

Experience the real South America

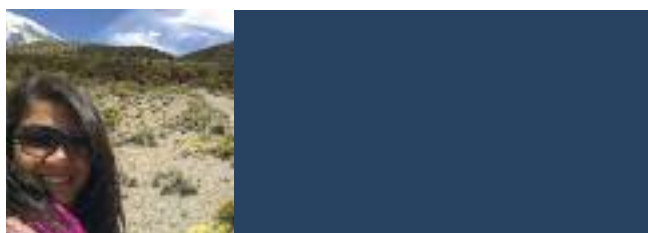


www.highlives.co.uk

 HighLives **Travel**

Bolivia and South America Specialists

Introducing HighLives



HighLives is a specialist in travel to the Andes and wider South America, working in Bolivia, Peru, Ecuador, Colombia, Chile, Argentina and Brazil.

Specialist knowledge

The founder and managing director of HighLives, Bibiana Tellez-Garside, is a Bolivian passionate about her heritage and culture. Having grown up in Bolivia and travelled extensively in South America, Bibiana has the invaluable in-depth knowledge of the local. She works closely with selected local guides, operators and hotels to ensure the trip of your life is as smooth and safe as it is unforgettable.

Financial security

All flights and holidays that include a flight sold by HighLives are ATOL protected. The HighLives ATOL number is T380. HighLives is a member of the Travel Trust Association, membership number U8743. All funds paid to HighLives are held in HighLives' Trust Account; all bookings made with HighLives are financially protected under the relevant supplier's customer protection bonds.

Tailor-made tours

The itineraries included in this brochure provide inspiration and ideas on what each country offers. We can tailor and refine any itinerary to create the perfect holiday that will stay with you forever. We will work with you to ensure the trip suits your travel style and budget.

Small group tours

If you prefer to travel in company, we run small group tours to some destinations, including Bolivia, Colombia and Ecuador. The groups will not have more than 8 people to ensure that you have a more personal experience. You will be accompanied by an experienced guide.

Honeymoons

A honeymoon should be one of the most memorable trips you will ever take. HighLives specialises in honeymoons that are a bit different, away from the classic beach holiday. You can combine your honeymoon with our luxury, wellness, adventure, culture and fitness experiences.

"I wanted to drop you a note to say how much Sue and I appreciate the work you put in to arranging our trip to Bolivia. Your care and attention to detail was exemplary and as a result we had a fantastic time."

Mr and Mrs Martin

Bolivia



Surrounded by Argentina, Brazil, Chile, Paraguay and Peru, Bolivia lies at the heart of South America. Situated among isolated Andean peaks and steamy headwaters of the Amazon, it delivers breathtaking landscapes, outstanding natural beauty and a fascinating cultural blend. Far from the tread of the well-worn tourist path, Bolivia encompasses the mysterious and exotic of the South American continent.

Where to go

- La Paz
- Sucre
- Santa Cruz
- Cerro Rico mines
- Lake Titicaca
- Salar de Uyuni Salt Flats
- Siloli Desert
- Tiwanaku

When to go

Jan	✓	Feb	✓	Mar	✓	Apr	✓✓
May	✓✓	Jun	✓✓	Jul	✓✓	Aug	✓✓
Sep	✓✓	Oct	✓✓	Nov	✓✓	Dec	✓

Find out more

A small selection of our suggested itineraries can be found opposite. For more ideas please visit www.highlives.co.uk/destinations/bolivia/

We can help you plan your perfect Bolivia holiday – call us on **+44 (0) 20 8144 2629**.



Suggested Itineraries

13-Day Bolivian Odyssey

This best-of-Bolivia journey offers a mix of cultural and scenic attractions. Visit the centres of colonial and indigenous traditions in Sucre and Santa Cruz. Experience the bustling street life of a city perched on the roof of the world, Bolivia's de facto capital La Paz. Discover the spiritual centre of the Andean world, Lake Titicaca. Journey through the lunar-like landscapes of the rugged south-west.



ASK ABOUT OUR SMALL GROUP DEPARTURE DATES

Day-by-day

Days 1-3: Witness the traditional and modern Bolivia mix in the tropical city of Santa Cruz. Visit the tranquil whitewashed colonial town of Sucre, a UNESCO World Heritage site.

