



TRAVEL PROGRAM MEDIA GUIDE

Amazon River Expedition and Machu Picchu

We hope you find the following list of resources—books, maps, video recordings, audio recordings and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

◆ **GUIDEBOOKS AND MAPS**

Amazon Basin Map. ITMB Publishing. 2008.

This physical map displays the Amazon Basin from the Andes to the Atlantic at a scale of 1:4,000,000.

Dubé, Ryan. *Moon Machu Picchu: With Lima, Cuzco and the Inca Trail*. Moon Travel. 2018.

Local author Ryan Dubé shares expert advice and planning tips for exploring Perú's fabled archaeological sites, colonial cities and dramatic landscapes. In addition to in-depth coverage of legendary sites, Dubé spotlights the region's lesser known treasures, including the Quechua-speaking villages of the Sacred Valley and the engineering marvel of Ollantaytambo. Well researched and up-to-date destination text is complemented by historic and cultural overviews, detailed maps, strategic itineraries and regional insight.

Fodor's Essential Peru: With Machu Picchu & the Inca Trail. Fodor's Travel. 2017.

With pithy descriptions and insightful analysis of Perú's celebrated Inca fortresses and signature landscapes, underscored with historical facts and anecdotes, this full-color guide from veteran publisher Fodor's is a solid companion guide to Perú's highlights.

Goulding, Michael, Ronaldo Barthem and Efreim Ferreira. *The Smithsonian Atlas of the Amazon*. Smithsonian Books. 2003. This comprehensive atlas provides an

unprecedented collection of maps, photographs and essays covering the Amazon and its 13 main tributaries as well as a broad array of topics, from an explanation of the river's famous "blackwater" phenomenon in some areas to environmental issues like deforestation.

Insight Peru. Insight Guides. 2018.

With an emphasis on striking photography and full-color illustrations and maps, Insight Guides provide an inspiring and visually appealing overview of Perú's well trafficked sites, cultural attractions and landscapes. Focused features on history, archaeology and culture provide the lively backstory to the country's national treasures.

Lonely Planet Peru. Lonely Planet. 2019.

A comprehensive, updated guide to Perú's storied highlights and more off-the-beaten-path destinations, including a detailed chapter on the staggering biodiversity and flamboyant ecosystems of the Amazon Basin. With a user-friendly format, accurate on-the-ground research and well written prose, this is one of the best-selling Perú guidebooks on the market.



Peru. National Geographic Adventure Maps. 2011.

This full-color map shows all the regions of Perú along with UNESCO World Heritage sites and other points of interest at a scale of 1:1,650,000.

◆ NATURE AND WILDLIFE

Amazon Wildlife. Insight Guides. 2002.

Compiled by a team of biologists and nature photographers, this beautifully illustrated guide is a fine introduction to Amazonia's dazzling diversity of flora and fauna and provides useful travel tips and advice.

Bartlett, R. D. and Patricia P. Bartlett. *Reptiles and Amphibians of the Amazon:*

An Ecotourist's Guide. University Press of Florida. 2003. This practical, compact guide identifies and describes 250 colorful lizards, snakes, turtles, frogs and salamanders of the Amazon Basin.

Castner, James L. *Amazon Insects: A Photo Guide*. Feline Press. 2000.

A visual guide to the enormous array of commonly seen—and often spectacular—insects of the Amazon with biological information (in English and Spanish) and striking photography to facilitate identification of various species.

Castner, J. L., S. L. Timme and J. A. Duke. *A Field Guide to Medicinal and Useful Plants of the*

Upper Amazon. Feline Press. 1998. This book provides information on the most common rainforest plants with practical applications, such as cat's claw.

Emmons, Louise H. and François Feer (illustrator). *Neotropical Rainforest Mammals: A Field Guide*.

University of Chicago Press. 1997. This illustrated guide to over 200 mammalian species of the New World tropics also comes with a CD of vocalizations, maps and nearly 30 color plates to assist in identification or simply give a taste of the fauna that may be spotted on excursions.

