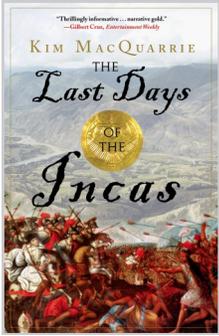


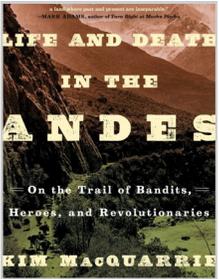
ABOTA Peru & Amazon River | READING & VIEWING GUIDE



The Last Days of the Incas by Kim MacQuarrie

HISTORY • 2007 • 522 PAGES

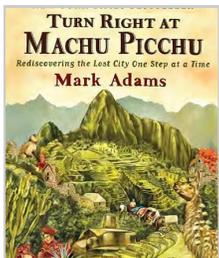
Kim MacQuarrie lived in Peru for five years and became fascinated by the Incas and the history of the Spanish conquest. Drawing on both native and Spanish chronicles, he vividly describes the dramatic story of the conquest, with all its savagery and suspense. This authoritative, exciting history is among the most powerful and important accounts of the culture of the South American Indians and the Spanish Conquest.



Life and Death in the Andes by Kim MacQuarrie

HISTORY • 2015 • 386 PAGES

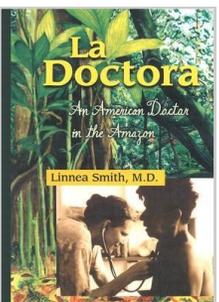
Unique portraits of legendary characters along South America's mountain spine, from Charles Darwin to the present day, told by a master traveler and observer. The Andes Mountains are the world's longest mountain chain, linking most of the countries in South America. Emmy Award-winning filmmaker Kim MacQuarrie takes us on a historical journey through this unique region, bringing fresh insight and contemporary connections to such fabled characters as Charles Darwin, Pablo Escobar, Che Guevara, and many others.



Turn Right at Machu Picchu by Mark Adams

TRAVEL MEMOIR • 2011 • 333 PAGES

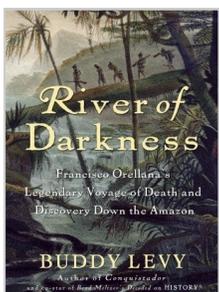
What happens when an unadventurous adventure writer tries to re-create the original expedition to Machu Picchu? In 1911, Hiram Bingham III climbed into the Andes Mountains of Peru and "discovered" Machu Picchu. While history has recast Bingham as a villain who stole both priceless artifacts and credit for finding the great archaeological site, Mark Adams set out to retrace the explorer's perilous path in search of the truth—except he'd written about adventure far more than he'd actually lived it. In fact, he'd never even slept in a tent. *Turn Right at Machu Picchu* is Adams' fascinating and funny account of his journey through some of the world's most majestic, historic, and remote landscapes guided only by a hard-as-nails Australian survivalist and one nagging question: Just what *was* Machu Picchu?



La Doctora: An American Doctor in the Amazon by Linnea Smith

BIOGRAPHY • 2002 • PAPER • 256 PAGES

In 1990, Dr. Linnea Smith went to Peru on an ecotourism vacation. She was so moved that she abandoned her thriving medical practice in Wisconsin to serve the Yagua Indians in the deepest part of the Amazon rainforest of Peru—alone. Taken straight from the pages of Dr. Smith's journal, *La Doctora* offers readers a rare glimpse into the suspense and drama of practicing medicine in a culture far removed from the sophisticated supplies and supports of 20th-century medicine.

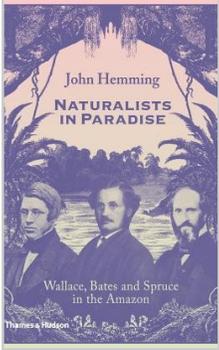


River of Darkness by Buddy Levy

HISTORY • 2011 • PAPER • 324 PAGES

Interweaving eyewitness accounts of the quest with newly uncovered details, Buddy Levy reconstructs the seminal journey that has electrified adventurers ever since, as Orellana became the first European to navigate and explore the entire length of the world's largest river. Levy gives a long-overdue account of the native populations—some peaceful and welcoming, offering sustenance and life-saving guidance, others ferociously hostile, subjecting the invaders to gauntlets of unremitting attack and intimations of terrifying rituals. And here is the Amazon itself, a powerful presence whose every twist and turn held the promise of new wonders both natural and man-made, as well as the ever-present risk of death—a river that would hold Orellana in its irresistible embrace to the end of his life.

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Naturalists in Paradise: Wallace, Bates & Spruce in the Amazon by John Hemming

BIOGRAPHY • 2015 • PAPER • 368 PAGES

One hundred and fifty years ago, the young naturalists Alfred Wallace, Henry Walter Bates, and Richard Spruce were on a journey. Their destination, Amazonia—the world’s largest tropical forest with the greatest river system and richest ecosystem—was then an almost-undiscovered environment to Western explorers and scientists. In *Naturalists in Paradise*, Amazon expert John Hemming weaves the riveting stories of these three men’s experiences in the Amazon and assesses their valuable research that drastically changed our conception of the natural world. Each of the three naturalists is famous for a particular discovery: Wallace is credited, along with Charles Darwin, for developing the theory of evolution; Bates uncovered the phenomenon of protective mimicry among insects; and Spruce transported the quinine-bearing Cinchona tree to India, saving countless lives from malaria. Drawing on the letters and books of the three naturalists, Hemming reaches beyond the well-known narratives, offering unrivaled insight into the often lawless frontier life in South America as seen through the lives of the great pioneers of modern disciplines: anthropology, tribal linguistics, archaeology, and every branch of natural science.

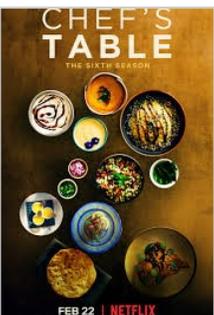


Anthony Bourdain Parts Unknown: Peru

FIELD NOTES: <https://explorepartsunknown.com/peru/bourdains-field-notes-peru/>

VIEW: Amazon Prime Video and other streaming services

“On a previous trip, I bounced around Lima, exploring the ever-changing, ever more exciting food scene—from the more cutting-edge fine-dining restaurants to the funkier but most delicious traditional cevicherías. I’ve had many Pisco Sours. Huffed up mountains, lightheaded from altitude sickness, my cheeks stuffed with coca leaves. I’ve eaten guinea pig in Cuzco. Explored the jungle of Amazonia. Drunk chicha with yucca farmers. I took ayahuasca in the middle of the night with a curandero, pattered upriver in a wobbly boat with imaginary bats screeching in my brain and lights that probably weren’t there dancing in front of my eyes. I have looked out over Machu Picchu at dawn—one of the most extraordinary experiences one can have in this life—watched millions of cutter ants strip a forest floor clean, made friends, learned something about the world and about myself.”



Chef’s Table: Virgilio Martinez

VIEW: Netflix (Season 3, Episode 6)

Magnificently creative and a true visionary, Peruvian chef Virgilio Martinez takes us on a trip through Peru to help us understand his ideas, inspiration and his history as a chef.



Gordon Ramsay Uncharted: Peru’s Sacred Valley

READ: <https://www.nationalgeographic.com/shows/gordon-ramsay-uncharted/gordon-ramsay-peru-cooking/>

VIEW: National Geographic (Season 1, Episode 1)

11,000-feet above sea level in Peru, Gordon meets a “mad potato scientist,” cooks in a mud oven, and scales a towering cliff face in search of a rare herb.