



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



puroticorico

Budget Gourmet Lima

Lima, 3 Days

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Guide Description



AUTHOR NOTE: Peruvian gastronomy is reaching great recognition worldwide. And you don't need to spend a fortune to taste some deli local flavors. Here's a few suggestions!

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Lima



Cordano (El)

A classic among restaurants



Norkys

Peruvian "Pollo a la Brasa" (Peruvian Roasted chicken)



Haití

Gathering spot for Lima intellectuals

Day 2 - Lima



Punta Sal

Seafood on the seafront



Gonzi's



305 Sur

Exquisite and original sandwiches

Day 3 - Lima



El Kapallaq

Truly traditional



Antigua Bodega Dalmacia

Special spot in Miraflores



Pardo's Chicken

Peruvian Roasted Chicken, "Pollo a la brasa" and more.

Day 1 - Lima

QUICK NOTE

contact:
tel: +51 1 270181

location:
Jr, Ancas s/n
Lima Lima Lima 1

1 Cordano (EI)

DESCRIPTION: El Cordano opened in 1905 and has changed little over the passage of time. This traditional old bar and restaurant has been the haunt of numerous politicians and other important figures in Peru. It is situated a block away from the Plaza Mayor in the heart of downtown Lima, just beside the government palace and near many other sights and attractions. The establishment offers a greatly varied menu featuring local cuisine, meats, seafood, chicken, salads, desserts and fruit juices. Beer and other drinks are also available; the Chilcano de Pisco (made with soda, pisco and lemon) is highly recommended. © wcities.com



Isabel Guerra

contact:
tel: +51 1 428 0144, +51 1 426 0552
<http://www.gruponorkys.com/>

location:
Av. Abancay 210
Lima Lima Lima1

hours:
11am-00am

2 Norkys

OUR LOCAL EXPERT SAYS:

Ask for their delicious sauce for barbecued dishes, called "chimichurri."

DESCRIPTION: While the main restaurant is located in Lima Downtown, Norky's has become a large, popular chain with restaurants all around Lima: it also has a very good delivery service that will have your order at your door in some 30-40 minutes. Besides pollo a la brasa they offer many barbecue specialties, including the typical anticuchos. © NileGuide



editor

contact:
tel: 51 1 445 0539

location:
Avenida Diagonal 160
Lima

hours:
8a-2a M-Su

3 Haití

DESCRIPTION: The two-level, spacious cafe has an outside terrace overlooking one of the busiest streets in the Miraflores area. It maintains the quality and cordial service of yesteryear and has remained a popular cafe in the neighborhood. Highbrow Peruvians and foreigners can be found here mingling in a cosmopolitan atmosphere. Local and international dishes, desserts, cold drinks and cocktails are on the menu. It's a good place for a sandwich lunch or to order a cup of coffee and watch the world pass by. © wcities.com



wcities

Day 2 - Lima

QUICK NOTE

contact:

tel: 51 1 242 4524

fax: 51 1 445 9675

<http://www.puntasal.com/>

location:

Malecón Cisneros Cuadra 3
esquina con Trípoli
Lima

hours:

11a-5p M-Su

1 Punta Sal

DESCRIPTION: This restaurant prepares delicious cebiches and various gourmet dishes with the freshest of seafood. Its extense menu comprises famous national and international dishes at reasonable prices, while offering a fast and excellent service. Their wine list is well stocked, with a predominance of Chilean and Argentine wines, as well as a few Peruvian ones. This Miraflores branch enjoys a great view, being located on the pier along the beaches of Costa Verde. © wcities.com



Punta Sal

location:

Manchaypuito 177
San Isidro Lima Lima 27

hours:

Mon-

Gonzi's

OUR LOCAL EXPERT SAYS:

Arrive before 1:30pm

DESCRIPTION: This is small spot conveniently located near the intersection of Javier Prado and Camino Real Avenues, is a bit hidden at a relatively quiet street, but yet very near to the Lima Downtown-Miraflores-Barranco route that many young backpackers take often while in Lima. Gonzi's offers a "Menu Del Dia" for lunch, that is, several dishes (starters, main courses and desserts) to choose from; you can pick one of each, and you will also receive a tasty croissant and some homemade soft drink, like lemonade, emoliente (a local combination of herbs and spices), or chicha morada (soft drink made from purple corn), for example. All for a flat price. © NileGuide



Isabel Guerra

contact:

tel: +51 1 4771463

<http://www.305sur.com>

location:

Pedro de Osma 146
Barranco Lima Lima 4

hours:

Mon-Sat 1pm-12am

2 305 Sur

OUR LOCAL EXPERT SAYS:

Try their beverage "Arnold Palmer" (tea with lemonade)

DESCRIPTION: If you want an original sandwich, one that is not to be found anywhere else, this is your place: Colette Blondet, owner and chef, opened this place in Barranco and offers a wide variety to satisfy all the customers' preferences. Among the very special sandwiches we can recommend the ones with suckling in hoisin sauce and the "cangreburger" (hamburger made with crab meat), both of them with surprising accompaniments. This restaurant also offers a great selection of sandwiches made in pita bread, like the one with grilled shrimp and an exotic oriental salad, among many other delicious surprises. But you will also find some of the classical hamburgers, with a unique touch of originality. As complements for your order, you may choose



305 Sur

among sweet potato fries, coleslaw, and the kid's choice, potato fries. There is no parking, so it is better to walk or to use public transportation. Ask for the new fruit juices. They also take delivery orders.

