

## HELCONIA AMAZON LODGE – 3 NIGHT/ 4 DAY ITINERARY

- **Day 01: 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 Amazonia 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 Nanbird (*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 Mollock Mollock*) and the Squirrel monkey (*Saimiri Boliviense*).

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 to 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.

- **Day 02: 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.

- **Day 03: Heliconia Amazon River Lodge (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.

- **Day 04: Heliconia Lodge / 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.