Days 4-5: Travel to the eerie and tragic town of Potosi and experience the underground life of the famous Cerro Rico silver mines.

Days 6-11: Explore the unforgettable south-west with its famously surreal Uyuni Salt Flats, volcanoes, lagoons and flamingos.

Days 11-13: Visit the highest national capital in the world, La Paz. Discover Tiwanaku, one of the cradles of Andean civilisation. Relax by the side of the magical Lake Titicaca, a place sacred for the Incas.

Extend your trip

- Bolivia's wine region
- Bolivian Amazon
- Fiesta del Gran Poder
- Oruro Carnival
- Sajama National Park
- River Dolphin Route



Bolivian Carnival

While famous for its high altitudes, salt lakes, and pristine Amazon jungles, Bolivia also excels at festivals and the main one takes place once a year, a week before Lent. We have put together an itinerary that includes an opportunity to be a part of the Oruro Carnaval and plenty of time to visit the rest of the country's highlights.



Day-by-day

Days 1-2: Visit fascinating La Paz, which combines a dramatic high-altitude setting with an intriguing intermingling of indigenous and modern cultures.

Days 3-4: Relax by the side of the magical high-altitude Lake Titicaca, a place sacred for the Inca civilization.

Days 5: Immerse yourself in the week-long party of the Oruro Carnaval. Enjoy seats in the main plaza that provide a perfect view of the extravagantly costumed dancers' parade.

Days 6-7: Walk in the highest forest in the world, in the shadow of Bolivia's highest peak, the Sajama Volcano, in Sajama National Park.

Days 9-11: Travel to one of the most extraordinary places in the world, the Salar de Uyuni, the largest salt lake in the world.

Extend your trip

- Bolivia's wine region
- River Dolphin Route
- Fiesta del Gran Poder
- Oruro Carnival
- Bolivian Amazon



Golden Condor Experience

This 17-day journey follows the path of the earliest European settlers up and over the Andes mountains to the spiritual heart of the Americas and is ideal for those who want to make the most of the time they have available in Peru and Bolivia. It provides a unique opportunity to experience the continent's two most spectacular cultural and natural wonders: Machu Picchu and Bolivia's Salt Flats region.



ASK ABOUT OUR SMALL GROUP DEPARTURE DATES

Day-by-day

Days 1-3: Start your trip visiting Peru's bustling capital Lima. Continue to the 'White City' of Arequipa with its UNESCO-recognised historical centre and El Misti volcano.

Days 4-6: Spot vicuñas and alpacas while driving through the Aguada Blanca National Reserve. Take in the dramatic scenery of Colca Canyon, one of the deepest in the world, its skies rife with condors.

Days 7-11: Enjoy a tour of the colonial city of Cusco. Visit the Sacred Valley with its vibrant markets and amazing scenery. Marvel at the wonder of the world-famous Inca citadel, the mysterious Machu Picchu.

Days 12-14: Take a ride on the Andean Explorer train and enjoy marvelous views of the shimmering Lake Titicaca. Explore the mystical Sun Island, thought to be the origin of the Inca empire.

Days 15-17: Visit the breathtaking mountain capital La Paz. Discover the unforgettable Salt Flats region with its volcanoes, lagoons, flamingos and the largest salt lake in the world.

Extend your trip

- Bolivian Amazon
- San Pedro de Atacama
- Nazca Desert

Peru



Peru is a top target for travellers to South America, offering an unrivalled variety of cultural and natural wonders to explore. The Andes mountain range runs the length of the country, splitting it into coastal deserts, fertile highlands and steamy Amazon headwaters. Peru's infrastructure is modernising rapidly but the country still provides the adventurer with plenty of rugged trails and hidden corners to discover.