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contact:

tel: 51 1 4444149

fax: 51 1 4426204

<http://elkapallaqrestaurant.blogspot.com/>

location:

Avenida Petit Thouars 4844
Miraflores Lima Lima 18

hours:

Only for lunch (1pm-4pm)

1 El Kapallaq

OUR LOCAL EXPERT SAYS:

Book in advance, the place is not big.

DESCRIPTION: The chef and owner Luis Cordero Larrabure takes his cevicheria quite seriously and so should you. El Kapallaq has been pleasing local appetites since 1996 and has won quite a few awards for its unique offerings. Original Peruvian and Basque recipes combined with a rustic decor make this restaurant a must visit. Try something from the award-winning ceviche selection like Cebiche Mixto or go for Chupe De Camarones—one of the traditional broths prepared here. El Kapallaq only serves lunch—make it a big meal! © wcities.com



El Kapallaq

contact:

tel: 51 1 2412501

fax: 51 1 447 8919

<http://www.antiguabodegad.com>

location:

San Fernando 401
Lima

hours:

9a-11p Tu-Sa, 9a-9p Su

2 Antigua Bodega Dalmacia

OUR LOCAL EXPERT SAYS:

Try the Algarrobina cocktail.

DESCRIPTION: The perfect place to meet with friends or people-watch from comfortable sidewalk tables. This is a bar for Tapas (Spanish appetisers), including Pulpo a la Gallega (Galicia-style Squid), Tortilla Española (Spanish Potato Omelette) along with an assortment of sandwiches. At night the outside tables are lit with candles and the evening becomes magically intimate for a good wine or an aromatic coffee. © wcities.com



Antigua Bodega Dalmacia

contact:

tel: +51 1 462 3940

<http://www.pardoschicken.com.pe>

location:

Alfredo Benavides 730
Lima Lima18

hours:

Mon-Sun 12:30-11pm

3 Pardo's Chicken

OUR LOCAL EXPERT SAYS:

Ask for a pisco sour!

DESCRIPTION: One of the best-known pollo a la brasa chain restaurants, it has become a large franchise with branches currently in Chile, Bolivia, Mexico and Miami: Pardo's Chicken obviously specializes in Peruvian Roasted Chicken, usually served with fries, but you can also choose any of the delicious salads of the house. It also offers some other Peruvian barbecue specialties such as anticuchos, and there's even kid-friendly options (nuggets, hot dogs, etc.). You will also find here drinks (including the Peruvian purple-corn made beverage chicha morada) and desserts. A very good choice either for lunch or dinner, and you can have your order delivered to your place by calling to: 617-2828.



editor

Lima Snapshot

Local Info

Lima, the City of the Kings, has changed a lot during the last 10 years; it has more and better hotels, more tourist destinations, more restaurants and shopping malls, more nightlife... but also more options for everyone to have fun: Lima attractions have options for everyone and for every lifestyle.

However, keep in mind that Lima, former capital of the Spanish Vice Royalty of Peru--which was by far the wealthiest in the continent-- still maintains many of its colonial splendor: no wonder it has been declared as a UNESCO World Heritage Center, due to the large number of artistic and architectural monuments found there.

Lima, the city we know today, was founded in 1535 by Spanish conquistador Francisco Pizarro: the word Lima reminds of its ancient past, since it comes from the word *limacc-huayta*, an Aymara name for a local yellow flower, and also the Quechua name of the river, *Rímac*, that means "speaker."

The village that Pizarro founded on the former lands of the native chief Taulichusco has become a modern, growing city: according to the census of 2007, Metropolitan Lima has 8.5 million residents, that is, 30% of the total population of Peru, a fact that makes Lima the largest city in this country, the fifth most populous city in Latin America and one of the 30 largest metropolitan areas in the world.

Limeños proudly preserve their traditions and are usually very friendly to foreign visitors. In recent years gastronomy has earned more relevance, so one of the first things that Limeños will ask you is: Do you like the food? and thus they will be eager to recommend you any restaurant they consider good and worth visiting.

To start getting familiar with Lima, Main Square, or Plaza Mayor, and its surroundings, located at the heart of Lima Downtown, will keep you entertained for several hours, offering an impressive trip to the old colonial times: some of the most notable landmarks are, for example Lima's Cathedral, the Government Palace, the Municipal Palace, all of them in the Plaza Mayor; or the ancient Casa de Aliaga, built by one of the families who founded Lima and still inhabited by their

descendants, very close to the Plaza Mayor, and the Palacio de Torre Tagle, that serves now as office for the Ministry of Foreign Affairs.

Another must-see in Lima Downtown are the Church and Convent of San Francisco, a unique architectural complex that has witnessed four centuries of history and still can make us glance at those times via all the objects and rooms it carefully preserves, including of course the famous catacombs.

But it's not only Lima Downtown.

Try visiting the traditional district of Barranco, which presents a singular contrast between its historical buildings and its bohemian and nightlife-oriented businesses. Some spots you have to visit are the Bajada de los Baños (Slopes of the Baths), full of typical restaurants and with a stunning ocean view; the Puente de los Suspiros and the nearby Parque Municipal. Remember to grab a ham sandwich at Juanito's Bar.

Miraflores, very near from Barranco, has also a very active nightlife, and concentrates most commercial activity and entertainment options: shopping malls, cinemas, hotels, cafes, discos and a public park with free wi-fi connection. The most notable addition during the last 10 years, however, is the three-level shopping complex, Larcomar, built below Parque Salazar, at the edge of Miraflores' cliffs, with a wonderful view of the Circuito de Playas Costa Verde (Lima beaches) and lovely, nice and classy restaurants as well as a very affordable food court. Larcomar also offers video games and arcade rooms, and if you like going to the movies, Larcomar offers very good options too. And Miraflores nightlife is considered also as gay-friendly.