Forsyth, Adrian and Ken Miyata. *Tropical Nature: Life and Death in the Rain Forests of Central and*

South America. Charles Scribner's Sons. 1987. Experienced field biologists Forsyth and Miyata introduce the general reader to the habitats, ecology, flora and fauna of Central and South American rainforests in a series of 17 highly informative essays.

Hilty, Steven. *Birds of Tropical America: A Watcher's Introduction to Behavior,*

Breeding and Diversity. University of Texas Press. 2005. Written by an ornithologist and veteran tour leader, this inspiring book provides useful tips on how travelers can optimize their birdwatching experience. The reissue includes an epilogue and updated references.

Kricher, John. *The New Neotropical Companion*. Princeton University Press. 2017.

This excellent guide elucidates the tropical ecology of the Americas, from rainforests, cloud forests and rivers to savannas and mountains. Stunning photography introduces the region's rich profusion of wildlife and plant species, and accessible and engaging prose spotlights the region's distinctive ecological patterns.

Matthews, Downs and Kevin Schafer (photographer). *Beneath the Canopy: Wildlife of the*

Latin American Rain Forest. Chronicle Books. 1999. This photo guide contains portraits of the birds, mammals, reptiles and other elusive animals of the neotropical rainforest.



Pearson, David L. and Les Beletsky. *Travellers' Wildlife Guides: Peru*. Interlink. 2014.

This handbook serves as a guide to 500 of the most commonly encountered birds, amphibians, reptiles, mammals and insects in Perú.

Revkin, Andrew. *The Burning Season: The Murder of Chico Mendes and the Fight for the Amazon Rain Forest*. Island Press. 2004. This environmental classic interweaves the story of environmentalist Chico Mendes, who was murdered by ranchers, with the general struggle to protect the Amazon rainforest and the development of alliances between the global environmental movement and grassroots activists in South America.

Schulenberg, Thomas et al. *Birds of Peru: Revised and Updated Edition*. Princeton University Press. 2010. This comprehensive field guide describes and illustrates 1817 avian species found in Perú.

van der Sleen, Peter and James S. Albert (eds.). *Field Guide to the Fishes of the Amazon, Orinoco and Guianas*. Princeton University Press. 2017. The first complete overview of the ichthyological diversity in the Amazon, Orinoco and Guianas, this comprehensive guide is essential for anyone interested in the freshwater life inhabiting this part of the world.

◆ CULTURE AND ETHNOLOGY

Braun, Barbara and Peter G. Roe (eds.). *Arts of the Amazon*. Thames & Hudson. 1995.

A thorough survey of the folk arts of the Amazon, this book includes nearly 200 illustrations.

Raffles, Hugh. *In Amazonia: A Natural History*. Princeton University Press. 2002.

Using a broad-spectrum yet scholarly approach, Raffles links biology, ethnography, ecological considerations and the history of Amazonian exploration in this eloquent book.

Smith, Nigel J.H. *The Enchanted Amazon Rain Forest: Stories from a Vanishing World*.

University Press of Florida. 1996. This book serves as an engaging introduction to the people, culture and history of the Amazon rainforest.

Stone, Rebecca. *Art of the Andes: From Chavín to Inca*. Thames & Hudson. 2012.

This authoritative but accessible survey of Andean art and architecture from a host of pre-Columbian cultures includes 183 illustrations and maps.

Taylor, Diana. *The Archive and the Repertoire: Performing Cultural Memory in the Americas*.

Duke University Press. 2003. An essential text for understanding the vital role of performance in the Americas, this groundbreaking scholarly work illuminates how scenarios of discovery and conquest still haunt the Americas and examines how various performances mark the past and influence contemporary culture. It includes a chapter on the Peruvian theater group Yuyachkani, among other relevant case studies.

Yupanqui, Titu Cusi. *History of How the Spaniards Arrived in Peru*. Hackett Publishing.

2006. Catherine Julien's new translation of Titu Cusi Yupanqui's *Relación de cómo los españoles entraron en el Perú*—an account of the Spanish conquest of the Inca Empire penned by its penultimate ruler—is a remarkably rich source of cultural, historical and literary contexts pertinent to the historicizing traveler.



