

Knitting in Peru with Cat, Jim, and Arturo, November 6-16, 2014

If you would love to intimately experience one of the friendliest and most stunningly intelligent textile cultures in the world, come with us! Our travelers are lively, curious, adventurous, and independent, and value having plenty of time every day to explore on their own. This is not a lock-step hand-holding tour — our careful daily organization is meant to stay in the background as much as possible so that you can steer your own experience. Every day we use our local personal relationships and knowledge to create a fresh menu of options for you to choose from, like passionate chefs who seek the best ingredients in the *mercados*. Most mornings we will join together for a knitting session with Cat and to share the day's "menu," answering your questions and offering insights and suggestions, and then set you free to explore on your own or with your new friends, and to have genuine experiences so you can really breathe and feel the essence of the culture and land and people...this is the very best part of the trip and what we value most. You do need to be physically fit and in good health, because the trip occasionally requires a significant amount of walking at higher altitudes (like Machu Picchu), sometimes over uneven surfaces, including steep stairs. Two professionally guided tours are included (Cusco and Machu Picchu); otherwise most of your time after our morning sessions is your own. If this makes your heart beat faster with joyful anticipation, we can offer you a transformative experience filled with a kaleidoscope of moments that will resonate for the rest of your life.



Jim (also known as Pecko), Cat, and Arturo

The three of us are a cohesive, passionate team who love working together. Cat Bordhi is a world-famous knitting teacher, designer, and storyteller; Jim Petkiewicz (Peckos) is a grass-roots philanthropist who has never been known to get cold and who has knitted, taught, and gifted Felfitos all over the Americas; and Arturo Ortega is an anthropologist and award-winning musician who learned to knit at an astonishingly rapid pace while leaning on an ancient Incan stone in Cusco. Altogether we are 247% bilingual, 300% funny, and have lived in Latin America, including Mexico, Bolivia, and Peru, for a combined 57 years. More detailed bios are on the next page.

Fees for this trip help support Community Links International, a nonprofit dedicated to sustainably changing communities through holistic engagement in central California, highland Peru and south-central Mexico. We are jazzed by, and dedicated to, environmental sanity & healing, community-based education with kids and their families and right relationships. For more information, email Jim (peckos@me.com).

IF YOU'D LIKE TO JOIN US, PLEASE EMAIL CAT AT CAT@CATBORDHI.COM

Bios: Your Trip Leaders

Cat Bordhi's mission, according to Stephanie Pearl McPhee, "is to make you a more creative, freethinking knitter who problem-solves and experiments with vigor and fearlessness. The best part? She can."

Cat's Youtube knitting tutorials exceed 3,000,000 views, and her 7 innovative knitting books and award-winning novel, *Treasure Forest*, have reached hundreds of thousands of readers. Cat founded the synergistic Visionary Authors in 2003, resulting in a stream of spirited, independently published knitting books and a powerful and generous force for good. She has a BA in Russian from the University of California, a teaching credential from Western Washington University, and has done cartwheels in eight different countries. For more information, visit catbordhi.com.

Jim Petkiewicz holds a BA in History from Georgetown University and a Masters in Latin American Studies from the University of New Mexico. After extensive time in language and cultural immersion programs in Bolivia and Peru, he and his wife Mags moved their young family to Oaxaca to work with community organizations dedicated to the protection of human rights, peace and justice, and democratic education. Jim is the co-founder and president of Community Links International (www.commlinks.org) and co-founder of Frog Tree Yarns, a not-for-profit Fair Trade company that supports the same values. Small children and dogs fall in love with Jim in nano-seconds.

Arturo Ortega is an anthropologist, educator, and song writer, with 28 years of experience working with international delegations in several countries throughout North, Central, and South America. He has worked with a multitude of American universities and high schools and has led thousands of U.S students into the realities of Latin America. He co-founded Community Links International with Jim Petkiewicz. His musical work *Teoría Híbrida* won the 10th anual Independent Music Awards. His fluency in English is the result of loving and memorizing virtually every Beatle song decades ago, and he can (and will!) sing almost any of their songs upon request.

