

**AMAZON RIVER
HELICONIA LODGE
4 days/ 3 nights**

May 2019

Your expedition to the Amazon River offers a rare opportunity to see a totally different world, very detached from urban development where you will discover an astounding sphere of sheer nature and an effervescent biodiversity of flora and fauna. To help you experience an astounding Amazon Adventure we have prepared a most ideal suggested itinerary of 4 days and 3 nights, get to know more of the rainforest's mega biodiversity with a longer stay, appreciate more points of interests and make your enchanting rainforest foray worth its while.

MON 20

LIMA / IQUITOS / HELICONIA AMAZON RIVER LODGE (L, D)

You will be met and welcomed by our staff at the Luggage Claim area of the Iquitos Int'l Airport where our staff will assist you and transfer to our Office in Iquitos town proper. A briefing about our services, what to expect during your stay, the do's and don'ts in the jungle and some essential tips will make your stay comfortable. Soon after, you will transfer to the Iquitos Port, where you will board one of our speedboats to take you to the Heliconia Amazon River Lodge along the Amazon River.

During the boat ride observe the noticeable convergence of the brown turbid waters of the Amazon River with the dark waters of the Nanay River. Enjoy the impressive jungle landscapes with the rustic small houses of the riverside towns. Then have a short stopover in Monkey Island (in dry season you will visit Fundo Pedrito), a family social enterprise focused on conserving and protecting endangered monkey species in the Northern Amazon. The goal is to enlighten rainforest guests on the effort to reintegrate monkeys and their survival in the wild.

See the monkeys free in this reserve, not in cages. Their temporary stay here depends on their capability to adapt back to its jungle habitat.

After a 60 minute boat ride arrive at the Lodge where our staff will welcome you with an exotic jungle drink. Then check-in and settle in your room, at your leisure. Afterward taste your first Amazonian cuisine lunch.

In the afternoon, begin your first excursion: set out to a jungle hike into the Yanamono primary rainforest reserve, for approximately two hours accompanied by our expert guides. They will point out and identify several flora species such as heliconia flowers, medicinal plants and giant trees. You will also have the chance to sight several birds species such as the Turkey Vulture (*Cathartes Aura*), Black Fronted Nandou (*Monasa-Atia*), And with a little luck you will be able to view a family

of small monkeys such as marmosets (*Saguinus fuscicollis*), the Titi (*Callicebus Molloch Molloch*) and the Squirrel monkey (*Saimiri Bolivense*).

Return to the lodge for rest and relaxation and be enthralled by your first, must-not-miss Amazon Sunset. As the darkness of evening comes around, take a boat ride along one of the Amazon River's tributaries for an exciting evening in the jungle. With no lights, the jungle flora and fauna sparkle along the river's edge. Your expert boat guide will take you to where you can appreciate and listen to the magical sounds of the jungle. If it is a clear night, you will see the bright magnificent moonlight, as well as observe the stars and constellations. With some luck you can also see some falling stars which are quite common in the area. Then motor back to the Lodge to rest and relax for an early wake up the next day.

TUE 21

HELICONIA AMAZON RIVER LODGE (B, L, D)

Rise early for the Morning Bird Watching. In order to see the birds flocked together during their morning feeding time, You will start very early going by boat to one of the several streams to look out for a number of variety of Amazon birds. You will be looking out for birds such as the Tuki (*Jacana Jacana*), Ringed Kingfisher (*Ceryle-Torquata*), Black-Collared Hawk (*Busarellus nigricollis*), among others. Thereafter, you will return to the lodge for a scrumptious and energizing breakfast.

Take a little rest, and then we will visit a riverside village to see an indigenous tribe of the Yaguas community where you will have the opportunity to learn and see their way of life along the Amazon River. See their homes, school, church, shops. Interact with the people, learn their techniques of fishing and farming. Observe their customs and tradition, and get enlightened by their unaffected and austere way of living. Return to the lodge for lunch.

In the afternoon, you will set off to a Native Fishing expedition unto one of the small tributaries of the Amazon River. Learn the local techniques of fishing and for the most daring you can try to fish for Piranhas. If you are lucky you have your catch cooked for lunch, when you return to the Lodge. During this excursion you can also have the opportunity to look out for the Pink River Dolphin (*Inia Geoffrensis*). Return to the Lodge for lunch.