Another notable district is San Isidro, the current financial center of the city, and where most banks and financial institutions have set their headquarters; this is the reason why San Isidro is now full of very tall and stylish buildings, a trend that seems to be growing. San Isidro used to be a residential district, and many areas still keep the old glamor and elegance of former colonial and republican elegant mansions surrounded by large parks like the Olivar de San Isidro, or the Golf Club. The Olivar is actually a little wood in the middle of the big

city, and its ancient olive trees and beautiful ponds hide many local and migratory bird species, so with lots of patience and a little luck you will have a busy day enjoying birdwatching.

Callao district not only hosts the Callao Port and Lima International Airport, but is the starting point for some maritime excursions. Remember, though, to visit the Fortaleza del Real Felipe, an colonial fortress built by the Spanish conquerors, the Museo Naval, and maybe the Isla San Lorenzo. La Punta neighborhood is nice for a stroll by the sea, and there are many options for enjoying delicious, fresh seafood nearby.

Wandering by other Lima districts, other spots that are a must-see are the Museo de la Nación, showcasing the country's history; the Museo Larco Herrera and its amazing collection of ancient erotic art, and the great collection of pre-inca textiles at Museo Amano.

It is also worth paying a visit to the Gran Parque de Lima and its varied cultural offer, and the Circuito Mágico del Agua (Magic Circuit of Water) with its several huge fountains featuring a colorful show with music and lights every night.

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History

The city of Lima is a rich mixture of races and cultures. This has supplied a mosaic of interesting details to discover, from the ancient pre-Columbian temples to the colonial palaces, from neighborhoods with a veneer of times gone-by to the wild discotheques and dark taverns and also deserted beaches and idyllic scenery.

Lima now stands on an area where vast civilizations once thrived before the arrival of the Spanish conquistador Francisco Pizarro. These great empires left numerous constructions as testimony of their existence. The Templo de Pachacamac was built to honour the Hacedor del Mundo (The Creator of the World) of the ancient Wari civilisation and is situated on the outskirts of Lima in the Lurín district.

Some of the other architectural remains called huacas found within the city are Pucllana and Huallamarca and museums

Lima Snapshot continued

filled with beautiful works of art created by these civilizations in honor of their deities. Relics from many other pre-Hispanic cultures can be found in the Museo Nacional de Antropología, Arqueología e Historia (Anthropology, Archaeology and History Museum), as well as the Museo de Oro del Perú which houses exquisite ornaments made from precious metals.

On the January 18th, 1535 Francisco Pizarro founded Lima, which was to become the capital of the Spanish Empire's most extensive Viceroyalty. The city's layout was patterned after Roman settlements, with 117 blocks built surrounding the nucleus of a main square, around which the colony's backbone institutions were erected. The Cathedral, the Cabildo (town council), the governor's house and Pizarro's own residence, which was restored in the beginning of the 20th century and is currently used as the seat of the executive branch known as the Palacio del Gobierno are all found here.

The city's colonial Cabildo was refurbished after independence from Spain, to eventually house the Palacio Municipal (seat of the Municipal authorities), its largest treasure being a library that has hardly changed since its founding. Other well known constructions from that period include the elegant mansions situated on the estates that Pizarro bestowed on the city's conquistador founders, like the Casa de Jerónimo de Aliaga, still intact after 18 generations.

Lima's many churches are the result of fervent devotion to the Catholic faith of the colony. The architectural styles run the gamut, from the Renaissance Cathedral, the colonial baroque such as the Iglesia de San Francisco and exuberant Rococo of the Templo de Las Nazarenas. Thus, on virtually every street there is a church to admire for the façade as well as the works of art inside.

During the colonial era there was a succession of viceroys sent from the Hapsburg Court in Spain, among these, Francisco de Toledo is remembered. He propelled mining in the Viceroyalty on a grand scale, therefore helping to turn the Spanish Empire into a world power. Although most of the precious metals (mainly silver) were shipped to Spain, enough were retained for the

creation of the local churches' beautiful altars and ornaments.

Not all was power and religion in the colony since the division of Spaniards and Native Americans into dominant and subjugated castes strictly determined social standing. However, before long a third group would appear, the Criollo (Creole) —American-born Spaniards. The term implied a cultural syncretism of old and new worlds. The Creoles were to constitute an important segment of society, one that would eventually instigate the rebellion for independence from Spain.

Peru finally gained its independence in 1824 with the support of multinational armed forces from neighboring countries making Lima a city of Creoles, Native and Afro Americans. The War of Independence was succeeded by numerous power skirmishes within the country that were to last for decades, producing a succession of different governments. The country then entered the golden age of "Guano," a highly prosperous period financed by the export, mainly to Europe, of the coveted fertilizer, found in huge amounts on the Pacific coast. Because of the boom, Lima, was embellished with parks, boulevards, monuments, museums and works of art.

During this prosperous time there was a significant influx of immigrants, both from around Europe as well as China, the so-called "Coolies," who replaced African slaves on the sugar plantations, and were used as labour to extract the guano. Lima, was and still is, a huge cultural mosaic, a condition particularly reflected in the local cuisine, which offers an exquisite variety of tastes and dishes unlike anything else in this world.

After the war against Chile in 1879, the city was left sacked and devastated. A process of reconstruction ensued that modernized the capital with grand avenues, parks and gardens, as well as cafes and other bohemian hangouts. The peak of this period of restructuring was during the government of Augusto Leguía in the early part of the 20th Century. He commissioned the great public works that established the foundations of the modern city, like Avenida Arequipa with its important buildings, and the Escuela de Bellas Artes (School of Fine Arts).

