

# APURIMAC

The terrain in Apurimac is steep, formed by narrow, deep valleys with impressive abysses, cold plateaus, and high-mountain peaks. The Apurimac River Canyon that separates the Department of Cusco from the Department of Apurimac is the most extraordinary sight.

Abancay, capital of Apurimac, is a beautiful Colonial city protected by the mighty snow covered Mount of Ampay (5,235 masl), it is located in the sanctuary of the same name. The sanctuary contains, besides other snow capped mountains, mountain forests, beautiful lakes, species of flora and fauna like the intimpa pine tree, the Andean fox and the Andean deer.

The inhabitants of this department make a living primarily through the agriculture, and they are descendents of diverse ethnic groups who were known for their warrior spirit. Centuries ago the area was the scene of bloody confrontations between the rival neighboring tribes of the Chancas and the Incas.

From Abancay, there are numerous excursions available, for example, the Saywite archaeological site and the impressive Apurimac River valley and canyon, a paradise for those who love the white water rafting or hiking.

Another important city in Apurimac is the typical Andean city of Andahuaylas with its Main Square and narrow streets, its a place that deserve a visit to capture the pure Andean way of living.

The following is a list of few typical dishes of Apurimac:

Tallarín hecho en casa: Homemade noodles served with a stew (chicken, beef, or lamb) and kapchi of chuño (dehydrated potatoes).

Kapchi: Lima bean or mushroom stew with potatoes, milk, eggs, and cheese.

Papas con Uchullachua: Boiled potatoes with aji (hot pepper) and huacatay (aromatic herb).

Rocoto Relleno: Rocoto (hot pepper) without veins stuffed with chopped beef, eggs, peas, carrots, cheese, milk, and potatoes.

Huatia: Beef and potatoes cooked on hot stones with huacatay (black mint).

Cuy relleno: Guinea pig stuffed with parsley, black mint, oregano, cleaned and boiled innards, mint, green onions and crushed toasted peanuts.

Pepian de Cuy: Stew made with Guinea pig meat, peanuts, and spices.



# APURIMAC

## Suggested Program

### Day 1

arrival to the hotel  
free time (lunch not included)  
½ day Abancay city tour excursion  
dinner in the hotel  
free time

### Day 2

breakfast in the hotel  
full day in the Ampay sanctuary and the Saywite archeological site  
dinner in the hotel  
free time

### Day 3

breakfast in the hotel  
full day rafting in the Apurimac river  
dinner in the hotel  
free time

### Day 4

departure from the hotel

### notice

Different excursions are available under request.

