



WILLKA T'IKA

A Luxury Retreat in Peru's Sacred Valley



A Spontaneous Café Real Food Peru Adventure

Eight days / Seven nights • October 4-11, 2013

Cusco ~ Sacred Valley ~ Willka T'ika ~ Machu Picchu

With Chef Mateo, Matt Samuelson

If you are passionate about providing those around you with nourishing creations and feel stuck by recipe books, then I invite you into the realm of gourmet food that's never been made before. We will learn to find ingredients for gourmet meals wherever we are. We will focus on ingredient-grouping, creating flavor profiles, and understanding the use of textures. This learning will take place in one of the most beautiful and inspiring places on Earth.

In Willka T'ika's spacious kitchen and dining rooms we will learn the simplicity of "spontaneous" meal creation, using food from Willka T'ika's abundant gardens. On our trips to the produce market and local organic farms, we'll learn about selecting the raw materials for the day's meals.

What I mean by "spontaneous" is the idea that we use what we have locally – minimal reliance on imported ingredients leads to the simple concept of using what's available from nearby sources to create meals that are satisfying and delicious.

When we play in the kitchen we'll be using templates and concepts that can be applied anywhere there's fresh produce available. Using the idea of categories rather than specific ingredients, we will create gourmet food that will open your awareness to a new level of what's possible using vegetarian, vegan, and raw ingredients.

This October we begin our journey into the heart of the "Spontaneous Cafe" in the Sacred Valley leading to the slopes of Machu Picchu.

Join us in this ancient land for an exploration of this region. We will learn to adopt principles of simplicity and local sourcing all while nourishing the mind, body, and palette.

It is a truly magical journey...

Experience the major highlights of Cusco, Machu Picchu, and the Sacred Valley, and a delicious week-long real-food experience at Willka T'ika Luxury Guesthouse. The program includes professionally guided tours and ceremonies. The quality and variety of offerings in this eight-day program ensure that participants experience a Magical Journey to Peru as well as plenty of time with Chef Mateo in the kitchen and organic vegetable gardens.



During the retreat, we'll:

- Be spontaneous with our roots, shoots, leaves & fruits
- Try traditional foods of the Andes such as bulbs, tubers, seeds & legumes
- Search for, select, harvest and learn how to prepare local real foods
- Eat vegetarian, vegan, raw food and still have fun
- Have a walk through the footpaths and stone streets of the neighborhood to see what the locals grow and eat
- Learn new kitchen techniques & improve knife skills
- Learn the secrets of pro-biotics in foods

Chef Mateo wants you to:

- Understand wheat versus grains (and how it matters to you)
- Learn to make gluten-free batters for pancakes & waffles
- Understand the importance of lacto-fermentation in food.
- Learn how to create custom recipes for people with special diets
- See how easy it is to create gourmet food with what our farming neighbors grow right here!

Tap into authentic Andean spirituality and experience the traditional and cultural wonders of Peru and its people. The Inka brought us incredible "foods of the Gods." You will not only see them growing, you will cook with these high protein traditional foods as well.

Qero friends are pakkos, Andean healers, who are the original keepers of the earth. Learn all about their wisdom first hand. Participate in an authentic Andean ceremony to honor Pachamama, Mother Earth that concludes with a fire-ceremony under the southern skies.

Each day you have time for your own practice of yoga or meditation. Willka T'ika owner Carol Cumes will take you around the seven spectacular chakra gardens and introduce you to Inkan medicinal plants that are used in healing remedies. Baskets filled with a variety of fresh herbal leaves are offered for teas each day.

Willka T'ika is a retreat conceived, built and maintained on sustainable principles. Together with Chef Mateo, create and savor gourmet organic vegetarian meals and fully relax in your lovely garden accommodation. For the active, there are many hikes to explore and additional adventure activities to enjoy in the area.

Return home with great wisdom on health and well-being. You will be inspired to cook and create a variety of healthy, organic, vegetarian meals with vegan and wheat-free options.

Itinerary: A Spontaneous Café Real Food Peru Adventure

(B.L.D) indicates breakfast, lunch, or dinner included.

Please schedule flights to arrive in Cusco on Thursday, October 3rd, 2013 before 11:30 a.m.

Day 01 Thursday, Oct 03

Your Magical Journey program begins with a group transfer from Cusco through spectacular Andean mountain scenery to the **Sacred Valley**. At Willka T'ika, guests will be housed in lovely Garden rooms with private bathrooms. A welcome lunch is followed by an orientation with Willka T'ika staff and your host, Chef Mateo. After a rest to acclimate, enjoy a tour of the seven **Chakra Gardens**, including fabulous Inkan food plants. Workshop with Chef Mateo. (L.D)

Day 02 Friday, Oct 04

a.m. After breakfast, Mateo will lead you through the Rumichaka farming neighborhood to see where the Quechua staff live and farm. Explore the green house and vegetables growing in the organic gardens. Return to Willka T'ika in time to create a spontaneous lunch.

p.m. This afternoon is dedicated to honoring our *Pachamama*, Mother Earth. Without Her, we would not live, breathe or eat. Guests are encouraged to relax or meditate in the splendors of Nature. There is time to indulge in one of many Andean Spa offerings.