The following decades witnessed a demographic explosion and migration from

the country to the city, which forced Lima to grow in a chaotic, disorderly manner. However, the old city center and republican avenues still stand as testimony to the colonial origins of this beautiful city.

©

Hotel Insights

In the last few years, the city of Lima has undergone dramatic economic development and this growth is reflected in its hotel infrastructure. Visitors have a wide choice, from the most luxurious hotel to basic accommodation with good service.

Downtown

Traditional hotel hospitality in the historical center of Lima is found at the Lima Sheraton Hotel, one of the oldest luxury hotels in the city. It has a number of different restaurants and a large casino. The Gran Hotel Bolívar is situated on the Plaza San Martín recognized by its typical colonial Lima architecture. Close to the Iglesia de San Francisco, known for its famous catacombs, is the Hotel España, which offers a good alternative to young backpacking travelers. Also located in the downtown area is the San Agustín Riviera, a centrally located place with first class amenities with an old world charm. If you are looking for a place to stay with the family and you love dolphins, then stay at Delfines, Apart from offering excellent service and facilities, its distinguishing trait—as the name suggests—is the two friendly dolphins Yaku and Wayra, which live in an aquarium as part of the hotel decor.

San Isidro

San Isidro, one of the most residential and commercial districts of Lima has been affected by the expansion of the hotel sector. A sample of this is the recently built Swissôtel Lima is an excellent choice for its quality service and features along with several restaurants serving international cuisine. The Country Club Lima hotel is a high end hotel in Lima with its own casino and one of the oldest luxury hotels in this district. It is situated equally close to the San Isidro Golf Course and the building itself is architecturally very attractive.

Located opposite the old El Olivar park, is the Hotel El Olivar. In addition to excellent facilities, the hotel offers pleasant views

Lima Snapshot continued

of the surrounding lush residential area. It is ideally located within easy reach of the various cafes, restaurants and shops, which abound. For those seeking a place to stay for a longer period, and at a more affordable price, there are several Apart Hotels (fully equipped for short term rental), such as the Conquistadores and the Suites Córpac Club. Once again for those backpackers, there is another youth hostel in this area called Youth Hostel Malka, where members can obtain special rates and there is a rock wall to practice climbing.

Miraflores

Miraflores is another district which has witnessed huge growth in its tourist potential. It has a myriad of shops, restaurants and cinemas. Its beautiful views from its sea-front promenade, as well as from its various bridges and parks are a plus along with its active nightlife. Two of the most recent and exclusive hotels to be opened in Miraflores are the JW Marriott Lima and the Hotel Park Plaza, both offering the comforts of a luxury hotel. Their main strong points are the breathtaking sea views and their excellent service. Both are located very close to the popular commercial and entertainment centre, Larcomar.

The Las Américas hotel chain, known for its long tradition in hospitality, offers three locations to choose from. The first of these can be found in Avenida Larco, one of the area's main thoroughfares, surrounded by a variety of shops and businesses. The Hotel and Suites Las Américas has everything that one might expect from a luxury hotel as does the nearby Apart Hotel Las Américas or on the Avenida Benavides the Apart Hotel Empresarial Las Américas, all ideal for an extended stay or for large families or groups, as they provide the visitor with all the services and facilities of a first class hotel and apartment.

Affordable alternatives are available which offer good service. Among these, the Hotel Ariosto, Hotel la Hacienda and the Hotel María Angola all viable options. Even more economical alternatives are the basic and friendly little hotels, which can be found throughout the center of Miraflores, such as La Casa de los Sánchez and the new Apart Hotel La Paz. For those on a tighter budget, there is the Pukara Hostel which offers quite a bit of services, like picking you up from the airport, free breakfast, Internet

among others, and all this with access to a beautiful beach.

Barranco

Barranco is well known for being one of the loveliest districts of the city, and also Lima's bohemian centre par excellence. In this area there are only small, simple hotels. One that has recently opened in an attractive building typical of the area, is the Hotel California and, in another large house in the same area, just a few steps away from the central park, is the Mochilero's Backpackers Hostel, ideal for young travelers. Another popular hotel in this area is Second Home Peru, which is exactly as its name implies, it is just like staying in your own house. It has all the amenities that you would need and beachfront views. ©

Restaurants Insights

One of Lima's main attractions is its delicious cooking; quality food is found everywhere and it is not necessary to only go to the most expensive restaurants to enjoy a good meal. Lima's cuisine has managed to incorporate many influences and has made many traditions of its own. Its cuisine is exemplified by a huge diversity: Native American, Spanish, Chinese, Italian, Arab, African and a great variety of flavors from other parts of Peru.

To sample the unique taste of exquisite traditional food, choose from well-seasoned dishes like the delicious Ají de Gallina (shredded chicken in spicy cream sauce), Rocoto Relleno (stuffed Peruvian hot pepper), Lomo Saltado (stir-fried beef with rice and chips) or Carapulcra (sun-dried potato stew). The renowned Pisco Sour, prepared with pisco (a potent spirit distilled from grapes), lemon juice, sugar and egg-white is very popular, as is the refreshing drink made from boiled purple maize, the Chicha Morada.

San Isidro

There is a wide range of restaurants in Lima, from highly economical to very expensive. To sample Peruvian cuisine, the José Antonio in San Isidro and El Señorío de Sulco are wonderful places to eat like the natives. If you prefer French and Mediterranean cuisine in general, we recommend Le Bistrot de Mes Fils which boasts a extensive wine list, or La

Bonbonniere styled after the "Salons du Thé" in France. The fusion of Peruvian-Mediterranean food can be savored at MYO, where they also serve Algarrobina, a drink made with brandy, cinnamon and egg. For lovers of Japanese food, Lima offers renowned restaurants like Matsuei, Sushi Ito and Ichiban at the Hotel El Olivar. If what you want is Italian food, the best choices are Al Dente and San Ceferino Trattoria.

