

Ica, an esoteric land, one of profound religious faith, sand dunes, valleys, and sun, is an agricultural zone where you see interspersed among the extensive desert area fields of cotton, butter beans, asparagus, citrus tree orchards, as well as vineyards.

Some of the most important civilizations of ancient Peru established themselves here, like the Paracas and the Nasca culture, who left a legacy that has endured the passage of time and the violence of the sand and wind.

The Paracas National Reserve is a must stop; this state protected natural area is, among its beaches and staggeringly beautiful rock formations, the refuge to fur seals, otters, penguins, dolphins, and more than two hundred species of birds such as flamingos, waders, and guano birds. In the province of Nasca, a little more than one hundred kilometers from Ica, there are the Nasca Lines, one of the greatest archeological mysteries of the world.

UNESCO placed this site on the World Cultural Heritage List in 1994. Formed by a series of lines and gigantic drawings traced upon the sands, the Nasca lines feature figures like a spider, a hummingbird, a monkey, etc. that can only be truly appreciated from flying above them.

You can also visit the vineyards of the department, where they produce excellent piscos and wines, the Huacachina Lake, a beautiful oasis situated among the sand dunes just a few minutes away from Ica, and Chincha, the valley which gave birth to the Afro-Peruvian music and home of the largest community of Peruvian black people.

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

Pallares: A stew of savory butter beans seasoned with aji (hot pepper).

Morusa: Mashed butter beans with roast beef or pork.

Picante de Pallares: Spicy butter beans with milk, eggs and fresh cheese.

Carapulcra: Dehydrated potatoes, boiled and cooked with pork and chicken, aji panca and mirasol (chili peppers), garlic, and other spices.

Tejas: Traditional dessert made with dried lemons, figs, or pecans, filled with manjar blanco (sweetened and condensed milk cooked down) and covered with sugar icing.

Chapanas: Dessert made with yucca flour and molasses.



# I CA

# Suggested Program

## Day 1

arrival to the hotel  
free time  
½ day Ica city tour excursion  
dinner in the hotel  
free time

## Day 2

breakfast in the hotel  
full day in the The Paracas National Reserve  
dinner in the hotel  
free time

## Day 3

breakfast in the hotel  
full day in the Nasca lines and visit the vineyards  
dinner in the hotel  
free time

## Day 4

departure from the hotel

## notice

Different excursions are available under request.



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