4:30 p.m. Return to the kitchen to cook a spontaneous *campesino* dinner. Chef Mateo will introduce you to the Willka T'ika cooks and kitchen to assist in making a few typical **Andean dishes** for your dinner.

After dinner, your group is invited to participate in an **Andean offering** to honor *Pachamama*, Mother Earth. Since pre-Inkan times this ceremony has been practiced by the Quechua. An authentic **Qero pakko healer** will conduct this special ceremony for personal healing and the well-being of the group. It concludes with a transformative fire ceremony that carries the group essence into the Andean spirit-filled world. (B.L.D)



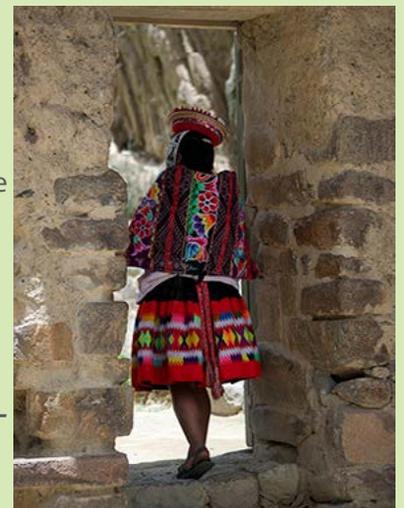
Day 03 Saturday Oct. 05

Pack your own picnic lunch. Full day at **Machu Picchu**. The group will rise early for the train to Aguas Calientes. A bus then takes you to the sunlit terraces of Machu Picchu. Enjoy a fabulous guided tour of the ancient "City of Light." Experience a journey through the masculine energy temples of political and spiritual power, followed by a deep reconnection of feminine earth energies within the Divine Self. In the afternoon, hike to the **Inti Punku**, the original Inkan Gateway to the Sun or take an even more challenging hike to spectacular Machu Picchu Peak. The group will board a late afternoon train back to Ollantaytambo where you will transfer to Willka T'ika in time for a late dinner. (B.L.D)

Day 04 Sunday, Oct 06

a.m. After a relaxing breakfast, walk to the local market to explore the fresh foods, farm cheese and most interesting fruits and vegetables that come in from the mountain and the jungle regions. Discover all the varieties of food available in the Andes. Visit a local organic market in town.

p.m. Lunch and workshop with Chef Mateo at Willka T'ika. Afternoon bus to **Ollantaytambo** ruins to see giant stones in a temple to the Sun that forms a backdrop to a village where people have lived the same way since Inkan times. Stop at a *chicheria* on the way back to sample **chicha**, a special Andean drink made from corn. (B.L.D)





Day 05

Monday, Oct 07

a.m. After breakfast, group departure to the Inkan ritual fountains at **Tampumachay**, outside of Cusco city. Participate in a ceremony to honor *Yaku*, the spirit of water, to open the body's energy centers and activate and enhance your individual creative and healing forces. A brief traditional coca-leaf ceremony invites you to tap into the energies of *Pachamama*, Mother Earth.

Continue to the giant stones of **Saksaywaman** overlooking the city of Cusco. Visit the shamanic site of **Kenko** before checking into your comfortable hotel conveniently situated off the historic Plaza de Armas. Free time for lunch.

p.m. Late afternoon walk through the cobblestone streets of Cusco's **San Blas** district, where your guide will point out fascinating Inkan stonework en route to the **Korikancha** Temple, the holiest site during Inkan times. Evening free to walk about the city. (B)

Day 06

Tuesday, Oct 08

a.m. An early breakfast will leave you time to explore the city market or shop around the main square.

p.m. Return to Willka T'ika in time for lunch. Spend quiet time in the gardens. Meditate or relax in the Chakra Gardens of your choice. Andean massages, Breema and crystal light therapy healing sessions from John of God in Brazil are available to pamper the body.

3:30 p.m. Workshop with Chef Mateo and dinner preparation. (B.L.D)

Day 07

Wednesday, Oct 09

a.m. An *Ayni* day. Make and Pack a Picnic. Today we open the heart and use pink and green tones in our cooking! Welcome the sparkling energies of the day with a drive through the Sacred Valley to an Andean mountain school. For eighteen years, Willka T'ika has maintained contact with dedicated schoolteachers and traditionally dressed pupils in isolated high mountain communities where few tourists are privileged to visit. Join us on our visit to a humble community.



