



EcoCultural Expeditions

Expedition PACAYA

This expedition is based purely on living and experiencing the jungle. It is a unique opportunity to get well acquainted with Peru's north; the great variations and contrasts of the Amazon. We will come in close contact both with nature and the native people in high and low jungle and experience their lifestyle and means of living. The expedition starts with hot springs in the high jungle and living with the native Tingana people in the mangrove forests, to later cruise by riverboat on one of the rainforest's many rivers directly towards the source of the majestic Amazon River itself. Entering the enchantingly beautiful and bio-diverse nature reserve of Pacaya Samiria we meet the Yarina people and discover the powerful energy of the low Amazon jungle.



Day 1

Arrival at Lima Airport

- Pickup by Coex Amazon and transport to Hotel Colon de Miraflores.
- Overnight stay at Hotel Colon de Miraflores; this 4 star accommodation includes a breakfast buffet and is centrally located in Miraflores, one of Lima's finest parts of town, only 2 blocks from the stylish LarcoMar terrace overlooking the Pacific Ocean.

Day 2

Full Day in Lima – “City of the Kings”

- After breakfast information meeting by Coexistence Amazonas.
- Overnight stay at Hotel Colon de Miraflores.
- **The day in Lima is free to enjoy as desired.**

Day 3

Expedition starts on departure from Hotel Colon de Miraflores

- We catch the 14:00 scheduled flight from Lima airport to Tarapoto, the most important northerly communication point in Peru's Amazon jungle. We are in the high jungle at about 350 msl (1148 ft). The climate is warm and humid. We are met by our friends in Tingana and drive 1 ½ hrs to Moyobamba which lies 870 msl (2,854 ft) in the high jungle. Moyobamba is the town of a thousand orchids and is known as the first Amazonian town founded by the Spanish conquistadors.
- We book into the completely ecologically run Hostel Rumipata which lies by Moyobamba's hot springs. We relax and bathe in the hot springs and have lunch by the hostel.
- In the evening we go into Moyobamba centre for dinner and an enjoyable evening.

Day 4

Tingana – La Reserva Abisado

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- After a good night's sleep we have a good breakfast with our hosts at the Hostel Rumipata. We get ready for our departure to the mangrove forest in the national park Abisado – Tingana.
- After an hour by car we come to the Mayo River. Here we board a small wooden riverboat which will take us into the nature reservation. An hour later we start our journey up one of the tributaries and find ourselves in an enchanted mangrove forest where we are suddenly surrounded by a completely different flora and fauna. It is rich in bird and fish life and has 4 – 5 different types of apes. It is said that in the nature reserve of Abisado the trees 'wander'. Something one will understand when one sees them.
- Deep in the reserve live a native community called the Tingana. These people know how to manage and farm their environment in a sustainable way. We will be welcomed by this extremely friendly people to spend the next couple of days living with them. The Tingana lives of fishing, hunting and farming in the rich diversity in plants and fruits around them. They also specialise in coffee growing and making their own sugar alcohol (aguardiente).
- Lunch is prepared for us by the Tingana ladies. We relax and enjoy swimming in the river. Before twilight we take the boat out together with the Tingana to fish by their traditional methods.
- Dinner is prepared by the Tingana ladies and there are good cultural exchanges afterwards around the fire with the hosts. We sleep in the airy straw huts, in mezzanine beds or hammocks.



Day 5

Tingana – La Reserva Abisado

- We wake to the twitter of birds and the possibility of following the Tingana out on their early fishing or hunting trips. Gradually we return for breakfast with their homemade coffee made by the Tingana ladies.
- After breakfast we get ready to familiarise ourselves with the mangrove forest by foot and canoe. Our Tingana guides will show us nature's plentiful harvests and how they sustainably utilize these resources. There are good possibilities to spot several ape species and numerous birds and insects one will never have seen before. The 'wandering' trees are amazing to look at and far too tempting to avoid climbing in.
- We get back to the camp hot and sweaty and ready for a swim in the river. Lunch is prepared. After having eaten we relax, find a hammock and go into "Don't worry be happy" mode.
- Later we follow the Tingana out onto their field patches to see and learn, amongst other things, how they make their sugar alcohol (aguardiente) from sugarcane.
- We get back to the camp hot and sweaty again and ready for another swim in the river before dinner. Our last evening with our new Tingana friends is a good opportunity to try "el aguardiente". We go to bed to the sound of the jungle calm, occasionally interrupted by the calls of nocturnal animals.

