



## TRAVEL LOGISTICS, COVID, AND PLANNING YOUR TRIP: ALL YOU NEED TO KNOW

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Sacred Valley, Peru!

As you prepare, please **thoroughly read** this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience, including recommendations for the diet, medications, resources, and holistic preparation.

We look forward to healing with you!

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### Summary of Travel Requirements

- ✓ Traveler's medical insurance
- ✓ Return ticket/proof of onward travel within allowable tourist stay (ranges from 30 – 180 days, dependent on immigrations)
- ✓ Passport **valid for 6 months beyond arrival date**, & visa if necessary (most countries in the Americas and Western Europe do not require a visa, [check here for complete list](#))
- ✓ Complete [Soltara arrival information form](#) (also sent via email 2 weeks before your retreat)

**\*Important Note\*** Due to the higher altitude of the Sacred Valley, we recommend, if possible, arriving 1-2 days before your retreat, to allow yourself to acclimatize. Coca leaf tea and lozenges can support your system with this process (available for purchase in Cusco).

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### Travel Requirements

**Traveler's Medical insurance** covering the dates of your travel. *\*Health insurance in your home country is not sufficient\**

- **Soltara requires travel insurance** for your safety - it can be any travel medical insurance that suits your needs.
- We suggest a plan that covers all possible medical expenses and accommodations in case of COVID-19 infection.
- We **do not** read and approve insurance plans. If you are unsure if you have the appropriate plan, please contact your insurance company directly.

### **Proof of Onward Travel**

Peru also requires a return ticket or proof of onward travel within allowable tourist stay (ranges from 30 – 180 days, dependent on immigrations)

### **Passport Validity**

Passport **valid for 6 months beyond arrival date**, & visa if necessary (most countries in the Americas and Western Europe do not require a visa, [check here for complete list](#))

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## **TRAVEL**

### **Group Hotel Shuttle: Arriving and Departing from Your Retreat**

- To catch the shuttle to Soltara, book your flight to the **Cusco Airport (CUZ) which will most likely fly via Lima Airport (LIM)**
  - We kindly ask you to bring only organic biodegradable shampoos, conditioners, body, face wash, or other toiletries at our center. Protecting the groundwater is very important here and only natural, biodegradable, organic items can be used.
  - During your retreat, Wi-fi is available only in the dining area
- **We offer free group pickup on Day 1 of your retreat at 2:00 PM** from [Hotel Costa del Sol Wyndham](#) which is 20 minutes from CUZ Airport, near the Plaza de Armas
  - If you plan to fly in on Day 1, your flight must land **by 11 AM** on Day 1 for enough time to ensure you arrive to the Costa del Sol Wyndham Hotel for the **2 PM** meet-up
  - We highly recommend arriving 1-2 days before, if possible, to ensure smooth arrival and support your system in acclimating to the higher altitude of this region

**If you experience flight delays or issues**, you can send us an email at [peru@soltara.co](mailto:peru@soltara.co) or call us at 1-800-397-1730 with your updated arrival information. Our staff will support you with any separate pickup arrangements.

- **Dropoff, after your retreat, is on the last day at 12:30 pm at the Hotel Costa del Sol Wyndham**
  - Check out at the center will be 11 am on the last day – if you will be flying out or staying in after, you can ride with our shuttle back to the hotel in Cuzco and take a taxi from there if needed.
  - If after the retreat your destination is not Cuzco, we can arrange for your private transportation once you get on-site ( ex. Machu Picchu, Ollantaytambo, Pisac, etc.)

- We **\*highly\*** recommend departing at least 1 day after your retreat ends, but if you must depart the same day, plan to depart after 4 pm, or longer if you need to wait for COVID test results. Otherwise, you may miss your flight.

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## HOTELS

### Staying in Cusco Before/After

- **Recommended Hotel Choice:** [Hotel Costa Del Sol Wyndham](#)

Located 20 min from the Cuzco Airport, Wyndham Hotel offers free dieta-friendly breakfast and airport pick-up. Pick-up must be confirmed with the hotel at least 48 hours prior to flight arrival and needs to include the flight information and flight number.