Miraflores

Miraflores contains the largest amount of restaurants in the entire Lima metropolitan area and the visitor will no doubt find what he or she is looking for, one place to try a local dish is Las Brujas de Cachiche (specialists intacu-tacu, a creole combination of rice and beans), go to A Puerta Cerrada to try some ceviche, a spicy mix of shrimp, tilapia and potatoes marinated in lime juice. Another restaurant that specializes in criole food is Zeño Manué, where the food is made as it was hundreds of years ago. A less expensive option, close to Parque Central de Miraflores is Tasca Bar offering savoury dishes and friendly service.

The fertile waters of the Peruvian Sea boast one of the greatest diversities of fish and shellfish in the world. Consequently, the country has developed a whole range of delicious fresh dishes, such as the celebrated Cebiche de Pescado (fish in lemon-juice marinade) or Cebiche Mixto (fish and shellfish marinade). In addition, there are a variety of main courses to choose from, such as Escabeche de Pescado (fried fish with onions), the ever-present Arroz con Mariscos (shellfish and rice) or Chicharrones de Pescado y Calamares (batter-fried fish and squid). Along with restaurants specialising in seafood, there is the well-known cebicherías throughout the city. In this district, there is a wide range of seafood restaurants like La Mar where the fashion conscious meet, and for the freshest seafood, go to Punta Sal, El Pez Amigo or La Rosa Nautica which are all good choices. For those looking for a beer and some sports, go to The Corner which is located in a busy area of Miraflores and for a pint of Guinness go to Murphy's Irish Pub, the oldest Irish pub in Lima. The renowned Calle de las Pizzas (Pizza Lane) in Miraflores, is a tourist attraction just for its number of pizzerías and their picturesque environment. Naturally there is plenty of Italian restaurants here like the

Lima Snapshot continued

Antico Ristorante Italiano di Porto Rotondo, the Trattoria di Mambrino owned by a local celebrity and the ever popular Don Rosalino, where the pizzas are made with the freshest ingredients. This area also has a myriad of French restaurants, two of the best are Café Voltaire and Le+Bon+Bakery +Cafe, a place to enjoy amazing pastries. More restaurants with a Peruvian flair and somewhat economical are Astrid y Gastón, Señorío de Sulco and Mangos.

Chorrillos

The Chorrillos district is one of the best known for traditional *cebicherías* like Sonia. Another one of the best restaurants in the city is El Salto del Fraile located along some cliffs with the most spectacular views of the ocean, and after dinner, enjoy a cocktail while dancing to the sounds of the sea. Another place similar to this one found on the outskirts of Lima, is the legendary Granja Azul where they serve chicken peruvian style.

City Center

Chinese food has fused with Peruvian cuisine, with the result of an extensive new range of flavors that can be enjoyed at the popular *Chifas* (Chinese restaurants), many of which are in Lima—a very good option for cost-effective, wholesome food; but if you want to try excellent Chinese food, then head for *Chifa Wa Lok* in the central Chinatown district. Another restaurant worth mentioning is *Los Escribanos*, frequented by locals and tourists alike. The restaurant *L'Eau Vive* is run by a convent of nuns and serves simple, yet tasty cuisine. If you're looking to shoot some pool and have a beer, go to the Brewing Corner and for those looking to people watch, there is the *Cordano*, where all types go for the amazingly strong *Pisco Sour*.

Barranco

The Costa Verde highway along Barranco offers a spectacular array of restaurants, such as the classic *La Canta Rana* and *De Rompe y Raja*, a seafood paradise is also found in Barranco at *El Muelle*. Two *criole* restaurants in this area are *Manos Morenas* and *Rustica* which has a buffet set with a wide range of dishes. Peruvian style Charcoal-grilled chicken, a popular dish, is popularly served throughout the city and well worth tasting here. A couple of dives that are very popular with the younger crowd and offer both drinking and dancing

are the *Bierhaus*, where you can enjoy some Peruvian beer and *Juanito's*.

For desserts, Lima's cuisine offers some quite succulent alternatives some of the more widely known include: *Arroz Zambito* (rice pudding with brown sugar), *Arroz Con Leche* (rice pudding), *Suspiro a la Limeña* (a creamy, sweet, lemon meringue with a delicate name: *Limeñan Sighs*), *Mazamorra Morada* (made from purple maize), *Pie de Limón* (lemon meringue pie), *Cheesecake de Saúco* (a native Andean fruit), *Huevos Chimbos* (a type of flan with a caramel and triple-sec coating), *higos rellenos con manjar blanco* (figs stuffed with blancmange), *Mousse de Lúcumá*, *Picarones* (local variety of doughnut). Try these desserts at *Punto Blanco*, and some of the least expensive *carretillas* (food carts) on *Alameda Chabuca Granda*.

©

Nightlife Insights

Museums

Lima has quite a considerable array of museums, including art, archaeology and history. The *Museo de Arte de Lima*, situated in the centre of Lima, was the city's first museum of art and houses Peruvian art spanning more than 3,000 years, from the pre-Inca cultures to contemporary art.

