

Specialized Packages

Mystical Heliconia

04 days / 03 nights

Heliconia Amazon River Lodge offers a blend of traditional shamanism, transcendental exercises, and mysticism into an amazing Amazon River trip that offers a truly unique and life-changing experience in the heart of the Northern Peru jungle. You will journey into a world of holistic and universal spirituality and closeness with nature, in a safe and supportive environment where individuals can experience personal growth, energetic evolution, and healing through Amazonian shamanism. At the same time, stay in authentic comfort during your rainforest spiritual sojourn amidst the astounding biodiversity and environmental learning. Explore the jungle, feel the wildlife first hand and appreciate the wonders of nature as you undertake a positive life transformation.

Day 1: 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 and transfer to our Office in Iquitos town proper. A briefing about our services, what to expect during your stay and some essential tips will be carried out shortly. Soon after, you will transfer to the Bellavista Port, where you will board one of our motorized boats to take you to the Heliconia Amazon River Lodge along the Amazon River.

While cruising, notice the 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, 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 90 minute boat ride arrive at the Lodge where our staff will welcome you with an exotic jungle drink. Next check-in and settling in your room, at your leisure, 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 show you 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 (*saguinusfuscicollis*), the Titi(*CallicebusMollockMollock*) and the squirrel monkey (*SaimiriBoliviense*). Return to the lodge for rest and relaxation and be enthralled by your first, must-not-miss Amazon Sunset. As the evening comes around, during high tide, take a boat ride along one of the Amazon River's tributaries for an exciting evening in the jungle, with no lights, perhaps just some jungle flora and fauna sparkling in the dark. You will have to trust your expert boat guide to take you 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. Return to the lodge and at the appointed time, you will meet your Shaman who will give you an orientation of the Ayahuasca experience. 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, start very early by boat to one of the several streams (best on high tide) to observe a good variety of birds. Look out for species such as the Tuki (*Jacana Jacana*), Ringed Kingfisher (*Ceryle-Torquata*), Black-Collared Hawk (*Busarellus nigricollis*), among others. Then, return to the lodge, for an energizing breakfast. Take a little rest and 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 try to fish for Piranhas. During this excursion you can have the opportunity to see some Pink River Dolphins (*Inia Geoffrensis*). Back to the lodge for a nourishing lunch, and afterwards, board the boat towards a lake in Yanamono island (best on high tide) 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. In the evening, consider a Nature Night Hike. Go on an enchanting trek within the secure periphery of the Lodge and to witness the entrancing transformation from daytime to a night atmosphere. As you adjust to the dark environment you will appreciate the existence and habits of nocturnal jungle fauna such as tarantulas, fire flies, owls and bats. Listen to nocturnal forest sounds and spot species that only emerge at night. Back to the Lodge, a special dinner is prepared for you who will participate in the Ayahuasca Ceremony. At 10:00 pm, in an exclusively built area, join the rituals which include ingestion of a sacred visionary plant *Ayahuasca* or *Yage*, to open your consciousness and unveil the spiritual world, meant to cleanse the body and spirit. Take part in the ceremony, where the shaman (*curandero*) sings *icaros* (medicine songs) and plays the *shacapa* (a leaf instrument) to call in the spirits that will help you achieve personal transformation. Then, a relaxing and restful night at the Lodge.

Day 03: Visit to a Riverside Town (B, L, D)

Wake up late or rise early — the choice is yours. Breakfast begins at 8:00 a.m. for those who want to avoid the heat, and enjoy nature at its fullest. Relish a full breakfast before departure. After your meal, breakfast, take the boat to a riverside town to visit an indigenous tribe of the Yaguas community where you learn and appreciate their way of life in the Amazon River. See their homes, school, church, shops and interact with the

people; discover their techniques of fishing and farming. Observe their customs and tradition and get enlightened by their unaffected and austere way of living. Then, set off to a Native Fishing expedition unto one of the small tributaries of the Amazon River. Know the local techniques of fishing and for the most daring you can try to fish for Piranhas. During this excursion you will have another chance to look out for the Pink River Dolphin (*Inia Geoffrensis*). Return to the Lodge for rest, dinner at your leisure and overnight at the Lodge.

Day 04: Iquitos / Lima (B, L)

Enjoy a full breakfast before departure. A ten-minute boat ride on the Amazon River takes you to Family farm for a *Trapiche* Treat in a rustic sugar cane distillery located along the river. Watch how the locals process sugar cane extracts using horses and ferment sugar juice in wooden vats for a period of time to transform to alcoholic drink. 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 present. 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, to the airport.

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.

NOTE: When visiting Monkey Island, it is recommended not to put on any insect repellent during the visit.