

# ⇒ Karpay in Cusco: Andean Spiritual Connection

*A transformative journey through the sacred Apus*



Five day /four night

The Karpay healing and spiritual connection service is designed for a deep immersion into Cusco's most important archaeological sites, such as the Temple of the Moon, Killarumiyoq, and Ausangate. This route is specially crafted for those who seek to grow and integrate with the Q'eros indigenous community, and for those who wish to deepen their path of spiritual healing. More than a tour, this is an experience to connect with the ancient Andean tradition.



*Book your spiritual immersion today!*

+51 956 359 689

[www.memoryqero.com](http://www.memoryqero.com)

Cusco-Perú

[memoryqero@gmail.com](mailto:memoryqero@gmail.com)



## *Why do the Karpay Ceremony?*

### *The importance of connecting with the Q'eros masters*

*Performing a Karpay ceremony with the Q'eros masters is a unique and deeply meaningful opportunity. The Q'eros are considered the last descendants of the Incas and guardians of an ancestral wisdom that has been preserved for centuries.*

*Participating in this ceremony with them allows you to:*

- Learn from the source: Receive teachings directly from those who have kept the Andean cosmivision and its sacred rituals alive.*
- Authentic connection: Establish a genuine bond with an ancient culture, understanding their relationship with nature, the universe, and the spiritual world.*
- Deep healing: Experience ancestral healing rituals, such as Haywarikuy, Ñusta Karpay, Chumpi Karpay, and Misa Karpay, which seek to align your energies, honor the feminine, and empower your personal strength.*
- Personal growth: Begin or deepen a spiritual path of self-discovery and connection, guided by masters who will help you understand your existence in the spiritual world.*

*This experience goes beyond a simple tour; it's an act of respect and reverence for a tradition that will transform you from within.*





## General Information

### Detail

- Duration
- Location
- Modality
- Spiritual Guides
- Physical Level
- Language
- Transportation
- Minimum Group Size

### Description

- 5 days / 4 night
- Cusco: Temple of the Moon, Killarumiyoc, and Ausangate
- Healing immersion and spiritual pilgrimage
- Q'ero Masters (4 to 6 masters)
- Moderate (some hiking, as in Ausangate)
- Spanish and English
- Included
- Small groups (minimum 4 – maximum 12 participants)



## DAY 1

### *Introduction to the Andean Cosmovision – Haywarikuy – Temple of the Moon*

*Our day starts very early with an introduction to the Andean cosmovision. We leave the hotel and travel for 40 minutes to the upper part of Cusco. Our ceremonial center will be the Temple of the Moon, an ancient ceremonial site of the Incas, and a perfect place to meditate and internalize our energy with nature and the universe. The Q'ero master and the spiritual guide, who speak Quechua, Spanish, and English, will help us understand and comprehend the importance of our existence as human beings in the spiritual world.*

*Our talk and learning session will last 3 to 4 hours, followed by an ancestral ceremony. Afterwards, we will return to the hotel in Cusco.*

#### *Includes:*

- 1. Private transportation from the hotel to the ceremonial center.*
- 2. 3 to 4 Q'eros masters.*
- 3. English-Spanish spiritual guide.*
- 4. Traditional snack from the Q'eros community.*





## DAY 2

### Ñusta Karpay - Killarumiyoc

Our day begins with an early transfer to Killarumiyoc, an ancient ceremonial center and the perfect place to receive the energy of the universe through a ceremony led by the Q'eros female masters. Ñusta Karpay is fundamental to the Q'eros cosmovision. It is a sacred ceremony that honors and channels feminine energy, represented by the ñustas, or feminine goddesses of Andean mythology.

The Ñusta Karpay is a feminine ritual, a moment of deep connection with the female forces and energies present in nature and the cosmos. During this ceremony, the presence and power of the ñustas are invoked to receive their blessings and strengths. It is an act of reverence for femininity in all its manifestations, recognizing its vital role in the balance and harmony of the universe.

After the ceremony, we will enjoy a vegetarian snack to channel the energies and forces of nature. In the afternoon, we return to the Cusco hotel.

#### *Includes:*

1. Private tourist transportation.
2. Q'eros female masters.
3. English-Spanish spiritual guide.
4. Traditional snack from the Q'eros community.
5. Entrance to the ceremonial center.