The *Museo de la Nación* has a permanent collection, which covers all of Peru's archaeological and ethnographic regions and in addition, a replica of the royal tombs of the *Señor de Sipán*. The largest private collection of *Mochicha* art in the world is to be found in the *Museo Arqueológico Rafael Larco Herrera* along with the famous *erotic huacos* (ceramic relics). Visit the *Museo Amano* to admire the wonderful collection of pre-Hispanic textile arts. The *Pedro de Osma Museum* is a museum housed in an old mansion and contains pieces of art in every textile imaginable, even metal and glass. This museum not only has local artists from Peru but art from throughout the world. To witness a piece of history about the Spanish Inquisition, visit the *Museo de la Inquisición*, where you can venture below to the dungeons and

see all of the torture instruments that the conquistadors used against infidels.

Galleries

Lima has an interesting stable of artists and every two years the *Bienal de Arte* is held when various galleries and large buildings in the center of Lima open to the general public with exhibitions of works by Peruvian and foreign artists.

The most popular galleries include the *Galería de la Municipalidad de Miraflores* and *Galería Forum*, which can both be found in Miraflores. In the district of Barranco you can find the *Praxis Gallery* and in San Isidro there are always interesting exhibitions in the *Galería Cecilia González* and in the *Centro Cultural de la Universidad Católica*.

Folk & Salsa Clubs (Peñas & Salsódromos)

Peru is very rich culturally, in dance, music and tradition. *Las Peñas* are folk clubs to gather together to the rhythms of *Criolla* (Creole) or traditional music. Lima has several *Peñas* such as the well-known *Sachún* in the *Magdalena* district, and *El Eslabón* in *San Borja*, where they also stage *Folkloric Ballets* like *Así es Mi Perú* (That's My Peru), as well as some more tourist traps such as *Manos Morenas*, offering dining, situated in Barranco.

The *Peña folklórica* held at *Brisas del Titicaca* affords unforgettable performances of Andean song and dance—especially from the *Puna* district. The lively ambiance invites all to join in along with the cast of professional performers. It is without a doubt the best spot in town of its kind. No video cameras are allowed, still cameras permitted.

A stop over at a *Salsódromo* (salsa club) in order to be able to dance salsa, meringues, or any other variation of Afro-Latin-Caribbean music is a must. These venues specialize in these musical styles and normally showcase numerous live bands, which, in most cases, play until the early hours. The best-known *Salsódromos* are *Bertolotto* in *San Miguel*, and the popular *Kimbara* and *Tropical Plaza* in *La Victoria*.

Bars, Clubs & Discotheques

Miraflores is a great choice to have a good time. *El Parque Central* was rebuilt in the early '90s and since then has become the

Lima Snapshot continued

ideal place to go for a stroll. The park has an amphitheater where you can enjoy free shows, which start in the early afternoons, and may be music, theater, mime or dance. Also to be found in the park is the Rotonda de los Artesanos, where you will find on show and for sale all types of goods including antiques.

Larcomar is a recently built shopping and entertainment center, which has a privileged location on the seafront. It has a selection of restaurants, ice-cream parlours, and shops selling accessories, books and gifts as well as a multiplex cinema, bowling alley. It also has charming jazz bars, the Hard Rock Café and some exclusive discos such as Teatriz and Señor Frog's, which are a couple of the most attractive bars in Lima.

Barranco, an old health spa, also has its own special character. It is situated in one of the most beautiful districts in the city for its cathedrals and scenic neighborhoods from the old Lima. However, Barranco is also known for its active nightlife, which is dominated by the many live shows of Peruvian jazz, rock and blues bands performing at La Noche and El Dragón.

Cinema & Theater

For cinema-lovers, there are a huge number of multiplex cinemas, which have sprung up all over the city. They mostly show Hollywood blockbusters. The state of the art cinemas, are at Larcomar and the Pacifico Cinemas, both located in Miraflores, as well as the multiplex at the Jockey Plaza mall in Monterrico. For those who prefer less mainstream, independent films, there are Filмотeca de Lima, which is in the Museo de Arte de Lima, El Cinematógrafo de Barranco, and the cinema at the Centro Cultural de la Pontificia Universidad Católica del Perú in San Isidro, and where once a year they hold the Latin-American Film Festival where you have the opportunity to see films that represent Latin-America.

Lima is not really known for its theater, but from time to time there are a few interesting plays and shows. The City of Lima and the Instituto Cultural Peruano Norteamericano are two institutions that organize annually very good international festivals, in which you can enjoy the best dance companies and local theater, as well as renowned groups from other parts of the world.

For those who enjoy light comedy, one of the oldest and best-known comedy theaters is the Teatro Marsano in Miraflores.

The theater at the Centro Cultural de la Pontificia Universidad Católica del Perú stages a varied repertoire of works from a diverse range of dance and theater companies, usually of a very high standard. Teatro Larco has a fine reputation, and throughout the year presents both contemporary and classical plays.

The in-house theatre of Teatro de la Casa Yuyachkani is one of the most alternative theatre spaces in Lima, where the Yuyachkani theater group continuously presents shows which usually mix theater with dance and movement.

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Things to Do Insights

As we said in the General Overview, Lima is a large city that blends the memories from its rich history with all the things that a modern city can offer in the 21st century. History, gastronomy, beaches, outdoor adventures and a more than active nightlife.

First things first: there are some things that as a first-time visitor you cannot miss in Lima, and probably the best way to start discovering this old yet modern and tourist-friendly city is to stroll along some of its most representative landmarks.

The Plaza de Armas, or Plaza Mayor (Main Square) is, according to the history, the place where Spanish conquistador Francisco Pizarro founded Lima in 1535. It is then the oldest and most historical place in Lima.

However, remember that Peru is located in the Pacific Ring of Fire, which means that earthquakes are not an uncommon thing here, and Lima has been destroyed by them more than once, which means that most of the buildings and monuments have been rebuilt several times.