Where to go

- Cusco
- Machu Picchu
- Sacred Valley
- Colca Canyon
- Arequipa
- Lake Titicaca
- Lima

When to go

Jan	✓	Feb	✓	Mar	✓	Apr	✓✓
May	✓✓	Jun	✓✓	Jul	✓✓	Aug	✓✓
Sep	✓✓	Oct	✓✓	Nov	✓	Dec	✓

Find out more

Our suggested itinerary can be found opposite. For more ideas please visit www.highlives.co.uk/destinations/peru/

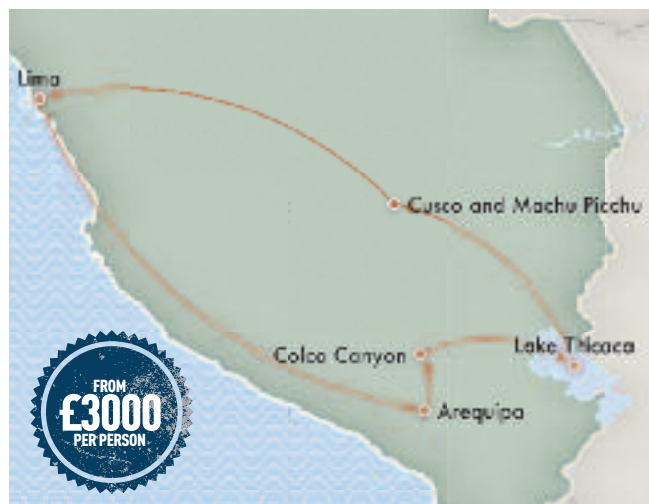
We can help you plan your perfect Peru holiday – call us on **+44 (0) 20 8144 2629**.



Suggested Itineraries

Discover Peru

This 12-day adventure packs in many of Peru's natural and cultural highlights via road, rail, air and water in comfort and style. Journey from the bustling coastal capital of Lima to the gleaming colonial gem of Arequipa. The city is the start-point for a three-day drive through the dramatic Colca Valley, taking in beautiful pre-Colombian terraces populated with the shy deer-like vicuña and majestic condor, before reaching Peru's high plateau.



Day-by-day

Days 1-3: Start your trip visiting the coastal city of Lima. Continue to Arequipa with its UNESCO-recognised historical centre, gigantic cathedral and the 5825m El Misti volcano rising behind it.

Days 4-5: Spot vicuñas and alpacas driving through the Aguada Blanca National Reserve. Take in the dramatic scenery of Colca Canyon, one of the deepest in the world, its skies rife with condors.

Days 6-8: Enjoy the peacefulness and shimmering waters of Lake Titicaca. Visit some of the unique floating villages of the lake, including Uros and Taquile.

Days 9-11: Visit the Sacred Valley with its vibrant markets and amazing scenery. Marvel at the wonder of the world-famous Inca citadel, the mysterious Machu Picchu. End your trip in the colonial city of Cusco.

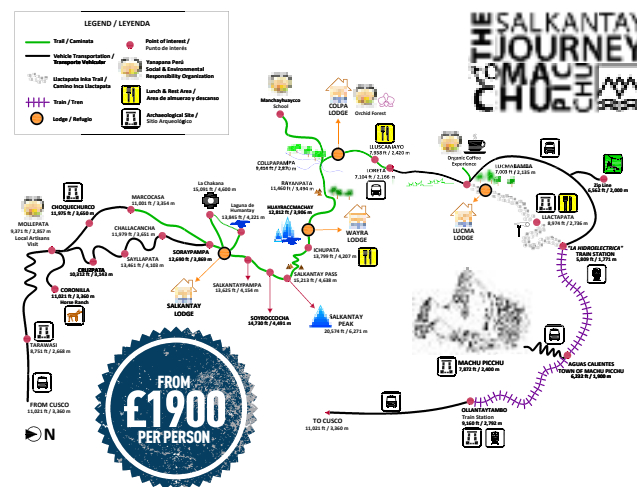
Extend your trip

- Uyuni Salt Flats
- Nazca Desert
- Northern Peru
- Southern Amazon



Royal Inca Tour

For thousands of visitors the spectacular Machu Picchu is a highlight of their trip to Peru. Many of those reach this Inca sanctuary on foot after trekking for days through the Andean highlands. At HighLives, we have discovered an alternative path to Machu Picchu that approaches the site via a less-trodden ancient trail through the hills and valleys of the Cordillera Vilcabamba. Escorted by experienced guides and with mules to carry bags, you will trek from lodge to lodge, traversing magnificent mountain passes between snow-capped peaks with rarely seen views of Machu Picchu.



Day-by-day

Days 1-3: Leave Cusco to travel towards Soraypampa via the Inca ruins of Tarawasi and the mountain village of Mollepata. Trek up to Soraypampa on an old route called the "Camino Real". Go for a dip in a glacial lake.