Cost, including what is and is not covered:

The tour fee of \$3995 does cover:

- All travel between Arequipa and Cusco including flights, trains, vans, and buses.
- All breakfasts, and some lunches, dinners, and snacks, including welcome and farewell dinners.
- A private guided van tour of Cusco.
- All entry fees, train, buses, and professionally guided tour of Machu Picchu, followed by a generous buffet lunch overlooking the Urubamba River.
- Shared hotel room (a single supplement is \$400 extra).
- Knitting sessions with Cat, including an exclusive project and Frog Tree Yarn kit.
- Tips in hotels, for our drivers and guides, and group meals.

The tour fee does not cover:

- Airfare from your home to Arequipa and then from Cusco homeward.
- Most dinners and lunches.
- Incidentals like personal taxi rides, bottled water and snacks, personal items, souvenirs, nor medical expenses..

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Day 1: November 6, Thursday (*jueves*)

Today by mid-afternoon you will arrive in Arequipa (elevation: 7700 feet). Depending on the time of your connecting flight from Lima, you may have spent the night in the Ramada adjacent to the Lima Airport. Before leaving the airport, use the ATM or money exchange so you have some Soles; we will facilitate money exchanges in other locations as needed.

Once you disembark from your plane in Arequipa, collect your luggage and look for a driver holding a sign that says “Cat Bordhi” waiting outside to take you to what you’ll soon think of as home: *La Casa de mi Abuela* (www.lacasademia-buela.com) in the middle of the historic part of the city. We’ve chosen this hotel because of its great location and warm and welcoming small village-like atmosphere within locked gates, with beautiful gardens, a small pool, and rooms tucked into a variety of quaint dwellings inside the *Casa’s* walled garden. There is a very pleasant restaurant located in a serene colonial building dating to the 17th century, with kind and friendly service (on one trip, our server, Gerda, above, carried Jim’s knitting off at one point and returned with a few inches completed and our second course, piping hot). Like our Cusco hotel, where we will be in a few more days, the *Casa* is very simple and clean, and engages you in a sense of community very easily. In March, at our first breakfast, a 3-generation family from Lima who were sitting near us in the garden were so interested in us that one joined us for knitting and three others joined Arturo and Jim to sing folk songs, and then our new friends serenaded us with several solo opera arias.

Plan to take it easy to adjust to the altitude and inevitable travel weariness. Drinking plenty of water (at least 3 quarts a day) is absolutely essential for your happiness and well-being. *Mate de coca* tea will also help acclimate you, and eating lightly also helps your body adjust. We’ll gather this evening in the *Casa* restaurant for a relaxing welcome supper with live music and begin to enjoy the lovely feeling of being among friends. Welcome to Peru!



Day 2: November 7, Friday (*viernes*)



You'll want to take time to enjoy the fresh breakfast buffet in the garden; and will look forward to starting your day this way in days to come. In addition to eggs, a variety of fresh fruits, fresh fruit juices, yogurts, and things you may have never seen before like popped *quinoa* cereal, there will be sliced tomatoes, avocados, and olives along with fresh rolls. If you want good coffee on this trip, do bring your own ground coffee and a travel mug French press.

After breakfast we'll gather for Cat's knitting class. She will pass out the yarn kits and get you started on our trip project. Once everyone is well-established with their knitting, we'll give you a map and orient you to special places you may want to visit: the *Monasterio de Santa Catalina* where you may choose to spend the afternoon on a tour, the *Plaza de Armas*, and restaurants you may like to choose for lunch and dinner on your own (or you can return to our *Casa* if you prefer). The rest of the day is on your own to explore as you like, to return for a nap (perhaps in one of the garden hammocks), social knitting in the garden, to write postcards, or to have a dip in the *Casa* pool. If you are still acclimating to the altitude, you will have plenty of time today to rest.



