

Specialized Packages Bird Watching 3 Days 2 Nights

Allpahuayo-Mishana National Reserve

Go on an exciting Birding Expedition-Bird 01 to one of the world's remarkable ecosystems, the Allpahuayo-Mishana National Reserve, world-renowned for having the most biodiversity in its forests and site of the rare white sand forest, locally called, "*varillales*". In spite of its relatively smaller size compared to others, the reserve contains more than 490 bird species; some twenty endemic, while others are inbred they cannot live elsewhere in the planet. The Allpahuayo Mishana National Reserve truly is a bird watcher's paradise where new bird species are being discovered every year.

Day 01: Lima-Iquitos (L, D)

Upon your arrival at Iquitos International Airport, you will be greeted by our staff and taken to Victoria Regia Hotel. After check-in, you may take your lunch around noon time. In the afternoon, you will trek to Quistococha Lagoon to observe other species around its flooded forests for about 2 hours. The range of the Amazonian Parrotlet, formerly seen only in the southeast has greatly extended north with its sightings here. You will see the Swallow-tailed Swift, Point-tailed Palm creeper, Sulphury Flycatcher, Olivaceous Woodcreeper, Lettered Aracari, Chestnut-eared Aracari, White-lored Euphonia, Red-eyed Vireo, Spotted Tody-Flycatcher along the Palm Swamps and surrounding area. On the palm trees, you can see Short-tailed swifts roosting or mating. On your way back to Iquitos, look out for Zone-tailed Hawk and Pearl Kites flying over. Dinner and a restful night at Victoria Regia.

Day 02: Allpahuayo-Mishana National Reserve (RNAM) / Quistococha (B, L, D)

Your wake up time is 4:30 am; take your packed brunch and depart via the Iquitos-Nauta Highway to Kilometer 25. At 5:30 am, you will start your expedition with a Birding expert from Allpahuayo-Mishana; listen and learn from his talk about the varied vegetation, ecosystem and soil like the rare white sand ("varillal") made up of almost pure quartz and nutrient rich lacustrine clay. Start to look for about 15 – 20 species of birds, as well as animals such as amphibians and monkeys. Hike down a jungle path to an observation post and see bird species such as the Ancient Antwren, Gray-legged Tinamou (between December and March), Mishana Tyrannulet (*Zimmerius villarejoi*), Northern Chestnut-tailed Antbird (*Myrmeciza castanea*), Pompadour Cotinga (*Xipholena punicea*), Allpahuayo Antbird (*Percnostola arenarum*) and the recently recorded Iquitos gnatcatcher (*Polioptila clementsii*), Brown-banded Puffbird (*Notharchus ordii*), Citron-bellied Attila (*Attila citriniventris*), Safron-crested Tyran-Manakin (*Neopelma chrysocephalum*), Yellow-throated Flycatcher (*Conopias parvus*). In the afternoon, continue the birding trek in Quistococha Lagoon to observe other species around its flooded forests for about 2 hours. The range of the Amazonian Parrotlet (*Nannopsittaca dachilleae*), formerly seen only in the southeast has greatly extended north with its sightings here. You will see the Swallow-tailed Swift, Point-tailed Palm creeper, Sulphury Flycatcher, Olivaceous Woodcreeper, Lettered Aracari, Chestnut-eared Aracari, White-lored Euphonia, Red-eyed Vireo, Spotted Tody-Flycatcher along the Palm Swamps and surrounding area. On the palm trees, you can see Short-tailed swifts roosting or mating. Before the sunset, return to Iquitos City. Dinner and a restful night at Victoria Regia Hotel.

Day 3: Allpahuayo-Mishana National Reserve / Iquitos City (B, L)

Your wake up time will be approximately 4:30 am. With packed brunch, you will once again look out for more bird species with our Birding Expert, at the Allpahuayo –Mishana Reserve in the white sand “*varilla*” forest. Continue to observe new species including the Iquitos Gnatcatcher and other white sand forest specialist such as the Pearly Antshrike, White-plumed Antbird, Zimmer’s Tody-Tyrant, Orange-Crowned Manakin, Ancient Antwren and Paradise Jacamar, between others. Return to Iquitos. Lunch at hotel and, depending on your departure time you will be transferred to the airport for your flight to Lima.

This program includes:

Ground Transportation from the Airport/Hotel/Airport
 Ground Transportation from the Hotel to the Reserve back to the Hotel
 Full day in the RNAM
 Halfday in the Quistococha Lagoon
 Breakfast in RNAM
 Lunch and dinner at the hotel
 Bird Expert Guide
 Checklist of birds

This program does not include:

Beverages: juices, sodas, soft drinks and any alcoholic drinks. (Tea and coffee are complimentary)
 Flight tickets Lima/Iquitos/Lima and airport taxes.
 Tips.
 Important notes
 Meet our driver in his booth # 5 at the luggage claim area.
 Our Programs may vary according to flight arrival / departure changes or weather conditions.
 For this program we recommend to take morning flights to Iquitos and your returning flight to Lima in the afternoon.
 Departures from Iquitos to Heliconia Lodge: just in the morning (max. 10:00 am)
 Departures from Heliconia Lodge to Iquitos is at 14:00 pm
 Check in: 13:00 pm / Check out: 12:00 pm

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

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- Portable converter, rechargeable batteries, electrical adaptor for your charger
- Camera with big memory card; preferably in waterproof case.