

Amazon Explorama Lodges

7 Day / 6 Night Nido de Aguilas Rainforest Program

03 Nov 19 – IQUITOS / EXPLORNAPO LODGE

Reception at the airport and transfer to the center of the bustling city of Iquitos. Our guide will take us on a tour of this rubber boom town where many of the buildings are covered in tile brought as ballast to Iquitos from Portugal by the rubber barons. We will also have a chance to see the central market of Belen where tropical fruits and fish are sold in an open market. From the market we will continue on to Explorama's boat docks and travel down the Amazon River and up the Napo River to ExplorNapo Lodge. There will be an orientation upon arrival and in the afternoon, we will visit the ReNuPeRu Ethnobotanical Garden where over 240 species of medicinal and useful plants are tended by a shaman and his assistants. Our guide will translate while the shaman explains many of the local uses of these plants and the spiritual healing that is practiced together with the medicines derived from the plants. On an evening excursion by open boat along the Sucusari we will enjoy the night sounds and, if it is a clear night, see the stars and constellations of the Southern sky.

Box Lunch, Dinner



04 Nov 19 – EXPLORNAPO / ACTS



This morning we will travel by boat to a black water oxbow lake formed when water from the Napo River became separated from the main flow of the river. These lakes provide a unique environment for birds like the elusive Hoatzin, a prehistoric-looking bird that is born with claws at the end of its wings. After lunch we will travel further on the Sucusari Stream to visit the only other residents on this tributary, the Maijuna community of Sucusari. The Maijuna have an indigenous land reserve, adjacent to ExplorNapo's Reserve, which

encompasses almost 1,000,000 acres of rainforest spread between 4 Maijuna communities that oversee its conservation. We will visit the Maijuna Cultural Center to learn about the Maijuna history and their sustainable rainforest projects. They will also show us how they use fiber from the chambira palm to make lovely artisan projects. When we return to ExplorNapo, we'll continue on to hike to ACTS, the Amazon Conservatory for Tropical Studies, deep in primary rain forest for the night. After dinner, at night we'll walk into the forest around ACTS where we will stop to see phosphorescent fungi that light up the forest floor like stars in the sky.

Breakfast, Lunch, Dinner

05 Nov 19 - ACTS

In the morning, we will hike through primary terra firme forest to the Canopy Walkway, a suspended bridge spanning 500 meters, connected by tree platforms and reaching a height of over 115 feet above the forest floor. Here there is time to observe a part of the rainforest rarely seen by man but accessible without any type of climbing skill or equipment. Our guide will discuss the importance of light in the battle for growth of the trees and how the plants must adapt to the very different environments on the forest floor and at the top of the canopy. We will have lunch and overnight again at ACTS, Amazon Conservatory for Tropical Studies, a short distance from the Canopy Walkway. Before sundown we'll



return to the Canopy Walkway to watch as mixed bird flocks fly over to their nightly resting spots and to watch the sunset over the canopy.

Breakfast, Lunch, Dinner

06 Nov 19 – ACTS / EXPLORNAPO / EXPLORAMA LODGE

After breakfast we'll walk back to ExplorNapó and board boats to travel down the Napo River and up the Amazon River to Explorama Lodge. Near Explorama Lodge we will stop on the way to visit a river clinic for local residents run by an American doctor where she or the clinic's Peruvian doctor or assistants will talk about health issues of the area and how they are able to treat them. In the afternoon, we'll hike along the "Lake Trail" through lowland rainforest which is seasonally flooded. Our guide will explain the differences between the plants and animals that inhabit the flooded forest as compared to the terra firme forest on higher ground. Before returning to the Lodge, we'll stop at the CONAPAC library where children in the neighboring rainforest villages come to read and learn. CONAPAC's library is the only one on the Amazon River in all of Peru! There will be an evening hike in the forest around Explorama Lodge to spot for katydids and tarantulas, both active in the forest after dark.