Day 3: November 8, Saturday (*sábado*)

After breakfast we'll gather for Cat's knitting class, and you are welcome to ask her for help with any other knitting project you may have brought along. Then we've arranged for a tour of the Inka Tops factories, where your eyes will be opened wide as you see how different yarn constructions and fiber blends are formed. Afterwards, you are on your own to continue exploring the neighborhood near our *Casa*, or to simply enjoy the beauty and peace of the *Casa* gardens.



Day 4: November 9, Sunday (*domingo*)



During breakfast we'll gather for time with Cat and our knitting, and then stroll through a secluded and charming nearby colonial neighborhood to *Mundo Alpaca*, a beautiful and extensive arrangement of gardens, buildings, and displays of textiles and fibers and animals.

You can browse the shop, admire decades of prize-winning paintings in the art gallery, pet llamas and alpacas, examine and touch a *vicuña* fleece, watch demonstrations, and view the museum displays until we gather in the courtyard for a light lunch of *empanadas salteñas* and juice. Afterwards, you are on your own through the rest of the afternoon and evening to continue exploring the endless nooks and crannies and charms of our neighborhood.



Day 5: November 10, Monday (*lunes*)



Early this morning we'll head to the airport (with brown bag breakfasts) to fly to Cusco high in the Andes (11,200 feet) for the second phase of our adventure. We'll settle into the *Hostal Santa Rosa* (www.hostalsantarosacusco.com), a combination convent, girl's elementary school, and hostel that we have come to love. The very act of staying here is a conscious decision on our part to support a local organization, and simplicity is the rule of the day.



The *Hostal* is very basic and clean, and by staying here we are supporting the local community of families who send their daughters to this school, the convent, the nearby merchants, and the friendly staff. Like our *Casa* in Arequipa, the *Hostal Santa Rosa* is located within locked gates, and is, as one of our March travelers remarked, “in the perfect location — you can walk to everything!” If you are feeling weary, you can visit the spa across the street for a hot stone massage or any of the many soothing offerings they have on their large menu. The *Hostal* is located directly behind the *Iglesia de Santo Domingo* and *Qoricancha*, and once you settle in and feel ready to go for a short walk, we’ll encourage you to stroll up our Inca-walled street to discover the world that lies on the other side of these ancient walls: massive courtyards, Inca rooms, historical displays, oil paintings, a

small gift shop, sprawling gardens, a variety of Inca stonework, and many places to sit and daydream. Just for fun, find the 3 long arm-sized holes in the wall of the street, and then look for them again on the other side. Returning to the *Hostal*, you will probably pass by throngs of schoolgirls with hair ribbons and uniforms playing in our courtyard.

Day 6: November 11, Tuesday (*martes*)

By now most of you will be feeling livelier than yesterday, and you are drinking at least 3 quarts of water a day, right? After breakfast, we’ll have a special visit from indigenous textile artist friends from one of the high mountain villages, who bring beautiful hand-made textiles you will be able to purchase directly, which helps sustain their families, community, and the traditional crafts that must be passed down to future generations if they are to survive. Then we’ll walk together to the Center for Traditional Textiles of Cusco where there is a small museum, indigenous artists demonstrating weaving, spinning, or knitting, and the finest textiles for sale in all of Peru. Finally, we’ll point you in the direction of one of our favorite restaurants for lunch, Valentina’s, which is in walking distance, and this afternoon we will provide a private van tour of Cusco, which will last about 3 hours, leaving from the *Hostal*. Dinner is on your own.



