

Joint Scientific Committee Meeting

Annual **ANDEX** Meeting







CAYETANO HEREDIA

Information to attendees

In the following sections, you will find the current information about visas, hotels, restaurants, and other services/facilities in Miraflores, Lima. Please note that prices could slightly change, and new information may be updated. This symbol (*) refers to a place close to the meeting venue.









ARRIVAL 💥

VENUE

HOTELS 🛌

RESTAURANTS |



ARRIVAL 💥

🌍 VISAS

Most countries in America and Western Europe do not require a tourist visa to enter Peru, and the maximum length of stay granted by the authorities is 183 days (it cannot be extended). For a longer stay with other objectives (business, study, work, etc.), previously, it is necessary to request the corresponding visa from the Peruvian consulates.

Visiting Peru must present a passport with a minimum validity of six months after entry into the national territory.

For more information on the countries that require a visa to enter Peru, visit the website here (in Spanish): Link

For more information on the visa process, visit the website here (in Spanish): Link

💰 MONEY EXCHANGE

The official currency of Peru is the Sol (S/). There are bills of 10, 20, 50, 100 and 200 soles, coins of 10, 20 and 50 cents, and 1, 2, and 5 soles. It is recommended to exchange currency at banks and currency exchange agencies. It is also possible to withdraw money in soles or US dollars at ATMs, but the exchange rate is usually higher.

🚕 TRANSPORT

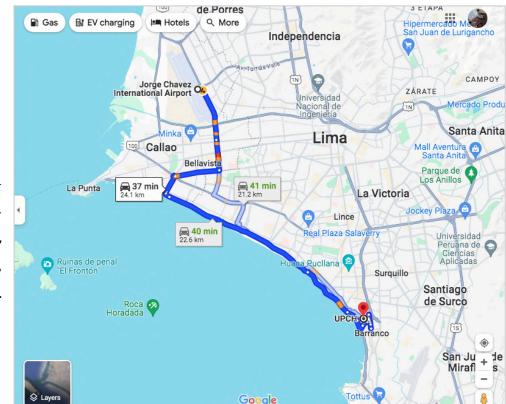
Your stay in Peru begins at <u>Aeropuerto Internacional Jorge Chavez</u> (Lima Airport). It is located in Callao, 11 kilometers (ca. 7 mi) northwest of Lima Center, the nation's capital city, and 17 kilometers (ca. 11 mi) from the district of Miraflores.

From the airport, there are only three ways to get to your hotel or meeting venue in Miraflores: renting a car, taking a taxi, or taking a bus/shuttle service.

- For the first option, you can find information here: <u>Link</u>
- Authorized taxis inside the airport, the information is here: Link
- If you are comfortable sharing transportation with others, the shuttle service may be suitable for you. Please follow the link provided here: <u>Link</u>

We strongly recommend using authorized taxis (mainly from the airport to Miraflores) or a taxi app for moving through the city. <u>Uber</u>, <u>Cabify</u>, and <u>Didi</u> are some options for getting safely.

The expected trajectory by taxi from the airport to Miraflores or nearby districts like Barranco or San Isidro.



NOTE:

Pedestrians should be extra cautious because car drivers do not always yield or obey the traffic signs.

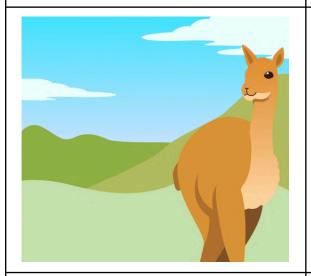
Given the erratic traffic situation prevalent throughout the day in Lima, we especially advise against renting a vehicle for traversing the city.

ắ CLIMATE & WEATHER

The Andes Mountain Range makes Peru a country with great climatic diversity:

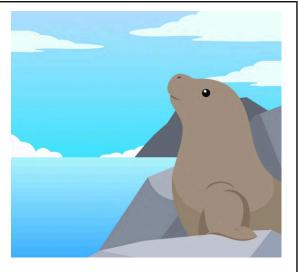
The Coast

From Tacna to Tumbes (including Lima, of course) has a mild to warm climate, moderate but with high humidity and dense fog in winter, where temperatures range from 12 to 18 °C. In summer, there is little fog, and temperatures range from 25 to 35 °C. Heavy rains occur from December to April, especially in the higher areas. During the other seasons, the average temperature is around 20° C.