So, after admiring the Cathedral and its Museum, the Archbishopric Palace, Government Palace, Lima Municipality or Palacio Municipal and the beautiful fountains, you will find an old manor house that has been admirably well preserved since those very first days; the Casa de Aliaga, a must-see building as old as Lima and located less than 50 m. away from the Plaza de Armas.

The house was built by Jerónimo de Aliaga, in a land plot given to him by Francisco Pizarro; the house has remained in the family ever since, and the de Aliaga descendants have opened their house for tourism. As if the house itself were not a stunning relic from ancient glorious times, it keeps a wide-ranging collection of Peruvian art and artifacts.

Visiting the Casa de Aliaga (Jiron de la Union 224, Lima) is not cheap, but remember this is currently the oldest house in Latin America. Tours can be booked through Lima Tours, with at least 24 hours notice. The phone is +51-1-619-6900. The house also has a webpage: casadealiaga.com

Another must-see in Lima Downtown is the Church and Convent of San Francisco, one of the best preserved ones; not only it's an imposing 1,600's baroque building, but also it will provide you a unique trip back in time. San Francisco keeps many relics brought to Peru by the first Spanish priests that came along with the conquistadores; but the most impressive sight there is undoubtedly the catacombs, which were Lima's original cemeteries.

The Church of San Francisco is in Jirón Ancash 471, Lima Downtown: opens from 9:30 a.m. to 5:45 p.m. daily, and the tickets cost some \$2.

Lima has some very good museums, but the ones you don't want to miss are the Museo Larco (Larco Museum) and the Huaca Pucllana. Larco Museum is a private museum, housed at a classy old mansion (whose ample gardens are often the scenario of high-level parties) and showcases an enormous collection of ceramic, metal artifacts and mummies that comprise some 3,000 years of history.

But the most amazing thing to see at Larco Museum is the collection of ancient erotic art, that portrays an wide variety of different and explicit sexual positions.

In turn, Huaca Pucllana combines an archaeological trip in the heart of Lima with a nice, cozy and classy restaurant. This place was built towards 500 A.D, and still continues surprising archaeologists now and then with new findings. The restaurant offers international gourmet cuisine with an impressive view of the ancient building, and is open until late night, unlike the ruins that close at 5 p.m.

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Lima has grown, and one of its new places is Larcomar, a three-level shopping mall that offers entertainment, food and even a cinema complex. Larcomar is located under former Parque Salazar, at the end of Larco Avenue, in the upscale district of Miraflores, at block six of Malecón de la Reserva.

A descending staircase will take you to the heart of this mall, that has restaurants for almost all budgets; from popular fast-foods restaurants surrounding the food court, to classy, expensive places like Mangos. It's kid-friendly, with lots of entertainment options for children of all ages; but also has discos and bars, and lots of exclusive boutiques and shops where you will surely find something for you and gifts for your family and friends.

If you have time and really feel like shopping, you may want to visit Jockey Plaza Shopping Center and Caminos Del Inca shopping mall, both in Surco district and with plenty of options, especially of the finest Peruvian alpaca and baby alpaca fibers. If you are interested in fine jewellery, Casa Banquero and Ilaria are the places you have to visit.

But if you are on a tight budget, you will prefer to Avenida La Marina handcraft galleries, in Pueblo Libre, known as the "Mercado Indio," or the new artisans markets on Petit Thouars Avenue in Miraflores, this district. You will find lots of inexpensive choices (arts and crafts) there, although some items—specially those made of silver—can be pricey. Tip: vendors expect you to haggle until reaching a price that satisfies buyers and vendors.

But modern Lima has more things to offer besides history and shopping. One thing you have to do in Lima for sure is trying Peruvian food, that has been gaining more and more international recognition worldwide. Ceviche (raw fresh fish fillets marinated in lime juice) is the most famous dish and a must for gastronomy lovers; but if you prefer something less raw, you cannot miss the Lomo Saltado (tender beef sautéed with tomato and onion, served with fries and rice).

Picking restaurants to recommend is really difficult, but some good restaurants are La Gloria (Atahualpa 201, Miraflores, Tlf. +51 1 445.5705), which offers Mediterranean-style food that includes fresh local ingredients and flavors; Cala, at the Circuito

de Playas Costa Verde, in Barranco, with innovations in Peruvian cuisine; and Rafael (San Martín 300, Miraflores, +51 1 242-4149).

If you are more into seafood, then Pescados Capitales (La Mar 1337, Miraflores, Tlf. +51 1 4218808) and La Mar (La Mar 770, Miraflores, Tlf. +51 1 4213365) would be your choices.

Some less pricey options would be El Señorío de Sulco (Malecón Cisneros 1470 – Miraflores), El Kapallaq (Av. Petit Thouars 4844, Miraflores, Tlf. +51 1 4444149), El Grifo (Avenida Colonial, block 10, Cercado de Lima), or one of the many restaurants specialized in pollo a la brasa (roasted chicken), from which we recommend Pardos Chicken and Las Canastas.

Nightlife in Lima can be enjoyed everywhere, but focuses mostly in Miraflores, Barranco and Surco, districts full of discos, restaurants and many different entertainment options, that will please party lovers to no end. If you want to see Peruvian folklore, though, you need to go to Brisas del Titicaca, near Lima Downtown, (Walkulski 168) which combines a Peruvian dinner with an excellent folklore show starting 8pm on Wednesdays and Thursdays, and 10pm on Fridays and Saturdays.