Days 4-5: Hike up the Rio Blanco valley, circling Humantay Peak, towards Huayracmachay. Enjoy spectacular views of the Vilcabamba mountains. Keep your eyes open for Andean condors.

Days 6-7: Walk through the coffee and passion fruit plantations of the Santa Teresa valley. Follow the Llaqtapata Inca Trail. Have lunch in view of Machu Picchu, away from the crowds. Take a scenic train ride to Aguas Calientes.

Days 8: Explore the fascinating and mysterious Machu Picchu set beautifully in the middle of a tropical mountain forest. Head back to Cusco.

Extend your trip

- Colca Valley
- Northern Peru
- Nazca Desert
- Peruvian Amazon

"I have no hesitation in recommending the services that are offered by HighLives"

Bianca

Chile



A narrow strip between the Andes and the Pacific Ocean, almost 4000km in length and just 180km in average width, Chile is a land of diversity and contrasts. It offers fantastic variety of landscapes and climates, from the most arid desert in the world to snow-capped glaciers. Between these extremes there is a kaleidoscope of vistas: lush vineyards, steaming rainforest, dramatic fjords and desolate Patagonian plains.

Where to go

- Santiago
- Atacama Desert
- Torres del Paine National Park
- Lauca National Park
- Maipo Valley
- Azapa Valley
- Arica

When to go

Jan	✓✓	Feb	✓✓	Mar	✓✓	Apr	✓
May	✓	Jun	✓	Jul	✓	Aug	✓
Sep	✓	Oct	✓✓	Nov	✓✓	Dec	✓✓

Find out more

Our suggested itinerary can be found opposite. For more ideas please visit www.highlives.co.uk/destinations/chile/

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Suggested Itinerary

Andes Majesty

This 11-day journey takes you on a discovery of the Chilean and Bolivian Andes. Explore this ultimate wilderness in a private 4x4 and admire the dazzling whiteness of huge salt flats, surreal rock formations, bubbling geysers, garishly coloured lakes and snow-capped volcanoes. Follow the footsteps of Spanish conquistadors via lesser-known routes across the national parks that straddle the Chile-Bolivia border.



Day-by-day

Days 1-3: Visit Chile's capital Santiago, boasting one of the most spectacular backdrops of any capital city. Continue to the unforgettable Atacama Desert, the driest in the world. Admire the panorama of the altiplano, with its dazzling lakes, salt flats and volcanoes.

Days 4-6: Cross over to Bolivia to visit the surreal Salar de Uyuni, the largest salt lake in the world. Travel through the Valley of the Ladies of the Desert and the dramatic Laguna Verde.

Days 7-9: Discover pre-Inca tombs at Conquesa. Take a gentle trek through the highest forest in the world, in the foothills of the Sajama Volcano, the highest peak in Bolivia.

Days 9-11: Explore, by car and on foot, the extraordinary landscapes of Lauca National Park. Relax by the spectacularly positioned Lake Chungara. Descend from the Andes to the Azapa Valley for a final stop in the coastal town of Arica.

Extend your trip

- Chilean Patagonia
- Chilean Lake District
- High Altitude Detox

Colombia



With its rich history, stunning scenery and friendly people, Colombia offers many reasons to visit. The only country in South America to border both the Pacific and the Caribbean, Colombia has five main regions, each with their own unique characteristics, from palm-fringed beaches of the Caribbean, steaming Pacific jungles, and the fertile green pastures of the Andes. The beautiful colonial towns and authentic coffee plantations are not to be missed either.

Where to go

- Bogotá
- Medellín
- Sacred Lake of Guatavita
- 'Zona Cafetalera'
- Cartagena
- Pacific Coast
- Tayrona National Park

When to go

Jan	✓✓	Feb	✓✓	Mar	✓✓	Apr	✓
May	✓	Jun	✓✓	Jul	✓✓	Aug	✓✓
Sep	✓	Oct	✓	Nov	✓	Dec	✓✓

Find out more

Our suggested itinerary can be found opposite.
For more ideas please visit
www.highlives.co.uk/destinations/colombia/

We can help you plan your perfect Colombia holiday – call us on **+44 (0) 20 8144 2629**.



