



Peru

Inca stone cities, desert lines, a lake high in the Andes, the Amazon rainforest and one of the world's great kitchens.

AT A GLANCE

Facts to know

CAPITAL

Lima

POPULATION

About 34 million (2025 national census, INEI)

OFFICIAL LANGUAGE

Spanish, and in the areas where they predominate, Quechua, Aymara and the other Indigenous languages (constitution of 1993)

CURRENCY

Peruvian sol (PEN)

AREA

About 1.29 million km², the third largest country in South America

GOVERNMENT

Republic with an elected president, divided into 25 regions

HIGHEST MOUNTAIN

Huascarán (southern summit), 6,768 m, the highest point in the Earth's tropics

LONGEST RIVER

The Amazon. Its main headwaters, the Ucayali and the Marañón, rise in the Peruvian Andes and meet upstream of Iquitos

NEIGHBOURS

Ecuador, Colombia, Brazil, Bolivia and Chile. The longest border is with Brazil

DRIVES ON THE

Right

CALLING CODE

+51

A 45-minute trip to Peru

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|--|
| 0 to 5 min | Welcome. Show the map page and find Peru together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story:
2600 BC: Caral rises in the Supe Valley; 1551: The University of San Marcos is founded; 2025: A Peruvian citizen becomes Pope. |
| 15 to 25 min | At the table: talk about Ceviche and Tiradito. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Buenos días" (Good morning, hello), "Buenas tardes" (Good afternoon), "Buenas noches" (Good evening, good night). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://worldstroll.com/countries/peru/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Peru and its cities



- Lima (Lima): The Plaza Mayor and its colonial balconies, Ceviche and some of the world's best restaurants, Cliff-top parks above the Pacific in Miraflores
- Arequipa (Arequipa): The Santa Catalina Monastery, Buildings of white volcanic stone, Rocoto relleno and other spicy dishes
- Trujillo (La Libertad): The marinera, Peru's elegant handkerchief dance, Peruvian Paso horses, The ruins of Chan Chan
- Chiclayo (Lambayeque): The Royal Tombs of Sipán Museum nearby, Being the diocese of Pope Leo XIV before he became pope, Its nickname, the City of Friendship
- Piura (Piura): Being called the 'city of eternal heat', The first Spanish town in Peru, A long tradition of leather-making
- Iquitos (Loreto): River trips on the Amazon, Grand houses from the rubber boom,

Rainforest lodges and wildlife

- Cusco (Cusco): Inca stone walls and the Qorikancha temple, The Inti Raymi sun festival on 24 June, The gateway to Machu Picchu and the Sacred Valley
- Puno (Puno): Lake Titicaca, The floating reed islands of the Uros, Folk music and dance
- Huaraz (Áncash): Hiking and climbing in the Cordillera Blanca, Views of Huascarán, Peru's highest mountain, Trips to Chavín de Huántar
- Nazca (Ica): Flights over the Nazca Lines, Ancient underground water channels, Desert landscapes
- Aguas Calientes (Cusco): The closest town to Machu Picchu, Hot springs, which gave it its name, The train from Cusco and Ollantaytambo
- Ayacucho (Ayacucho): Its 33 churches, Holy Week processions, Folk art and weaving

A short history of Peru

Peru has one of the longest histories of civilisation in the world. Long before the Incas, peoples such as the Caral, Chavín, Nazca and Moche built temples, cities and irrigation canals. The Incas then created a vast empire from Cusco, until Spanish conquerors arrived in 1532. For almost three centuries Lima was the capital of the Viceroyalty of Peru, for a long time the heart of Spain's South American empire. Peru became independent in the 1820s and has been a republic ever since.

2600 BC Caral rises in the Supe Valley

From about 2600 BC, people in the Supe Valley, about 180 km north of Lima, built Caral, with stepped pyramids and sunken plazas. It is one of the oldest cities in the Americas, and the Caral culture began about 1,500 years before the Olmecs of Mexico.

