



Departure

SAT SEPT 23

10:00 a.m. Meditation and Vinyasa. Check-Out Time. One group bus transfer at check-out takes the group to the Cusco airport to connect to Lima, and flight home. From Willka T'ika, allow 3 ½ hours before your Cusco flight. Ideal flights to schedule depart from Cusco between 2 pm-5 p.m. Additional costs apply for an individual transfer for guests with earlier/later departures. (B)

PERU TRAVEL & YOUR STAY AT WILLKA T'IKA

PACKING ESSENTIALS

Please see [HERE](#) for full details on what to pack and what you need for travelling in Peru and staying at Willka T'ika. Our yoga studios are fully equipped with mats, blocks, straps, heavy wool & cotton folded blankets for bolsters and pillows, so no need to bring yoga equipment.

DINING

Gourmet organic vegetarian meals and teas are served daily, using high-protein Andean grains and legumes, as well as organic, freshly harvested vegetables and salads grown on-site. We welcome vegan, gluten-free, and special dietary requests. Willka T'ika has the only 100% hormone-free and chemical-free gourmet vegetarian hotel kitchen in Peru's Sacred Valley. Our gardens are strictly organic. Filtered water available 24/7 in dining room, and bottled water available for purchase.