

Inca Trail Experience with the Q'eros

Lima + Cusco | A path of preparation, mountain, memory and integration



A journey curated by Pachamamas Travel to walk the Andean territory with respect, presence and an open heart.



This journey is not an automatic booking.

Because this process requires care, each traveler applies first. We review your physical, emotional and spiritual state before confirming if the experience is right for you.

The Essence of the Path

Traveling toward the Andes can also be a way of remembering.

In the Andean worldview, nature is not scenery. It is a living presence. The mountains, known as Apus, are guardian beings; the earth, Pachamama, is mother and support; and the path is an opportunity to return to relationship with everything around us.

The Inca Trail Experience with the Q'eros was created for conscious travelers seeking a deep cultural and spiritual experience, with guidance, pause and integration. It is not only about visiting sacred places, but about learning to walk in another way.



Huaca in Lima



Local market



Machu Picchu



Our approach

Prepare the body, open intention,
walk respectfully, listen to the
mountain and integrate the return.

Proposed Journey

A flexible guide that keeps the essence of the Sacred Peru Journey itinerary.

Stage	Meaning of the Experience
Lima	Arrival, huaca, local market and cacao ceremony to open the intention of the journey.
Cusco	Altitude adaptation, San Pedro, Sacsayhuaman and preparation to walk the Andean territory.
Inca Trail	Conscious walking through the Qhapaq Nan, connection with the mountain, silence and journaling.
Q'eros	Teachings with Nilo about Ayni, Pachamama, Apus and coca leaf as a guiding plant.
Machu Picchu	Symbolic closing of the route and integration space before returning.

Dates, timing and logistical details may adjust according to the group, availability and conditions of the territory. The intention remains: enter through Lima, open the path in Cusco and walk with the living wisdom of the Q'eros.

Lima: Portal of Arrival

Adaptation, earth, native foods and first intention.



Lima opens the journey as a first threshold. Here the body lands, the group meets and the experience begins to take shape from the sacred history of the Peruvian coast.

- Arrival, rest and adaptation to the journey.
- Visit to a huaca, an ancient ceremonial center in Lima.
- Walk through local markets to discover native fruits and foods.
- Cacao ceremony to open the heart and set an intention for the path.
- Cultural and energetic orientation before traveling to the Andes.

Cusco: Entrance to the Andean World

Altitude, pause and preparation for the mountain.

Cusco receives us as an ancient spiritual center of the Andes. The altitude asks for breath, slowness and listening. Before beginning the hike, we allow time for adaptation and connection with the sacred city.

- Arrival and adaptation to the altitude.
- Gentle walk through the city and time to rest.
- Visit to the San Pedro market.
- Visit to sacred spaces such as Sacsayhuaman.
- Journaling and integration to prepare for entering the Inca Trail.

Inca Trail with the Q'eros

Ayni, Apus, Pachamama and living memory.



The heart of this experience is walking with Nilo, a Q'ero guide and descendant of a living Andean tradition. Through his presence and teachings, the path becomes an opportunity to understand the relationship between the human being, Pachamama and the Apus.

- Conscious walking through the Qhapaq Nan, the ancient Andean road.
- Teachings on Ayni: reciprocity, balance and relationship.
- Connection with the Apus, sacred mountains of the Andes.
- Coca leaf as a guiding plant and element of listening.
- Offerings to Pachamama from respect and presence.
- Spaces for silence, contemplation and personal writing.
- Arrival at Machu Picchu as a symbolic closing of the route.



Walking is not only moving forward

On this journey, each step is a practice of presence. The mountain is listened to, honored and thanked.

Guidance and Integration

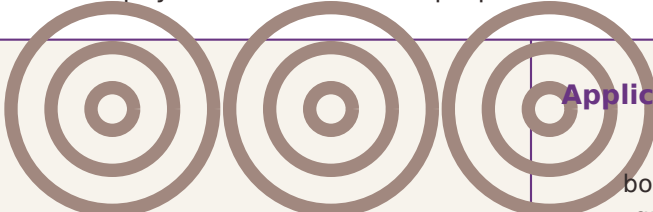
We care for the before, during and after.

Before	During	After
Practical orientation, cultural preparation, opening of intention and recommendations to arrive with clarity.	Daily support, respectful translation, sharing circles, journaling and spaces for silence.	Integration questions and availability to support reflections after returning.

Who This Experience Is For

An experience for conscious travelers, not automatic tourism.

- You feel called by the Andes and ancestral wisdom.
- You want to walk with intention, not only reach a destination.
- You seek a respectful cultural and spiritual experience.
- You are open to learning from a living tradition.
- You want to connect with nature through reciprocity and respect.
- You can take on physical and emotional preparation before the journey.



Application and Care of the Process

Every traveler applies before booking. This helps us care for the group, the field and each person entering the path.

1. Physical Health Status

These questions help us care for the experience and guide you with greater responsibility.

- What is your general health status?
- Are you currently taking any medication?
- Do you have food allergies or important restrictions?
- Do you have any condition relevant to hiking or altitude?

2. Mental and Emotional State

These questions help us care for the experience and guide you with greater responsibility.

- Do you have any psychiatric diagnosis?
- Have you had psychotic or schizophrenic episodes?
- Is there any personal or emotional process you are going through that you feel called to share?

3. Spiritual Dimension

These questions help us care for the experience and guide you with greater responsibility.

- Do you practice or identify with any faith, religion or spiritual path?
- Are there foods or drinks you do not consume because of your spiritual practices?
- What intention brings you to walk this territory?

The Team Behind the Journey

Ceremonial wisdom, conscious hospitality and care for the process.



Auria Paz

Founder & Tour Curator

Musician, storyteller and spiritual guide. Auria accompanies the ceremonial process, integration and the respectful bridge with ancestral wisdom.

@auria_paz



Cristina Neyra

Co-founder & Head of Hospitality

Specialist in marketing, customer experience and hospitality. Cristina cares for the strategy, traveler experience and the premium human details of the journey.

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Other Curated Experiences

Each experience is designed with territory, purpose and guidance.

In addition to the Inca Trail Experience with the Q'eros, Pachamamas Travel creates sacred journeys for small groups, communities, facilitators and conscious travelers who wish to know Peru through depth and respect.

- Lima + Arequipa: preparation, nature, ceremony and integration.
- Ancestral music experiences in the Sacred Valley.
- Complete pilgrimages through Lima, Arequipa and Cusco.
- Customized experiences for spiritual communities and private groups.

Next Step

If you feel the call, let us talk.



Schedule a Call

We want to hear your intention and answer your questions before confirming if this experience is right for you. Book your call here.



Living Territory



Conscious Path



Integration



Each destination is a portal of transformation.

Inner journey: where nature and the self meet.

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