

**Specialized Packages
Bird Watching
5 Days 4 Nights**

Allpahuayo-Mishana National Reserve and Yanamono Community Reserve

This 5 Days 4 nights Bird-02 program is a Birdwatcher's iconic itinerary in the Amazon where you will visit one of the world's remarkable ecosystems, the Allpahuayo-Mishana National Reserve, world-renowned for having the most biodiversity 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 native, while others are so endemic they cannot live elsewhere in the planet. The Allpahuayo Mishana National Reserve is a bird watcher's paradise where new bird species are being discovered every year. Then, you will set off to some of the islands on the Amazon River, around Yanamono Reserve, such as the Hondococha (island in front of Heliconia Amazon River Lodge), Caño Cáceres, Quebrada Manco and the varied forest areas around of Heliconia Amazon River Lodge where 150 species of birds has been recorded.

Day 01: Lima-Iquitos (L, D)

Welcome to Iquitos, the gateway to the World's Natural Wonder, Amazon River and Jungle. Upon your arrival at Iquitos International Airport, you will be greeted by our staff and taken to Victoria Regia Hotel. After check-in lunch will be served at your leisure. In the afternoon, you may walk along the town's main boulevard to the Malecon, the river banks of the Itaya River, where you can start to observe shore birds of the Northern Amazon River. Return to the hotel for dinner and a rest all night.

Day 02: Allpahuayo-Mishana National Reserve (RNAM) / Quistococha Lagoon (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 parvusava*). Afterwards, you will trek to 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. 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 3: Allpahuayo-Mishana National Reserve /Yanamono Rainforest- Heliconia Amazon River Lodge (B,L, D)

Your wake up time will be approximately 4:30 am. With packed brunch, you will once again look out for more bird species with the guidance of our Birding Expert at the Allpahuayo –Mishana Reserve. Then continue to observe new species including the

Iquitos Gnatcatcher and other white sand forest endemics such as the Pearly Antshrike, White plumed Antbird, Zimmer's Tody-Tyrant, Orange-Crowned Manakin, Ancient Antwren and Paradise Jacamar,

White-browed Purpletuff, among others.. Back to the highway, you will transfer to Iquitos to Bellavista Nanay Port. On this boat ride along the Amazon River towards the Heliconia Amazon River Lodge, observe some Large- and Yellow-billed Terns and maybe a Light Yellow-headed Vulture. Arrive at the Heliconia Amazon River Lodge, and after lunch take a jungle hike into the Yanamono swamps nearby looking for endemic species of the Várzea forest (seasonal floodplain forest inundated by white water rivers) like the Pale-legged Hornero, Warbling antbird, Violaceous trogon, White-eared Jacamar, Buff-throated Wood creeper. On the upland (terra firme) forest, you will find some Manakin species, including Golden-headed Manakin, which is replaced in the south Amazon by Red- and Blue-headed Manakins, Reddish Hermit, Golden-collared Toucanet, Fasciated Antshrike and Short-billed Antwren.. Return to the lodge and rest. Dinner and a restful in Heliconia Amazon River Lodge.

Day 4: Yanamono Rainforest (B,L,D)

Wake up very early to take the boat and start the bird watching expedition to Quebrada Cáceres (a gorge or ravine), during high tide. You will be looking out for birds such as the Wattled Jacana, White-eared Jacamar, Black-capped Donacobius, Red-capped Cardinal, Amazon Kingfisher, Green Kingfisher, Ringed Kingfisher, Black-Collared Hawk, Amazonian Antshrike, Amazonian-streaked Antwren, Black Caracara, Plumbeous Antbird, Great Egret, Greater Ani, Squirrel Cuco and Oriole Blackbird.

After breakfast, take a walk along the Yanamono swamps on terra firme (non-flooded) forest where hopefully you will observe Black Fronted Nunbird, Blue and Gray Tanager, Roadside Hawk, Yellow-headed Caracara, Chachalaca, White-throated Toucan, Yellow-rumped Cacique and others. In the afternoon, a speed boat will take you to the Napo River, a smaller tributary of the Amazon River where you can view river shore species like Black-necked Red Cotinga, Orange-eyed Flycatcher, Swallow Wing and Chestnut-

crowned Becard. Then proceed to one of the oxbow lakes to see Hoatzins, Plum-throated Cotinga, among other species. Also, look out for birds like Black-collared Hawk, Great Black Hawk, Capped Heron and three species of Kingfishers (American Pygmy, Green and Rufous, Green and Amazon). At this time you can also have the opportunity to look out for the Pink Amazon River Dolphin (*Inia Geoffrensis*). Return to the lodge for dinner and overnight.

Day 5: Yanamono Rainforest/ Iquitos (B, L)

You will set off again very early morning for birding. We will be looking out for birds such as the White-eared Jacamar, Black-capped Donacobius, Red-capped Cardinal, Amazon Kingfisher, Green and Ringed Kingfishers, Black-collared Hawk, Gilded and Scarlet-crowned Barbets, Crimson-crested and Cream-colored Woodpecker and Striped Wood creeper, Band-tailed Manakin among other species. After lunch, return to Iquitos and depending on departure time, you will be transferred to the airport for your flight to Lima.

This program includes:

Transportation from the Airport/Hotel/Airport
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
2 Nights at Iquitos's Hotel
2 Nights at Heliconia Lodge
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
- Portable converter, rechargeable batteries, electrical adaptor for your charger
- Camera with big memory card; preferably in waterproof case.