

MORE INFORMATION



WEATHER

The weather in Puno is mostly dry and quite cold all year round due to its geographical location in the interior of the country, and its high altitude. The average temperature is around **8°C / 46°F**, with a maximum of **15C° / 59°F** and a minimum of **1C° / 34°F** in winter.

Once you have gotten to Puno, we recommend that you take care the first day so you are not affected by soroche, or altitude sickness, especially if you fly in. The remedy, however, is simple: eat light food, drink plenty of water and order coca leaf or mate de coca, get some sleep, and take it easy from there.

HOW TO GET THERE?

BY BUS

From Lima: 1,302 km/20 hours

From Cusco: 389km/6 hour

From Arequipa: 294 km/5 hours on asphalt road.

From La Paz, Bolivia: 260 km/5hour by bus or van

BY TRAIN

From Cusco: 10 hours

BY AIR

From Lima: 1 hour 30 minutes daily flights.

From Arequipa: 30 minutes

Puno is served by the Inca Manco Capac Airport in Juliaca, 49 km from the city of Puno.

SUGGESTED FOR

Devotees of experiential tourism, who will enjoy visiting the Islands of Taquile, Amantani and Tikonta; as well as the town of Llanchon. Archaeology aficionados, who should not miss visiting the Sillustani and Cutimbo complexes

Admirers of religious monuments, who will be able to admire churches in the towns of Juli, Chucuito and Lampa, as well as in Puno.

Popular tradition enthusiasts, who can take part in the Senora de la Candelaria festival, one of the most important in Peru.

Handicraft collectors: who can buy souvenirs in markets and shops in Puno and also in the Uros Islands. Unique pottery can be purchased in Pucara.

Wildlife lovers: who will be astonished by the vicuñas on the islands of Umayo and Anapia. Then there is the lake itself, where they will find native fish, amphibian, and bird species, like the Titicaca grebe.

Adventure sports aficionados, who will be able to kayak on the world's highest navigable lake and also mountain bike on trails above 9840 fasl. Also offered is sport fishing on the lake.



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PLACES TO VISIT

IN PUNO

Main Square: when the Incas ruled Cusco, it was known as the Huacaypata, or “place of weeping or of meeting”, and was the backdrop to sacred ceremonies held there.

Cathedral of Puno: Built in the 17th century. It is a fine example of Spanish Baroque, yet the architects incorporated Andean elements, conferring on this monument a mixed quality. **Balcony of the Count of Lemos:** built at the end of the 17th century, it is said that the Viceroy Count of Lemos was given lodgings at this mansion when he arrived at the area to stamp out a rebellion. It is a new cultural center and an art gallery.

The Museum Ship Yavari: It is an iron ship built in Great Britain in 1862 and commissioned by the Peruvian Government to patrol Lake Titicaca.

FROM PUNO

Titicaca National Reserve and Lake

Titicaca: The former is a protected natural area in which dozens of bird, fish and amphibian species have been recorded. According to the legend, Manco Capac and Mama Ocío, children of the Sun and founders of the Incan Empire, emerged from its waters.

Uros Floating Islands: These number around twenty, each one inhabited by Uro-Aymara families, who still live by their venerable traditions, like fishing and game hunting. Men are skillful handlers of totora reed boats and women are expert knitters.

Amantani Island: Its population lives in nine communities and the main livelihood of the people is farming; in particular Andean produce like potatoes, corn and oca (a tuber). The Island is known for its handicrafts (beautiful textiles and stone carving)

Taquile Island: The friendly inhabitants of this Island have maintained their customs, traditions and manner of dress in spite of contact with the modern world.

Chucuito: known as the “city of the royal treasury” since it was the tax collection center during the Colony; it possesses significant examples of architecture in the main square and in two Renaissance churches: Saint Dominic, the oldest in the Altiplano (dating back to 1534) and Our Lady of the Assumption (dating back to the 17th Century).

Sillustani Archaeological Complex: It is located at the shores of Lake Umayo and is famous for its chulpas or circular stone structures, where the ancient dwellers buried their dead.

Juli: A picturesque town, founded in 1534 by the Dominicans and later occupied by the Jesuits, who turned the town into a strategic center for training missionaries heading towards Paraguay or Bolivia. It is known as the “Little Rome of the Americas” for its churches, some having gained fame because of their Baroque style.

Pomata: Also called the “Altiplano Balcony of Reflection” because the stunning landscape invites one to contemplate and to meditate.

Pucara: It is famous for its tradition of producing ceramics, especially the Toritos de Pucara (little bulls).

Cambria and Suasi Island: It is a little village on the shores of Lake Titicaca. From there, you can take a row boat to Suasi Island, which has an ecological lodge entirely powered with solar energy.



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WHAT TO BUY?

Main **crafts** made in the area are textiles and other garments made out from alpaca, llama and sheep's wool. Also made there are traditional musical instruments, like the **siku** (wind instrument) and the **charango** (guitar-like instrument). In regards to **pottery**, the most interesting pieces are the **Toritos de Pucara** (little bull statues) and the **Ekeko**, a statue that has good luck charms hung on it.

WHAT TO EAT?

Puno is the realm of the nourishing ram's head soup, which you eat by slurping small and steamy sips so your body gets used to the harsh weather of the Altiplano. Traditional dishes from Puno include ingredients found throughout the Andean region, like **cheese, potatoes, quinoa, mutton pork** and alpaca. Exotic products from Lake Titicaca, like **silverfish** (which come from Argentina) and **trout** (from North America) have been perfectly assimilated into the people's diet and to restaurants. The city of Puno offers a range of different restaurants, serving a wide array of food, but most people prefer pasta, meat, soups and creams.

