

The Humboldt Ride





Overview

Our coastal ride in Arequipa is named in honour of the famous German naturalist, aristocrat and scientific explorer Alexander von Humboldt (1769-1859). He studied a cold, low-salinity current that flows from the tip of Chile to Northern Peru. The Humboldt Current, or the Peru Current as it is now called, pulls plankton-rich water from deep in the Pacific to the surface, feeding vast numbers and varieties of fish and birds and creating one of the most vibrant and productive aquatic ecosystems on Earth. This current, originated by the rise of very cold, deep waters to the surface of the sea, also determines the climate of the Peruvian coast, because it limits evaporation.

Our Humboldt Ride starts in Arequipa (a.k.a. the 'White City'), where you will visit the renowned Monastery of Catalina de Siena, a large monastery of the Dominican order built in the late 16th century. Built entirely in sillar (a volcanic rock), it is an outstanding sample of Viceregal architecture and houses a valuable collection of more than 400 paintings, mainly of the Cusco school.

Colonial architecture, a charming city centre, museums and the five nearby volcanoes have awarded Arequipa the status of UNESCO World Heritage City.

The following days include riding through a variety of terrain and spectacular scenery.

Some areas along the sandy dunes and gorges are covered with soft white volcanic ash. On 19 February 1600, the Huaynaputina volcano in the Moquegua region of southern Peru exploded catastrophically. The 16-day eruption of Huaynaputina volcano was the largest eruption in South America and one of the largest in the world in the past 1000 years. Ash-fall was reported 200–500 km away in south Peru, west Bolivia, and north Chile. The white ash from Huaynaputina can still be found in some parts of Arequipa's desert coast but does not affect the safety during the ride. The ride will also bring you through beautiful green and lush valleys and around coastal lakes, offering a variety of landscapes and amazing vistas.

We will visit the Vitor Valley, known for its wineries and traditional Pisco producers, and many other places and sites of interest, such as the petroglyphs in

the La Caldera Valley, the Fishing Port of Quilca and the Lagunas de Mejia National Sanctuary, a wildlife sanctuary for migratory and resident birds. Here we might spot the grey gull, the sanderling, the Black skimmer, Belcher's gull, the kelp gull, the Grey-headed gull, the White-tufted grebe, the Great grebe, the White-cheeked pintail, the Cinnamon teal, the Common moorhen, the Virginia rail, the Cocoli heron, the Snowy egret, the Little blue heron, the Chilean flamingo, among others.

Mid-ride, we'll arrive at the Caleta San Jose to relax on the beach and enjoy a private boat trip to explore and discover the rich and fascinating marine life along Peru's South Pacific Coast.

The accommodations during the ride are comfortable hotels, a country lodge, exclusive private residences and an exotic eco-lodge on the beach. Our backup during the ride consists of a 4x4 vehicle, a van for your transfers, a horse truck, a cook and professional staff to take care of the horses and all the logistics.

This coastal riding holiday is an enriching, once-in-a-lifetime equestrian travel experience, with spectacular views and landscapes, fantastic horses, cultural side trips, history, nature, comfortable accommodations, friendly staff and knowledgeable and experienced guides. Not to mention the beautiful weather year-round, culinary delights and time to relax and chill out on the beach while enjoying a delicious Pisco Sour (our national cocktail).



Food & Accommodation

You stay in a number of different accommodations during the ride, each with private bathrooms:

- 2 nights at comfortable hotel Casa Andina or Wyndham Costa del Sol (depending availability) in Arequipa.
- 2 nights at exclusive private residences in the Vitor Valley and Mejia.
- 2 nights at the secluded and exotic eco-lodge San Jose
- 1 night at the Campo Albergó Samambaia

The hotels in the city of Arequipa can vary depending on availability. The exact hotels are confirmed near your time of departure.

Breakfasts are always served at your hotels or other accommodations. Lunches are usually a delicious picnic out on the trail (you are met by the back-up vehicle who sets out lunch before you arrive). Dinners are either in local restaurants or prepared by our chef.

