

Machu Picchu, citadel of the Incas

Obstetrics, Gynaecology and Women's Health in Peru

10-22 October 2027

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

Eliza Miller, *Nursing and Midwifery in Peru*, March 2025

JON BAINES TOURS

Level 4
ACTIVE



Island women on Lake Titicaca

Peru: land of gold and the sun-worshipping Incas, builders of the largest empire in pre-Columbian America. From the colonial grandeur of Lima to the Sacred Valley, Machu Picchu and Lake Titicaca, it is an extraordinary destination.

This tour is a study of women's health in a country where it has a long and complicated history. Lima's Casa de Maternidad opened in 1826 with the first midwifery school in the Americas. In the 1990s a national sterilisation programme left a legacy of injustice that the courts are still working through. Peru has since reshaped women's health around Andean and Amazonian birthing traditions, and it is rebuilding after a pandemic-era rise in maternal deaths. Cervical screening, adolescent pregnancy, access to therapeutic abortion and the regulation of fertility treatment remain live questions.

CPD visits include the Instituto Nacional Materno Perinatal, a leading Lima fertility clinic, Kausay Wasi Hospital in the Sacred Valley and the APAINE rehabilitation project, alongside meetings with Andean herbalists and healers. Travel with your peers, take in Machu Picchu and Lake Titicaca, and enjoy Peru's celebrated cuisine.

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

Jeremy Meates is a generalist obstetrician and gynaecologist from New Zealand with an interest in endometriosis and pelvic pain, who has been in public and private practice for the last 25 years.



Jeremy completed his obstetrics and gynecology training in New Zealand and the south-west of England and lives on New Zealand's North Island's Hawkes Bay, renowned for great weather and fine wine.

He is a senior lecturer with the University of Otago as an intern supervisor and has been a performance assessor for the New Zealand Medical Council. Jeremy is a Fellow of the Australian, New Zealand and Royal Colleges of Obstetrics and Gynaecology and has an interest in remote medicine. For 15 years he provided O&G clinics on the Chatham Islands, a remote location 800 km east of NZ with a population of 700. There he was able to provide a thorough assessment in a single visit with ultrasound scans, colposcopy, endometrial biopsy and IUCD insertion. With an interest in minimally invasive surgery, he organised an annual meeting featuring live surgery performed by visiting specialists from Australia. He has been on the organising committee for several conferences at home and abroad, including 'Cold Cases in Medicine' in Japan and Greenland.



A woman on Amantini Island, Lake Titicaca

Itinerary 10–22 October 2027

B = Breakfast L = Lunch D = Dinner

3 nights Lima – 3 nights Sacred Valley – 1 night Machu Picchu – 2 nights Cusco – 2 nights Puno – 1 night Lima



Day 1: Lima (Sun, 10 Oct) D

Am/Pm Arrive in Lima and transfer to the Humano Lima Hotel.

Eve Dinner with the group.

Day 2: Lima (Mon, 11 Oct) B D

Am Visit the Instituto Nacional Materno Perinatal (Maternidad de Lima), Peru's leading public maternal hospital

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 Welcome dinner at Alfresco restaurant.

Day 3: Lima (Tues, 12 Oct) B L

Am Enjoy a Lima gastronomic experience with lunch, sampling the cuisine for which Peru is renowned.

Pm Visit a leading fertility clinic in Lima to see how reproductive health care is delivered in Peru.

Day 4: Lima / Sacred Valley (Wed, 13 Oct) B D

Am Fly to Cusco and visit Sacsayhuaman Fortress, a ceremonial compound and magnificent example of Inca military power, with panoramic views of the city.

Pm Continue to a textile centre recreating fabrics and pieces from ancient Peru. Overnight at Casona Yucay in the Sacred Valley.

Day 5: Sacred Valley (Thurs, 14 Oct) B L

Am Visit Kausay Wasi Hospital in the Sacred Valley.