1200 BC Temples rise at Chavín de Huántar

From as early as 1200 BC, the Chavín people built a great temple centre high in the Andes, with stone passages and carved heads. It remained an important religious site until around 500 BC.

100 BC The Nazca culture flourishes

From about 100 BC the Nazca people lived in the river valleys of the dry southern coast. They made fine painted pottery, dug underground water channels that still work today, and drew many of the famous Nazca Lines in the desert.

AD 100 The Moche flourish on the north coast

From about AD 100 to 800 the Moche lived in the valleys of northern Peru, near today's Trujillo and Chiclayo. They are famous for lifelike painted pottery, fine gold work, great adobe temples called huacas and clever irrigation.

1438 Pachacuti becomes Sapa Inca

According to the traditional dates, Pachacuti became ruler of Cusco in 1438 (some scientists think it was a little earlier). He rebuilt Cusco and turned a small kingdom into the Inca Empire, which he and his son spread along the Andes.

1450

The Incas build Machu Picchu

Around 1450, the Incas built Machu Picchu on a mountain ridge high above the Urubamba River. It was probably a royal estate for Pachacuti. There are no written records of it from the time, because the Incas had no writing as we know it.

1532

Pizarro captures Atahualpa at Cajamarca

On 16 November 1532, the Spanish conqueror Francisco Pizarro and about 170 to 180 men ambushed the Inca emperor Atahualpa in the town square of Cajamarca and took him prisoner. It was the start of the Spanish conquest of the Inca Empire.

1535

Pizarro founds Lima

In January 1535, Pizarro founded a new capital near the coast and called it the City of Kings. Lima grew into the capital of the Viceroyalty of Peru, which for a long time ruled most of Spanish South America.

1551

The University of San Marcos is founded

On 12 May 1551, a royal decree created the University of San Marcos in Lima. It was the first officially founded university in the Americas and is the oldest one that has worked without a break ever since.

1780

Túpac Amaru II leads a great rebellion

In November 1780, José Gabriel Condorcanqui, an Indigenous leader who called himself Túpac Amaru II after the last Inca ruler, rose up against Spanish rule near Cusco. He was captured in April 1781 and executed in Cusco the next month, but the rebellion went on for another two years.

1821

San Martín declares independence

On 28 July 1821, General José de San Martín declared Peru independent in Lima. Peruvians celebrate their national holiday, Fiestas Patrias, on 28 and 29 July.

1824

The Battle of Ayacucho

On 9 December 1824, independence forces led by Antonio José de Sucre, a general of Simón Bolívar, defeated the Spanish royalist army near Ayacucho. The victory sealed Peru's independence and, in practice, ended Spanish rule in South America.

1879

The War of the Pacific begins

In 1879 Chile went to war against Peru and Bolivia over the rich nitrate deserts of the south. By the end of the war in 1884, Peru had lost the province of Tarapacá. A later agreement, in 1929, gave Tacna back to Peru and Arica to Chile.

1911

Hiram Bingham reaches Machu Picchu

On 24 July 1911, local farmers led the American historian Hiram Bingham to Machu Picchu. The site was known to people in the valley, but his articles and photographs made it famous around the world.

1987

The tomb of the Lord of Sipán is found

In 1987, after looters found gold near Chiclayo, the archaeologist Walter Alva uncovered the rich tomb of a Moche ruler, the Lord of Sipán, full of gold, silver and jewellery. It was one of the great archaeological finds of the century in the Americas.

2025

A Peruvian citizen becomes Pope

On 8 May 2025, Robert Prevost, a missionary born in Chicago who spent many years in Peru and was Bishop of Chiclayo from 2015 to 2023, was elected Pope Leo XIV. He became a Peruvian citizen in 2015 and is the first pope to be a citizen of Peru.

