



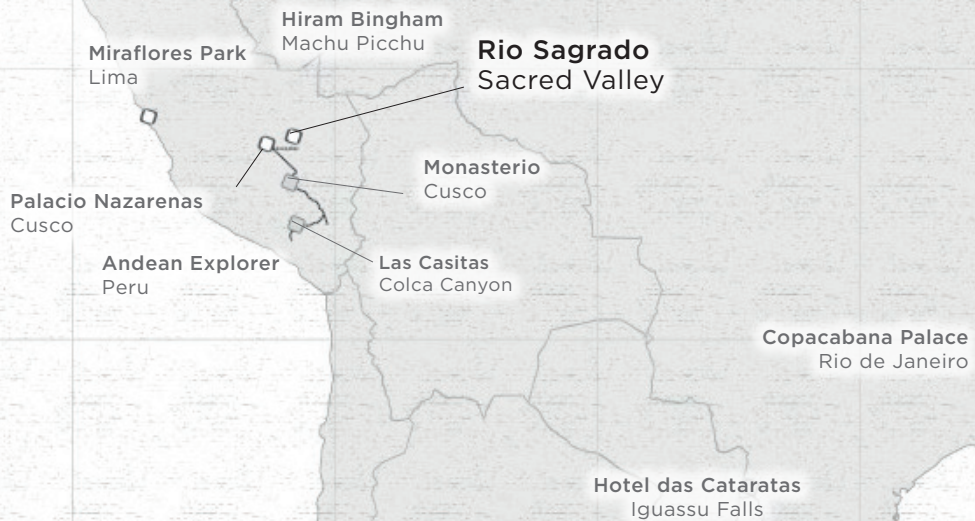
RIO SAGRADO
MINDFUL ESSENCE QUEST

SOULFUL RETREAT DEEP
IN THE SACRED VALLEY

LET YOURSELF BE
CARRIED AWAY BY THE
RYTHM OF LIFE IN THE
SACRED VALLEY.

Built to resemble a rural Peruvian village, **Rio Sagrado** is one of Peru's most unique luxury hotels. A stay here allows you to experience the majesty of life in the mountains.

Located at a lower altitude than nearby Cusco, the hotel offers the perfect setting for acclimatisation and is an ideal base for exploring the Sacred Valley and Machu Picchu.



EXPERIENCE THE SACRED VALLEY IN IT'S PUREST FORM.

Let yourself be captivated by authentic Andean rituals, allow the experiences in the Sacred Valley to fill you with wonder, or let yourself be swept away by the magic of the Urubamba River. A stay at Rio Sagrado offers endless opportunities for exploration.



MINDFUL ESSENCE QUEST

ITINERARY

DAY 1

2:00 PM - WELCOME SESSION

Sacred paths and plants open the way to an inner journey.

3:30 PM - CHICHA EXPERIENCE

Living ancestral wisdom, corn beer and shared spirit.
Learn about the origins of this sacred drink.

6:00 PM - CHIT-CHAT FIREPIT

Sharing and reflection by the fire under the Andean sky.

8:00 PM - WELLNESS DINNER

Mindful flavours that whispers of balance and pleasure.



MINDFUL ESSENCE QUEST

ITINERARY

DAY 2

7:00 AM - BREAKFAST

Pure energy that awakens the body and spirit.

8:00 AM - TREKKING ALONG THE LLAMA TRAIL

Reconnecting with our origins through mountains, llamas and mountain passes.
8 kms hike, surrounded by nature. | Moderate effort hike.

1:00 PM - ROOTS

Earth, hands and memory that nourishes the soul.
An immersive cooking class for lunch.

4:00 PM - PUCARÁ BULLS PAINTING

Living culture that expresses intention, protection and creativity.
Traditional pottery painting.

7:00 PM - WELLNESS DINNER

Mindful nutrition that harmonises body, mind and vital energy.

8:30 PM - STARGAZING

Andean skies and the soul recognising itself in the stars.



MINDFUL ESSENCE QUEST

ITINERARY

DAY 3

8:00 AM - MINDFULNESS MEDITATION

Inner stillness and an Andean energy connection.

9:00 AM - CONSCIOUS BREAKFAST

Gratitude present in every flavour and breath.



ADDITIONAL INFORMATION

RATE PER ROOM FROM US\$ 3,440

Rate based on double occupancy.
Includes taxes and services.

WHAT TO PACK

Bring comfortable clothes for outdoor experiences such as:

- Hiking shoes
- Weather proof jacket and pants
- Sunscreen
- Bug repellent
- Hat / Sunglasses

INCLUDES

- Luxury accommodation
- Welcome session
- Chicha experience
- Chit-chat firepit
- Trekking along the Llamas trail
- Roots
- Pucará bulls painting
- Stargazing
- Mindfulness meditation
- Meals as per itinerary
- Late check-out subject to availability



A journey of calm and
creativity to reduce stress
and reconnect with the
Andean landscape through
mindfulness

RESERVATIONS

CENTRAL RESERVATIONS OFFICE

Tel: **(01) 610 8300 | (01) 610 8301**

Email: perures.fits@belmond.com

Toll-free number **800 237 1236**

or contact your preferred travel agent.

[BELMOND.COM](https://www.belmond.com)

TERMS & CONDITIONS

- Dynamic rates are subject to change.
- Transport between hotels is not included.
- A credit card guarantee is required at the time of booking.
- Blackout dates: Easter, 29 March to 5 April 2026; Christmas and New Year period, 22 December 2026 to 1 January 2027.
- Subject to availability and changes without prior notice.
- Cannot be combined with other promotions.
- Activities included as mentioned in the itinerary.
- Cancellation Policy: Cancellations must be made before 16:00, at least 45 days in advance during low season, 60 days in advance during high season and 90 days in advance during public holidays. In the event of a no-show or early departure, 100% of the booking plus taxes will be charged.
- For additional nights, the best available rate published on the website applies.
- Terms and conditions valid until 25 December 2026.