However, you may want to start your night early, taking a walk at the Circuito Magico del Agua (Magic Water Circuit), which opens from 4 p.m. to 10 p.m.. It has more than a dozen fountains that display a colorful show with background music at nights. It's on Parque de la Reserva, Block 5 of Av. Petit Thouars, Lima, and admission fees cost some US\$1.50.

And if you are the sport-loving kind of person, Bike Tours of Lima has something for you; they offer several routes to see Lima at a slower pace, with the help of bilingual guides. We do suggest the Bay Tour, which will take you for some of the most beautiful spots in Lima, including a breathtaking view of the Pacific Ocean, in a 3.5 hours ride you will never forget. Prices are around US\$25, which cover guiding service, bicycle rental, minor accident insurance, helmet, locks, snack and bottle of water. It is recommended to book in advance at <http://www.biketoursoflima.com> and info@biketoursoflima.com (Bolívar 150, Miraflores, Tlf. +51 1 4453172)-

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Travel Tips

Getting There

By Air

Jorge Chavez Lima-Callao International Airport (+51 1 517 3100/ <http://www.lap.com.pe/>) is the only international airport in Peru. Airlines include:

Aerolineas Argentinas (+1 800 333 0276/ <http://www.aerolineas.com.ar>) Aeromexico (+1 800 021 4000/ <http://www.aeromexico.com>) Aeropostal (+1 800 284 6637/ <http://www.aeropostal.com>) Air Canada (+1 800 361 5373/ <http://www.aircanada.ca>) American Airlines (+1 800 433 7300/ <http://www.aa.com>) British Airways (+1 787 725 7000/ <http://www.british-airways.com/>) Continental Airlines (+1 800 231 0856/ <http://www.continental.com>) Copa Air (+1 800 359 2672/ <http://www.copaair.com>) Delta Airlines (+1 800 221 1212/ <http://www.delta.com>) Iberia (+1 800 772 4642/ <http://www.iberiaairlines.co.uk>) KLM (+1 800 225 2525/ <http://www.klm.com/>) LAN Airlines (+1 866 435 9526/ <http://www.lan.com>)

Buses can be found outside the airport gates on Av. Faucett.

The Urbanito Airport Shuttle Service (+51 1 814 6932) offers door-to-door service to and from the Airport and hotels. The desk for the service is located in the international terminal.

Taxis are probably the easiest and most convenient way to get into the city. They are located outside the international flights terminal 24 hours daily.

Rental car companies at the Airport include:

Avis (+51 1 575 1637/ <http://www.avis.com>) Budget (+51 1 575 1674/ <http://www.budget.com>) Hertz (+51 1 575 1390/ <http://www.hertz.com>)

By Rail

Lima is the starting point of the highest railway in the world, the Ferrocarril Central. The train runs to and from Huancayo to the Central Highlands, and only travels roundtrip once a month from Apr-Oct. The Desamparados Station (+51 1 441 2222) in

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downtown Lima is located at Jr. Ancash 201 behind the Government Palace.

By Bus

There are buses from international locations including cities in Bolivia, Chile and Ecuador that run regularly to Lima. The many bus companies serving Peru all have terminals in Lima, however there is no central bus terminal in the city. Beware: bus terminals attract thieves, so be sure to always have your luggage in sight. Bus companies include:

Civa(+51 1 332 5236/ <http://www.civa.com.pe>) Cruz del Sur(+51 1 225 6163/ <http://www.cruzdelsur.com.pe>) Oltursa(+51 1 475 8559) Ormeno(+51 1 472 1710/ <http://www.grupo-ormeno.com>)

Getting Around

Lima's complex bus network connects all of the city's main streets and avenues. Micros are the large buses and combis or colectivos are minibuses or vans. The bus system is cheap but can be complicated.

Taxis can be located pretty much anywhere throughout the city. Prices should be established before the journey and it's best to hail a cab that is from a registered company. Registered cab companies include:

Taxi Amigo(+51 1 349 0177) Taxi Movil(+51 1 422 6890) Taxi Line(+51 1 330 2795) Taxi Seguro(+51 1 275 2020)
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Fun Facts

1. Weather fact: it never rains in Lima. Yes, we have some drizzle, but not "real" rains, so you can forget the umbrella at home.
2. Geek fact 1; some parks have free public wifi. Try it at Parque Central de Miraflores. If it works smoothly, give us a call.
3. Geek fact 2: There's a huge black market of software. Take a look at our Local Flavor blog to find more info.
4. Sports fact: local sport is soccer. The two top Lima teams are Universitario de Deportes and Alianza Lima. If there's a match while you are in Lima, be careful with the local hooligans.
5. Fun fact: Limenians call "lemons" to that tiny green fruit you call "lime". And yes, they call "lime" to those yellow, thick-skinned lemons you put into your tea.
6. Ipad fact: there's an intercity bus company based in Lima that offers iPad for first-class passenger's use. Take a look into our pages to find out which one:)

7. History fact: Lima was founded on the land of of indian chief Taulichusco, and the some of the old ruins can be see in the garden of one of the oldest manor houses built on the Main Square.

8. Geography fact: Lima is the largest province in Peru, with some eight million residents.

9. Food fact: Expect to eat like a king in Lima. Peruvian gastronomy is becoming world-famous and Lima has many very good restaurants. Odds are that even humble, inexpensive places can provide you an unforgettable gastronomical experience.

10. Transit fact: Lima's traffic-jams can be horrendous, specially during the rush hours, and there's no difference between using taxis or buses. So try to take your time, take a book just in case, and smile patiently. There's nothing else you can do.

11. Gay fact: the most gay-friendly district is Miraflores.

12. Vegetarian fact: there are not too many vegetarian choices in local restaurants. But you will find a brave new veggie world in Lima supermarkets.

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