The Amazon

Like the Andes, the Amazon has two well-defined seasons: the rainy season (November – March) with abundant precipitation, and the low-rainfall season (April – October), ideal for visiting. The humidity is very high throughout the year. Occasionally, between May and August, the temperature can drop to 8-12 °C.



The Andes

It has two seasons: summer (April – October), with sunny days, cold nights, and little rain (an ideal time to visit), with temperatures reaching up to 24 °C, and at night it can drop to -17.8 °C. There is abundant rain in winter (November – March), and temperatures range between -3 and 15 °C.



The seasons of the year (Southern Hemisphere):



Peru is in the GMT -5h time zone.

Location	Time
Lima	12:00 hrs.
New York	13:00 hrs.
Santiago	13:00 hrs.
Buenos Aires	14:00 hrs.
Londres	18:00 hrs.
Berlin	19:00 hrs.
Paris	19:00 hrs.
Токуо	02:00 hrs. *next day.

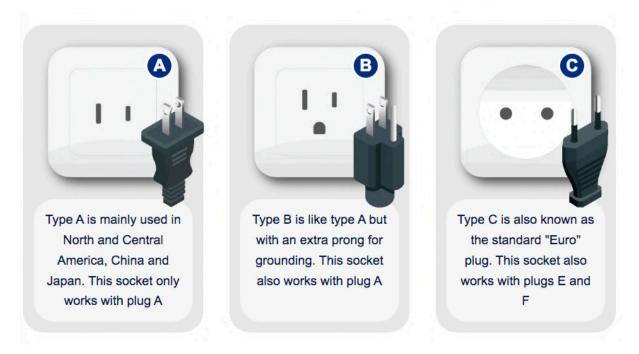
More information about when to visit Lima: LonelyPlanet - Lima

🔌 VOLTAGE

The standard voltage is 220 V at a frequency of 60 Hz in Peru. We advise leaving devices that do not support this voltage at home, as they may be damaged; otherwise, you could buy a voltage converter. In the venue meeting, you will find this specific socket (outlet):



Many buildings and facilities use sockets and plugs of types A and B. Type C is rare, but you can find them in older structures and small hotels.



LOCAL SECURITY

Lima is a large metropolis in a developing country, in which petty thefts and muggings are a growing problem. On the other hand, Miraflores is a particularly safe tourist district and visitors should be fine with some basic precautions.

It is a good idea to keep a copy of your identity documents with you and keep the originals in a safe place together with other valuables, in your hotel safe.

When walking, watch out for bag snatchers, and don't carry large sums of money. Keep objects of value hidden and watch your handbag and luggage. Do not change money in the street.

NOTE:

You may find further information about safety and security in Peru from the United Kingdom here: Link, and from the United States of America here: Link.

EMERGENCY CONTACT NUMBERS

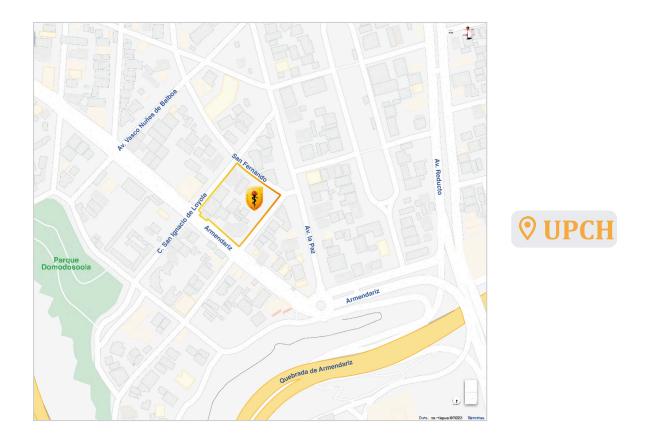
Police (central)	105
Firefighters:	116
Sistema de Atención Médica Móvil de Urgencia (ambulance)	106
EsSalud (ambulance)	117
Alerta Médica (ambulance)	01 416 6777
Código Médico (ambulance)	01 265 8783
Red Cross	01 266 0481
Miraflores local guards:	
Alerta Miraflores	01 350-9090 942 113 691 942 113 692 @Miraflores24h (Twitter/X)
Peruvian Ministry of Foreign Affairs	01 204 2400 (24 hours)
Jorge Chávez Airport	01 511 6055
Callao Airport Customs	01 512 1737 / 512 1730 ext. 25564
IPERÚ (information and help for tourists)	01 574 8000

More info about PERU

Find valuable information for planning your trip to Peru on the following official webpage: <u>Peru official info</u>.