Breakfast, Lunch, Dinner

07 Nov 19 – EXPLORAMA LODGE – Service Project



In the morning, we will go by boat to a local river community and school where the people called "ribereños" do not have services like electricity, running water or stores. Our guide will tell us more about their simple way of life dominated by the river's movements and we will spend the morning working with the community adults and children on a service project in the village that CONAPAC <www.conapac.org>, a local non-profit organization, has designed with them for their needs. The project will be a combination of

activities such as painting the front or interior of the school; a planting project such as fruit trees around the soccer field, garden in front of the school or raised vegetable garden; a construction project such as a school kitchen, latrines, benches, perimeter fence for the school property or fence for gardens, an educational project in the classroom, and/or painting ecological signs for the school grounds and gardens. A picnic lunch including juanes, a traditional dish of wrapped chicken and rice, will be shared in the village. After lunch there will be time for a soccer or volleyball game or swimming in the river for some fun at the end of the work day. After a fulfilling day of helping others and working together with newly made friends, we will return by boat to the Lodge.

Breakfast, Lunch, Dinner



08 Nov 19 – EXPLORAMA LODGE

In the morning our neighbors from the indigenous Yagua community of Palmeras will come to the lodge to show us many of their skills for living in the rainforest. One of the elders will show us how blowguns are made, a group of women will show how bags can be dyed with natural dyes and woven from palm fibers, we will see how fish nets are woven and paddles are carved from trees as well as sampling some of the local foods. Afterwards, we will visit a



"cocamera", an ancestral home, where we will learn more about their culture and how their way of life has changed over time. There will



also be an opportunity to purchase some of the local crafts and for a demonstration of the blowgun, which some Yagua elders still use for hunting. In the afternoon, on a boating excursion along the Amazon, we will search for either of the two species of freshwater dolphin, pink and gray, found in the river. There will also be a chance to fish to see some of the incredible diversity of fish found in the Amazon River where more species exist than in the entire Atlantic Ocean. We will fish using a simple pole and line for catching piranhas as well as learn how to throw a cast net.



Breakfast, Lunch, Dinner

09 Nov 19 – EXPLORAMA LODGE / IQUITOS

In the morning we will walk along the “Bushmaster Trail” where if we are quiet and lucky we can find poison dart arrow frogs, squirrel monkeys or marmosets as well as the incredible diversity of rainforest plants and trees.. Today we will return by boat back to Iquitos and by bus to the airport to return to Lima.

Breakfast, Lunch (if flight departure time allows)

Due to the ever-changing nature of the rainforest, day-by-day activities are subject to change due to weather, trail or river conditions. First and last day itineraries may change due to flight arrival/departure times.

CLIMATE & SEASONS

A unique feature of the rainforest surrounding Iquitos is its lack of a specific rainy or dry season. There is a high-water period on the Amazon River from December through May which is caused by the melting of snow as the Andean summer begins and from the rainy season in the upper jungle. The low water period begins in June and ends with the rising waters in November. While the water level can fluctuate more than 45 feet, the warm and humid climate remains relatively constant throughout the year, giving this area its botanical category of "Everwet Tropical Forest". Normal daytime highs are 88°F and nighttime lows are 72°F.



WHAT TO PACK

Keep your baggage to a comfortable minimum. Pack light, drip-dry cotton or safari clothing, including one long-sleeved shirt and sweater. Hiking shoes or sneakers, (jungle trails are frequently muddy), extra socks, plastic raincoat or poncho. Include insect repellent, toilet articles, sunglasses, sunscreen, a wide brimmed hat, binoculars if you have them and a small flashlight or head lamp for reading and getting around camp after the generator is extinguished for the night. Sandals are fine for using while around camp or in boats.



For those who want to stay in touch with home, we have free wifi Internet access for your laptop or phone in the public areas of Explorama Lodge and ExplorNapó Lodge (not at ACTS). However, we are in the middle of the rain forest, so wifi is slow, not appropriate for video streaming and somewhat dependent on the weather. In the lodges there is 220V current available for charging batteries, laptops or phones during certain hours of the day. Most electronics (e.g. laptops, cameras, cell phones, tablets) can be safely charged using 220V current, but please check your owner's manual first.

La tarifa para el programa es:

US\$1,426.00 por alumno

Incluye:

- Traslado desde/al aeropuerto de Iquitos
- 1 profesor gratis por cada 10 alumnos
- Breve tour de ciudad camino al embarcadero
- Viaje por Río a los albergues
- Alojamiento en los albergues
- Todas las comidas en los albergues
- Leche, infusiones y café en las comidas
- Tours guiado por especialistas
- 1 Médico en todo el recorrido junto con el grupo
- 1 USB con fotos del viaje

NO Incluye: Boleto aéreo, ni extras.



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