Day 7: November 12, Wednesday (*miércoles*)



Time to head towards Machu Picchu! Tomorrow will be your most physically demanding day, as you hike Machu Picchu's elaborate stone pathways, so we cocoon you in a more luxurious hotel the night before and after so you can give yourself fully to this amazing experience. Soon after breakfast we'll drive through beautiful country about two hours to ancient and mesmerizing *Ollantaytambo* (9290 feet,) in *el Valle Sagrado* city of Urubamba shown above). *Ollantaytambo* is known for its Inca ruins and stunning setting surrounded by steep mountains beside the Urubamba River. You'll have the afternoon and evening to settle in to our accommodations at the Hotel Pakaritampu (www.pakaritampu.com), with large lush gardens, resident alpacas, a restaurant and bar, and spacious social areas. You can spend the afternoon exploring the ruins, meeting artisans, browsing the markets, wandering ancient Inca-walled streets and crossing small bridges made of huge stone slabs, and dreaming of Machu Picchu. We're honored to have you with us and invite you to a happy hour followed by a delicious dinner. Then we'll send you off early for a really good sleep in your cozy bed because you will need to be in the hotel lobby before 4:30 am to take the early train to Machu Picchu in order to enjoy this other-worldly landscape peacefully before the larger crowds arrive. It will be worth it!



Day 8: November 13, Thursday (jueves)



Today we have arranged for a professional guide take you from the train station (a few minute's walk from our hotel) to Machu Picchu. Your guide will help you get situated on the small-gauge train, and as dawn breaks you'll marvel at soaring glacial peaks, fields filled with crops, wandering chickens, colorful laundry, increasingly jungle-like foliage, and rickety bridges that cross the Urubamba River that you follow all the way to *Aguas Calientes*.

There you'll board a bus that switch-backs slowly and carefully up a mountain to a place you will never forget, ever: Machu Picchu (8040 feet). Your guide will expertly lead you through the ruins and answer your questions. Then you'll take the bus back down, passing clusters of lush maidenhair ferns, and gather for a buffet feast at Toto's Restaurant in *Aguas Calientes*, perched right over the rushing *Rio Urubamba* that accompanied you on your train ride.



You'll probably have some time to wander a little before it's time to board the train back to *Ollantaytambo*, where we will meet you and walk with you back to our hotel, where you can slip back under your luxurious bedcovers if you need a little nap, or wander out for supper whenever you are ready (after Toto's generous buffet, you may not need more than a snack).

Day 9: November 14, Friday (*viernes*)

After breakfast there will be a final knitting session with Cat at our hotel, and then a little more time to explore Ollantaytambo before we head back to our *Hostal* in Cusco via our private van. The rest of the day is free.

Day 10: November 15, Saturday (*sábado*)

Today we'll take you to our favorite *Pikantería La Cusqueña* for a farewell meal of traditional *Cusqueña* dishes. The rest of the day is yours to spend in Cusco as you wish. Tonight, after packing, you'll fall asleep dreaming of all the adventures, people, places, and colors that have filled your ten days, which may by now seem more like months.

Day 11: November 16, Sunday (*domingo*)

We'll provide transportation to the airport as you return to the world you came from, which may now seem as remote as *Perú* once did. We'll miss you and hope that we've whetted your appetite for more *Perú* and more Latin America—including the Latin America that blossoms in the United States. And may you long for more encounters with remote textile artists, now that you know for yourself how instantaneous and intimate the kinship and sharing of knowledge and skills and love can be, and that our different languages, environments, and cultures mysteriously make us closer.

It is essential to understand that:

At times this can be a physically strenuous trip. It's your responsibility to take care of yourself and your luggage so that you can either keep up with everyone or bow out of activities as needed. You do not need to be an athlete, but you do need to be in good health and enjoy walking at length while carrying a small backpack (with water, camera, snacks, etc.) at a high altitude.

You absolutely must:

- get plenty of exercise for at least a month before the trip begins
- drink a lot of water: close to a gallon a day
- rest when you need to
- get altitude medicine if your doctor recommends it, and take it ahead of time
- measure your group time against private time as needed



WANT TO JOIN US? WE'D LOVE TO HAVE YOU IF WE ARE A GOOD MATCH!

IF SO, PLEASE EMAIL CAT AT CAT@CATBORDHI.COM FOR MORE INFORMATION.