VENUE 🏫

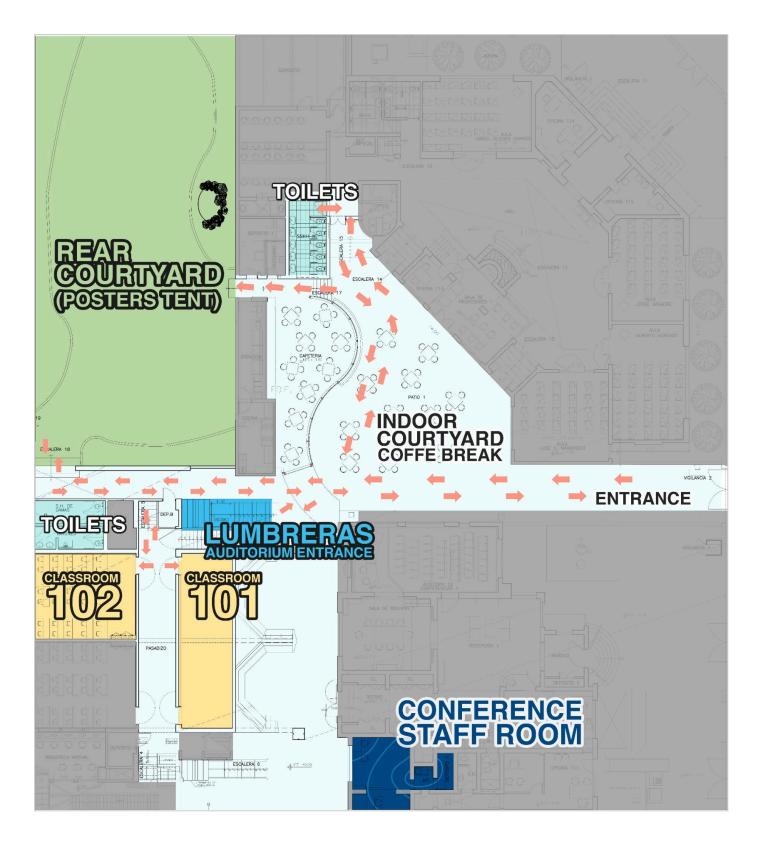
The conference will be held from May 27 to 30, 2024, in Lima, the capital of Peru, with the Universidad Peruana Cayetano Heredia (UPCH) as a venue. The UPCH is located in the main tourist district of Lima, Miraflores, which overlooks the Pacific Ocean.



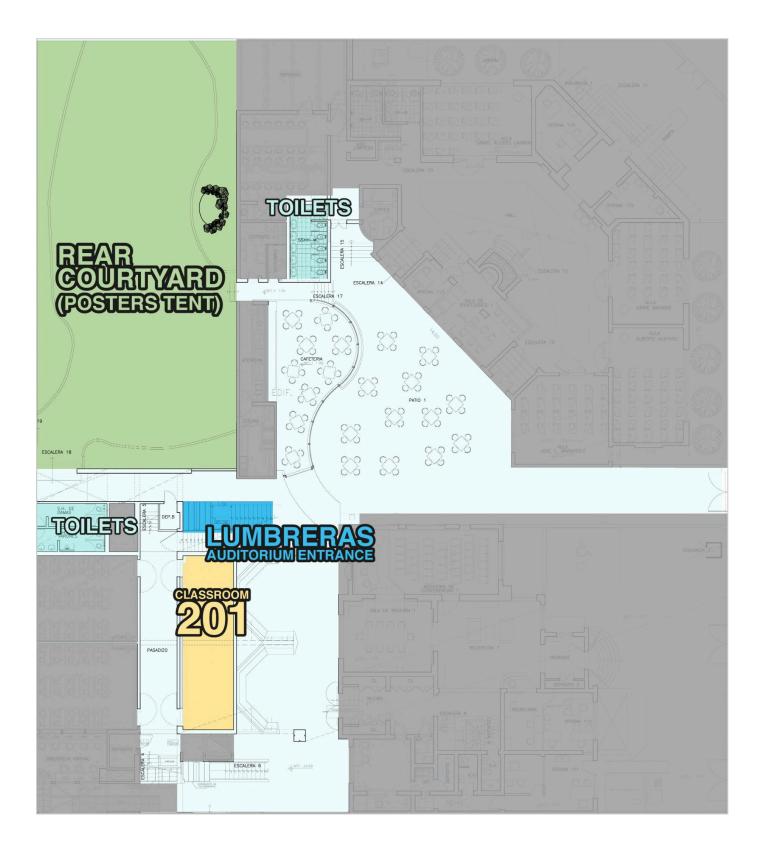
NOTE:

