



Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 20-30, 2022



“Lima, Where tradition is today's trend”

Sponsored by:



Organized by:



Peruvian Ice
Skating Federation



Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 28-30, 2022

Lima is pleased to host for
an ISU International Seminar for Judges.



Lima is the capital of Peru and the largest city in the country and is one of the largest cities in the Americas, with a population of almost 10 million inhabitants (a third of the total population of Peru). It is located in the Central coast of the country, on the shores of the Pacific Ocean.

During the viceregal period, Lima became the most important political and commercial center of the Spanish Empire in South America. Possessing large quantities of jewelry and precious metals, the city was the target of pirates who came from Europe with the intention of invading and plundering this wealth. This motivated the construction of walls to surround the city to defend against possible attacks. Currently, you can see some remains that remain as vestiges in the surroundings of the old town.



Lima is a cosmopolitan city, where modern architecture mixes with colonial mansions and vestiges of pre-Inca citadels. You can walk through the streets and squares of Lima to be amazed by its special appeal and charm. Exploring its museums and palaces, contemplating its historical monuments, tasting its exquisite cuisine or taking a walk along the boardwalk accompanied by a spectacular view of its beaches, are experiences that will undoubtedly mark your visit to this great city.



Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 28-30, 2022

Things to do in Lima:

Lima's Historic Center

Lima is love at first sight. Not only because it is the only South American capital built on the Pacific coast, but also because of its long and noble history. To wander through its historic center, a World Heritage Site, is to commune with both the past and the present. Its beautiful squares and monuments; its imposing mansion houses with their colonial and republican balconies; its many churches filled with priceless works of art; and its restaurants and bars offering countless traditional experiences and flavors, are just some of the options that can be enjoyed on foot.



San Francisco de Asís Catacombs

There are many dark stories and legends about the catacombs located under the San Francisco de Asís Convent: a historic Lima cemetery whose underground vaults, dating from colonial times, served to bury more than 25,000 people. This has made them very popular, becoming them a very visited place in the historic center of the Peruvian capital. In the past, as the population of Lima increased, the death toll also increased. The inhabitants used to bury their deceased in the depths of the temples. This is how extensive tunnel networks and underground cemeteries were built throughout the historic center, such as the San Francisco Monumental Complex, which functioned until 1810.





**Federación Peruana de
Patinaje Sobre Hielo**

International Judges Seminar

Lima, October 28-30, 2022

Things to do in Lima:

Water Fountains

If you want to enjoy a pleasant evening stroll outdoors, the Parque de la Reserva (Reserve Park) surprises with a show full of color and fantasy. Thousands of tourists and families gather daily, whenever the situation permits, to contemplate the impressive visual show of music, lights and water produced by the thirteen ornamental fountains that make up this magical circuit. Moving pools where you can enter and have a fun time



Paragliding on the Costa Verde

One of the most visited tourist attractions in Lima is its boardwalk; a place that borders the cliffs of the Costa Verde and whose privileged view of the immense bay is a reason to visit for thousands of tourists. Many of them arrive at the Parapuerto located in the Raimondi Park to fly over the city and feel the pure adrenaline from the heights.

Huaca Pucllana and Huaca Huallamarca

The history of Lima can be traced back to long before its foundation by the Spanish in 1535. Evidence has survived in the form of huacas, truncated mud brick pyramids that now stand among modern buildings. Right in the heart of Miraflores and San Isidro, respectively, stand the imposing Huaca Pucllana and Huaca Huallamarca, which were built to serve as ceremonial and funerary centers by the ancient Lima culture. They were constructed from small adobe bricks and straw, and the remains of tombs, pottery and mummies have been excavated.





Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 28-30, 2022

Official Hotel:

Pullman Lima Miraflores

<https://all.accor.com/hotel/B464/index.es.shtm>

Pullman Hotel Lima Miraflores is located in the Larco Avenue, the most important Avenue of Miraflores District with proximity to the Pacific Ocean with its mansions from ancient times, which survive among archaeological sites and modern buildings and the popular boardwalk on the Costa Verde. Here the well-known Larcomar Shopping Center is found., located a few meters from the hotel, near also Kennedy Park, the emblematic Miraflores park full of culture and life, and the vast gastronomic offer both Peruvian and international that is around.