In the evening, consider the Night Hike. Go on an enchanting evening trek within the secure periphery of the Lodge and you will witness the entrancing transformation from daytime to a night atmosphere. As you adjust to the dark environment you will appreciate the rainforest takes on a very different character and be aware of the existence and habits of nocturnal jungle animals. It's the best time to see stunning tree frogs, shy snakes, and other rainforest creatures that only come out at night. Notice a range of completely distinctive fauna from the day as you listen to magical sounds of insects, birds, jungle cats and night owls. After 30 minutes of hike we back to the Lodge for Dinner.

WED 22

NATIVE COMMUNITY IMMERSION IN A RIVERSIDE TOWN (B, L, D)

Enjoy a delicious breakfast before we will board the boat towards a lake in Yanamono Island where you will be able to glimpse the Giant Water Lily, the *Victoria Regia*, the "Queen of water lilies". Now renamed *Victoria Amazonica*, these native flora in the shallow waters of the Amazon River basin are mostly found in oxbow lakes and bayous. You may see some flowers that are white as they bloom on the first night some that have turned pink on the second night after blooming.

They can grow to 40 cm in diameter, and are pollinated by scarab beetles. *Victoria Amazonica* is well known for its huge circular leaves, which are often pictured with a small child sitting at the center of its leaf to display their size and strength. Return to the Lodge for lunch.

In the afternoon, take a ten-minute boat ride on the Amazon River to a family farm for a *Trapiche* (roller-extracted sugar cane alcohol) Treat in a rustic sugar cane distillery located along the river. Watch how the locals process sugar cane extracts using horses, and then ferment sugar juice in wooden casks for some time to turn to liquor production. Get a taste of the varied exotic beverages made from the sugar cane liquor and sugar by-products such as molasses. You may want to buy some to take home for yourself or as a gift.

THU 23

IQUITOS / LIMA (B, L)

Enjoy a full breakfast before starting the rafting tour in the Amazon River. It is an exciting and safe activity that allows you to paddle in the largest river and make a side-excursion into the flooded jungle or the small tributaries of the Amazon River. Quietly contemplate the richness of nature slowly and without the noise that scares off the animals and birds. Return to the Lodge for lunch and check-out. After lunch, depending on your flight schedule, transfer to Iquitos City and according to your departure, transfer to the airport. End of services.

PRICE PER PERSON IN USD	DBL/SWB
RIO AMAZONAS HELICONIA LODGE 4 days/ 3 nights	150.00

Important notes

- Amazon River Expeditions staff awaits you at counter number 5 of the airport in the baggage reclaim area.
- Our Programs may vary according to flight arrival / departure changes or weather conditions.
- When visiting Monkey Island, it is recommended not to put on any insect repellent during the visit.

This Program included:

- Transfers, excursions and the services mentioned in the itinerary.
- 3 nights in the lodge selected.
- Meals mentioned in the itinerary. (B: breakfast, L: lunch; D: dinner)
- Domestic flight Lima-Iquitos-Lima.

(*) Accommodation is subject to availability. Air tickets do not permit changes.

This program does not include:

- Beverages: juices, sodas, soft drinks and any alcoholic drinks. (Tea and coffee are complimentary)
- Tips

What to wear

- It is important that you bring only necessary clothing and travel gear to the lodge. Due to weight and space limitations on the domestic flight and on the boat to the Lodge, passenger luggage is limited to 10 kg. (22 lbs.) per person. You may store some of your luggage in our office in Iquitos City and take only the most essential during your stay.
- Light cotton clothes, pants and long sleeve shirts (preferably in earth colors: olive green, light brown/khakis of light, breathable, quick-dry material; please avoid using white color in the jungle)
- Hiking boots or walking tennis shoes resistant to humidity; cotton socks.
- Bathing suit
- A light water proof parka jacket, raincoat or sweater (when the temperature goes down considerably or when it rains)

What to bring:

- Hat / Cap (preferably with large visor)
- Sunscreen / Sunblock.
- Insect Repellent (with DEET)
- Sunglasses.
- Personal Medicines /medications; first-aid kit
- Flashlight • Binoculars
- Portable converter, rechargeable batteries, electrical adaptor for your charger
- Camera with big memory card; preferably in waterproof case.

Contact Information and Booking:

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