden**  
**River canoeing**

**4**

**Navigation along the Momon River until reaching the native community of San Antonio**  
**Tour through the lush primary jungle**  
**Lunch in the native community of San Antonio**

**5**

**See buildings from the colonial era**  
**Visit the "House of Iron", the Morey House and the Amazon Museum**  
**Visit the Belén market and its floating neighborhood**  
**Visit and tour of the Quistococha Tourist Complex**



# PUNO

## ABOUT THE CITY

Puno is a city in southern Peru which is home of Lake Titicaca, the highest navigable lake in the world.

This city is also considered the “folkloric capital” of our country for its amazing traditional festivities, dances and rituals.

According to old legends, everything began in Puno, when Manco Capac and Mama Ocllo emerged from Lake Titicaca to found the Inca empire.



## FEE:

**€340**

- Includes flight\*, accomodation, tours and meals

\*Basic economy (allows 1 personal item)

## IMPORTANT INFO:

- Stay: 5 days and 4 nights\*
- Temperature: 12°C - 15°C
- Weather: Cold, cloudy and it may snow
- Make sure you pack warm clothes and sporty shoes!

\*3 nights in a 3 star hotel and 1 night in a local house on Amantani Island.





# PUNO ITINERARY

## DAY

## ACTIVITIES

1

**Arrival at Juliaca airport and transfer to Puno**

**Short visit to Puma Uta viewpoint**

**Arrival in Puno and transfer to the hotel. You will have the day free.**

**Welcome dinner with traditional dances from Puno**

2

**Transfer to Uros floating islands**

**Visit the Amantani Island, meet local families who will accommodate you in their homes**

**Take a walk to the Pachatata ritual center**

**Dinner with local families**

**Enjoy their traditional music and dances**

3

**Transfer to Tarique Island**

**Take a walk around the Island while watching their daily activities**

**Visit the square and the craft center**

**Lunch at a local restaurant**

**Return to Puno**



# PUNO ITINERARY

## DAY

## ACTIVITIES

4

**Start the Aymara route**  
**Visit the Inka Uyo temple and the pre-inca Molloco settlement of the Lupaca culture**  
**Visit the andean Warus Warus**  
**Visit the 5 meter high Amaru wall**  
**Visit Juli (Better known as The little Rome of America)**  
**Free time for lunch and to visit more places**  
**Return to Puno**

5

**Breakfast**  
**Visit the Puma Uta viewpoint**  
**Visit the archaeological center of Sillustani**  
**Arrival at Sillustani's Necropolis**  
**Observation of the Umayo lagoon**  
**Visit the traditional houses of Atuncolla**  
**Transfer to airport**





# TARAPOTO

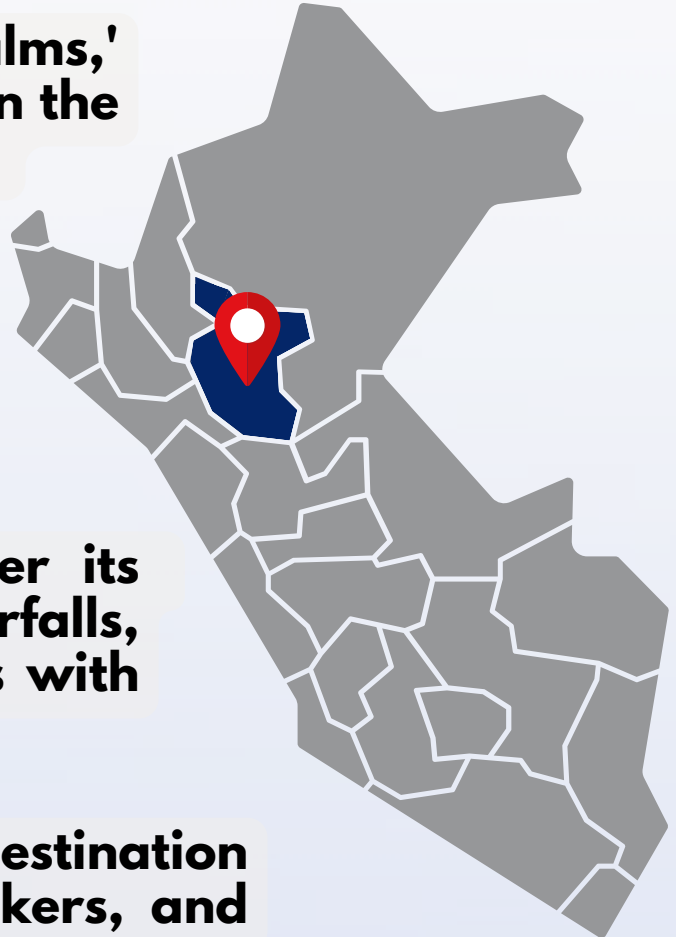
## ABOUT THE CITY

Known as the 'City of Palms,' Tarapoto is a city located in the department of San Martin.

Tarapoto is a natural paradise with a great variety of attractions in the Peruvian jungle.

Visit this city and discover its vegetation, beautiful waterfalls, luxuriant forests, and hills with towering cliffs.

Tarapoto is a wonderful destination for nature lovers, fun-seekers, and adventurers!



## FEE

€340

- Includes flight\*, accomodation, tours and meals

\*Basic economy (allows 1 personal item)

## ABOUT THE CITY

- Stay: 5 days & 4 nights
- Temperature: 30°C - 32°C
- Weather: sunny, humid and rainy
- Make sure you pack sunscreen and repellent!



# TARAPOTO ITINERARY

**DAY**

**ACTIVITIES**

**1**

**Transfer to Lamas**  
**Lamas city tour: Main Square and Lamas Castle**  
**Visit “El Wayku” native community**  
**Return to Tarapoto**

**2**

**Transfer to the Blue Lagoon**  
**Navigate through the Huallaga river and the Blue Lagoon**  
**Bath in the lagoon and do aquatic sports (optional)**  
**Try typical food**  
**Return to Tarapoto**





# TARAPOTO ITINERARY

## DAY

## ACTIVITIES

**3**

**Transfer to the Alto Mayo, Rioja province**

**Visit the Tioyacu River with natural waterfalls and pools**

**Stop in Moyobamba at "Agro Oriente" to see orchids and Amazonian plants**

**Try typical Amazonian beverages made from medicinal plants**

**4**

**Transfer to the tourist site entrance**

**Cross the river on a small raft to reach the thermal pools**

**Return to Tarapoto**

**5**

**Transfer to the Ahuashiyacu Waterfall**

**Stop at Cordillera Escalera viewpoint for photos**

**Hike to the waterfall base: Watch local flora and fauna like orchids, ferns, butterflies, insects, and amphibians.**

**Swim in the natural pool at Ahuashiyacu Waterfall**



## CONTACT INFORMATION

If you have questions about the itineraries, things to pack, flights or need further information, do not hesitate to message us!

**Contact us via:**

 [@73rdivsacongressperu](https://www.instagram.com/73rdivsacongressperu)

 [73rdivsacongressperu@gmail.com](mailto:73rdivsacongressperu@gmail.com)





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IVSA CONGRESS

**PERU**

**THANKS**