◆ EXPLORATION AND TRAVEL NARRATIVES

Adams, Mark. *Turn Right at Machu Picchu: Rediscovering the Lost City One Step at a Time*.

Dutton Adult. 2011. This bestselling travelogue is a quirky and humorous retelling of Bingham's accidental discovery of Machu Picchu in 1911. Adams's journey through Perú's magnificent landscapes is woven with fascinating historical facts and cultural anecdotes.

Davis, Wade. *The Lost Amazon: The Photographic Journey of Richard Evans Schultes*.

Chronicle Books. 2016. The second edition of this fascinating book chronicles the journeys of Harvard professor and ethnobotanist Richard Evans Schultes into the depths of Amazonia during the middle of the 20th century, with an emphasis on Schultes's groundbreaking photography.

Herndon, William Lewis and Gary Kinder (ed.). *Exploration of the Valley of the Amazon*.

Grove Press. 2000. Herndon, an intrepid commercial ship's captain, narrates his adventures on a journey from Lima, Perú, to the mouth of the Amazon that he undertook on behalf of the U.S. government from 1851 to 1852.

Kane, Joe. *Running the Amazon*. Vintage. 1990.

This bestselling narrative of an expedition by foot, raft and kayak from the headwaters of the Amazon in the Peruvian Andes to its mouth on Brazil's Atlantic coast is an enthralling read for adventure sport aficionados.

Lowman, Margaret D. *Life in the Treetops: Adventures of a Woman in Field Biology*.

Yale University Press. 1999. In this fast-paced account, an ecologist studies, climbs and sleeps in trees in the course of her professional duties.

Matthiessen, Peter. *The Cloud Forest: A Chronicle of the South American Wilderness*.

Penguin Classics. 1987. Matthiessen, a gifted writer and world traveler, relates his 20,000 miles of journeying through South America, from the Amazon rainforest to Machu Picchu and beyond.

Thomson, Hugh. *The White Rock: And Exploration of the Inca Heartland*. Orion Publishing 2002.

A riveting and entertaining account of Thomson's quest to trace the interconnecting Inca paths across the Andes and find the lost city of Llactapata. This warmly written memoir, by one of Britain's cherished modern-day explorers, combines compelling character studies and misadventures with deep historical and cultural insight.

◆ GASTRONOMY

Acurio, Gaston. *Peru: The Cookbook*. Phaidon Press. 2015.

Gaston Acurio—Perú's native son, acclaimed chef and prolific international restaurateur—showcases quintessentially Peruvian recipes like ceviche along his twists on the classics in this colorful, beautifully bound cookbook.

Kimani, Rosemary and Claire Rouger. *Authentic Food Quest Peru: A Guide to Eat Your Way Authentically Through Lima and Cusco*. 2018. Perfect for visitors to Perú, this ambitious guide

offers an easily-accessible introduction to Peruvian gastronomy. It includes recommendations for restaurants, dishes and farmers markets to potentially seek out during your leisure time in Lima and Cuzco, two hubs where the gastronomy scene is burgeoning.



Morales, Martin. *Andina: The Heart of Peruvian Food*. Quadrille Publishing, 2017.

This collection of practical but flavorful recipes contains ancient Andean dishes featuring local ingredients that are harvested in the unique environment of this high-altitude mountain range; some endemic edible plants, like the root vegetable maca, grow nowhere else in the world. The cookbook is sorted by region and also includes a glossary, regional restaurant recommendations, and anecdotes from the Andes.

Zarate, Ricardo and Jenn Garbee. *The Fire of Peru: Recipes and Stories from My Peruvian Kitchen*.

Houghton Mifflin Harcourt, 2015. Born in Lima and now a Los Angeles restaurateur, Zarate brings a chef's discerning eye to this collection of 100 recipes rich in sensory detail and accompanied by scintillating color photos.

◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring Amazon and Perú. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

Amazon: Land of the Flooded Forest. 1997. National Geographic.

Insightful photography and direction provide the viewer with a colorful glimpse into the diversity of life found in the Amazon Basin. This recording is only available on VHS.

