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## The Milk + Honey Team Goes to Peru!

In September, the Milk + Honey team embarked on our annual FAM trip to Peru! Why Peru, you might ask?

As a team, we wanted to dive into a destination that we didn't know much about, to unearth hidden gems that we could share with our clients. Peru is located in a continent that many of our clients don't often consider, and we were on a mission to change that. From its diverse landscapes to its rich culture and history, Peru has so much to offer. Our goal was to experience it all firsthand so we could show you why this incredible country should be on your travel radar.

### *Lima — Peru's Gastronomical Capital*

Our week-long adventure kicked off in Lima, the vibrant capital city that serves as the gateway to Peru. Although many travelers pass through Lima on their way to other destinations, this city is a gem in its own right, especially for food lovers.

**Travel Tip:** *Lima is a must-stop for any food enthusiast. Book a table in advance if you want to dine at top restaurants like Central, Maido, or Astrid y Gastón, as these spots fill up quickly!*

Did you know that Lima is home to four of the world's best restaurants, including **Central**, ranked as the best restaurant in the world? These culinary icons draw inspiration from Peru's rich biodiversity, showcasing the flavors of the Andes, Amazon, and Pacific Coast.

We immersed ourselves in the culture through a food tour, which is our favorite way to quickly connect with a city. We tasted the best ceviche (Peru's famous dish of raw fish marinated in lime juice), sipped on pisco sours with a stunning ocean view, savored lomo saltado right next to an ancient ruin, and indulged in decadent desserts made with local ingredients. It was the perfect introduction to the culinary wonders of Peru!



**Hotel highlight:** *Fausto* - an elegant boutique hotel that perfectly blends modern comfort with a touch of local charm. Nestled on a tree-lined street, this hideaway is harboured within Lima's most vibrant district.

### *Sacred Valley – Nature's Masterpiece*

The next day, we flew to Cusco and headed straight to the Sacred Valley, known as Valle Sagrado. There's a reason why this region is called "sacred"—its energy is almost magical, offering a sense of peace and connection to the natural world.

**Travel Tip:** *Altitude sickness can be a real challenge in the Sacred Valley and Cusco. We recommend taking it easy on your first day to let your body adjust, and always have some coca tea—it's a natural way to help with the symptoms.*

Our expert guides introduced us to the local agricultural traditions, including the incredible variety of crops grown here. Did you know that Peru has over **3,000 types of potatoes**? This diversity is part of what makes the Sacred Valley so special.

Rather than taking the direct route to the Pisac archaeological site, in true Milk + Honey style, we wanted to turn the ordinary into the extraordinary and chose to elevate our journey with an ATV adventure. Picture riding through the Peruvian countryside, surrounded by alpacas and donkeys, with snow-capped peaks in the distance. We topped it all off with a luxurious picnic in the mountains, prepared by a

private chef. It was an extraordinary moment that perfectly captures the Milk + Honey difference.



**Hotel highlight:** *Inkaterra Hacienda Urubamba* – a serene eco-luxury retreat that lets you connect with the beauty of the Sacred Valley. Immersed in the countryside in a gorgeous area, Inkaterra Hacienda Urubamba spans approximately 100 acres surrounded by imposing green mountains.

### *Machu Picchu — The Timeless Wonder*

Our journey to Machu Picchu was as exciting as the destination itself. We took the scenic Peru Rail Vistadome train from the Sacred Valley to Aguas Calientes, followed by a 30-minute bus up to the iconic citadel. While it may require some patience, the journey is well worth it when you see Machu Picchu in the golden light (and a rainbow, if you're lucky like us!).

**Travel Tip:** *Tickets to Machu Picchu are limited, so it's crucial to book in advance! If you let us plan your trip, we'll handle the logistics while you focus on creating unforgettable memories.*

Stepping into the ancient Incan city of Machu Picchu is like stepping into a dream. To think that this spectacular site remained hidden until 1911 is truly mind-boggling. We also hiked Machu Picchu Mountain, which offers some of the most breathtaking views

you'll ever experience. If you're looking for a less strenuous hike, the Sun Gate provides an equally rewarding view without the intense climb.



**Hotel highlight:** *Inkaterra Machu Picchu Pueblo*—Popular with those heading to the ancient citadel of Machu Picchu, Inkaterra Machu Picchu Pueblo Hotel is an intimate Andean village with terraced hills, waterfalls, stone pathways and 83 whitewashed adobe casitas tucked away in the cloud forest.

### *Cusco — A City of History and Culture*

After our journey through Peru's natural wonders, we returned to Cusco—a city that feels like a blend of past and present. With its cobblestone streets, vibrant markets, and a mix of Incan and Spanish architecture, Cusco is a place where history comes alive.

Our half-day tour gave us a deeper understanding of Cusco's fascinating past and its role in Peru's religious and cultural history. We explored the city's artistic neighborhoods, sampled local flavors, and took the time to simply enjoy the laid-back vibe of Cusco's streets. We also learned a lot about the historic art of Alpaca wool weaving!

**Travel Tip:** *Cusco is filled with charming cafés and local artisan shops. Take the time to wander, explore the hidden corners, and don't be afraid to strike up a conversation with the locals—it's the best way to discover the city's true essence.*



**Hotel highlight:** *Inkaterra La Casona* – a historic boutique hotel that offers a taste of old-world elegance right in the heart of Cusco. The first boutique hotel in Cusco of 5 stars, *Inkaterra La Casona* is located in the traditional Plaza de las Nazarenas, surrounded by vibrant, cobblestoned streets.

### *Lake Titicaca — The Birthplace of the Incas*

Our adventure concluded at Lake Titicaca, the world's highest navigable lake. Known as the birthplace of the Incan civilization and the highest navigable lake in the world, Lake Titicaca is a place where ancient traditions are very much alive. The Uros people, who live on floating islands made of reeds, have preserved their way of life for centuries, creating a living link to Peru's past.

**Travel Tip:** Consider taking the luxury train from Cusco to Lake Titicaca. The 10-hour journey itself is a highlight, with panoramic views of the Peruvian highlands, gourmet dining, and a touch of old-world elegance.

Hotel highlight: Titilaka—Infinite skies, snowcapped peaks and limitless shimmering waters will be your companions at this luxury lodge on a remote, private peninsula on the shores of Lake Titicaca.



## Peru Awaits

Our adventure in Peru was a journey of discovery, adventure, and connection with a land that is as diverse as it is enchanting. Whether you're seeking world-class cuisine, heart-pounding adventures, or a spiritual journey through ancient sites, Peru has something for everyone.

Let Milk + Honey Travels guide you through this incredible destination and create experiences that are as extraordinary as the country itself. Ready to see Peru through our eyes? Let's make your dream journey a reality.

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