

## Place to visit and celebration dates

### WHERE?

#### In Paracas:

- **Paracas National Reserve.** An stunning coastal ecosystem, covering an area of 335 hectares and including deserts, beaches, islands, cliffs and coastal waters, all of which are natural habitats to a variety of species such as pelicans, flamingos, penguins, dolphins, sea lions and an infinite number of fish and crustaceans. A one hour boat ride to the northwest is the lovely scene of the Ballestas Islands, home to a huge number of guano birds and sea lions.
- **Ballestas Islands.** Located outside the confines of the Paracas National Reserve, it is a habitat for a large number of birds and sea lions, all in easy sight from a boat. This is one of the more common excursions from Paracas.

- **Tambo Colorado Archeological Site.** A very well preserved Incan community, it might have been built during the time of the Inca Emperor Pachacútec as temporary lodgings for soldiers and home for local authorities.

#### In Ica:

- **Wine and pisco brandy bodegas and the Huacachina Oasis.** The city of Ica is also very appealing on account of its festivals and fragrant alcoholic beverages. You just have to try some of its fantastic pisco brandies, Peru's banner drink, at one of the wineries in the surrounding area. Huacachina is an important center for fun and recreation, an old resort around an oasis just 5 Km from the city of Ica. You will find comfortable hotels there, as well.

#### In Palpa:

- **In Palpa. Llipata geoglyphs.** These are enormous geometric figures and drawings that represent deities from the Nasca culture. They can be seen from atop a tower stationed in the district of Llipata (Km 407 of the Pan-American Highway South).

#### In Nasca:

- **Nasca and Palpa Lines.** An enormous network of lines and drawings of animals and plants, attributed to the Nasca culture. They cover an approximate area of 350 Km<sup>2</sup>, and their age has been traced back to the 6th century A.D. Some of the best drawn figures are the hummingbird, the dog and the monkey. You can see the images of the hand and the tree from a 12 meter tall lookout tower. However, to appreciate the sheer immensity of these drawings, you have to fly over the desert plain, on which they are drawn, in a small plane.
- **Cantayoc Aqueduct.** 5 Km. An underground aqueduct that was built by the Nasca culture and that is still in use today. Flagstone and carob tree trunks were used in its construction, materials that have resisted the test of time.
- **Cahuachi Ceremonial Center.** 23 Km. It is the world's largest mud ceremonial center, featuring a group of truncated adobe pyramids, built by the Nasca, and a patio and wide terrace with roofed chambers.
- **Antonini Teaching Museum.** Featured there is a collection of archeological relics from different time periods of the Nasca culture: trophy heads, musical instruments like antaras (panpipes), textiles, funeral bundles and one part of the Visambra aqueduct.

#### WHEN?

**Black Summer Fest / Last week of February.** Many activities take place during this celebration, such as an Afro-Peruvian dance contest as well as pisco brandy and wine tasting events, gastronomic fairs and handicraft expositions.

#### International Grape Harvest Festival / First

**2 weeks of March.** In Ica, wine grape harvesting is celebrated with wine, pisco brandy and cachina (mature grape juice, fermented for about eight days) tasting, events that mainly take place on the premises of the wine and pisco brandy producing enterprises around the countryside of Ica. There are also gastronomic fairs, parades featuring allegorical characters and floats, the crowning of the queen of the festival and live music fests.

#### Lord of Luren religious festival / Holy Week and

**third Monday of October.** The procession of the city of Ica's patron saint is very popular among the faithful, along with the various fairs, games and other activities held during the festival.





These arid southern lands spill over with lively traditions, fascinating wilderness scenes and traces of key cultures from Peru's past, like Nasca and Paracas.



## Routes & length of stay

**4 días**

minimum recommended length of stay

- 1 day Paracas National Reserve, Ballestas Islands.
- 1 day Wineries (for both wines and pisco brandies), Huacachina Oasis.
- 1 day Cantalloc, Antonini Museum, Cahuachi, and the Nasca Lines flyover.
- 1 day Afro-Peruvian traditions: Chincha and village of El Carmen.

### Department of Ica



- a. Mirador en Líneas de Nasca
- b. Figura del colibrí en las pampas de Nasca
- c. Sandboard en el desierto de La Huacachina
- d. Visita a las islas Ballestas en Paracas
- e. Bodegas de pisco peruano
- f. Aeródromo de Nasca
- g. Reserva Nacional de Paracas
- h. Lobos de mar en Reserva Nacional de Paracas



W. Tupiza / PP

- 1 Nasca Lines
- 2 Palpa
- 3 Ica
- 4 Paracas National Reserve

### LEGEND

- Department borderline
- Capital city
- Asphalted road
- Non-asphalted road
- Port
- Área protegida

c.



M. Mohana / PPA

d.

## Lodging and tourist services:

Comfortable hotels and hostels are found in the cities of Chincha, Ica, Paracas, and Nasca. There are guided visits, Nasca and Palpa Lines flyovers taking off from either the city of Ica or Nasca (lasting 45 minutes), full service treks and camping adventures, dune buggy rides through the desert, and in Paracas, boat rides to the Ballestas Islands.

## Recommended for

**Culture** **People interested in archeology**, who cannot miss out on the Nasca Lines and the Temple of Cahuachi.

**Nature** **Wildlife watchers**, who will heartily enjoy the trip to the Paracas National Reserve and to San Fernando.

**Wine and wine tradition connoisseurs**, who must visit the many wineries near the city of Ica to taste the incomparable Peruvian pisco brandies and superb quality wines.

**Adventure** **Extreme sports aficionados**, who will get their adrenaline rush sandboarding (at Cerro Blanco) and driving dune buggies at Huacachina (Ica).

**Boat and water sports lovers**, who can enjoy windsurfing and water skiing in Paracas.

## What to eat?

The cuisine of Ica is highly influenced by the African heritage as seen in savory dishes like carapulcra (chicken, pork and freeze dried potatoes in a peanut sauce) and the sopa seca (a dry vermicelli soup with onions, garlic and pork fat). Also included on the list is one of the most favorite dishes to grace the tables of Ica, picante de pallares, a thick concoction of hearty butter beans seasoned with chili peppers, milk, cheese and eggs. Among its many delicious desserts, you will find the tasty tejas, a treat with a center of dried limes, figs or pecans, filled with milk jam and covered with caramelized sugar. As for quality restaurants, there are very fine establishments in Chincha, Paracas, Ica, Palpa and Nasca.



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**✓** We recommend taking the flight over the Nasca Lines and the boat ride to the Ballestas Islands in the morning since the weather conditions are normally better at that time.



H. Prange / PPA

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