

BOUNTIFUL

CHILDREN'S FOUNDATION

Nutritour Peru 2020

Join us to evaluate children's nutritional status, teach fun family games to increase cognitive development, and see famous archaeological sites in Peru

Date: January 7-16 (travel on the 7th and 16th)

Cost: \$1800 per person plus round-trip airfare to Cusco Peru.

Itinerary

Jan. 7 – Travel to Cusco (arriving the morning of Jan 8)

Jan. 8 – Acclimation, orientation and visit one or two sites in Cusco

Jan. 9 – City tour visiting the Cathedral, Qoricancha, Convent of Santo Domingo, Temple of the Sun (known as the Golden Palace). Then we will visit the archaeological centers that are adjacent to the city of Cusco which are: The impressive fortress of Sacsayhuaman (does not include the entrance of 15 soles) Q'enqo, Pukapukara, and Tambomachay (place where water ceremonies are performed).



Jan. 10/11 – Weigh and measure children in Cusco and teach children games.

Jan. 12 – Attend Church, weigh and measure children, and teach children games in Urubamba

Jan. 13 – Humanitarian work with a family in Urubamba

Jan. 13 – Sacred Valley tour

Jan. 14-15 – Tour Machu Picchu and return to Lima



Jan. 16 – Travel home

Additional Info

We will stay in hotels or with selected families depending on group preference and availability.

Group Leader: Tim Heaton, President of Bountiful Children’s Foundation. Tim has taken groups to Peru and Mexico and recently returned from our Guatemala Nutritour.

Pre-trip preparations

We will meet with various people for orientation including a Pediatrician and founder who will explain the importance of nutrition and teach us to weigh and measure children, public health professors who will review the health lessons, and an anthropologist who specializes in the Cusco area.

Explanation of cost

Funds will go to cover the cost of your tours in-country, purchase supplements, and pay for the humanitarian project. You will be responsible for purchasing your own airfare to and from Peru.