## DAY 3

### *Chumpi Karpay – Ausangate*

*We will pick you up at 4:00 AM from your hotel and travel by tourist transportation for approximately 2 hours to the town of Tinki. We will get off and see how the people still wear their traditional clothing. Our guide will explain everything about the lifestyle of the people who live in these remote areas. Then, we will take our private transportation again for about 1 hour along an unpaved road to Upispampa. Here, we will have breakfast prepared by our chef and then begin the 3-hour walk to the camp. The trail is mostly flat with some gentle inclines and descents. You will walk through many remote villages and cross several streams until you reach the small town of Upis. Here, our cook will prepare a delicious lunch. After enjoying our meal, you will have the opportunity to walk to Lake Upis, which is a 2-hour round trip to perform our Chumpi Karpay ceremony. This is an ancient ritual of healing and energy balance practiced by the Andean people, especially the Quechua and Aymara communities. This ceremony focuses on harmonizing the body's chakras using the Chumpis, which are sacred stones representing the seven fundamental elements of nature. After our ceremony, we return to our camp to enjoy dinner and spend the night.*

#### *Includes:*

- 1. Private tourist transportation from Cusco to Ausangate.*
- 2. 4 to 5 Q'eros masters.*
- 3. English-Spanish spiritual guide.*
- 4. Breakfast, lunch, and dinner.*
- 5. Entrance to Ausangate.*
- 6. Horsemen, horses, and camping equipment.*
- 7. Professional trekking chef.*
- 8. Upis campsite.*



## DAY 4

### *Misa Karpay – Altomisayoq Karpay – Ausangate*

*We will wake you up at 5:00 AM with coca tea or coffee delivered to your cabin and provide a delicious breakfast. Today is another wonderful day. Our day begins with a short 20-minute climb to the viewpoint where you will see Ausangate in its full splendor. Then, we will hike to the 7 Lakes of Ausangate. The path is also mostly flat, but there are always some climbs and descents. We will arrive at the Ausangate lagoon to perform the Altomisayoq Karpay and Misa Karpay ceremonies. The Altomisayoq Karpay aims to train the individual to become a healer and a bearer of the "misa," which is the personal power of Andean healers. This ceremony represents a crucial step in the participant's spiritual and service path, as it allows them to access universal energy and connect with the infinite wisdom and love present in nature and the cosmos.*

*Misa Karpay involves creating a main altar that acts as a focal point for the unification of received energies. This altar is carefully constructed and protected by the tutelary Apus (mountain spirits) of the area, who are invoked and honored during the process. It is believed that these Apus provide their blessing and protection to the altar, as well as to the participants in the ritual.*

*After the ceremonies, we will spend our second night at the foot of the imposing Apu Ausangate.*

#### *Includes:*

1. Q'eros masters.
2. English-Spanish spiritual guide.
3. Breakfast, lunch, and dinner.
4. Horsemen, horses, and all camping equipment.
5. Professional trekking chef.
6. Campsite.





## **DAY 5**

*Day 5: Ausangate – Cusco*

---

*We wake up early to have breakfast. Then, we head to other lagoons located around Ausangate. After visiting them, we begin the walk towards Pacchanta, where our transportation will be waiting to take us back to your hotel in the city of Cusco.*

*We will arrive in the city around 2:00 PM, giving you time to do some last-minute shopping before returning home.*

*Includes:*

1. *Tourist transportation from Ausangate to Cusco.*
2. *Breakfast at the camp.*
3. *English-Spanish spiritual guide.*



## *Initiation Journey Included*

### **Pre-Departure Briefing:**

*One day before your journey begins, you will have a meeting with your guide to receive all the necessary information. This can be done in a group at our office or individually at your hotel.*

### **Private Transportation:**

*Pick-up in a private vehicle from your hotel to the center places even Ausangate. At the end of the tour, our transport will meet you at the final point of the trek and return you to your hotel in Cusco.*

### **Entrance Tickets:**

*Entrance fees to Killarumiyoc and to the Ausangate are included.*

### **Experienced Guide:**

*A professional trekking guide fluent in Quechua (the native language of the Incas), Spanish, and English. Your guide will explain the culture and surroundings throughout the experience and ensure your safety, comfort, and well-being along the way.*

### **Experienced Guide:**

*A professional trekking guide fluent in Quechua (the native language of the Incas), Spanish, and English. Your guide will explain the culture and surroundings throughout the experience and ensure your safety, comfort, and well-being along the way.*

### **Andean Masters:**

*Our specialty is the practice of spiritual ceremonies and healing led by Andean shamans or paq'os. These guides will help you connect with nature and your inner self through ceremonies dedicated to the Apus (sacred mountains) and Pachamama (Mother Earth), performed in the Q'ero community—direct descendants of the Inca.*



## *Initiation Journey Included*

### **Camping Equipment:**

*We provide spacious tents for sleeping and a dedicated dining tent, along with tables, chairs, and full kitchen equipment.*

