

# Harmony with nature retreat with Liz

## Money, Tips & Security

**Guide tip:** Willka T'ika only works with the most highly qualified, trustworthy guides. It is customary in Peru to tip the guide directly and separately from the group tips described above. Guide tips are at your discretion. Please plan to make this offering collectively during the last evening meal and give directly to your guide.

**US Dollars & Peruvian Soles:** Only high-end tourist shops and restaurants accept credit cards. US dollars are not always accepted and will be exchanged at a low rate. For Peruvian soles, we suggest you wait until you arrive in Cusco to exchange money in reputable exchange agencies or withdraw from an ATM in Cusco or Urubamba.

**Willka T'ika expenses:** Spa services, bar and store purchases are settled at the end of your stay. Major credit cards are accepted and payment can be made in Soles or Dollars.

**Security:** Willka T'ika is very secure. However, when in airports and tourist areas, use a money belt under your clothing to hold cash, passports and travel documents.

## Food, Water, Health & Insurance

**Food:** All meals at Willka T'ika are strictly vegetarian and prepared with vegetables and herbs sourced from our organic gardens. Fresh fruits, avocados, farm cheeses and yogurts come from the Sacred Valley. At the time of your reservation, please note any dietary specifications (i.e. gluten-free, vegan, allergies, etc.) and identify yourself to your guide and a Willka T'ika Guest Services staff upon arrival. Every effort will be made to accommodate you.

- Please note: We offer organic, protein-rich Andean superfoods such as tarwi, quinoa, amaranth, and complement these with local beans and eggs. However, if you have dietary needs beyond vegan, dairy and gluten free, please bring your own supplements, powders and pastes, as special dietary products are not easily available in the Sacred Valley.
- Bring snacks for walks to Incan sites. Picnic lunches may be ordered in advance with our staff.

**Water:** Drink only boiled, bottled or filtered water. At Willka T'ika, we offer filtered drinking water in our reception area, filtered by reverse osmosis. You are welcome to bring your own water bottle to refill, and Willka Tika also sells reusable water bottles onsite.

**Hiking Poles:** Please bring if you feel you will need them for hiking steep Incan steps. Otherwise, poles may be rented from your tour guide. Recent restrictions apply to bringing hiking poles to hikes at Machu Picchu.

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**Food sickness:** If you are not a seasoned travelers, best to consult with your travel doctor about what medicines to bring to Peru. Generally, diarrhea is a concern when traveling in Peru. When eating out, or exploring locally, we advise guests to take extra care with hygiene, especially with petting local animals, during the community visit, after touching market goods or children (i.e. wash hands thoroughly and use an antibacterial product). A good probiotic and digestive enzyme or Grapefruit Seed Extract taken daily may be helpful.

**Altitude:** Few tourists get altitude sickness in the Sacred Valley (9,000 ft) although it is quite common in Cusco

(11,000 ft). Your body will acclimate if you rest, drink water and herbal teas for a few hours on your first day. If you are having difficulties, please speak to your guide. In common pharmacies, coramina (glucose lozenge) and sorroche (altitude) tablets can be purchased over the counter. They contain aspirin, tylenol and caffeine to bring fast release from a headache or nausea. Doctors usually will prescribe electrolytes to rehydrate guests. For emergency situations, many hotels carry oxygen tanks. There are health clinics in Urubamba and Cusco. For those participating in high-mountain trekking (>14,000 ft) Diamox (acetazolamide) can be prescribed. Not all people need or respond well to this prescription drug which has side effects such as photosensitivity and dehydration.

**Immunizations:** Requirements vary depending on your home country and whether or not you are going to the Amazon. In the Andes, malaria prophylaxis is not necessary. Guests returning to Canada from Peru do not need a yellow fever certificate, unlike many South American and African countries. Best to directly check with your doctor and your country of residence.

VISIT: <https://travel.gc.ca/>

**Travel insurance:** We strongly recommend that you have travel insurance to protect your travel investment. Insurance should cover the cost of emergency medical services, evacuation and repatriation to your home country. Willka T'ika is not responsible for expenses incurred as a result of lost luggage, strikes, health problems, travel delays, flight cancellations or any other delay due to circumstances. Adequate travel insurance has proven to be extremely valuable for individual travelers when circumstances have warranted it. Please check with your insurance company about whether it covers cancellation due to Covid restrictions or complications as we are not able to offer refunds for last minute cancellations.

## Packing list + Luggage

**Packing suggestions:** Travel light! You may have to carry your own luggage at times. Dress code in Peru is very casual. There is laundry service at Willka T'ika and a laundry area if you prefer to wash your own clothes. Keep some extra clothes in your carry-on luggage in case of lost baggage.

**Dress in layers:** Bring a comfortable jacket for the early morning and evening. Dressing in layers allows one to be comfortable during the cold mornings and nights, and hot middays. Andean weather is unpredictable: sunny, windy, and unexpected showers can occur in one afternoon. Please refer to the packing list below.