What people eat in Peru

Peruvian food starts with ingredients the Andes gave the world: potatoes, corn, quinoa and chilli peppers called ají, above all the yellow ají amarillo. Over five centuries, Spanish, African, Chinese, Japanese and Italian cooks added their own ideas, so a Peruvian meal can include a stir-fry cooked in a wok or raw fish in lime juice. Breakfast is usually simple. Lunch (el almuerzo) is the main meal of the day: many small restaurants serve a cheap set lunch called the 'menú', with a starter or soup, a main dish and a drink such as chicha morada. Supper is lighter.

Ceviche (Cebiche)

The coast, especially Lima. Peru's national dish

Pieces of very fresh raw fish marinated in lime juice with red onion, salt and chilli, served with sweet potato, corn and crunchy toasted corn (cancha). The lime turns the fish white and firm, but it does not cook it the way heat does.

Tiradito

Lima, from Japanese-Peruvian (Nikkei) cooking

Thin slices of raw fish, cut like Japanese sashimi, with a spicy sauce poured over just before serving. Unlike ceviche, the fish is sliced, not cubed, and usually has no onion.

Causa limeña

Lima, with pre-Inca roots

Cold layers of mashed yellow potato, seasoned with lime and yellow chilli, filled with chicken or tuna salad and avocado. It is cut into squares and looks like a small, colourful cake.

Papa a la huancaína

Named after Huancayo, in the central Andes, now eaten all over Peru

Slices of boiled potato covered in a creamy, gently spicy sauce of fresh white cheese and yellow ají amarillo chilli, served cold on lettuce with a black olive and a slice of hard-boiled egg.

Lomo saltado

Lima, from Chinese-Peruvian (chifa) cooking

Strips of beef stir-fried at high heat with red onion, tomato, soy sauce and vinegar, then mixed with chips (French fries) and served with white rice. It is one of Peru's best-loved everyday main dishes.

Ají de gallina

Lima and the coast

Shredded chicken in a thick, creamy yellow sauce of ají amarillo chilli, onion, garlic, bread soaked in milk, cheese and ground walnuts or pecans. It is mild, rich and comforting, served with rice, boiled potatoes, olives and egg.

Arroz chaufa

Chinese-Peruvian (chifa) restaurants, now everywhere

Fried rice cooked fast in a very hot wok with egg, spring onions, soy sauce and chicken, pork or prawns. It is one of the most popular dishes in Peru.

Anticuchos

The Andes, since Inca times. Now a street food in Lima

Skewers of marinated beef heart, grilled over charcoal and served with boiled potato, corn and a spicy sauce. They are tender, smoky and much loved at street stalls in the evening.

Rocoto relleno

Arequipa

Rocoto, a round red chilli, stuffed with a spiced filling of minced meat and onion, topped with cheese and baked. The rocoto is one of Peru's hottest chillies, so the dish can be very spicy.

Cuy

The Andes, especially Cusco and Arequipa

Guinea pig, roasted or fried whole until the skin is crisp. In the Andes it has been eaten for thousands of years and is a dish for festivals and family celebrations.

Pachamanca

The central Andes

Meats, potatoes, sweet potatoes, broad beans and corn cooked slowly under the ground on hot stones, wrapped in herbs and covered with earth. It is a feast for a crowd.

Juane

The Amazon rainforest

A parcel of seasoned rice with chicken, olive and hard-boiled egg inside, wrapped in large bijao leaves and boiled for about an hour and a half.

Picarones

Lima, since colonial times

Ring-shaped doughnuts made from squash and sweet potato, fried until golden and covered with a warm syrup of chancaca, a dark raw cane sugar.

Turrón de Doña Pepa

Lima

A nougat-like sweet of anise-flavoured pastry sticks layered with a thick syrup of chancaca (dark raw cane sugar) cooked with fruit, decorated with colourful sprinkles.

Chicha morada

The Andes, now all over Peru

A sweet, deep purple soft drink made by boiling purple corn with pineapple peel, quince, cinnamon and cloves, then sweetening it. It is served cold, often with lunch.