The nonprofit **Willka T'ika Children's Fund** supports educational programs in four Quechua mountain schools. With each visit groups see how Andean communities so dear to our hearts are progressing. The warmth and joy of the children and their openness in bringing guests into their daily lives are special moments not easily forgotten. Visitors always are humbled and deeply moved by this heart-opening morning.

p.m. The group continues to the spectacular ruins of **P'isaq**. Hike above impressive Inkan terraces to the Inkan Temple of the Sun, a doorway to the upper Andean world of the Condor, messenger of the Gods. Here the group can meditate or walk in a silent personal vision quest. Return to the P'isaq market by bus.

Explore the ancient giant ovens of P'isaq where bread is made to feed the entire community. Shop in the market square filled with woven goods, jewelry, colorful wall hangings and hand-painted beadwork. Be a part of this experience while observing colorfully dressed campesinos wearing traditional clothing coming to barter and sell their produce. P'isaq is a photographer's dream.

Return to Willka T'ika to prepare some traditional Andean beverages and Peruvian specialties along with enjoying something spontaneous for dinner. (B.L.D.)

Day 08

Thursday, Oct 10

a.m. Cook breakfast with Chef Mateo.

10:00 a.m. The active can hike to the fascinating **Maras** Salt farms. For thousands of years, local Quechua have organically farmed pure salt from Pachamama. Some may wish to visit the famous Seminario pottery factory or a nearby store that sells traditional handcrafted alpaca wool products.

p.m. After lunch, Chef Mateo invites you to his final workshop. He will review recipes and answer questions. He may divide you into teams for a fun, farewell dinner at Willka T'ika and perhaps you will invite the Quechua staff to be your guests! (B.L.D)

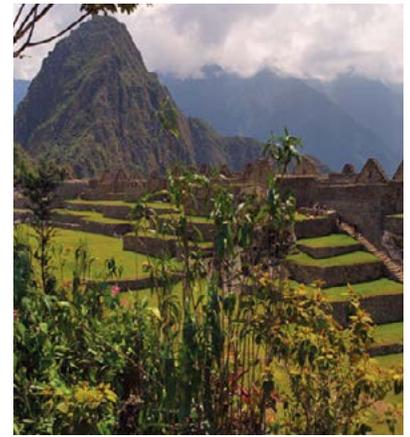
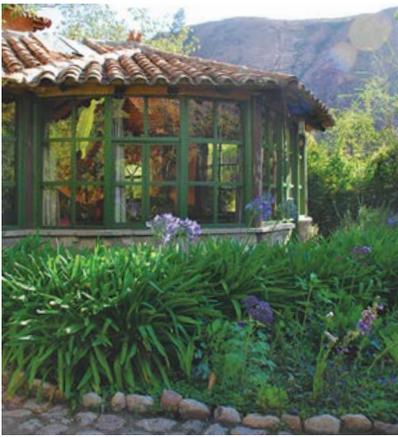
Day 09

Friday, Oct 11

a.m. Depending on the group departure time, early morning gathering with Chef Mateo followed by breakfast.

10:00 a.m. Check out. There will be one bus group transfer to the Cusco airport to connect to Lima and your flight home. Allow three hours and 15 minutes before your flight; book a flight to depart Cusco around 2 pm if possible. Individual taxi transfers are available from Willka T'ika for earlier flight departures.

Filled with the pure spiritual energy of your Real Food Sacred Valley Adventure, a cooking journey-of-a-lifetime, arrive in your home city the same or next day. (B+ sandwich and fruit snack for airport waits)



Cost: \$3300

This inclusive comprehensive program is offered in lovely garden shared accommodation.

Cost includes all group activities, guided excursions and site visits, meals as noted, cooking lessons and more. A passionate professional Willka T'ika guide is included on all days with scheduled outings and the first day at Willka T'ika.

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Reservation: A nonrefundable deposit of \$750 per participant will hold spaces at Willka T'ika. Final payment is due 60 days prior to the program start date. A late-add fee of \$150 applies for registration confirmed less than 45 days prior to retreat start. Single occupancy and upgrades to luxury rooms subject to availability.

Arrival: At time of registration, an extra night in a comfortable, well-placed and secure Cusco hotel on October 3rd can be requested. Cost is \$140 for a twin shared room with 1 airport transfer, \$120 for a single room with airport transfer included. Arriving early can help those concerned with acclimating to Cusco's 11,000 ft+ altitude.

Meals: (B.L.D) noted in the itinerary indicates whether breakfast, lunch, or dinner is included in the land costs. At Willka T'ika, meals are organic vegetarian and served punctually at set hours, 8.30am, 1pm and 6.30pm each day, with adjustments for Machu Picchu.

Cost does not include:

- * \$750 Single Garden Room supplement
- * \$180/person shared upgrade to Willka T'ika luxury room
- * International return flights to Cusco via Lima
- * Additional services, such as individual Willka T'ika to Cusco airport transfers and Cusco hotel bookings prior to program start.
- * Sundries, alcoholic and bottled beverages, laundry services
- * One lunch and one dinner when away from Willka T'ika