Pullman Hotel Lima Miraflores is 30 minutes from Jorge Chavez International Airport. It has 236 rooms and suites and 1 Presidential Suite. As well as 4 meeting rooms and 2 directories, 1 "Plural" lounge bar restaurant, gym and a swimming pool located next to the Rooftop bar "Ambra".





Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 28-30, 2022

Official Hotel:

Pullman Lima Miraflores

<https://all.accor.com/hotel/B464/index.es.shtm>

Date	Mo	Tu	We	Th	Fr	Sa	Su	Special Rate
	24	25	26	27	28	29	30	US\$
Room Type								
Superior Room - Single								110
Superior Room - Double								115

Rates Included:

- Breakfast at the hotel restaurant.
- Access to the Gym and Swimming pool
- Wireless Internet service in rooms and public areas of the hotel
- Rates subject to 18% VAT and 10% services.
- Reservations must be managed through the Peruvian Ice Skating Federation : perupatinajesobrehielo@gmail.com



Federación Peruana de
Patinaje Sobre Hielo

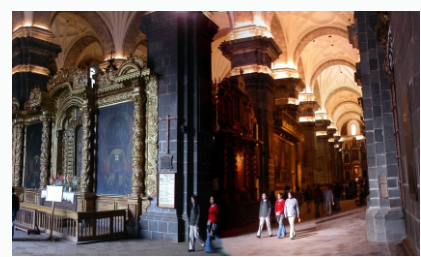
International Judges Seminar

Lima, October 28-30, 2022

Other things to do:

Cusco - Machu Picchu

If you have not been to Cusco and visited Machu Picchu, you have missed seeing one of the 7 wonders of the world. You can take a flight from Lima, which lasts 1.5 hours and do a 2-day tour in Cusco, capital of the Inka empire. the first day you can visit the city and its surroundings (Sacsayhuaman, Quenqo, Pucapucara and Tambomachay - the Inca's bath) and the second day visit the citadel of Macchu Pichu. Declared Cultural and Natural Heritage of Humanity in 1983 by UNESCO, it is probably the most amazing architectural construction of the Inca Empire. This citadel is made up of temples, palaces, terraces, monuments, complexes and walls; in addition to water channels, built with large blocks of stone, without any amalgam, proof of the great wisdom of the Inca civilization. Surrounded by forests in the province of Urubamba (Cusco), Machu Picchu annually receives approximately 1 and a half million visits. It has an area of more than 30 thousand hectares, where it is possible to find a varied flora and fauna, as well as wooded areas, steep mountains and snow-capped peaks.



For more information please contact us:

perupatinajesobrehielo@gmail.com



Federación Peruana de
Patinaje Sobre Hielo

International Judges Seminar

Lima, October 28-30, 2022

Other things to do:

Vinicunca- The seven colour mountain

There is a place in the south of Peru where a mountain attracts, not so much for its grandeur, but for its spectacular look. We are talking about Vinicunca, or rainbow mountain, which has become one of the greatest tourist attractions in the land of the Incas.

Located in the Cordillera de Vilcanota - southeast of the city of Cusco- Vinicunca offers a wonderful show, from the same path that leads to it. It is a journey of approximately five hours by car and on foot that, even though demands a high physical preparation, culminates in a postcard image that is forever engraved in the memory of the traveler.

The color of Vinicunca is because a geological formation accumulated over time by the mixture of marine, lake and river elements. This gathering of minerals dragged by the waters of the mountain range, the winds and the humidity, has caused the oxidation of the place and has made that the mountain acquire that magical diversity of tones.

To go to Vinicunca you must take a transport from the city of Cusco that takes you to the town of Checacupe. From there, you must continue the journey to the town of Pitumarca to finally reach Pampachiri. This whole journey will take you about two or three hours. In this town, you can buy the ticket to enter the Vinicunca area, which has a cost of ten soles for foreign tourists and five soles for Peruvians.

Pampachiri is the starting point of a hike that lasts approximately three hours. It is important that, before your trip, you start doing some type of cardiovascular exercise to be able to sustain the physical demands that the trip requires.

Remember that the Vinicunca mountain is located at a height of more than 5000 meters above sea level, so it is advisable to condition the body. Also, don't forget to bring non-perishable food and a bag to store your waste. Follow these tips to have a pleasant moment that you will never forget.



For more information please contact us:

perupatinajesobrehielo@gmail.com