



Machu Picchu, citadel of the Incas

Dental Study Tour in Peru

18 – 30 October 2026

'Great first-time tour group experience - would highly recommend to my colleagues.'

Eliza Miller, Nursing and Midwifery in Peru – March 25



**JON BAINES
TOURS**

**Level 4
ACTIVE**





Cruise on Lake Titicaca, Puno

Peru - land of gold and the sun-worshipping Incas, the biggest empire in pre-Columbian America. From its biodiverse cloud forests and indigenous peoples to the towering Andes, to the coastline dotted with Inca ruins, Peru is an extraordinary destination.

This tour takes you on a journey from Lima, a modern city with a colonial past, through the Andes to the Sacred Valley and onto the lost city of Machu Picchu, the most magnificent legacy of the Incas. Visit Cusco and continue to vast Lake Titicaca, the largest navigable lake in the world, and explore the traditional communities, who live on the lake much as they have done for centuries.

This bespoke tour combines a rich cultural programme with CPD professional visits. In the company of like-minded people examine the landscape of dentistry in Peru against a wider health backdrop, where modern and traditional health care are both widely practiced.

THIS TOUR IS CLASSED AS:

Level 4 | Active



Longer and fuller days. Significant levels of walking, covering longer distances, requiring very good fitness and mobility.

Tour Leader



Dr Tim Sunnucks BDS MSc DRDP FICD is on the specialist register in endodontics and lectures and runs courses on endodontics and restorative dentistry.

Tim also has a keen interest in all aspects of restorative dentistry. He is heavily involved in endodontic and restorative post-graduate education, lecturing nationally and internationally, and runs hands on courses as well as being happy to host practitioners at the practice. Tim is a European clinical consultant for 3M as well as a certified endodontic and restorative trainer for Dentsply. He is also former secretary and past president of the London Dental Study Club, is an editorial board member of The Probe Dental Journal and was made a Fellow of the International College of Dentists in 2008.

Peruvian woman in the Sacred Valley



Itinerary 18 – 30 October 2026

B = Breakfast **L** = Lunch **D** = Dinner

2 nights Lima – 4 nights Sacred Valley – 1 night Machu Picchu
– 2 nights Cusco – 2 nights Puno – 1 night Lima



Day 1: Lima (Sun, 18 Oct)

D

Am/Pm: Arrive in Lima and transfer to the hotel.

Eve: Dinner with the group.

Day 2: Lima (Mon, 19 Oct)

B D

Am: Visit to Universidad Peruana Cayetano Heredia – Faculty of Odontostomatology, one of Peru's most prestigious institutions for dental education. Learn of the work at the Stomatology campus and the hospital's emphasis on applied technology and community outreach.

Pm: Half-day guided tour of the 'City of Kings', exploring Lima's historic centre. Visit the Larco Museum for an introduction to Peru's ancient past, see the country's finest private collection of pre-Columbian art.

Eve: Alfresco welcome dinner of classic Peruvian cuisine.

Day 3: Lima / Sacred Valley

B L

(Tues, 20 Oct)

Am: Fly to Cusco. Visit Sacsayhuaman Fortress, a magnificent Inca compound with panoramic views of the city.

Pm: Local lunch, followed by a visit to Museo

Sulca Textiles, renowned for its exquisite pieces created using ancestral Peruvian techniques. Continue to the town of Pisac, and explore its Inca sites and artisanal market. Visit ancient remains at the Inti Watana site, including the Inti Watana itself – a volcanic ritual stone used as an astronomical clock or Inca calendar to mark the changing seasons.

Day 4: Sacred Valley (Wed, 21 Oct)

B L

Am: Visit Virgen de VIDAWASI Children's Health Citadel in Urubamba, a non-profit organisation dedicated to decentralising specialised paediatric healthcare across Peru and providing free paediatric care, including dentistry.

Pm: Lunch at UNU restaurant with stunning views before visiting the salt fields of Maras and the Moray terraces; believed to be a former agricultural laboratory, an astronomical observatory, a place of worship, or all three.

Day 5: Sacred Valley (Thurs, 22 Oct)

B L

Am: Visit the Patacancha community, stroll through a traditional Quechua village, learn about their weaving technique, and visit a local home. Meet with the team at Sonrisas Solidarias Cusco (Solidarity Smiles Cusco), a non-profit organisation which provides free dental care to communities in the Cusco region.

Pm: Continue to the Inca citadel of Ollantaytambo, known as a 'live Inca town' because inhabitants still live according to customs and traditions inherited from their ancestors.

Day 6: Sacred Valley (Fri, 23 Oct)

B L

Am: Visit Misminay, a community in Peru renowned for preserving its cultural and ancestral traditions. The inhabitants continue to wear traditional dress and practice ancient farming techniques.

Pm: Experience cooking lunch with the Misminay community using freshly grown local produce. Return to the hotel and at leisure in the Sacred Valley. Optional Andean trek, subject to numbers.

Day 7: Sacred Valley / Machu Picchu B L D
(Sat, 24 Oct)

Am: Board the train to the legendary citadel of Machu Picchu, the great mountain-top city abandoned by the Inca Empire, reclaimed by the jungle and lost to humanity until its rediscovery in 1911.

Pm: Following a buffet lunch at Suno restaurant, explore the 'Lost City'. The guided tour includes the main plaza, the circular tower, the sacred sun dial, the royal quarters, the Temple of the Three Windows and the burial grounds.

