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**Excursions desde 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. The lake, roosting at 1,250 fast and controlled by both Peru and Bolivia, holds an important place in Andean mythology since, according to the legend, Manco Cápac and Mama Ocllo, children of the god Sun and legend, Manco Cápac and Mama Ocllo, children of the god Sun, established the first town of the people. It is also likely that Puno’s enchantment rests in its people, their reserved nature, yet their joy and their way to welcome visitors. Maybe it is all the aforementioned fed into one addition above all. Puno is a land that never stops surprising. It may be aluminum rooftops that compete in shimmer with the blue steel lake waters in the sunlight, or the fact that the city relishes its provincial mood, its Ayamara and Quechua soul and a legendary connection to its greatest treasure – the sacred lake of the Incas and its wonderful islands, which covers the eyes of its visitors with a special magic.

But not everything down there is simple observation. Puno is a city on the move every day of the year; it is hard not to find a festival, like the one celebrating Our Lady of Candilejas, where dancers rock the streets of the Altiplano. Wearing brightly colored outfits, showy costumes and intricas masks, dancers twist and turn to the beat of the music, punctuated with drums and reed pipes, as if they were thanking the earth and the sky for all their blessings.

**Anniversary of the foundation of the city of Puno / November 4th.** Performed by the legend of Manuel Cápac and Mama Ocllo, inhabitants sell miniature handicrafts in street fairs.

**Festival of the Alacitas and the Crosses / May 3rd and 4th.** Is a special occasion in which the inhabitants sell miniatures handicrafts in street fairs.

**Our Lady of Candilejas Festival / First fortnight in February.** Is the most important festival in the department, celebrated for one entire week with non-stop displays of traditional dances, like the diabladas, moradas, lambradas and hundreds of others. Over 140 dance groups, more than 40,000 dancers and 12,000 musicians take part in it.

Where to stay:

**From Lima:**
- 1h 30 min by flight.
- From Arequipa: 1.5h on an asphalt road.
- From Aracapu: 2h 50 min by bus.

**From Cusco:**
- 1.5h on an asphalt road.

**From Juliaca:**
- 1h 30 min by flight.
- From Arequipa: 1.5h on an asphalt road.
- From Aracapu: 2h 50 min by bus.

**From Huancayo:**
- 2h 30 min by bus.

**Weather:**

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La ciudad de Puno es conocida como la Capital Folclórica del Perú, pues convoca a múltiples expresiones culturales del Altiplano.

Departamento de Puno

M. d’Auriol

City of Puno.

The islands – Uros and Taquile.

Chucuito, Juli and Pomata.

Sillustani and Cutimbo.

Lampa, Tinajani and Pucará.

Llachón.

Capachica Peninsula (Llachón and Tikonata Island).

the Uros – Amantaní and Taquile islands

Recommended for:

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Devotees of experiential tourism, who will enjoy visiting the islands of Taquile, Amantaní and Tikonta as well as the town of Llachón.

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 Our Lady of Candelmas festival, one of the most important in Peru.

Handicraft collectors, who can buy souvenirs in markets and shops in Puno and also on the Uros islands. Unique pottery can be purchased in Pucará.

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 Pucará (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.

Lodging and tourist services

Puno has hotels and hostels that cover all the categories. On the islands of Taquile and Amantaní, there are family-run guest houses and they have built an ecological lodge on Suasi island. On Anapia island, local inhabitants offer accommodations in their homes. Guided visits to the city and its surroundings are offered, and you can take a boat ride to the many islands found on the lake, such as Taquile, Amantaní, Uros, Anapia and Suasi.

For more information: www.peru.info