Please be advised that each meeting with its designated auditorium will be announced once the agenda is finished.

First floor (campus map)



Second floor (campus map)







HOTELS MA

NEW: The hotels are ranked from the most expensive to the cheapest per night. In some hotels, for groups of more than 5 people, a discount can be applied.

Belma Boutique Bed And Breakfast*

- Standard room: approx. €95.00 per night
- Address: Calle Comandante Arístides Aljovín 335, Miraflores, Lima, Peru
- Phone Number: (+51) 945 984 720
- Distance to UPCH Miraflores: 450 m
- Travel time: 🚗 2 min / 🚶 6 min.
- Booking Email: customerservice@belmahotels.com
- Visit Website Here

Tierra Viva Hotel Miraflores Larco

- Standard room: approx. €85.00 per night
- Address: Calle Bolívar 176-180, Miraflores, Lima, Peru
- Phone Number: (+51) 1 637 1003 / (+51) 987 976 151
- Distance to UPCH Miraflores: 1.2 km
- Travel time: 🚗 7 min / 🚶 14 min.
- Booking Email: reservas@tierravivahoteles.com
- Visit Website Here

IBIS Lima Larco Miraflores*

- Standard room: approx. €83.00 per night
- Address: Avenida Larco 1140, Miraflores, Lima, Peru
- Phone Number: (+51) 1 634 8888
- Distance to UPCH Miraflores: 850 m
- Travel time: 🚗 5 min / 🚶 10 min.
- Booking Email: h6971-re@accor.com
- Visit Website Here

Tierra Viva Hotel Miraflores Centro

- Standard room: approx. €80.00 per night
- Address: Calle Alcanfores 162, Miraflores, Lima, Peru
- Phone Number: (+51) 1 616 0895/ (+51) 914 381 662
- Distance to UPCH Miraflores: 1.6 km
- Travel time: 🚗 8 min / 🚶 20 min.
- Booking Email: reservas@tierravivahoteles.com
- Visit Website Here

Hotel Señorial*

- Standard room: approx. €80.00 per night
- Address: Calle José Gonzáles 567, Miraflores, Lima, Peru
- Phone Number: (+51) 1 241 2173 / (+51) 01 445 0139
- Distance to UPCH Miraflores: 800 m
- Travel time: 🚗 3 min / 🚶 10 min.
- Booking Email: reservas@senorial.com
- Visit Website Here

El Tambo Uno Hotel*

- Standard room: approx. €60.00 per night
- Address: Avenida La Paz 1276 Miraflores, Lima, Peru
- Phone Number: (+51) 1 219 4080
- Distance to UPCH Miraflores: 450 m
- Travel time: 🚗 3 min / 🚶 5 min.
- Booking Email: reservas@eltamboPeru.com
- Visit Website Here

El Tambo Dos Hotel

- Standard room: approx. €60.00 per night
- Address: Avenida La Paz 720 Miraflores, Lima, Peru
- Phone Number: (+51) 1 2000100
- Distance to UPCH Miraflores: 1.1 km
- Travel time: 🚗 8 min / 🚶 13 min.
- Visit Website Here

Hotel Selina

- Standard room: approx. €60.00 per night
- Address: Calle Alcanfores 465, Lima, Peru
- Phone Number: (+51) 1 709 7787 / (+51) 991 870 093
- Distance to UPCH Miraflores: 1.3 km
- Travel time: 🚗 5 min / 🚶 16 min.
- Visit Website Here

