



HARVARD

Alumni Association

MACHU PICCHU TO THE GALÁPAGOS

JUNE 19 – JULY 4, 2018

Journey to Machu Picchu, the legendary “Lost City” of the Incas perched in a high saddle surrounded by Andes peaks. Enjoy a meal in the home of a local family in Cuzco before traveling to Quito, Ecuador’s capital and a UNESCO World Heritage site. Then, set out on your Galápagos adventure, where Darwin’s finches and the iconic giant Galápagos tortoises await you. Snorkel in turquoise waters teeming with puffers and angel fish. Immerse yourself in the secluded white-sand beaches, mangrove trees, and volcanic rock formations where a spectacular array of marine and terrestrial wildlife make their homes on these islands.

GROUP SIZE: Up to 16 guests

PRICING:

Per person, double occupancy:

- *\$9,393 - air inclusive from Miami (\$8,695 air & land inclusive plus \$698 airline taxes and fees) includes 4-nts in a Casitas (limited) room at the Royal Palm Hotel - Galapagos
- *\$9,893 - air inclusive from Boston, NYC, or Washington, DC (\$9,195 air & land inclusive plus \$698 airline taxes and fees)
- *\$8,995 - land only
- *\$2,495 - single supplement
- *\$295 (\$495 singles) Upgrade to a Highland Villa room at the Royal Palm Hotel - Galapagos

*Please note, pricing for this tour is tentative

STUDY LEADERS: Harvey V. Fineberg and Mary Elizabeth Wilson

Harvey V. Fineberg MD, PhD is professor emeritus of health policy and management at Harvard. He serves as president of the Gordon and Betty Moore Foundation in Palo Alto. He chairs the board of the Carnegie Endowment for International Peace and also serves on the boards of the Hewlett Foundation and the China Medical Board. Fineberg has devoted most of his academic career to the fields of health care, public health, and decision-making at the individual level and for policy. He served as president of the Institute of Medicine for twelve years, concluding in June 2014, and was dean of the Harvard School of Public Health from 1984 to 1997 and provost of Harvard University from 1997 to 2001.

Mary Elizabeth Wilson MD is adjunct professor of global health and population, Harvard T.H. Chan School of Public Health, and visiting professor of epidemiology and biostatistics, University of California, San Francisco. Her academic interests include the ecology of infections and emergence of microbial threats, travel medicine, and vaccines. She has served on the Advisory Committee on Immunization Practices of the CDC, the Academic Advisory Committee for the National Institute of Public Health in Mexico, and on five committees for the Institute of Medicine. Wilson worked in Haiti at the Albert Schweitzer Hospital during her infectious diseases fellowship at Harvard. She helped to develop the Harvard-Brazil collaborative course held in Brazil and has taught in Peru. She has also traveled extensively in Asia and Latin America.

SCHEDULE BY DAY

B=Breakfast, L=Lunch, D=Dinner

TUESDAY, JUNE 19

DEPART THE U.S. FOR LIMA, PERU

Depart for the Peruvian capital, arriving late this evening.

Overnight: *Westin Lima Hotel*

WEDNESDAY, JUNE 20

LIMA

Set out to discover the treasures of this historic city, first with a visit to a prominent art museum. Here encounter an acclaimed collection of pre-Columbian sculptures and figurines, a gold and jewelry gallery, and a textile room. Next, a mid-afternoon tour introduces the highlights of both colonial and contemporary Lima, including Plaza de Armas, the bustling main square; Government Palace; the Cathedral, rebuilt in 1758 after an earthquake destroyed the original building; and Santo Domingo Church. This evening enjoy a welcome dinner together.

Overnight: *Westin Lima Hotel (B, D)*

THURSDAY, JUNE 21

LIMA / CUZCO / SACRED VALLEY

This morning fly to Cuzco to visit the Church of Santo Domingo, built on the foundations of Koricancha, the Inca Temple of the Sun. Enjoy lunch together before continuing into the Sacred Valley of the Incas (Valle Sagrado de los Incas) and the town of Pisac, once the largest fortress-city complex of the Incas. Enjoy free time to explore a colorful Quechua market set amidst the mountains. Arrive late afternoon at the hotel with time to rest and relax before dinner.