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**Heating:** Days are usually sunny, but Andean nights tend to get quite cold. Guests are advised to bring warm pajamas. Heaters are provided in each guest room, but there is no central heating.

**Label your luggage:** Label each piece of luggage before you leave home. Include: Name, “Willka T’ika: Paradero Rumichaka, Urubamba,” and Willka T’ika’s office managers' numbers: +51 984 868 166 for Arturo, and +51 977 708 889 for Verena.

## **SUGGESTED GENERAL PACKING LIST:**

- Flashlight or headlamp for the nights in the gardens at Willka T’ika.
- Slip-on shoes are helpful to enter and exit yoga studios and spa rooms at Willka T’ika.
- Charger for your phone and/or laptop.
- Converter or transformer to 220V, 60 cycles AC. Mac products support both 110V and 220V.
- Good walking shoes or lightweight hiking boots.
- Earplugs can be very useful. There is no noise ordinance in Peru so be prepared for those infrequent times when dogs get rowdy or neighbors and nearby towns celebrate local festivals with loud music.
- Wide-brimmed hat, sunglasses, sunscreen and lip balm are essential. The Andean sun is very strong.
- Insect repellent and long pants for Machu Picchu. Keeping your legs covered is recommended when hiking. Shorts are fine for Willka T’ika.
- Anti-bacterial wipes or hand sanitizer. Human contact rather than food can be the main culprit for travel-related illness.
- Travel Documents: To enter Peru your passport should be valid for 6 months from the date you arrive. No visas are required for South African, Canadian, Australian or USA citizens. It is safer to leave your documents and extra money at Willka T’ika or in your Cusco/Machu Picchu hotel room, locked in your suitcase or in the hotel safe.
- Do not bring any jewelry or other valuables. Wear an inexpensive watch.
- Money belt to wear under your clothes and a secure place for your phone.
- Bring a small daypack to carry a water bottle, camera, trail snacks and sunscreen.
- Always carry a light rain jacket or waterproof poncho in the mountain regions

## **At Willka T’ika & local contact info**

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Willka T'ika is located between Machu Picchu and Cusco in the Sacred Valley, at Paradero (bus stop) Rumichaka, 2 km from the town of Urubamba on the road to Ollantaytambu on the left hand side, marked by a big signpost. It is a 90-minute drive from Cusco to Willka T'ika.

Willka T'ika Phone: +51 984-868-166 (Cell/Whatsapp Arturo Hanco) or +51 977 708 889 (Verena Velazco)

Please speak slowly: Our Quechua staff speak Spanish and understand some English, their third language.

- **Emergencies once in Peru, contact Willka T'ika: [reservas@willkatika.com](mailto:reservas@willkatika.com) or [verena@willkatika.com](mailto:verena@willkatika.com)**

- **Emergencies before travel, contact US office: [info@willkatika.com](mailto:info@willkatika.com).**

**Telephone Codes:** Peru Country Code is +51. Cusco area code is (0)84 (for Sacred Valley and Aguas Calientes/ Machu Picchu). When dialing from abroad, drop the "0" from the city code and add your international access code before the country code.

**Wi-Fi access:** Feel free to use our dedicated wifi room "Wi-Fi Wasi", or sit in the surrounding garden to use your electronic devices. Please refrain from bringing these devices into the reception, bar and dining areas or near guests relaxing in the gardens.

**Telephone access at Willka T'ika:** There are no telephones in Willka T'ika guest rooms. If someone needs to reach you urgently, the best time is to call our onsite managers is during breakfast at 8:30am or dinner at 7pm CST.

Rates include a full vegetarian buffet breakfast, herbal teas and organic coffee. Select rates include a 3-course gourmet vegetarian dinner. Dinner can also be ordered on site one day in advance.

Check-in/Check-out: Check-in after 1:30pm. Check-out 10:00am.

Willka T'ika Andean Spa Services: can be individually booked by appt. at bar in dining area:

- Andean Full Body Massage: \$80 for 1 hr.; \$120 for 1½ hr. (With aromatherapy: \$85 for 1 hr.)
- Lymphatic Treatment, Ultimate Relaxer: \$90 for 1 hr.
- Rejuvenating Willka T'ika Facials: \$90 for 1 hr.
- Reflexology with Maras Salt Scrub & Essential Oils: \$50 for ½ hr.; \$80 for 1 hr.
- Back, Neck and Shoulder Massage: \$50 for ½ hr.; \$80 for 1 hr.
- Hot Incan Stone Massage: \$90 for 1 hr.
- Shiatsu: \$90 for 1 hr.

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- Crystal Light Therapy Healing: \$30 for ½ hr. (Wear white or light-colored clothing.)
- Andean Spa Floral Solar Bath: \$50/person/bath. Enjoy this most popular evening activity