IBIS Budget Lima Miraflores*

- Standard room: approx. €53.00 per night
- Address: Calle Alcanfores 677, Miraflores, Lima, Peru
- Phone Number: (+51) 1 730 1700
- Distance to UPCH Miraflores: 1 km
- Travel time: 🚗 5 min / 🚶 12 min.
- Booking Email: <u>ha8f5@accor.com</u>
- Visit Website Here

Tinkus Hotel Inn

- Standard room: approx. €41.00 per night
- Address: Calle Dos de Mayo 180, Miraflores, Lima, Peru
- Phone Number: (+51) 1 241 2319
- Distance to UPCH Miraflores: 2.1 km
- Travel time: 🚗 12 min / 🚶 30 min.
- Booking Email: infoInn@hoteltinkus.com
- Visit Website Here

If you want to treat yourself with extra comfort and amenities, this information may be useful for you:

Belmond Miraflores Park Hotel* 🔽 🔽 🔽 🗸

- Address: Avenida Malecón de la Reserva 1035, Miraflores, Lima, Peru
- Phone Number: (+51) 1 610 8300 / (+51) 1 610 4000
- Distance to UPCH Miraflores: 200 m
- Travel time: 🚗 5 min / 🚶 3 min.
- Visit Website Here

JW Marriott Hotel Lima* 🔽 🗸 🗸 🗸

- Address: Avenida Malecón De La Reserva 615, Miraflores, Lima, Peru
- Phone Number: (+51) 1 217 7000
- Distance to UPCH Miraflores: 550 m
- Travel time: 🚗 3 min / 🚶 6 min.
- Visit Website Here

Aloft Lima Miraflores* 🔽 🔽 🔽

- Address: Avenida 28 de Julio 894, Miraflores, Lima, Peru
- Phone Number: (+51) 1 526 4850
- Distance to UPCH Miraflores: 700 m
- Travel time: 🚗 4 min / 🚶 9 min.
- Visit Website Here

AC Hotel by Marriott Lima Miraflores*

- Address: Avenida Malecón de la Reserva 729, Miraflores, Lima, Peru
- Phone Number: (+51) 1 518 6500 / (+51) 1 596 9480
- Distance to UPCH Miraflores: 550 m
- Travel time: 🚗 3 min / 🚶 6 min.
- Visit Website Here

Hilton Lima Miraflores*

- Address: Avenida La Paz 1099, Miraflores, Lima, Peru
- Phone Number: (+51) 1 200 8000
- Distance to UPCH Miraflores: 750 m
- Travel time: 🚗 3 min / 🚶 9 min.
- reserve.lima@hilton.com
- Visit Website Here

Pullman Lima Miraflores*

- Address: Calle Juan Fanning 515 525, Miraflores, Lima, Peru
- Phone Number: (+51) 1 313 1430
- Distance to UPCH Miraflores: 1.1 km
- Travel time: 🚗 5 min / 🚶 12 min.
- Booking Email: hb464-fo2@accor.com
- Visit Website Here

The Westin Lima Hotel & Convention Center

- Address: Calle Las Begonias 450, San Isidro, Lima, Peru
- Phone Number: (+51) 1 201 5000
- Distance to UPCH Miraflores: 5.5 km
- Travel time: 🚗 23 min / 🚶 1h 12 min.
- <u>Visit Website Here</u>

Peruvian FOOD

PREMIUM INGREDIENTS

Intangible cultural heritage of HUMANITY

RESTAURANTS

Lima offers a large selection of excellent restaurants and bars in Miraflores and other districts, such as Barranco or San Isidro.

Peruvian Food 🚺

Central 🌽 🌽 🌽 🌽

- Address: Avenida Pedro de Osma 301, Barranco, Lima, Peru
- Opening Hours: Monday Saturday: 12:45 p.m. 01:15 p.m. / 07:00 p.m. 08:30 p.m.
- Phone Number: (+51) 1 242 8515
- Distance to UPCH Miraflores: 2.4 km
- Travel time: 🚗 11 min / 🚶 33 min.
- This restaurant is considered the best in the world in 2023.
- reservas@centralrestaurante.com.pe
- Visit Website Here

Mayta 🌽 🌽 🌽 🌽

- Address: Avenida La Mar 1285, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 12:00 a.m. 04:00 p.m. / 06:30 p.m. 10:00 p.m.
- Phone Number: (+51) 937 220 734
- Distance to UPCH Miraflores: 4 km
- Travel time: 🚗 11 min / 🚶 55 min.
- Visit Website Here

