



April 24-28th 2023

The Dreamer in Machu Picchu

Connecting with the secret language of the soul

Welcome to continue your Pachamama retreat with this visionary quest at Machu Picchu that has many names: the city of light, city of rainbows, city of crystals, all qualities of the domain of the upper world, of higher consciousness. Here we take wings, weaving the threads of the luminous into everyday reality!

We begin the journey with hiking the very beautiful last part of the Inka Trail to Sun Gate with the stunning view of Machu Picchu. Day 2 and 3 we hike both power mountains, Huayna Picchu and Machu Picchu, that stand guard around the citadel. As you touch the mountains with your conscious steps, your heart, and positive energy, you create a relationship of spiritual wisdom to source from forever.

We as a group hike preferably in silence, concentrating the body and energy to receive divine inspiration to what calls to be created through each one of us. It is so exciting! How our spiritual eyes open for higher vision as we spend time in the Andean mystery.

I have been here countless times for my own spiritual journey as well as with groups as it is my strongest place of initiation. I have over the years studied and read many books on Machu Picchu to learn more on each ceremonial ground and prayer space within the citadel.

This is what I love to share with you in this Dreamer journey. Truly meeting and engaging the different sacred sites to nourish your soul and with that remember your true nature. It is a journey of initiation, where you give and receive good energy for yourself as well as nourishing the ceremonial ground with your blessings and prayers. This is like spiritual food for the soul!

With us we have an English speaking guide that shares the ancient stories around Machu Picchu, and for our closing ceremony in the Moon temple above Cusco, you sit in a despacho ceremony with my dear shaman brother Don Francisco and his wife Juanita to fuel your dreams. Below you will find a presentation of each day's adventure in magical Peru!

April 24th
Travel to and meet Machu Picchu
Hiking time 6-7 hours

We will be picked-up at Willka Tika in Sacred Valley at 7:30 am, and travel by private van for about 25 min. to the city of Ollantaytambo where we continue with train to Km 104. (1 hour 15 min)

Once you pass the control point, where you will present your Inca Trail Permit (to be carried by your guide) and passport, you will begin your trek! We ascend gradually for about 3.5 hours until we reach Wiñay Wayna Incan Complex. Here we have a guided tour and some solo time to explore, before we break for a boxed lunch. For the next 2 hours, we continue along a mostly flat path, until it becomes a steep climb about 20 minutes before reaching the Sun Gate.

We stop to enjoy the beautiful views before descending for about 1 hour to the upper terraces of Machu Picchu Citadel. This will be our brief preview of this Wonder of the World before our guided tour tomorrow morning. You will then proceed to the exit and catch the 25-minute bus ride down to Aguas Calientes. Check into the hotel, then have some free time before we meet up with our guide at 7 pm to enjoy a fabulous dinner at Mapacho Restaurant.



WIÑAY WAYNA ("forever young")

April 25th
Hike on Huayna Picchu
Hiking time 4-5 hours

Wake-up 4:30 for breakfast. It is so worth it to be among the first to enter Machu Picchu in the sunrise. Together with our guide, we will head to the bus station which is located just across the street, and wait in line for the bus up to Machu Picchu. We begin with a guided tour of the citadel for one hour, and then proceed to the base of Huayna Picchu Mountain.

Here we give a small offering to the hummingbird mountain before we begin our gorgeous and steep hike to the top which takes around 1-1.5 hours. This hike is sacred, silent and filled with beauty! Even though the steps are steep and the mountain high you are carried by the songs of the hummingbirds and colorful flowers along the way. On the top you really sense the visionary view of the world as you stand high above the city of light.

After the hike, we continue with the citadel tour. (another 1 hour or so) Or if you like to have some time on your own before going back down with the bus to Aguas Calientes for lunch.

Enjoy a relaxed afternoon with some shopping in the market or just a coffee in one of the many nice cafes. One interesting afternoon activity could be a visit to the Mariposarium or Butterfly House. <https://www.intrepidscout.com/top-things-do-aguas-calientes/> You could also take a hike to local waterfalls there and back within 2 hours.

We meet back at the hotel 7 pm to again experience delicious food in the lovely restaurant, Indio Feliz in the small city of Aguas Calientes.



April 26th
Hike on Machu Picchu
Hiking time 4 hours

Again, wake-up early to be among the first in the temple at sunrise. This day we make our way to hike the wisdom mountain that carries the same name as the temple, Machu Picchu. This hike is not as steep as Huayna Picchu, but higher in altitude. It takes about 3-4 hours both up and down the mountain. You hike in a silent “visionary” energy that takes you deeper into your own wisdom, empowering your spiritual light.

On the top we gather in a circle to meditate together for higher vision, on the personal level as well as the global.

Coming down the mountain you have time for your own last exploration or group activity in the citadel until noon. Then the short bus ride to Agua Calientes and time for some lunch. You retrieve your luggage at the hotel and we meet at the train station well in time before the journey back to Ollantaytambo around 4:30 pm, continuing with bus to our hotel in Cusco.



April 27th Closing ceremony and Integration day in Cusco

After breakfast we go for a short taxi ride up to the temple of the Moon with my Qero Shaman brother Don Francisco and his wife Juanita for a despacho ceremony, to fuel our prayers and dreams. What gifts are you bringing home and what is your next step in fulfilling your new vision?

Free afternoon to explore more of the charming city of Cusco, make the last shopping or just have a relaxed afternoon. In the evening we meet for a celebration dinner together at one of Cusco's many nice restaurants.

April 28th Your journey home

Lots of love and thank you for our magical time together.
May Peru continue to live and breathe in your heart!



The Dreamer Journey Price: 17000 sek

Including

- * PeruRail's train.
- * Trekking Poles (rubber-tipped)
- * Experienced English speaking Tour Guide
- * Ceremonies & wisdom teachings with Jeanette
- * Despacho with Qero shamans

Tickets/Entrance fee

Inka Trail
Machu Picchu citadel
Huayna Picchu & Machu Picchu mountain

Hotels

Cusco 2 hotel nights in DB room
Agua Calientes 2 hotel nights in DB room with breakfast +
2 dinners at high rated restaurants

Not included in Cusco

- * Breakfast, lunch and dinner
- * Transfer from your hotel to the airport

Not included in Agua Calientes

- * Lunch day 2 & 3

To book your space for this unforgettable experience

E-mail journeys@jeanettemantel.com or call +46 733 39 23 19

A nonrefundable deposit of 7000 sek and a copy of your passport to hold your space. Balance due 10 000 sek latest January 30th 2023.

Warmly welcome to this stunning hike experience where we upgrade vision for ourselves and for the world we are living in!

With love Jeanette