Suggested Itinerary

Discover Colombia

This trip allows you to explore three of Colombia's diverse landscapes and climates: the cool capital of Bogotá, nestled up in the Andes mountains, the verdant rolling hills of the country's coffee region, and the beautifully preserved colonial port of Cartagena on the steamy Caribbean coast. You will find the roots of the 'El Dorado' legend and experience how the smoothest coffee in the world is made.



ASK ABOUT OUR SMALL GROUP DEPARTURE DATES

Day-by-day

Days 1-3: Immerse yourself in Bogotá's vibrant cultural scene and festive nightlife. Visit the historical quarter and the Gold Museum. Take a stroll around the legendary Sacred Lake of Guatavita where the ancient 'El Dorado' ritual was born.

Days 4-6: Visit 'Zona Cafetera' to experience coffee-growing throughout history and take part in the whole process from plating to enjoying a steaming cup. Visit the Cocora National Park, home to the wax palm, the tallest palm tree in the world.

Days 7-10: Discover the many delights of colonial Cartagena, a UNESCO World Heritage site. Take a boat trip to the island of El Rosario with its white sandy beaches and crystal clear waters.

Extend your trip

- Tayrona National Park
- San Agustín Archeological Park
- Ciudad Perdida trek
- Colombian Pacific
- Barranquilla Carnival

Ecuador



Ecuador might be the smallest of the Andean countries but it is packed with the most startling contrasts of scenery and a fascinating biodiversity. It offers snow-capped Andean highlands, sweltering Amazon jungle, sun-soaked Pacific beaches and the unique natural treasure trove of the Galapagos Islands. It is also one of the continent's best places to observe ancient cultures, with many colourful markets and exuberant fiestas showcasing Andean heritage and folklore.

Where to go

- Quito
- Otavalo market
- Cuenca
- Cotopaxi National Park
- Guayaquil
- Galapagos Islands

When to go

Jan	✓✓	Feb	✓✓	Mar	✓✓	Apr	✓✓
May	✓✓	Jun	✓✓	Jul	✓✓	Aug	✓✓
Sep	✓✓	Oct	✓✓	Nov	✓✓	Dec	✓✓

Find out more

Our suggested itinerary can be found opposite.
For more ideas please visit

www.highlives.co.uk/destinations/ecuador/

We can help you plan your perfect Ecuador holiday – call us on **+44 (0) 20 8144 2629**.



"The service that you have provided has been excellent - you are very reliable, efficient and you go out of your way to think of ways to make my trips even more fulfilling. I really like the personal touch too - in particular, you take the time to understand my personal preferences and tailored my vacation." **Santa Ramessur**

Suggested Itinerary

Ecuador Excites

This Ecuadorian journey allows you to explore the cultural and scenic highlights of the country. You will witness the colonial past in Quito and Cuenca, with a visit to South America's most famous Indian market. You will travel along the Avenue of Volcanoes and admire the perfectly symmetrical Cotopaxi Volcano in Cotopaxi National Park. You will ride down the famous 'Devil's Nose' by train.



ASK ABOUT OUR SMALL GROUP DEPARTURE DATES

Day-by-day

Days 1-2: Explore Quito and its beautifully preserved historic centre. Stand with one foot in each hemisphere at the Equatorial Monument.

Days 3: Barter at South America's largest and most colourful handicrafts market in Otavalo. Visit a traditional farmhouse hacienda.

Days 4-5: Travel through the Ecuadorian highlands to get a close-up view of Ecuador's most photogenic volcano, Cotopaxi. Take the thrilling train ride down the famous Nariz del Diablo (Devil's Nose).

Days 6-7: Take a stroll in the gorgeous and relaxed colonial city of Cuenca. Visit the energetic and intense port of Guayaquil.

Extend your trip

- Galapagos Islands
- Ecuadorian Amazon
- Discover Colombia
- Cusco and Machu Picchu

Brazil



Brazil is the biggest country in South America and it has the scenic and cultural variety to match its size. From the developed south-east with its metropolises of Rio de Janeiro and Sao Paulo, the dramatic Iguazu Falls in the south, to the Amazon in the north-west and the colonial north-east hub of Salvador, it never fails to impress. It is a country of profound economic contradictions, but there is nowhere in the world people know how to enjoy themselves more.