Meals represent the tasty regional cuisine of the area and include fresh vegetables, dairy products, fresh seafood as well as good meats. Vegetarian and other special diets can be accommodated with advance notice.

Getting there

The collection point for the ride is Arequipa, Perú. There are no direct international flights to/from Arequipa, so you will likely have to travel via Lima or Cusco. Airport transfers are included on the first and last days of the Humboldt Ride itinerary. If you arrive in Arequipa one or more days before the start day of the ride, then you will need to make your own way from the airport to your hotel.

Check-in at your hotel is from 11:30am, so we recommend a flight arriving mid-morning. If you arrive earlier than this, you will be able to make use of the hotel's main facilities until your room is ready. On departure day, check-out is after breakfast and then you are transferred to Arequipa airport. Flights should ideally leave Arequipa between 11:00 and 14:00.

Itinerary (8 days/7 nights)

Day One:

You will be met on arrival at Arequipa airport and transferred to your hotel near the centre of this historical city. At 3:00 pm you will meet Eduard at your hotel, who will give you short briefing about the ride. In the afternoon you will have a guided tour around the Monasterio Santa Catalina and in the evening we'll take you out for dinner at a restaurant. Hotel Arequipa.

Day Two:

After breakfast, at c. 8:00am, you will be collected from your hotel and transferred c. 1 hour to a place called Uchumayo. Here we meet the horses and grooms and start our coastal riding expedition. After some hours riding through desert landscapes we arrive around mid-day at the valley la Caldera. Along an old pathway that once connected Arequipa to the Vitor and Sigwas valleys, we find ancient rock art with figures of animals, anthropomorphous representations as well as geometric designs, dating from long before the arrival of the Inca. Some petroglyphs are even related to the Formative Period (1800 BCE-900 BCE).

In the afternoon we arrive at the ranch of Don Claudio Cavallero in La Joya to enjoy a refreshing Pisco Sour. Dinner and overnight at the Campo Albergo Samambaia, an extension of the ranch from the Rivas family. The family has been breeding Peruvian Paso horses for many generations.

Riding c. 4 - 4,5 hours. (B,L,D.)

Day Three

Today we will visit and explore the valley of Vitor on horseback. This valley has been known since colonial times as the "First Wine Valley of America". The first wine jar that exist in Peru dates back to the year 1550 and is displayed at the Recoleta Convent in Arequipa. Peru's colonial wine "industry" was born of necessity in the late sixteenth century, when it became increasingly apparent-in Spain and its New World colonies alike-that the homeland was incapable of supplying the colonies with adequate wine for both sacramental and secular use. At first, Spain had encouraged the planting of vines in Peru as it had elsewhere throughout its empire. But with growing recognition of the economic threat that these thriving vineyards posed to the home wine industry, the crown reversed its stand. Scores of ineffectual decrees were issued prohibiting the planting of new vineyards and sale of Peruvian wine in the colonies.

Finally, however, bowing to the inevitable, Spain resorted to slapping exorbitant taxes on the colonial product. Despite these negative royal sanctions, colonial

Peruvian viticulture was hugely successful. Vitor continues to be a valley of great wine culture and rich historical past.

After a beautiful morning on horseback descending to the valley, and lunch along the way, we arrive at a private residence to rest our horses. Before enjoying a special dinner at the residence we have time to visit some nearby Pisco producers and learn more about the artisanal process for making this fine Peruvian spirit. Riding c. 4 hours. (B,L,D.)

Day Four:

After a hearty breakfast you are transferred to the starting point of today's ride called 'El desierto del Infiernillo'. Starting from the desert we ride to the coastal hills that are part of Peru's Coastal Lomas System. Lomas vegetation develops on the slopes facing the sea, favouring the condensation of mists brought by winds from the south and southwest. These slopes can reach up to 1.000 meters above seas level. During the winter the relative humidity is above 80%, producing fogs called 'neblina' or 'garúa' usually between 400 and 600 meters above sea level. The lomas ecosystem is the habitat of many animals during the winter periods, because during July and October there is a shortage of pasture in the mountains, forcing the animals to look for new sources of food in low areas. The lomas are fragile ecosystems of high conservation value and have the capacity to absorb carbon year after year of the atmosphere, as well as having a high endemism of its flora and fauna.

