

- [Machu Picchu](#), an ancient [Inca](#) settlement in Peru that is now one of the world's top tourist destinations.
- The name means "Old Peak" or "Great Peak" in the native Quechua language, "New Peak" is to the East.
- Found in 1902 by Agustin Lizarraga, but he did not tell the world.
- Explored in July 1911 by Hiram Bingham who was directed to the site by local farmers who were farming there for about 300 years.
- The site itself stretches an impressive five miles, with over 3,000 stone steps linking its many different levels.
- It is believed to have been a summer retreat for Inca leaders, whose civilization was virtually wiped out by Spanish invaders in the 16th century.

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Lima, the capitol of Peru, currently has the only International Airport in Peru.

- A new International Airport is being constructed near Cusco avoiding Lima. The \$640m project, which will mainly cater to tourists visiting the former Inca capital of Machu Picchu, is being built by a consortium that includes Hyundai E&C of Korea, Sinohydro of China, Mexico's Ingenieros Civiles Asociados, and Peru's HV Contatistas,
- If you are flying, you currently most likely will have to leave out of Miami and fly to Lima.
- You will need your passport, your Covid results, and a Peruvian Declaration. .
- A cell phone is recommended.
  - Leaving Tampa, your boarding pass on your phone will get you to the airside.
  - In Miami it is handy to have your boarding pass on the phone, as well as your Covid test results, and your Peruvian Declaration.
- In Lima, many restaurants do not offer paper menus (Covid), you have to scan their QR code on the table to get their menu.

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- When we arrived they bused us directly to our hotel for the night as it was midnight on Oct 3, 2021. They have very nice hotels, ours had a restaurant downstairs.
  - September is their wet month in Lima, lots of clouds.

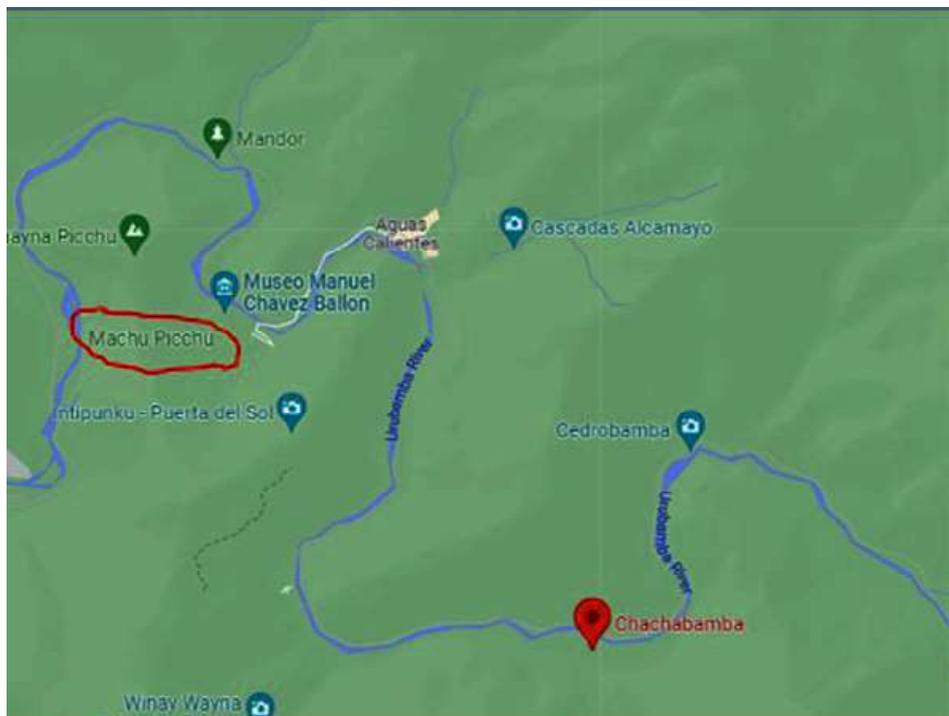
- Lima is a city of almost 10 million people.
- It has an old area where we visited a Square with churches and official buildings.
- At the square there are men dressed in yellow who exchange American dollars to the Peruvian Sol at a better rate than you can get anywhere else.
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- The geographical size and the different climates of the Peruvian ecological layers have contributed towards an enormous gastronomic wealth in the development of ancient towns. Peruvian cuisine is rooted in indigenous ingredients and practices, combined with European influences, notably Spanish and Arab, as well as Asian flavors from China and Japan. There are even a few West African influences thrown in, as well. Peru has become an epicenter of fusion cuisine, and is often heralded as the country that is blazing trails into the future of gastronomy.
- Did you know that Lima is known as the **Gastronomic Capital of the Americas**? The city offers a wide variety of restaurants and inviting sidewalk cafes. Lima has some of the country's most chic and cosmopolitan restaurants, serving haute cuisine in addition to regional favorites. Three Peruvian restaurants made it into the **World's 50 Best restaurants and Latin America's top 50 restaurants: Maido, Central and Astrid & Gaston**.

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- Cuy: The prospect of eating a guinea pig tends to elicit a squeamish response from those living outside of Peru. However, cuy is commonplace here (particularly in rural communities) as a good source of protein. Many have been surprised by how rich and tender cuy meat actually is when served with hot pepper sauce, the dish is often compared to rabbit.
  - Alpaca meat is one of the healthiest and most flavorful meats in the world. The meat is lean, tender, and almost sweet. Alpaca meat is not only rich in proteins but also low in fat & has the lowest level of cholesterol of any meat.

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The Khipu Database Project (KDP), begun by Gary Urton, may have already decoded the first word from a quipu—the name of a village, [Puruchuco](#)—which Urton believes was represented by a three-number sequence, similar to a [ZIP code](#). If this conjecture is correct, *quipus* are the only known example of a complex language recorded in a [3-D](#) system

- Quipu played a key part in the administration of the [Kingdom of Cusco](#) and later [Tawantinsuyu](#), the empire controlled by the [Inca](#) ethnic group, flourishing across the [Andes](#) from c. 1100 to 1532 AD when the Spaniards arrived..
- Some have argued that as the region was subsumed under the [Spanish Empire](#), the quipus were actively destroyed, to be replaced by European writing and numeral systems; but the Spanish response to the quipu is much more complicated than this.
- While certainly some quipu were identified as idolatrous and destroyed, the Spaniards actually promoted the adaptation of the quipu recording system to the needs of the colonial administration; and priests advocated the use of quipus for ecclesiastical purposes. In several modern villages, quipus have continued to be important items for the local community, albeit for [ritual](#) rather than



practical use. It is unclear as to where and how many intact quipus still exist, as many have been stored away in [mausoleums](#).

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12 small structures erected on a circular and rectangular plan was revealed on the outskirts of the Chachabamba complex which is the gate house on the river up to Machu Picchu. The researchers suggest that they were the dwellings inhabited by the individuals that operated Chachabamba, although the structures are less ornate in the construction.

If you ever decide to go to Peru, a great resource is:

<https://www.perutrailtraining.com.au>

Our travel agent was Exoticca (<https://www.exoticca.com/us>)