Amazónico soy. 2008. Directed by José María Salcedo.

This human-interest piece, which translates to "I am Amazonian," features an eclectic group of adolescents in the city of Iquitos and the tribulations they face.

Animals of the Amazon: Animal Safari Vol. 2. 1999. Coyote Creek.

Narrated by Karla Majewski, this fascinating documentary focuses on wildlife in the Amazon Basin.

Creatures of the Amazon. Unapix. 1998.

Originally filmed by legendary nature photographer Bill Burrud, this film examines the more fiendish members of the Amazonian ecosystem, from freshwater electric eels and vampire bats to boa constrictors and jaguars. This recording is only available on VHS.

The Milk of Sorrow. 2009. Directed by Claudia Llosa.

This Academy Award-nominated film, known in Spanish as *La teta asustada*, is a modern work that alludes to the civil war that took place in Perú in the 1980s and 90s. It follows the story of Fausta, a teenager from Lima who is paralyzed by the fear of gender-based violence after having grown up on stories of the horrendous crimes that were all too prevalent during the war.

Los ojos del camino. 2017. Directed by Rodrigo Otero Heraud.

This "visual poem" features stunning footage of Andean landscapes as it sculpts a spiritual journey. Though the title of the documentary is in Spanish—translating to "The Eyes of the Journey"—the language spoken throughout is Quechua, the language of the Incas, still widely spoken in Perú today.



Wiñaypacha. 2018. Directed by Óscar Catacora.

This poignant film tells the story of an elderly Andean couple awaiting the return of their son after he leaves their home to work in the city. The language of this film is Aymara, an Andean language and the third most widely spoken in Perú; the title translates to “Eternity.”

Wonders of the World: Machu Picchu. 2011. Directed by Ashley Colburn.

This TV documentary, released on the 100-year anniversary of the rediscovery of the “Lost City of the Incas,” delves into the marvels of this ancient archaeological site that has captured the imagination of travelers and academics from around the world.

◆ MUSIC AND AUDIO RECORDINGS

www.worldmusic.net

The Rough Guide and the *World Music Network* publish a variety of Peruvian music as well as extensively researched guides to international music generally.

Alomía Robles, Daniel. “El cóndor pasa.” 1913.

This piece, originally composed for a musical play, draws heavily from traditional Andean music, with sections in both the *harawi* and *huayno* styles. The song is widely known throughout Perú and was declared as part of the country’s national heritage in 2004. The melody may even be familiar to U.S. listeners—Simon and Garfunkel covered a version of the song on their album *Bridge Over Troubled Water*.

Music of the Andes. Putumayo World Music. 2014.

This selection features contemporary interpretations of traditional music from Perú and other Andean nations.

◆ WEBSITES

www.airpano.com

Virtual tours and 360-degree photos of destinations all over the world.

www.cdc.gov

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.

www.iec.ch/worldplugs

Information on international electric current and plug types.

<https://www.nationalgeographic.com/archaeology-and-history/archaeology/machu-picchu-mystery/>

This online National Geographic article provides an excellent introduction to Machu Picchu and Yale professor Hiram Bingham’s “rediscovery” of the ancient city in 1911. You will also find links to National Geographic articles about the Incas and modern Perú.

www.nytimes.com/travel

The New York Times Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years.



www.oanda.com/currency/converter

Online currency converter tool and information on currency exchange rates. The currency of Perú is the Peruvian Nuevo Sol (PEN), often simply referred to as the *sol* (plural *soles*).

www.peru.info/perueng.asp

Perú's official site for the Office of Tourist Information and Assistance presents a broad introduction to the nation's many historical and cultural offerings as well as practical travel information, covering everything from the weather to a calendar of holidays and important cultural and religious festivals.

www.state.gov/r/pa/ei/bgn/35762.htm

Basic background information for Perú from U.S. Department of State.

www.timeanddate.com

Information on time zones and time conversions.

www.travel.state.gov

United States Department of State website; details on how to obtain or renew a passport.

www.tsa.gov

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

www.weather.com

Current weather and extended forecasts around the world.