Around lunch time we arrive at the fishing port of Quilca where we have lunch at a local restaurant overlooking the harbour.

After lunch we will meet the horses nearby for the afternoon ride along the Pacific coast. The ocean views and landscape are stunning and the riding is exciting as we have to cross some sandy gorges at some points. The horses however can deal with this type of terrain and will impress you. We finish our riding day at a secluded cove along the Pacific Ocean, where we'll find the exotic eco-lodge 'La Caleta San Jose' in the back of beyond.

After a refreshing shower we gather around the campfire and enjoy a delicious barbecue and the breathtaking beauty of the ocean sunset.

Riding c. 4,5 to 5 hours. (B,L,D.)

Day Five

You will spend a wonderful day at the beach lodge - a perfect place to relax, disconnect from technology (there is a very poor WIFI signal) and connect with

nature. The eco lodge is owned and managed by Don Mauricio and his son Esaías and was originally set up as a farming operation of Peruvian scallops.

The Peruvian scallop is a Pacific Ocean mollusk that has been widely consumed in our country since ancient times. It is mainly consumed in ceviche, in which its edible interior is seasoned with lime juice and other ingredients that contribute to an agreeable flavour. It is also the main ingredient in appetisers such as Peruvian scallops a la chalaca and shellfish a la parmesana.

The eco-lodge is electric powered by solar energy and constructed with light and ecological materials. It uses a bio-digester septic tank and water is extracted from subsoil with a solar pump.

Sea conditions permitting, we'll embark on a private boat trip to discover the fascinating marine life and seabirds. The area is home to sea lions, marine otters, dolphins, seals, as well as Humboldt Penguins, pelicans, cormorants, Inca Terns, gulls, among others.

Overnight at the eco-lodge. (B,L,D.)

Day Six

After breakfast we set off for another riding day. The horses have had their rest and will be eager to go. From the eco-lodge we head southwards parallel to the coast line. Sometimes we are close to the ocean with its secluded coves and rock formations and sometimes we have to ride more inland crossing desert dunes and gorges, and along paths that were once part of the Inca road network. You will see a variety of birds and the landscape and views are often stunning and out of this world. Around lunch time we meet our back-up team to provide the horses with water and the riders with a picnic lunch and some refreshing drinks. After lunch we ride on until we reach the Caleta Honda where we finish the ride. Our transport vehicle and a special truck will be waiting there to bring us to our next destination, Mejia. The seaside village of Mejia is a popular summertime destination for vacationers from Arequipa. Around the cozy plazas of the village you can find some beautiful wooden and historical houses with verandas that were once inhabited by the upper-class of Arequipa during summer time.

We will have stay at a comfortable private resident at walking distance from the beach. (B,L,D.)

Day Seven

Today is our last riding day along the Pacific coast. After breakfast our van will bring you to a place nearby the village where the horse are saddled up and ready to go. We will ride to the Lagunas de Mejia national Sanctuary. The sanctuary consists of a riparian woodland ecosystem with lakes, swamps, beaches, reed beds, scrublands, and the Tambo River. It is a sanctuary for migratory and resident birds, and was designated as a Ramsar site in 2015. The reserve covers an area of 690.6 hectares (1,707 acres) and was established on February 24, 1984 to protect local flora and fauna. A total of 200 species of resident and migratory birds live in the park, including gulls, candalings, cross skimmers, belcher's gulls, kelp gulls and silver grebes. Grebes, pintails, teals, rails, Virginia rails, Coconut herons, snowy egrets, gray herons, and Chilean flamingos have been reported in the area. Some of the mammals are: Molina swine skunk, red lemur, Sechuran fox, sea otter, Pallas long-tongued bat and montane guinea pig.