Pisco sour

Lima. Peru and Chile both claim it

In the Peruvian version, pisco, a grape brandy, is shaken with lime juice, sugar syrup, ice and egg white, and topped with a few drops of bitters; the Chilean version has no egg white or bitters. The egg white is raw: pregnant women, older people and anyone with a weak immune system should ask for it without egg or with pasteurised egg white.

GOOD MANNERS

At the table

- Lunch, el almuerzo, is the main meal of the day. Many small restaurants serve a cheap set lunch, the 'menú', at midday.
- Before you start, or when you pass people who are eating, it is polite to say '¡Buen provecho!', which means 'enjoy your meal'.
- Ceviche is a lunchtime dish. Peruvians eat it fresh, at midday, and many cevicherías close in the late afternoon.
- Taste sauces carefully before you pour them on. Rocoto sauce, often red, is much hotter than it looks.
- Waiters do not bring the bill until you ask. Say 'La cuenta, por favor'.
- In restaurants a tip of about 10 percent is welcome for good service. Check the bill first, because some restaurants already add a service charge.

Ceviche

Pieces of very fresh raw fish marinated in lime juice with red onion, salt and chilli, served with sweet potato, corn and crunchy toasted corn (cancha). The lime turns the fish white and firm, but it does not cook it the way heat does.

Ingredients

- 500 g very fresh, skinless white fish, such as sea bass or sole, sold for eating raw (previously frozen is safest). For pregnant women, young children, older people or anyone with a weak immune system, use cooked peeled prawns instead of raw fish
- 8 to 10 limes, freshly squeezed (about 150 ml of juice)
- 1 red onion, very thinly sliced
- 1 fresh yellow or red chilli, seeds removed, finely chopped
- 1 small garlic clove, crushed
- A handful of coriander (cilantro) leaves, chopped
- Salt
- 1 sweet potato, boiled and sliced, and 1 cob of corn, boiled and cut into rounds, to serve

Method

1. Put the sliced onion in cold water for 10 minutes to make it milder, then drain.
2. Cut the fish into 2 cm cubes and put them in a cold glass bowl. Season with salt, garlic and chilli and mix gently.
3. Pour over the lime juice so it just covers the fish. Stir and leave for 5 to 10 minutes, until the outside of the fish turns white.
4. Add the onion and coriander, taste for salt and serve at once, on cold plates, with the sweet potato and corn.
5. Keep the fish in the fridge until the last moment. Lime juice does not kill germs the way cooking does, so only use fish meant for eating raw, and eat the ceviche the same day.

Causa limeña

Cold layers of mashed yellow potato, seasoned with lime and yellow chilli, filled with chicken or tuna salad and avocado. It is cut into squares and looks like a small, colourful cake.

Ingredients

- 1 kg yellow, floury potatoes (such as Yukon Gold)
- 2 tablespoons ají amarillo paste, or 1 mild yellow chilli, blended
- Juice of 2 limes
- 3 tablespoons vegetable oil
- 200 g cooked chicken, shredded, or tinned tuna, drained
- 3 tablespoons shop-bought mayonnaise (made with pasteurised eggs)
- 1 ripe avocado, sliced
- 2 hard-boiled eggs and a few black olives, to decorate
- Salt and pepper

Method

1. Boil the potatoes in their skins until soft, about 25 minutes. Peel them while warm and mash until very smooth.
2. Let the mash cool, then mix in the chilli paste, lime juice, oil and salt to taste. It should be soft enough to spread.
3. Mix the chicken or tuna with the mayonnaise and a little salt and pepper.
4. Line a small square dish with cling film. Spread half the potato in it, then a layer of avocado, then the chicken or tuna, and finish with the rest of the potato.
5. Chill for at least 30 minutes, turn out onto a plate, cut into squares and decorate with slices of egg and olives.

Papa a la huancaína

Slices of boiled potato covered in a creamy, gently spicy sauce of fresh white cheese and yellow ají amarillo chilli, served cold on lettuce with a black olive and a slice of hard-boiled egg.

