

## WEATHER

Ica is well known for its excellent climate, where the sun shines the whole year round. December to March the temperature rises noticeably during the day, with an average of **30° C / 86 °F** at mid-day, cooling off slightly during the evening. In the month of July and August, temperature drops, especially at night, when it reaches a minimum of **8° C / 46.4°F**. Due to the desert type climate, rainfall is scarce and the sun is strong. For this reason, it is advisable to use some sort of sunscreen protection and hats.

*We recommend taking the flight over the Nasca Lines and the boat ride to the Ballestas Islands in the morning since the weather conditions are normally better at that time.*

## HOW TO GET THERE?

### BY BUS

By bus along the Pan-American Highway South  
From Lima to:

Paracas : 250 km / 3 hours

Ica: 303 km / 4 hours

Nasca: 450 km / 6 hours

## SUGGESTED FOR

**People interested in archaeology**, who cannot miss out on the Nasca Lines and the Temple of Cahuachi.

**Wine tradition connoisseurs**, who must visit the many wineries near the city of Ica to taste the incomparable Peruvian Pisco brandies and superb quality wines.

**Wildlife watchers**, who will heartily enjoy the trip to the Paracas National Reserve and to San Fernando.

**Extreme sports aficionados**, who will get their adrenaline rush sand boarding (at Cerro Blanco) and driving dune buggies at Huacachina (Ica).

**Boat and water sports lovers**, who can enjoy windsurfing and water skiing in Paracas.

## PLACES TO VISIT

### IN PARACAS

**Paracas National Reserve:** A stunning coastal ecosystem, covering an area of 828 acre and including deserts, beaches, islands cliffs and coastal waters , all of which are natural habitats to a variety of species such as pelicans, flamingos penguins, dolphins, sea lions and infinite number of fish and crustaceans. A one hour boat ride to the northwest is the lovely scene of the Ballestas Islands, home to a huge number of guano birds and sea lions.

**Ballestas Islands:** Located outside the confines of the Paracas National Reserve, it is a habitat for a large number of birds and sea lions, all in easy sight from a boat. This is one of the more common excursions from Paracas.

**Tambo Colorado Archaeological Site:** A very well preserved Incan community, it might have been built during the time of the Inca Emperor Pachacutec as temporary lodgings for soldiers and home for local authorities

### IN ICA

**Wine and Pisco brandy cellars and the Huacachina Oasis.** The city of Ica is also very appealing on account of its festivals and

fragrant alcoholic beverages. You have to try some of its fantastic Pisco brandies, Peru's banner drink, at one of the cellars in the surrounding area. Huacachina is an important center for fun and recreation, and old resort around and oasis just 5 km from the city of Ica. You will find comfortable hotels there, as well.

### IN PALPA

**Llipata geoglyphs:** These are enormous geometric figures and drawings that represent deities from the Nasca culture. They can be seen from atop a tower stationed in the district of Llipata (km 407 of the Pan-American Highway South).

### IN NASCA

**Nasca and Palma Lines:** An enormous network of lines and drawings of animals and plants, attributed to the Nasca culture. They cover an approximate area of 135 miles and their age has been traced back to the 6th Century A.D. Some of the best drawn figures are the hummingbird, the dog and the monkey. You can see the images of the hand and the tree from a 39 feet tall lookout tower. However, to appreciate the sheer immensity of these drawings, you have to fly over the desert plain,

on which they are drawn, in a small plane.

**Cantayoc Aqueduct:** An underground aqueduct that was built by the Nasca culture and that is still in use today. Flagstone and carob tree trunks were used in its construction, materials that have resisted the test of time.

**Cahuachi Ceremonial Center:** It is the world's largest mud ceremonial center, featuring a group of truncated adobe pyramids, built by the Nasca, and a patio and wide terrace with roofed chambers.

**Antonini Teaching Museum:** Featured there is a collection of archaeological relics from different time periods of the Nasca culture: trophy heads, musical instruments like antaras (panpipes), textiles, funeral bundles and one part of the Visambra aqueduct.

## WHAT TO EAT?

The cuisine of Ica is highly influenced by the African heritage as seen in savory dishes like **carapulcra** (chicken, pork and freeze dried potatoes in a peanut sauce) and the **sopa seca** (a dry vermicelli soup with onions, garlic and pork fat) Also included on the list is one of the most favorite dishes to grace the tables of Ica, **picante de pallares**, a thick concoction of hearty butter beans seasoned with chili peppers, milk, cheese and eggs. Among its delicious desserts, you will find the tasty **tejas**, a treat with a center of dried limes, figs or **pecans**, filled with milk jam and covered with caramelized sugar. As for quality restaurants, there are very fine establishments in Chincha, Paracas, Ica, Palpa and Nasca.