Where to go

- Rio de Janeiro
- Iguazu Falls
- Pantanal
- Amazon rainforest
- Salvador de Bahia
- Green Coast

When to go

Jan	✓✓	Feb	✓✓	Mar	✓✓	Apr	✓
May	✓	Jun	✓	Jul	✓	Aug	✓✓
Sep	✓✓	Oct	✓✓	Nov	✓✓	Dec	✓✓

Find out more

Our suggested itinerary can be found opposite.
For more ideas please visit

www.highlives.co.uk/destinations/brazil/

We can help you plan your perfect Brazil holiday – call us on
+44 (0) 20 8144 2629.



Suggested Itinerary

13-Day Brazil Odyssey

This 13-day journey combines many of Brazil's cultural and scenic highlights. You will begin in unmissable Rio de Janeiro, set between azure seawaters, white sands and luscious mountains. Enjoy the beach culture, vibrant nightlife, varied cuisine and visit Rio's great landmarks: Corcovado mountain with Christ the Redeemer, and the Sugar Loaf mountain. You will then leave the city life behind to explore Brazil's natural wonders: Iguazu Falls and the Pantanal.



Day-by-day

Days 1-2: Explore the many charms of Rio de Janeiro, the Cidade Marvilhosa: beaches, sun, football, and the nightlife with the sounds of samba and bossa nova.

Days 4-5: Be captivated by the magnificent Iguazu Falls, the world's largest waterfalls. Walk amongst the mist and rainbows created by the roaring waters.

Days 6-9: Discover the natural wonders of Pantanal, the richest wildlife reserve on the continent. Stay in a local pousada in the midst of the ecosystem where you can observe many of the birds and animals from your doorstep.

Days 10-13: Continue your adventure in Bonito. Take a stroll among the Jaguar Mouth Waterfalls. Have a close encounter with red araras at the crater of Macaws' Hole. Go snorkelling in the transparent waters of Silver River.

Extend your trip

- Bolivian Odyssey
- Sao Paulo
- Salvador de Bahia
- The Amazon

"Whilst planning our trip, we discovered Highlives, their local knowledge was crucial in arranging our travel and accommodation during a circuit of the altiplano. What really impressed us was the care and patience offered by HighLives in dealing with demanding clients with very specific travel requirements!" Mr and Mrs Chapman

Argentina



Argentina probably offers the most variety of any South American country, from the blistering heat of the Chaco desert in the north to vast lonely roads crossing the empty windswept plateau of Patagonia in the south. Marvel at the spectacular Iguazu waterfalls and its surrounding subtropical forests packed with exotic birds and butterflies. At the other extreme of the country, whales, elephant seals and colonies of penguins gather at Patagonia's bracing coastline while, inland, mighty glaciers slowly retreat.

Where to go

- Buenos Aires
- Iguazu Falls
- Mendoza Wine Region
- Perito Moreno & Glacier National Park
- El Calafate
- Salta Region
- Lake District

When to go

Jan	✓✓	Feb	✓✓	Mar	✓✓	Apr	✓✓
May	✓	Jun	✓✓	Jul	✓	Aug	✓
Sep	✓	Oct	✓✓	Nov	✓✓	Dec	✓✓

Find out more

Our suggested itinerary can be found opposite. For more ideas please visit

www.highlives.co.uk/destinations/argentina/

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Suggested Itineraries

Intensive Argentina

This 14-day journey takes you through the staggering diversity of Argentina's climates and landscapes. You'll start in the thumping capital Buenos Aires, travel to Tierra del Fuego, the 'Land of Fire' in the very south, move north from there to the Glacier National Park, and further yet to the unmissable Iguazu Falls. End your trip in the northwest for some fine wine tasting and a drive through a cloudforest.



Day-by-day

Days 1-3: Immerse yourself in the charm of Buenos Aires with its atmospheric café culture, mesmerising tango and innumerable gastronomic delights.

Days 4-6: Visit Ushuaia, the dramatically located capital of Tierra del Fuego, and explore the park's lakes, forests and tundra.

Days 7-8: Take a walk in the Parque Nacional Los Glaciares and marvel at the magnificent Perito Moreno, one of the world's most famous glaciers.

Days 9-10: Get up close with the world's most dramatic waterfalls, the Iguazu Falls. Wander around a network of trails and catwalks leading above and below the roaring water.