Ingredients

- 6 medium yellow potatoes
- 3 tablespoons ají amarillo paste, or 2 mild yellow chillies, seeds removed
- 1 tablespoon vegetable oil and half an onion, chopped
- 1 garlic clove
- 150 g fresh white cheese made from pasteurised milk, such as queso fresco or feta (for pregnant women, older people or anyone with a weak immune system, use pasteurised feta)
- 120 ml evaporated milk
- 4 plain crackers (optional, to thicken the sauce)
- Lettuce leaves, 2 hard-boiled eggs and black olives, to serve

Method

1. Boil the potatoes until tender, about 20 minutes. Let them cool, peel and cut into thick slices.
2. Fry the onion, garlic and chilli in the oil for 5 minutes, until soft.
3. Blend them with the cheese, evaporated milk and crackers until smooth and thick, like double cream. Add a little salt if needed.
4. Put lettuce leaves on a plate, lay the potato slices on top and pour over the sauce.
5. Decorate with halves of hard-boiled egg and black olives and serve cold.

Lomo saltado

Strips of beef stir-fried at high heat with red onion, tomato, soy sauce and vinegar, then mixed with chips (French fries) and served with white rice. It is one of Peru's best-loved everyday main dishes.

Ingredients

- 600 g beef sirloin, cut into finger-thick strips
- 3 tablespoons soy sauce and 2 tablespoons red wine vinegar
- 2 garlic cloves, crushed, and a pinch of ground cumin
- 3 tablespoons vegetable oil
- 1 large red onion, cut into thick wedges
- 3 tomatoes, cut into wedges
- 1 yellow chilli (or half a pepper), cut into strips
- 500 g oven chips, cooked until crisp
- Chopped parsley or coriander, and cooked white rice to serve

Method

1. Mix the beef with the garlic, cumin, a little salt and 1 tablespoon of soy sauce.
2. Heat a wok or large frying pan until very hot. Add half the oil and fry the beef in two batches for 1 to 2 minutes, until browned. Take it out.
3. Add the rest of the oil and the onion and chilli and stir-fry for 1 minute. Add the tomato and stir-fry for another minute, so it stays in pieces.
4. Put the beef back, add the rest of the soy sauce and the vinegar, and toss for 30 seconds.
5. Take the pan off the heat, fold in the hot chips and the parsley, and serve at once with white rice.

Ají de gallina

Shredded chicken in a thick, creamy yellow sauce of ají amarillo chilli, onion, garlic, bread soaked in milk, cheese and ground walnuts or pecans. It is mild, rich and comforting, served with rice, boiled potatoes, olives and egg.

Ingredients

- 2 chicken breasts
- 4 slices of white bread, crusts removed, and 250 ml evaporated milk
- 3 tablespoons vegetable oil
- 1 onion and 2 garlic cloves, finely chopped
- 3 tablespoons ají amarillo paste, or 2 mild yellow chillies, blended
- 50 g walnuts or pecans, finely ground
- 40 g grated Parmesan cheese
- Boiled potatoes, white rice, black olives and 2 hard-boiled eggs, to serve

Method

1. Simmer the chicken in lightly salted water for about 20 minutes, until cooked through. Keep 250 ml of the stock and shred the chicken with two forks.
2. Soak the bread in the evaporated milk, then blend until smooth.
3. Fry the onion, garlic and chilli paste in the oil over a low heat for about 10 minutes, until soft and golden.
4. Stir in the bread mixture and the stock and cook, stirring, for 5 minutes, until thick. Add the nuts, cheese and chicken and heat through. Season with salt.
5. Serve over boiled potatoes with white rice, decorated with olives and halves of hard-boiled egg.

Useful phrases

Buenos días

BWEH-nohs DEE-ahs · Good morning, hello

Buenas tardes

BWEH-nahs TAR-dehs · Good afternoon

Buenas noches

BWEH-nahs NOH-chehs · Good evening, good night

Mucho gusto

MOO-choh GOOS-toh · Nice to meet you

¿Cómo está?