Overnight: *Aranwa Sacred Valley Hotel (B, L, D)*

FRIDAY, JUNE 22

SACRED VALLEY

This morning embark on a full-day exploration of the Sacred Valley, a fascinating region of Inca sites and indigenous villages. Your first stop: the massive Incan ruins that still inspire wonder at Ollantaytambo, once a ceremonial center whose steep terraces and walls resemble a fortress. After lunch at a local restaurant, visit the Quechua village of Chinchero on the road between Cuzco and Machu Picchu. Here residents live much as their ancestors did, weaving their colorful textiles and keeping ancient Incan traditions alive. A weaving demonstration will give you an opportunity to see villagers plying their traditional craft. Afterward, attend a native "Offering to the Earth" ceremony. Led by a shaman, this ancient ritual embodies an offering of various elements to Mother Earth in exchange for her life-giving provision. Dine tonight at the hotel.

Overnight: *Aranwa Sacred Valley Hotel (B, L, D)*

SATURDAY, JUNE 23

SACRED VALLEY / MACHU PICCHU

Journey by train to Aguas Calientes, where you board a shuttle bus to Machu Picchu, the legendary "Lost City" of the Incas. This ancient city in the clouds defies imagination – and, seemingly, the laws of gravity, physics, and architecture. Perched in a high saddle surrounded by Andes peaks, it was virtually intact when discovered in 1911 by adventurer Hiram Bingham. Because the Inca did not have written language, there is only speculation about the origins of Machu Picchu. A late morning guided tour introduces the wonders of this UNESCO World Heritage site, which encompasses five square miles of terraced stonework linked by 3,000 steps. Following the tour, enjoy lunch at the Belmond Sanctuary Lodge, your intimate hotel just steps from the entrance of the ancient ruins. Spend the remainder of the afternoon at leisure to explore, hike, or photograph this time-encapsulated marvel. Tonight, dine at the hotel.

Overnight: *Belmond Sanctuary Lodge (B, L, D)*

SUNDAY, JUNE 24

MACHU PICCHU / CUZCO

This morning, be among the first to enter Machu Picchu and see the ruins in their silent grandeur before the day trippers arrive. Take a second guided tour of this UNESCO site. After lunch, depart from Machu Picchu, returning to Aguas Calientes for some free time, perhaps to buy the woven blankets, alpaca sweaters, or other traditional handicrafts for which the area is known.

Mid-afternoon, continue your journey to Cuzco, arriving early evening. Dinner tonight is on your own in Cuzco, where some restaurants on the local scene have begun fusing modern cooking styles with traditional Andean ingredients.

Overnight: *Belmond Hotel Monasterio (B, L)*

MONDAY, JUNE 25

CUZCO

The Inca Empire's former capital and the continent's oldest continuously inhabited city, Cuzco bears the marks of its mixed Spanish-Inca heritage. Colonial and modern buildings incorporate Incan walls, arches, and doorways; charming houses surround elegant squares; and Inca descendants speak Quechua, the indigenous tongue. A morning tour of this UNESCO World Heritage site introduces you to the grand Plaza de Armas, the main square. Presiding over the plaza is the 16th-century Cathedral and its churches; and famous paintings including "La Ultima Cena" ("The Last Supper") by Zapata. Next, travel to Sacsayhuamán, impressive Incan ruins near Cuzco. At noon enjoy a small group highlight: lunch hosted by local Cuzco families in their homes. The remainder of the afternoon is at leisure to wander Cuzco's streets and crafts stalls. Dinner tonight is on your own.

Overnight: *Belmond Hotel Monasterio (B, L)*

TUESDAY, JUNE 26

CUZCO / LIMA / QUITO

This morning depart Cuzco for Lima and connect with your flight to Quito, arriving in Ecuador's capital late afternoon. Nestled in a valley surrounded by Andes volcanoes, Quito sits at over

9,000 feet above sea level and is said to be one of South America's most beautiful cities. Its mixture of pre-Columbian, Baroque, Spanish, Moorish, and Flemish architecture prompted UNESCO to declare colonial Quito a World Heritage site, the first city (rather than individual site) to be accorded this distinction. Transfer to the hotel and enjoy dinner together at a local restaurant.

