

# PUNO

Puno was the territory of the Tiahuanacos (800 A.D. - 1200 A.D.) who were the highest cultural expression of the Aymara people that established themselves in what is today Peru and Bolivia.

The Incas took over these lands in the fourteenth century, they rule this land until the Spanish conquest in 1532; The Spanish were deeply attracted by the mining industry developed there, and they left an important Colonial legacy throughout the entire area.

Today, the city of Puno (3,287 masl), which lies on the shores of Lake Titicaca, the highest navigable lake in the world, is the folklore capital of Peru and the site of the Feast of the Virgen de la Candelaria, it is the most important tourist attraction of Puno, and recently it has become a well known religious celebration around the world.

In the outskirts of Puno, you can visit the spectacular Chullpas de Sillustani, a complex of impressive burial towers built by the Kollas; The Juli town famous for its beautiful Colonial churches; The Lampa town with its vice royal church built between 1675 and 1685; The Llachón, a community that still maintains its centuries old customs and cultural expressions, and Pucará, known for its pre-Inca pottery and for the “toritos de Pucará” that the artisans of today create from clay.

The lake contains numerous islands whose inhabitants continue to live as their ancestors have in custom and tradition. The Uros people are a good example of this, they live on “floating islands” that they have artificially made entirely of totora reeds, and they navigate in their traditional boats also made out of totora reeds.

Taquile, Suasi, and Amantaní islands are known for their kindness of their residents, their ancestral skill in weaving, their pre-Columbian constructions, astonishing Titicaca lake views and lovely countryside. The Titicaca National Reserve (36,180 hectares) protects extensive stretches of totora reeds and various species of plants and animals.

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

Cancacho: roasted pork or lamb macerated in aji (hot pepper) and oil.

Pesque de quinoa: mashed quinoa seasoned with milk and cheese.

Chairo: Beef and lamb soup with potatoes, lima beans, squash, cabbage, chuño or dehydrated potatoes, wheat, and chalonga or dried lamb.



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## Suggested Program

### Day 1

arrival to the hotel

free time

½ day Puno city tour excursion

dinner in the hotel

free time

### Day 2

breakfast in the hotel

full day in the Uros and Taquile island

dinner in the hotel

free time

### Day 3

breakfast in the hotel

full day in the Island of the Sun place of birth of the inca empire

dinner in the hotel

free time

### Day 4

departure from the hotel

### notice

Different excursions are available under request.