KOH-moh es-TAH · How are you? (polite)

Muchas gracias

MOO-chahs GRAH-syahs · Thank you very much

De nada

deh NAH-dah · You're welcome

Disculpe

dees-KOOL-peh · Excuse me

Con permiso

kohn per-MEE-soh · Excuse me, may I pass?

¿Cuánto cuesta?

KWAHN-toh KWES-tah · How much is it?

La cuenta, por favor

lah KWEN-tah por fah-VOR · The bill, please

¿Dónde está el baño?

DOHN-deh es-TAH el BAH-nyoh · Where is the toilet?

No entiendo

noh en-TYEN-doh · I don't understand

¿Habla inglés?

AH-blah een-GLEHS · Do you speak English?

¡Buen provecho!

bwen proh-VEH-choh · Enjoy your meal

¡Salud!

sah-LOOD · Cheers! (also 'bless you')

¿Pica?

PEE-kah · Is it spicy?

Sin ají, por favor

seen ah-HEE por fah-VOR · Without chilli, please

Things you might not know

- 1.** The potato comes from Peru. It was first domesticated by farmers around Lake Titicaca, in today's southern Peru and northwestern Bolivia, about 7,000 to 10,000 years ago.
- 2.** Peru's agriculture ministry says the country has more than 3,000 varieties of potato, and the International Potato Center, based in Lima, says more than 4,000 native varieties grow in the Andes of Peru, Bolivia and Ecuador.
- 3.** Paddington Bear comes from 'darkest Peru'. His author, Michael Bond, first wanted him to come from Africa, but was told there are no bears there, so he chose Peru, home of the spectacled bear.
- 4.** The southern summit of Huascarán, 6,768 m, is the highest point in the Earth's tropics. It is also said to be the place on Earth's surface where gravity is weakest.
- 5.** Lake Titicaca, which Peru shares with Bolivia, lies at 3,812 m and is often called the highest navigable lake in the world. It is the largest lake in South America.
- 6.** The Amazon's most distant source is in the Peruvian Andes. For nearly a century it was thought to be on the mountain Nevado Mismi, but a 2014 study pointed to the headwaters of the Mantaro River, also in Peru.
- 7.** The Incas ran a huge empire without writing as we know it. They kept records, such as taxes and population counts, on quipus: bundles of coloured cords with knots tied in a decimal system.
- 8.** Several English words come from Quechua, the language of the Incas, through Spanish: llama, puma, condor, quinoa, coca and jerky, from ch'arki, dried salted meat.
- 9.** In a painting of the Last Supper from about 1753 in Cusco Cathedral, by the painter Marcos Zapata, Jesus and his disciples have Andean food on the table, apparently including a roast guinea pig.
- 10.** The Colca Canyon, about 160 km northwest of Arequipa, is about 3,270 m deep, one of the deepest canyons in the world. Andean condors, with wings up to 3.3 m across, glide past its walls.
- 11.** The vicuña, a wild relative of the llama, is Peru's national animal and appears on its coat of arms. Its wool is among the finest in the world, and

under the Incas only royalty could wear it.

12. Peru's own soft drink, Inca Kola, is bright yellow and tastes of lemon verbena. It was created in Peru in 1935 by a British immigrant, Joseph Robinson Lindley.
13. Iquitos, in the Amazon, is the largest city in the world that is not on an island and cannot be reached by road. You get there by plane or by boat.
14. Peru's currency, the sol, shares its name with the Spanish word for 'sun', a link to Inti, the sun god of the Incas, who gave his name to Peru's previous currency, the inti.

TALK ABOUT IT

Questions for the group

- Have you ever been to Peru, or has someone in your family? What do you remember?
- Have you ever tasted Ceviche or Tiradito? What is a dish you remember from a trip?
- The tomb of the Lord of Sipán is found (1987). Do you remember hearing about it? Where were you then?
- Have you seen Machu Picchu, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Peru, which would it be and why?
- Which fact surprised you the most today?

QUIZ

How well do you know Peru?