Kjolle 🌽 🌽 🌽

- Address: Avenida Pedro de Osma 301, Barranco, Lima, Peru
- Opening Hours: Monday Saturday: 12:45 a.m. 02:30 p.m. / 07:00 p.m. 08:45 p.m.
- Phone Number: (+51) 1 242 8575
- Distance to UPCH Miraflores: 2.4 km
- Travel time: 🚗 11 min / 🚶 33 min.
- reservas@kjolle.com
- Visit Website Here

El Pez Amigo* 🌽 🌽 🌽

- Address: Avenida La Paz 1640, Miraflores, Lima, Peru
- Opening Hours: Tuesday Sunday: 12:30 p.m. 05:00 p.m.
- Phone Number: (+51) 1 409 4645
- Distance to UPCH Miraflores: 280 m
- Travel time: 🚗 2 min / 🚶 4 min.
- Visit Website Here

Festivo* 🌽 🌽 🌽

- Address: Calle San Fernando 380, Miraflores, Lima, Peru
- Opening Hours: Tuesday Saturday: 12:30 p.m. 11:00 p.m. | Sunday: 12:30 p.m. 5:00 p.m.
- Phone Number: (+51) 999 700 808
- Distance to UPCH Miraflores: 300 m
- Travel time: 🚗 2 min / 🚶 4 min.
- Visit Website Here

La Plazita* 🌽 🌽 🌽

- Address: Calle San Fernando 380, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 12:30 p.m. 10:00 p.m. | Sunday: 13:30 p.m. 5:00 p.m.
- Phone Number: (+51) 971 047 971
- Distance to UPCH Miraflores: 300 m
- Travel time: 🚗 2 min / 🚶 4 min.
- <u>Visit Website Here</u>

Tanta* 🌽 🌽 🌽 🌽

- Address: Avenida Vasco Núñez de Balboa 660, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 08:00 a.m. 10:30 p.m.
- Phone Number: (+51) 1 444 5231
- Distance to UPCH Miraflores: 550 m
- Travel time: 🚗 5 min / 🚶 7 min.
- Visit Website Here

Fiesta* 🌽 🌽 🌽 🌽

- Address: Avenida Reducto 1278, Miraflores, Lima, Peru
- Opening Hours: Tuesday Sunday: 10:00 a.m. 6:00 p.m.
- Phone Number: (+51) 1 242 9009
- Distance to UPCH Miraflores: 500 m
- Travel time: 🚗 3 min / 🚶 7 min.
- Visit Website Here

La Mar 🌽 🌽 🌽 🌽

- Address: Avenida La Mar 770, Miraflores, Lima, Peru
- Opening Hours: Monday Thursday: noon 5:00 p.m. | Friday Sunday noon 5:30 p.m.
- Phone Number: (+51) 1 421 3365
- Distance to UPCH Miraflores: 3.4 km
- Travel time: 🚗 11 min / 🚶 47 min.
- Visit Website Here

Pescados Capitales 🌽 🌽 🌽

- Address: Avenida La Mar 1335, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 10:00 m. 9:45 p.m. | Sunday 10:00 a.m. 4:45 p.m.
- Phone Number: (+51) 1 680 4600
- Distance to UPCH Miraflores: 3.4 km
- Travel time: 🚗 12 min / 🚶 56 min.
- Visit Website Here

Mercado 28* (Premium Food Court) 🌽 🌽 🌽

- Address: Avenida Vasco Núñez de Balboa 755, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 11:00 a.m. 10:00 p.m.
- Phone Number: (+51) 933 994 154
- Distance to UPCH Miraflores: 650 m
- Travel time: 🚗 5 min / 🚶 7 min.
- Visit Website Here

Sabor y Aroma Cafetería

- Address: Calle Manco Capac 487, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 08:00 a.m. 09:00 p.m. | Sunday: 08:00 a.m. 4:00 p.m.
- Phone Number: (+51) 1 455 8471
- Distance to UPCH Miraflores: 1 km
- Travel time: 🚗 6 min / 🚶 13 min.
- Visit Website Here

Sabor y Aroma Restaurante (Menu S/. 16.50)