We will have lunch somewhere along the route where we meet our back up team with fresh water for the horses. Afternoon we ride back to Mejia along the beach arriving around 4:00pm. Before departure to Arequipa we have some drinks and an early farewell dinner. Our van will bring you back to Arequipa where you arrive at around 8:00 pm. Overnight at your comfortable hotel in Arequipa.

Day Eight

After breakfast, our driver will bring you to Arequipa's airport for your departure to your next destination.

Please note that the itinerary may vary due to local conditions such as weather or other unforeseen circumstances, but always with your best interests at heart.



Pricing, dates and trip details

Minimum group size: 2

Maximum group size: 8

Ability description: You need to be at least an intermediate rider who is comfortable, secure and in control over varied terrain in open countryside. Total riding time: 5 days riding

Dates 2024:

Flexible, year round.

Pricing:

3 or more riders: US\$ 3.970 per person

2 riders: US\$ 4.590 per person

Single supplement (if applicable): US\$ 560)

Price includes

- Price includes meals as reflected in the itinerary, professional English speaking trail guide, support team including grooms & drivers, 4x4 back up vehicles, horse truck, all land transfers and all accommodation (7 overnights).

Price does not include:

- Alcoholic beverages during meals at restaurants, gratuities, optional activities, personal expenditures and travel insurance.
- Single supplement. The price for each ride is based on shared occupancy. If you are traveling solo and wish to share accommodation, we will make every effort to find a roommate (always of the same gender). If you are willing to share and no roommate materialises, then the customary single supplement will apply. A single supplement is always applicable for participants who specifically request single accommodation.

Trip Details:

Meeting Point

Meeting point for this ride is Arequipa.

Riders Requirements

To take part in these rides you need to be a reasonably experienced rider, intermediate or above. You should be comfortable, secure and in control on a well schooled horse at all paces and used to riding in open country and over varied terrain. You should have a reasonably good level of general and riding fitness.

Beginner:

A rider who has limited experience, is unable to apply basic aids and does not have a firm and balanced seat

Novice:

A rider who is capable of mounting and dismounting unassisted, capable of applying basic aids, comfortable and in control at the walk.

Intermediate:

A rider who has a firm and balanced seat, who is capable of mounting and dismounting unassisted, comfortable and in control at all paces but does not ride regularly.

Strong Intermediate:

An intermediate rider who is currently riding regularly and is comfortable in the saddle for at least 6 hours per day.

Advanced:

All of the above, plus an independent seat, soft hands, and capable of handling a spirited horse in open country.

Age Limit: 16 or older.

Weight limit:

There is a strict rider weight limit of 90 kgs / 14 stone / 198 lbs (dressed for riding). There are scales at the stables and riders may be required to step on the scales. Anyone exceeding the weight limit may be excluded from the riding and no refund will be made.

Horses and Tack

The horses are locally bred Peruvian Pasos. This breed dates back to the colonial era of Peru and originates from the Spanish Andalusians. Peruvian Paso horses are bred for their grace, spirit, and intelligence and are a symbol of their historic and noble past. These horses like to amble, moving fore and hind limbs on the same side at the same time, unlike other equine races that typically move diagonal limbs at the same time. During the ride you will experience traveling on horseback at the

smooth Paso Llano gait (4-beat lateral gait, between 8 to 10 Km. per hour). The horses are well cared for, strong, and even-tempered.

The tack utilised is very traditional and demonstrates refined Peruvian craftsmanship. The hardwood hex stirrup and the 'guarnicion', or tailpiece, are unique elements of the Peruvian tack. The saddle is a box saddle and has a deep seat.

Pace of the ride

During the ride you will experience the fabulous and smooth 'paso llano' gait, some canters and even some gallops, but please bear in mind this is not a fast paced ride by definition due to the terrain.

The Paso Llano is the trademark of our breed and a special, inherited, and completely natural four beat lateral gait. It is a faster pace than the normal walk (in speed comparable with a trot) in which the horse's gravity stays almost immobile, producing a very smooth ride. Because of the long strides from the hind legs during the Paso Llano, our horses can cover more ground with less steps than trotting horses (diagonal gaits).