Web | [LINK](#)

Phone # | +51 84 221269

Address | Sta. Teresa St 344, Cusco 08002, Peru

Check-In | 1:00 pm

Check-Out | 11:00 am

#### **Average Pricing (subject to change)**

Standard Twin Room - \$80

Superior Double Room - \$92

Deluxe Colonial Room - \$110

Colonial Suite - \$130



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## PACKING

The weather in the Sacred Valley tends to be warm and dry during the day, but can be chilly at night. We are in the high Andean mountains, and in general the climate in the Sacred Valley is variable because it includes altitudes ranging from 2200 – 2800 meters above sea level. During the day temperatures range between 20 - 26 °C (68 - 78 °F) and at night between 8 °C to 10 °C (46 - 50 °F). This climate is generally the same throughout the year, although there is more rain during the rainy season of November until March.

**\*Important Note\*** Due to the higher altitude of the Sacred Valley, we recommend, if possible, arriving 1-2 days before your retreat, to allow yourself to acclimatize. Coca leaf tea and lozenges can support your system with this process (available for purchase in Cusco).

The following list covers everything you may need to ensure your journey is as pleasurable as possible:

- **Digital/printed copies of your travel insurance**
- **Sun hat/scarf/bandana to cover head** (important for after last ceremony/arcana)
- **Flashlight(s)** (Important! One bright white light for the jungle + one dim **LED RED LIGHT** for ceremonies - [here](#) is an example)
- Face covering or mask if desired for travel (not required)
- Lighter(s) (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
  - No commercial cigarettes or vaporizers please. Natural jungle tobacco (mapachos) will be provided for use in ceremony
- Reusable water bottle
- Hand sanitizer (for travel)
- Sneakers/walking shoes and socks
- Sturdy sandals
- Casual/active hot weather attire (enough for your entire stay, laundry service available on request) and some colder attire. We also recommend bringing:
  - 1 pair swimming gear for flower baths
  - Loose fitting, breathable long pants for daytime wear
  - Warm pants for chilly nights
  - Loose fitting, breathable long-sleeved shirts for daytime wear
  - Long-sleeved shirts for chilly nights
  - Casual/active attire for warm weather
  - Underwear/undergarments
  - 2 Warm sweatshirts and/or jackets (nights can be chilly and body temperature can fluctuate in ceremony)
  - 1 Rain jacket or poncho/small foldable umbrella (November - March - rainy season)
- Insect repellent (natural and biodegradable only, please – no DEET)
- Sunscreen (natural and biodegradable only)
- Natural ingredient toiletries (natural and biodegradable only)
- Personal watch (so you don't have to use your phone for the time)
- Small first-aid kit for scrapes, cuts, and bug bites
- Power adaptor if necessary
  - Peru uses 220 volt electricity, so visitors will need a converter for 110 volt devices. Most plugs in Peru are the two-pronged flat type found in the US.
- Necessary medications (**that have been approved during intake process – please consult with a facilitator before taking any while on your retreat**)
- Spanish/English Dictionary
- Notebook / Journal & pens
- Art supplies if you are creative
- Passport + 2 photocopies of passport
- Money belt/passport wallet
- Bank card with "Plus" or "Visa/MC/AMEX" logo
- Credit card with cash withdrawal option
- Travel/medical insurance information

- **USD \$500-\$1000** (for souvenirs, Shipibo market, meals when not at Soltara, etc.)
- Notify financial institution of travel plans

## **Preparation Support**

**Additional preparation support is available** via [this link](#) with our therapist Sharon Slate, or [this link](#) with our therapist Sean Chiddy. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Many guests have found this to be highly beneficial in their preparation for medicine work.

**We also have monthly preparation circles with therapist Sharon Slate through our private community platform [The Maloca!](#)**

Check out our [Events section](#) to register for a preparation circle.

For other questions, please see our [FAQ page](#) 😊

*We look forward to journeying with you!*

*In grateful service,  
The Soltara Team*