- Address: Calle Manco Capac 491, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 11:00 a.m. 07:00 p.m.
- Phone Number: (+51) 1 241 2215
- Distance to UPCH Miraflores: 1 km
- Travel time: 🚗 6 min / 🚶 13 min.
- Visit Website Here

La Lucha Sangucheria Criolla (Peruvian Sandwiches)

- Address: Avenida José Larco 999, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 08:00 a.m. 10:00 p.m.
- Distance to UPCH Miraflores: 1 km
- Travel time: 🚗 6 min / 🚶 12 min.
- <u>Visit Website Here</u>

Amankaya

- Address: Avenida 28 de Julio 562, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 06:00 a.m. 10:00 p.m.
- Phone Number: (+51) 936 354 615
- Distance to UPCH Miraflores: 1 km
- Travel time: 🚗 5 min / 🚶 12 min.
- Visit Website Here

Alfresco

- Address: Avenida 28 de Julio 331, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: noon 10:00 p.m.
- Distance to UPCH Miraflores: 1.3 km
- Travel time: 🚗 6 min / 🚶 16 min.
- <u>Visit Website Here</u>

Mercado San Martín (Lunches for S/20.00)

- Address: Calle San Martín 482, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 08:00 a.m. 11:00 p.m. | Tuesday Friday: 11:00 a.m. 11:00 p.m. | Sunday: 09:00 a.m. 08:30 p.m.
- Phone Number: (+51) 944 980 385
- Distance to UPCH Miraflores: 1.8 km
- Travel time: 🚗 8 min / 🚶 16 min.
- Visit Website Here

International Food 🜐

Bodega Dalmacia*

- Address: Calle San Fernando 401, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 12:00 a.m. 11:00 p.m. | Sunday: noon 9:00 p.m.
- Phone Number: (+51) 1 447 8919
- Distance to UPCH Miraflores: 280 m
- Travel time: 🚗 2 min / 🚶 4 min.
- Visit Website Here

Zimmerman*

- Address: Avenida Vasco Núñez de Balboa 326, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 08:30 a.m. 09:00 p.m. | Sunday: 08:30 a.m. 02:00 p.m.
- Phone Number: (+51) 444 1308
- Distance to UPCH Miraflores: 290 m
- Travel time: 🚗 2 min / 🚶 4 min.
- Visit Website Here

La Bodega de la Trattoria*

- Address: Armendariz 299, Miraflores, Lima, Peru
- Opening Hours: Sunday Thursday: noon 11:00 p.m. | Friday Saturday: noon 12:00 a.m.
- Phone Number: (+51) 1 412 0731
- Distance to UPCH Miraflores: 290 m
- Travel time: 🚗 2 min / 🚶 4 min.
- Visit Website Here

La Baguette*

- Address: Armendariz 183, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 07:30 a.m. 09:30 p.m.
- Phone Number: (+51) 946 211 375
- Distance to UPCH Miraflores: 600 m
- Travel time: 🚗 3 min / 🚶 6 min.
- Visit Website Here

Quinoa Cafe*

- Address: Avenida Vasco Núñez de Balboa 785, Miraflores, Lima, Peru
- Opening Hours: Monday Friday: 07:30 a.m. 10:30 p.m. | Saturday & Sunday: 08:00 a.m. 10:30 p.m.
- Phone Number: (+51) 1 717 6619
- Distance to UPCH Miraflores: 650 m
- Travel time: 🚗 4 min / 🚶 8 min.
- <u>Visit Website Here</u>

LARCOMAR FOOD COURT*

In Larcomar Mall shopping center: Several options of international/national restaurant chains (including fast food chains).

- Address: Avenida Malecón de la Reserva 610, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 10:00 a.m. 10:00 p.m.
- Phone Number: (+51) 1 625 4343
- Distance to UPCH Miraflores: 750 m
- Travel time: 🚗 5 min / 🚶 10 min.
- <u>Visit Website Here</u>

Vegan Food 🥗

La Baguette*

- Address: Armendariz 183, Miraflores, Lima, Peru
- Opening Hours: Monday Sunday: 07:30 a.m. 09:30 p.m.
- Phone Number: (+51) 946 211 375
- Distance to UPCH Miraflores: 600 m
- Travel time: 🚗 3 min / 🚶 7 min.
- Visit Website Here