Days 11-14: Enjoy the sights of the colonial city of Salta. Stop in one of the wineries around Cafayate. Take a dramatic road trip in the clouds as the landscape changes from forested mountains to arid red rock dotted with giant cacti.

Extend your trip

- Mendoza Wine Region
- Argentina's Puna
- Northern Chile
- Salar de Uyuni

Argentina's Puna Plains

This 14-day private tour combines two Argentina classics, Buenos Aires and Iguazu Falls, with a fascinating journey deep into the barely-visited Puna, or Andean high plains. After exploring the sensuous capital city and the breathtaking Iguazu Falls, you will journey into a remote lunar-like landscape of deserts, volcanoes, lakes flocked with flamingos and ghostly half-abandoned mining settlements. You will then return to civilisation for a relaxing stop among the vineyards in Argentina's second-biggest wine-growing region and sample some of the world's finest bottles.



Day-by-day

Days 1-2: Immerse yourself in the charm of Buenos Aires with its atmospheric café culture, mesmerising tango and innumerable gastronomic delights.

Days 3-4: Get up close with the world's most dramatic waterfalls, the Iguazu Falls. Wander around a network of trails and catwalks leading above and below the roaring water.

Days 5-6: Explore the region's historic capital, Salta. Travel through one of the country's most photogenic places, the multicoloured Quebrada de Humahuaca, towards the impressive pre-Colombian site at Tilcara.

Days 7-10: Enter the Puna wilderness across white desert and labyrinthine fossil dunes. Cross the Salar de Arizaro, one of the biggest salt flats in the world, to the tiny old railway village of Tolar Grande and its panoramic views of the huge volcanoes beyond. Visit Laguna Grande, home to more than 19,000 Puna flamingoes.

Days 11-14: Experience a real Argentine asado (barbecue) at Santa Maria. Travel along the famous route 40 highway to the wine country of Cafayate. Finally head back to Buenos Aires.

Extend your trip

- Perito Moreno & Glacier National Park
- Lake District • Northern Chile • Salar de Uyuni

Activity Holidays

Hiking Yoga Patagonia

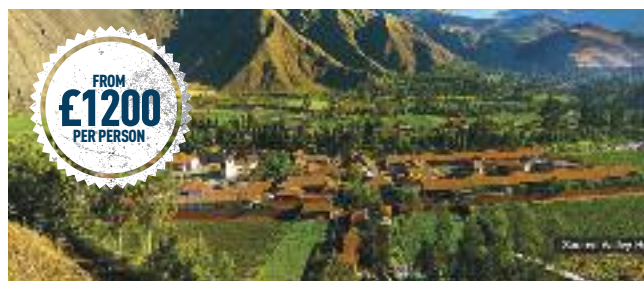
This unique experience provides expert yoga practice combined with guided treks and wildlife excursions in the heart of one of nature's most spectacular locations, Chile's Torres del Paine National Park. You will stay at the region's first fully-sustainable EcoCamp, in cosy geodesic dome rooms, with a view of towering peaks and starry skies through the dome's clear ceiling. A stay provides a deep immersion in the surrounding wilderness and provides an ideal retreat to practice yoga in a purpose-built dome as the perfect way to unwind after a day in the great outdoors.



Honeymoons

Purity of Peru

For those who want a honeymoon that is slightly different, this trip combines visits to Peru's cultural centres with relaxation and rejuvenation in a wellness centre nestled in Peru's Sacred Valley. You will explore the highlights of colonial Lima and Incan Cusco, and witness a sunrise at Machu Picchu. You will de-stress at the Aranwa wellness centre with yoga classes, sessions of Swedish, therapeutic, reflexology and shiatsu massage, hydro massage, sauna, gym and meditation rooms.



"This is to thank you again as we leave after an adventure as no other, you have been just outstanding with the planning. Thank you for all your help throughout our bookings and during our trip. You were fantastic!"

John & Denise Lombard

Other itineraries:



A photographic journey of Bolivia



Bolivian Amazon



River Dolphin Route



Gourmet tours to South America



Mountain biking in the Andes



Inca trails less travelled



High altitude detox



Trekking in the Sajama National Park



Magic of Patagonia



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Web: www.highlives.co.uk

FINANCIAL PROTECTION

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