Overnight: *Swissotel Quito (B, D)*

WEDNESDAY, JUNE 27

QUITO

Set against a backdrop of staggering Andes peaks, Quito boasts a well-preserved historic center, as you'll see on this morning's city tour. Highlights include Plaza de la Independencia in the Old City; La Compañía, Ecuador's most ornate church; Carondelet Presidential Palace, with iron balconies from Les Tuileries gardens in Paris; San Agustín Church, burial site of many of Ecuador's war heroes; and the 16th-century Monastery of San Francisco, Ecuador's oldest church. Eat lunch at a local restaurant following the city tour, then visit the Middle of the World Monument at latitude 0° 00' 00", the spot where an 18th-century French expedition determined the exact location of the equatorial line and where you have the opportunity to straddle two hemispheres. After returning to the city center, the remainder of the day is free for independent exploration, with dinner on your own.

Overnight: *Swissotel Quito (B, L)*

THURSDAY, JUNE 28

QUITO / BALTRA / SANTA CRUZ ISLAND

Fly to the small island of Baltra, then take a boat to Santa Cruz Island, your home base for exploring the Galápagos. After lunch at your hotel, your first excursion takes you to the Charles Darwin Research Station and the Fausto Llerena Breeding Center to see and learn about the iconic giant Galápagos tortoises being bred here for later release in the wild. Relocated to the breeding center from his native Pinta Island, the famous Pinta Island tortoise Lonesome George – last of his subspecies – lived here until his death in 2012. You'll also have a chance to see Darwin's finches, Galápagos

flycatchers, great blue herons, and yellow warblers. Enjoy some free time to explore the town of Puerto Ayora before returning to the hotel for dinner.

Overnight: *Royal Palm Hotel Galápagos (B, L, D)*

FRIDAY, JUNE 29

NORTH SEYMOUR ISLAND / BACHAS BEACH

This morning, board the *Santa Fe*, your privately chartered yacht for exploring the Galápagos. Cruise to North Seymour for close encounters with marine birds, land iguanas, and lava lizards. On a naturalist-led walk, see the Galápagos' largest colony of frigate birds, a nesting colony of blue-footed boobies, and swallow-tailed gulls. After lunch aboard the *Santa Fe*, head back to Santa Cruz Island, weighing anchor in waters off Bachas Beach, one of the Galápagos' primary sea turtle nesting sites. The beach's floating pier serves as one of the few lasting reminders of the presence of the United States here during World War II: the remains of a U.S. Navy barge that sank many years ago are still visible. On the beach, see flamingo ponds, iguanas, Darwin's finches, and mockingbirds, as well as both native and endemic vegetation. Late this afternoon, return to the hotel to refresh prior to dinner.

Overnight: *Royal Palm Hotel Galápagos (B, L, D)*

SATURDAY, JUNE 30

SOUTH PLAZA ISLAND / PUNTA CARRION

Boasting abundant wildlife and carpeted with Sesuvium ground cover and cacti, surrounded by turquoise waters, and edged with black lava-rimmed beaches, South Plaza Island ranks as one of the most popular (and colorful) of the Galápagos Islands. During a walk, look for such local residents as land and marine iguanas, Sally Lightfoot crabs, red-billed tropic birds, Nazca and blue-footed boobies, and a male colony of sea lions ("the bachelors"). After lunch aboard the *Santa Fe*, cruise to Punta Carrion, where you can snorkel in a shallow cove teeming with puffers, yellow-tailed surgeonfish, damselfish, angel fish, and parrotfish. White-tipped sharks and a variety of rays might also join the throng of sea life. Return to the hotel, where you have time to relax, followed by dinner together.