Quinoa Café*

- Address: Avenida Vasco Núñez de Balboa 785, Miraflores, Lima, Peru
- Opening Hours: Monday Friday: 07:30 a.m. 10:30 p.m. | Saturday & Sunday: 08:00 a.m. 10:30 p.m.
- Phone Number: (+51) 1 717 6619
- Distance to UPCH Miraflores: 650 m
- Travel time: 🚗 4 min / 🚶 8 min.
- Visit Website Here

Halal Food

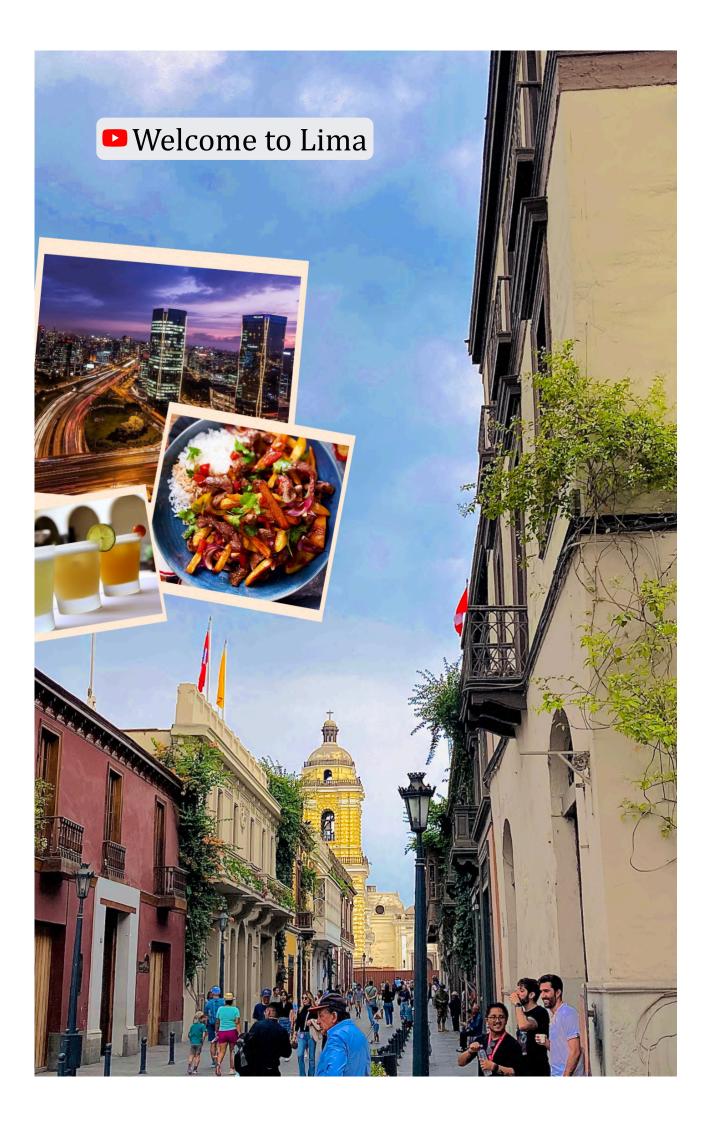
Ali Baba

- Address: Avenida José Larco 1130, Miraflores, Lima, Peru
- Opening Hours: Monday Saturday: 10:00 a.m. 10:00 p.m.
- Phone Number: (+51) 1 681 1811
- Distance to UPCH Miraflores: 850 m
- Travel time: 🚗 5 min / 🚶 11 min.
- <u>Visit Website Here</u>

Kosher Food

Limaná

- Address: Avenida Augusto Pérez Aranibar 2011, San Isidro, Lima, Peru
- Opening Hours: Tuesday Friday: 12:30 p.m. 10:00 p.m. | Saturday: 08:00 a.m. 11:00 p.m. | Sunday: 08:00 a.m. 04:00 p.m.
- Phone Number: (+51) 997 650 654
- Distance to UPCH Miraflores: 6.8 km
- Travel time: 🚗 11 min / 🚶 1h 9 min.
- <u>Visit Website Here</u>



WCRP - ANDEX

LIMA 2024

Venue: Universidad Peruana Cayetano Heredia – Miraflores Armendariz 497, Miraflores, Lima 15074



Délégation régionale de coopération pour l'Amérique du Sud

