

# Ccotos, Tikonata

Day 1: Puno, Capachica , Ccotos

Entrance to the community of Ccotos at 9:00 hrs. estimated. The native families welcome visitors with necklaces of natural Qantu, the sacred flower of the Incas. Used in ceremonies and religious rituals in honor of the Sun, the flower connects visitors with Andean mysticism and spirituality. Visitors are accommodated in the lodging houses of the families of the community.

Short walk through the village to introduce visitors to aspects of the culture, history of the village, ways of life, food culture and Andean cosmovision. On the way visitors will be able to appreciate the school, plaza, temple and association of artisans who use traditional looms.



# ANCIENT WISDOM

## ANCESTRAL ANDEAN AGRICULTURE

Participation in agricultural work at 11:00 hrs estimated. Host families share with visitors their knowledge and wisdom about their cultural practices and ancestral agricultural systems. They teach how to prepare the land and take visitors to experience the planting and cultivation of quinoa, oca, beans and corn. Visitors learn about the uses and manufacture of their ancestral agricultural tools. Visitors plant and practice the use of tools together with the locals. They participate in the exhibition and sale of handicrafts and are introduced to the art of weaving by the weavers.

Typical family lunch between 13:00 and 14:30 hrs estimated. The food consists of a diet based on leaves, vegetables, grains, corn, tubers, eggs and fish.

At 15:00 hrs walk to the pre-Inca archaeological ruins of the Qollas: Anka Sayana. Duration approximately 40 minutes. Anka Sayana offers a fantastic view of the sacred lake of the Incas.

Celebration of mystical ceremony of blessing of local products to ensure good harvests. Religious ritual is offered by the host families.

Recommendations: Warm clothes, hat, sunglasses, sun block and camera.

Dinner and evening of cultural exchange, typical music and dance at 19:00 hrs estimated. After dinner the host families invite to a bonfire to share the history of the organization and the impact of tourism in the community. Overnight







# MUSIC AND DANCE

EACH TYPICAL COSTUME IS AN  
AUTHENTIC TESTIMONY OF THE FUSION  
BETWEEN THE ORIGINAL LEGACY AND  
THE COLONIAL INFLUENCES

Tikonata is located 33 km northeast of the city of Puno. It is accessed by paved road to the Capachica peninsula and then by boat to the island. Its surface area is approximately 5 km<sup>2</sup>.

Like other islands in the lake, Tikonata has burials and ceremonial objects that show a ritual use and function through time. Tikonata is part of the circuit of pilgrimages and sacred rituals that the pre-Inca and Inca cultures performed in Titicaca.

The Island has a collection of archaeological materials: ceremonial objects and burials, related to the Tiwanaku, Altiplano and Inca periods. The findings show that the element of water was worshipped there.

Some of the mummies in the Tikonata collection are female and were found with spinning wheels for weaving, so they could have belonged to the elite Qolla groups, known as the weavers of the Incas who inhabited Amantani.

Tikonata was a religious center, where the Incas and their ancestors worshipped the water to sustain their crops and productive cycles.

During your visit to this island you will enjoy the beautiful views of Lake Titicaca, but also to learn about rituals and ethnic ceremonies that harmonize life in the Andean world.

# TIKONATA EXPLORING

TREKKING AND  
HISTORY IMMERSION





02nd Day:

Ccotos – Tikonata (3,800 m.a.s.l.) – Puno

Breakfast from 7:30 to 8:30 hrs estimated. Visitors embark on a sailboat and navigate the mythical Lake Titicaca to the island of Tikonata. Approximate duration: 25 minutes. Upon arrival, they take a walk along the trails and visit the site museum where ceramic pieces of the millenary pre-Inca, Qolla and Tiahuanaco cultures are preserved, as well as a set of mummies found on the island.

Scheduled return at noon for lunch with the host family. Departure by motorboat to Puno at 3:30 hrs approximately. Duration 2 hours and 30 minutes. In Puno visitors are transferred to their hotel in a private car.

Prices include: Private land and lake transportation round trip. One night of lodging in family houses in Ccotos. Meals: dinners, breakfasts, lunches. Cultural activities and English speaking guide per 2 days.



# Bua' Bua'ë Travel

tours by autonomos natives

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