### **Food:**

*Our chefs prepare a variety of delicious meals, respecting all dietary restrictions. Please let us know your dietary needs when you fill out your booking form. You'll enjoy breakfast, lunch, and dinner each day, along with hot drinks (tea, coffee, hot chocolate) and snacks. Each morning, you'll also receive a snack bag to enjoy during the trek.*

### **Ceremony:**

*The Ausangate is a highly energetic and sacred place—ideal for receiving the forces of Mother Nature through various ancestral ceremonies. Ceremonies are included and can be chosen based on your personal intentions.*

### **Emergency Horse:**

*All of our treks include one emergency horse, available for any traveler who may feel unwell or needs extra support during the hike.*

### **Snacks on Day 1:**

*Our snack bags include local fruits, cookies, chocolate, candy, and more. These will be provided at the start of each day in a reusable cloth bag.*



## *Not Included*

### **Travel Insurance:**

*Not mandatory but highly recommended. For those coming from sea level, it takes time to adapt to Cusco's altitude. Most travelers need 1 to 2 days to acclimatize before starting the trek.*

### **Headlamp:**

*We recommend bringing a headlamp for use at night in the camps, as there is no electricity. It can be difficult to navigate between your sleeping tent, dining tent, or toilet tent without proper lighting. Flashlights are also acceptable.*

### **Rental:**

*Each trekker needs to bring or rent a sleeping bag. Trekking poles (with rubber tips) are optional but recommended for stability on uneven terrain.*

### **Tips for the Team:**

*Tips are not included and are voluntary—they should be based on your level of satisfaction. While tipping may not be customary in your culture, it is always appreciated by our team.*

### **Dinner on the Last Day:**

*Dinner after returning to Cusco is not included.*

### **Personal Expenses:**

*Any additional or unexpected personal expenses are not covered.*

### **Personal Clothing and Equipment:**

*Trekking clothing, hiking boots, rain gear, and personal items are not included.*



## *What To Bring*

1. Our horses carry up to 5kg of your belongings. This should include your Sleeping Bag and mats or floor insulation (if you bring or rent one), 4 sets of underwear.
2. 2 pairs of hiking socks
3. 1 warm jacket – it is very cold at night
4. 1 raincoat and pants
5. 1 wool hat
6. Flashlight: essential
7. Waterproof gloves (even if they are ski gloves, the better)
8. Comfortable shoes for camping.
9. comfortable walking shoes
10. Waterproof jacket/rain poncho
11. Quick drying towel. We offer small things, you can enjoy something bigger.
12. Soap bottle: We provide warm water for daily cleaning; You may feel cold when you take the soap.
13. Charger: Don't plug it in anywhere while walking!
14. Large plastic bags: to keep things neat, messy, and clean.

## *Personal Toilet Items:*

1. sunscreen
2. moisturizing face cream
3. Insect repellent
4. hand sanitizer
5. Towels
6. toothbrush and paste
7. toilet paper
8. personal medicine
9. First aid kit: bandages, moleskine, etc.



### *Recommendations:*

1. *Backpacks can be of any size for hiking, but we always recommend that the smaller, the better.*
2. *rain poncho*
3. *wool hat*
4. *Original passport*
5. *Current University Student Card (if you are a student and want to qualify for a discounted price)*
6. *Hiking/trekking boots*
7. *Waterproof jacket/rain poncho*
8. *Warm jacket*
9. *Hat and gloves*
10. *T-shirts (quick-drying)*
11. *Comfortable trekking pants*
12. *Sun hat*
13. *Insect repellent (We highly recommend a NATURAL repellent)*
14. *Toiletries and hand sanitizer.*
15. *Personal medication*
16. *Camera and video camera.*
17. *Flashlight with extra batteries (or an environmentally friendly option).*





### *Why With The Q'ero Masters?*

---

*Because they are not just facilitators. They are guardians of a living Inkan lineage.*

*Each Q'ero Paqo is initiated from childhood, trained directly through the elements, sacred sites, and the wisdom of Pachamama herself. Their presence is prayer. Their silence is ceremony. Their guidance is ancestral memory awakened.*

*To walk beside them is to walk with the voice of the Andes—and to remember the part of yourself that still knows how to listen to the Earth, to Spirit, and to your own sacred heart.*

*"The wind is the messenger of the Apus. When it speaks, it is speaking to you."*



*"Every step you take in the Andes is a prayer that returns to your heart. Allow the Q'eros to guide you on this sacred path and awaken the ancestral memory that still lives in you."*



MEMORY Q'ERO  
Andean Ceremonial  
Center

+51 956 359 689

[www.memoryqero.com](http://www.memoryqero.com)

Cusco-Perú

[memoryqero@gmail.com](mailto:memoryqero@gmail.com)