Circle the right answer. The answers are on the last page.

1. Which small town, reached only by train or on foot, lies in the valley just below Machu Picchu?

- A) Chivay
- B) Puno
- C) Aguas Calientes
- D) Ollantaytambo

2. Which of these countries does NOT share a border with Peru?

- A) Ecuador
- B) Chile
- C) Argentina
- D) Bolivia

3. Caral, one of the oldest cities in the Americas, was built more than 4,500 years ago in which valley north of Lima?

- A) The Supe Valley
- B) The Sacred Valley
- C) The Mantaro Valley
- D) The Colca Valley

4. In classic Peruvian ceviche, raw fish is marinated in the juice of which fruit?

- A) Lime
- B) Grape
- C) Pineapple
- D) Apple

5. 'Buenas noches' is the usual greeting when you meet someone at 10 in the morning.

- A) True
- B) False

6. Inca Kola, Peru's bright yellow soft drink, is flavoured with lemon verbena.

- A) True
- B) False

7. Huascarán, Peru's highest mountain, is also the highest point in which part of the world?

- A) South America
- B) The Americas
- C) The Earth's tropics
- D) The Southern Hemisphere

8. Pope Leo XIV was born in Peru.

- A) True
- B) False

9. Which of these goes into a Peruvian pisco sour?

- A) Tomato juice
- B) Coffee
- C) Milk
- D) Egg white

10. Peru's constitution names Cusco as the historical capital of Peru.

- A) True
- B) False

11. Which civilisation built Machu Picchu?

- A) The Nazca
- B) The Chimú
- C) The Incas
- D) The Moche

12. In 1532, in which town did Francisco Pizarro capture the Inca emperor Atahualpa?

- A) Lima
- B) Quito
- C) Cusco
- D) Cajamarca

Quiz answers

1. C) Aguas Calientes

Aguas Calientes, officially Machupicchu Pueblo, is about 6 km from the ruins. Ollantaytambo is where many trains start, Puno is on Lake Titicaca and Chivay is in the Colca Canyon.

2. C) Argentina

Argentina does not border Peru. Peru's neighbours are Ecuador, Colombia, Brazil, Bolivia and Chile.

3. A) The Supe Valley

Caral lies in the Supe Valley, about 180 km north of Lima. The Sacred Valley is near Cusco, the Colca Valley near Arequipa and the Mantaro Valley in the central Andes.

4. A) Lime

Ceviche is marinated in fresh lime juice. The acid turns the fish white and firm, but it does not kill germs the way cooking does.

5. False

False. In the morning you say 'Buenos días'. 'Buenas noches' is for after dark or for saying goodnight.

6. True

True. Its main flavouring is lemon verbena. It was created in Peru in 1935 by a British immigrant, Joseph Robinson Lindley.

7. C) The Earth's tropics

At 6,768 m, Huascarán is the highest point in the Earth's tropics. The highest mountain in South America, the Americas and the Southern Hemisphere is Aconcagua in Argentina.

8. False

False. He was born in Chicago. He spent many years in Peru as a missionary, was Bishop of Chiclayo and became a Peruvian citizen, so he is the first pope who is a citizen of Peru.

9. D) Egg white

A Peruvian pisco sour is shaken with lime juice, sugar syrup, ice and egg white, and topped with bitters. The egg is raw, so pregnant women, older people and anyone with a weak immune system should ask for it without egg or with pasteurised egg white.

10. True

True. Lima is the capital, but the 1993 constitution calls Cusco, the old Inca capital, the historical capital of Peru.

11. C) The Incas

Machu Picchu was built by the Incas around 1450, probably as a royal estate for Pachacuti. The Moche, Nazca and Chimú lived on the coast, much earlier or far away.

12. D) Cajamarca

Pizarro ambushed Atahualpa in the town square of Cajamarca on 16 November 1532. Lima did not exist yet: Pizarro founded it in 1535.

Peru visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

<https://worldstroll.com/countries/peru>