Meals

While on the Humboldt Ride, guests are treated to wonderful meals representing tasty regional cuisine. Dishes are made from fresh vegetables, dairy products, and fresh trout. Vegetarian or other dietary requirements will be accommodated with advanced notice.

Responsibilities of ride participants

All care will be taken, but we assume no responsibility for injury, loss or damage in any way. Guests are responsible for having an adequate, valid insurance policy including coverage for all the sporting activities that they are likely to participate in. Appropriate medical insurance is obligatory.

It is understood by Perol Chico that guests are in a suitable condition to partake in a riding tour, are not riding against any medical advice, and that guests know of no reason why they should not be participating in such a tour. Guests will be required to sign a waiver of liability at the start of the tour.

Ride participants have a certain responsibility to Perol Chico and to the other members of the ride. Participants are responsible for understanding the requirements of the ride, and for selecting a ride appropriate to their ability. Participants with medical problems or special dietary needs are responsible for informing Perol Chico of these issues well in advance.

For the protection of all participants, the ride leader reserves the right to prevent anyone from riding who displays insufficient ability, or whose behaviour endangers the safety of other riders, themselves, or the horses. No refund will be made to a participant who is rejected for any such reason, or who is unwilling or unable to complete a tour.

Participants are responsible for arranging travel to and from the ride's meeting point, for carrying valid travel documents, and for obtaining immunisations appropriate to the destination. Participants are responsible for understanding what is and is not included in the price as outlined in the detailed ride itineraries.

Anyone who does not want pictures of themselves to be used in promotional materials should notify Perol Chico accordingly.

Suggested Packing List

- Comfortable riding trousers (two pairs)
- T- shirts
- Long sleeved cotton shirts. These are without doubt the best things to ride in. Sleeves can be rolled up or down for protection from the sun and the collar helps to protect your neck too.
- Wind-bloc Fleece or jacket.
- Riding boots with rubber sole, also suitable for walking. The best would be a pair of the dual purpose Ariat or Mountain Horse riding/leisure boots.
- Protection for the lower leg, half-chaps.
- Hat. We recommend a hard hat for riding and something with a wide brim is advisable as protection against the sun (baseball caps work well). Your hard hat must be secure on your head.
- Riding gloves
- Light pair of shoes for après-riding.
- Swimming clothes and towel.
- Good sunglasses with a neck cord. Your eyes will become bloodshot if you do not wear sunglasses.
- Sunscreen and Lip Balm are essential. We suggest at least Factor 30, if not total block.
- Insect repellent !
- Casual clothes - for when you are not riding.
- Small medical kit with antiseptic cream, good supply of ibuprofen, aspirin and plasters, antihistamine tablets, any medication you regularly take.
- Scarf/bandana, useful for protection against the sun and dust.
- Additional passport photos
- Copy of passport/visa and debit cards

- Wash bag. A supply of baby wipes will be invaluable. We also recommend biodegradable personal washing products. Hair-dryers are available at all hotels on the trail.
- Refillable water bottle

Leather saddlebags are provided for you. Each person has a set of saddlebags and carries what they need for the day. Jackets and ponchos can be tied behind the saddle so it is easy to put them on and take them off. To keep your saddlebag contents clean, a good idea is to put all your things in a plastic carrier bag/Ziploc bag first and then into the saddlebags.



About the accommodations

“La felicidad no está en la posada, sino en medio del camino.” (Don Quijote to Sancho). This famous quote from the Spanish author Miguel de Cervantes would translate like: “The road to the inn is always better than the stay”.

For the Humboldt ride, we selected the finest accommodations available. However, one can not always expect the luxury of a five-star hotel when they are in a remote location and far away from the tourist bustle. The accommodations during the ride are unique and special in their own way because of their location, local charm, authenticity, hospitality, and exclusivity, and all provide the essential comforts and services to guarantee a wonderful stay. We are sure you will enjoy it.







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