Pm Lunch at Huayoccari, an estate of gardens and native trees housing an exceptional collection of Peruvian art. Continue to Pisac to explore the Inti Watana group, including the Temple of the Sun and an astronomical ritual stone, then browse Pisac's artisan market.

Day 6: Sacred Valley (Fri, 15 Oct) B L

Am Spend the day in the Sacred Valley. Visit the highland community of Misminay, welcomed with traditional songs, to learn about traditional Andean daily life and seasonal farming, and share a lunch of fresh local produce.

Pm Continue to the Maras salt pools, in use since pre-Inca times, and the Moray terraces, an Inca agricultural laboratory.

Day 7: Sacred Valley / Machu Picchu (Sat, 16 Oct) B L D

Am Board the train to the legendary citadel of Machu Picchu, the great Incan mountain-top city.

Pm Following a buffet lunch at Tinkuy, explore the 'Lost City,' including the Main Plaza, Royal Quarters and Temple of the Three Windows.

Eve Dinner and overnight at the Inkaterra El Mapi in Aguas Calientes.

Day 8: Machu Picchu / Cusco (Sun, 17 Oct) B D

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 and overnight in the Hilton Garden Inn Cusco.

Day 9: Cusco (Mon, 18 Oct) B D

Am Explore Cusco, including 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, 19 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. Overnight at the Jose Antonio Puno.

Day 11: Puno (Wed, 20 Oct) B L

Am Cruise across Lake Titicaca to the unique floating islands of the Uros. Continue to the island of Amantani, an island renowned for its pottery, textiles and stone carvings, where communities grow potatoes, corn, quinoa and oca.

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

Day 12: Puno / Lima (Thurs, 21 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, 22 Oct) B

Am Make your way to the airport after breakfast.

All itineraries are subject to change according to local conditions.



An Uros Islander rowing home



Moray, the Incan agricultural laboratory at Sacred Valley

Hotels

Hotel Humano, Lima
Located in the heart of Miraflores, this stylish new hotel is a short walk from the Malecón, a scenic coastal walkway. Modern rooms are complemented by a rooftop restaurant and pool.

Casona Yucay, Sacred Valley
Set in a historic mansion in the village of Yucay, this hotel has a colonial courtyard, tranquil gardens and mountain views. Restaurant Tika serves Andean dishes with organic garden produce.

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.

Hilton Garden Inn Cusco
Located in Cusco's historic Santa Ana neighbourhood, this comfortable hotel is a 15-minute walk from the town centre and Plaza de Armas. Its colonial-style design includes a garden and terrace.

Hotel José Antonio, Puno
Set on the shores of Lake Titicaca, this hotel has lakeside gardens, a private pier and a lounge bar overlooking the water. Rooms have rustic touches, heating and large windows.

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

Marilia Pereira, *Nursing and Midwifery in Peru*, March 2025







Taken on tour by Liza Miller (*Midwifery in Peru 2025*) (top); Ollantaytambo; Children on Uro Island, Lake Titicaca (above)

The cost of the tour is €4,464 per person sharing a twin or double room

The cost of the tour with a room to yourself is €5,256

The cost includes:

- 12 nights' accommodation in double or twin-bedded rooms in first class and medium grade hotels
- The services of a tour leader, Jeremy Meates
- The services of local English-speaking national guides
- A full programme of CPD 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 porterage, laundry and inoculation fees; travel insurance and visas

Second Entrance to Machu Picchu

On day eight there is the option to revisit Machu Picchu – **these tickets must be purchased well in advance.** If you would like to visit for a second time, please let us know as soon as possible. The ticket cost will be added to your invoice and are non-refundable once purchased. There is also the option to climb Huayna Picchu.

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. We also ensure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to.

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Cusco (top); Local women (by Liza Miller on *Midwifery in Peru 2025*; Visit Sillustani tombs on Lake Umayo (above)

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