Eve: Overnight and dinner in Aguas Calientes.

Day 8: Machu Picchu / Cusco B D
(Sun, 25 Oct)

Am: Option to return to Machu Picchu (at an additional cost) or take the more adventurous option of climbing Huayna Picchu, or at leisure in Aguas Calientes.

Pm: Train back to Cusco for dinner.

Day 9: Cusco (Mon, 26 Oct) B D

Am: Visit bustling San Pedro Market, popular with locals. Meet a local herbalist who will explain Andean pharmacopoeia, including the properties of the herbs that grow on the edge of the Andes such as muña, anise, boldo, chamomile, lemon verbena, black mint and asmachilca.

Pm: At leisure in Cusco before dinner at Tunpupa Restaurant.

Day 10: Cusco / Puno (Tues, 27 Oct) B L

Am: Travel through Andean valleys to Puno and Lake Titicaca. Meet with local brujas (witches) at Huasao, who create potions for love and success and cure illness with plant and animal rituals.

Pm: Continue to the colonial town of Andahuaylillas and visit its magnificent church. Visit APAINE, a health care

project for poor communities in the Andes. Transfer to the hotel in Puno.

Day 11: Puno (Wed, 28 Oct) B L

Am: Cruise across Lake Titicaca to the unique floating islands of the Uros. Continue to the island of Amantani, whose population is renowned for its fine crafts including pottery, textiles and stone carvings.

Pm: Enjoy a local lunch in the community and return by boat to Puno.

Day 12: Puno / Lima (Thurs, 29 Oct) B D

Am: Drive to Sillustani, a pre-Incan burial site on the shores of Lake Umayo, for a guided excursion of the tombs. See the archaeological remains of the chullpas – ancient, impressive circular stone towers built around 3,000 years ago, long before the Inca period. Continue to Juliaca Airport to fly to Lima.

Pm: Check in to the hotel. Farewell dinner at Huaca Pucllana Restaurant.

Day 13: Lima (Fri, 30 Oct) B

Am: Depart for airport or connect with the Ecuador and Galapagos tour: see below.

All itineraries are subject to change according to local conditions.

Ecuador and the Galapagos Island

30 Oct – 18 November 2026

JBT's annual tour to Ecuador and the Galapagos tour immediately follows this tour. Start with a pre-tour extension into the Amazon before continuing to colonial Quito. Stay in a boutique lodge in the Cloud Forest, ascend to a thermal resort in the Andes and cruise the Galapagos Island in a private yacht. The tour is led by biologist, documentary maker and experienced tour leader, Dr Adrian Seymour.



Moray, the Incan agricultural laboratory at Sacred Valley

Hotels

Hilton Garden Inn, Milaflores Lima

This recently built Hilton offers comfortable, stylish rooms and amenities, including a beautiful rooftop bar and pool with superb views.

Aranwa Sacred Valley Hotel and Spa, Sacred Valley

Surrounded by breathtaking landscapes and located on the banks of the Vilcanota River, this 17th century colonial ranch has been converted into a modern hotel with spacious rooms and a lovely spa.

El Mapi, Aguas Calientes

Located in the town of Aguas Calientes, this hotel is ideally situated for exploring the archaeological site of Machu Picchu. The light-filled rooms have panoramic windows and good amenities.

Los Portales Cusco Hotel, Cusco

Within easy walking distance of Cusco's historic centre, this charming, hotel provides attentive and warm customer service, comfortable rooms and a lovely restaurant.

Sonesta Posada del Inca, Puno

Located on the shores of Lake Titicaca, the hotel is surrounded by spectacular scenery, with modern and spacious rooms. The hotel restaurant offers wonderful views of the lake.

'All local guides were exceptional and very informative on history, culture and lifestyle.'

Marilia Pereira, Nursing and Midwifery in Peru, March '25



Pisac market textiles (top); Train to Machu Picchu; Plaza del Armas, Lima; Urubamba River, Sacred Valley (above)

The cost of the tour is €4,248 per person sharing a twin or double room

The cost of the tour with a room to yourself is €4,994

The cost includes:

- 12 nights' accommodation in twin-bedded rooms in first class and medium grade hotels
- The services of a tour leader, Tim Sunnucks
- The services of an English-speaking national guide
- A full CPD programme of professional visits and talks as detailed in the itinerary
- A full programme of cultural visits and tours as detailed in the itinerary
- Breakfast daily and meals as per the itinerary
- All internal transport including internal flights Lima to Cusco, and Puno to Lima
- All admission fees, tips and taxes

The cost excludes:

- International flights and airport transfers
- Meals not mentioned
- Drinks with meals
- All optional excursions, tours and visits; all personal extras such as portage, laundry and inoculation fees; travel insurance and visas

Second Entrance to Machu Picchu

On day eight there is the option to revisit Machu Picchu, tickets must be purchased in advance. If you would like to visit for a second time, please let us know as soon as possible so we can arrange your tickets. These will be added to your invoice and are non-refundable once purchased. There is also the option to climb Huayna Picchu or walk to Machu Picchu Mountain, which involves a longer but less steep hike.

The cost is €118 per person and includes transfer and entrance fees.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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Cusco (top); Inside Machu Picchu;
Llama; Floating islands of the Uros, Puno (above)



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