Overnight: *Royal Palm Hotel Galápagos (B, L, D)*

SUNDAY, JULY 1

SANTA CRUZ ISLAND

Embark this morning on a full-day exploration of Santa Cruz, the second largest Galápagos Island. Begin in the lush highlands with a trip to observe the giant Galápagos tortoises in their natural habitat. See Los Gemelos ("The Twins"), the huge twin craters formed by volcanic eruptions millions of years ago; and Garrapatero, a secluded white-sand beach ringed by mangrove trees and volcanic rock formations where you might spot reef fish, sea turtles, rays, marine iguanas, and flamingos, among other marine and terrestrial wildlife. Finally, explore the "lava tunnels" at the hotel: walk through the naturally-formed tubes through which lava once flowed. Enjoy both lunch and dinner today at the hotel.

Overnight: *Royal Palm Hotel Galápagos (B, L, D)*

MONDAY, JULY 2

SANTA CRUZ ISLAND / BALTRA / QUITO

This morning transfer to Baltra for the return flight to Quito, arriving mid-afternoon. You have some time to relax and repack and to enjoy the amenities at our hotel. Tonight, celebrate your remarkable adventure at a farewell dinner.

Overnight: *Swissotel Quito (B, D)*

TUESDAY, JULY 3

QUITO / DEPART FOR U.S.

Visit Quito's Botanical Gardens which houses over 1,200 orchids. Continue to Inaquito Market with its colorful display of produce and spices. Return to the hotel for an afternoon at leisure.

Transfer to the airport this evening for your return flight to the U.S. (B)

WEDNESDAY, JULY 4

ARRIVE IN U.S.

**Optional Extension:
Amazon Rainforest Pre-Tour, June 15-19,
2018**

FRIDAY, JUNE 15

DEPART THE U.S. / ARRIVE LIMA

After arriving late this evening, transfer to the hotel.

Overnight: *Wyndham Costa Del Sol Lima Airport Hotel*

SATURDAY, JUNE 16

LIMA / IQUITOS / CEIBA TOPS

Early today, transfer for the connection to Iquitos. A short ride through Iquitos brings you to the pier for the voyage down the Amazon River to Ceiba Tops, your comfortable home in the Amazon jungle. This afternoon, you may wish to embark on a guided hike in the beautiful rainforest reserve surrounding Ceiba Tops. Tonight enjoy dinner at the jungle lodge.

Overnight: *Ceiba Tops Lodge & Resort (B, D)*

SUNDAY, JUNE 17

CEIBA TOPS

Arise early this morning for a birding excursion. This is the best time to observe a diversity of species, including cormorants, darters, and herons. Next, visit the local community of Yagua Indians, known for their skill in the art of blowgun hunting. After enjoying a boating excursion that includes a dolphin watch, return to Ceiba Tops for lunch. This afternoon venture to a nearby village to see first-hand the authentic life of "ribereños," the river people of the Amazon. Depending on whether school is in session, you might also stop for a visit with the children. Dine tonight at the lodge.

Overnight: *Ceiba Tops Lodge & Resort (B, L, D)*

MONDAY, JUNE 18

CEIBA TOPS / CANOPY WALKWAY
EXCURSION

Early this morning, travel by boat deep into the rainforest along the Napo River. After stopping for breakfast, take a short hike to the spectacular Canopy Walkway spanning some 1,750 feet above

the rainforest floor. Connected by tree platforms that reach a height of 115 feet, the canopy allows you to see the rainforest from above – an astounding sight. Please note: though the Canopy walkway is one of the longest suspended walkways in the world, it is accessible to everyone and does not require special skills or equipment to cross. Following a return hike back for lunch, visit an ethno-botanical garden where a local shaman cultivates more than 240 medicinal plants. Here, learn how people of the Amazon use these plants for healing purposes. Late this afternoon, return to Ceiba Tops in time to rest or relax by the pool before dinner together.

Overnight: *Ceiba Tops Lodge & Resort (B, L, D)*

TUESDAY, JUNE 19

CEIBA TOPS / IQUITOS / LIMA

This morning you may either take a boating excursion to further experience this exotic rainforest environment, or you may relax at the lodge and enjoy the pool, gardens, and hammocks. After lunch at Ceiba Tops, return by boat to Iquitos for the flight to Lima. The following morning, meet up with the arriving group members and begin the Machu Picchu to the Galápagos tour.

Overnight: *Westin Lima Hotel (B, L)*