Day 6

Back to Moyobamba and our hosts in Hostel Rumipata

- We wake to a new day in the jungle. We know our hosts and are free to join them in their morning activities.
- After breakfast we prepare to leave on our return trip to Moyobamba and the Hostel Rumipata.
- On the way back we can arrange to visit some waterfalls, hot springs or an orchid trail.

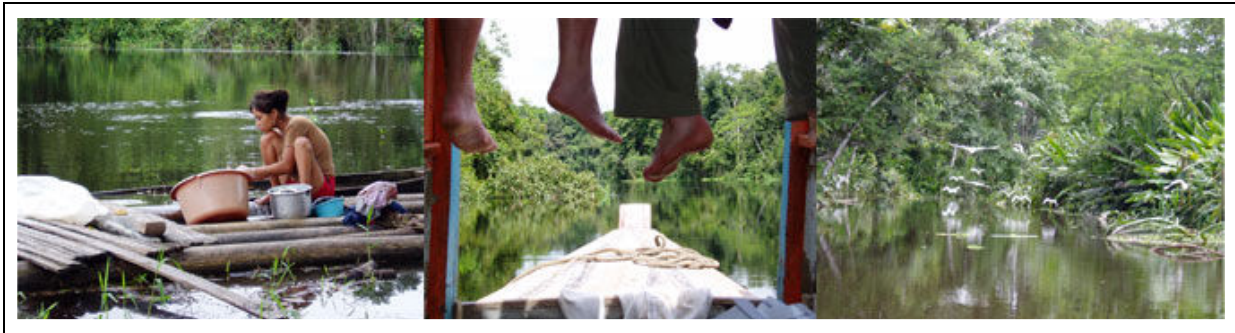
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- We have lunch on the way.
- We are back in the hostel and can choose to stay there for the rest of the day and evening or go to Moyobamba centre to have dinner and spend the evening there.

Day 7 From high jungle down to low jungle – destination Yurimaguas

- After a good breakfast we get ready to bid farewell to our hosts at Hostel Rumipata and travel down towards the low jungle.
- We will travel by private car for approximately 5 hours to get to Yurimaguas. The climate will become noticeably warmer and the topography flattens out. On the way we stop at the waterfall Ahuashiyacu for a swim in the tropical and exotic environment. We enjoy lunch at a small local restaurant where we are served wild produce from the area. Eventually we cross the last mountain chain that parts the high and low jungle. From here it is completely flat to east all the way to Brazil and the Atlantic coast.
- We arrive in Yurimaguas late in the afternoon and book into the cosy and exotic hotel Puerto Perricos by the banks of the river Huallaga. Yurimaguas is a small and somewhat forgotten town but an essential communication point between Iquitos, Peru's largest Amazonian city and the Peruvian coast. The road actually ends here in Yurimaguas.
- We travel in to the centre for dinner and take an early night as little happens in Yurimaguas. Tomorrow we will be going out onto the rivers and lakes.



Day 8 Out on the rivers and lakes – destination the Cuypari community

- We are up early and have breakfast by the banks of the river before going onboard our private boat which will take us out onto the Huallaga River and on to several lakes.
- Our own boatman Segundo and local guide Orlando will be with us for the next couple of days to show us the lakes Sanando, Marujay, Pucuna and eventually Cuypari , where we will stay overnight in the small local community. On the way we will see several small settlements living in harmony with nature and who are not very used to seeing “white gringos”. The flora around us presents an extensive variety of greenery. Large parts of the water surface is covered with lilies and often we will see freshwater seals and “buefos” pop up out of the mirror still water. As the boat slides through the water, we become aware of the rich bird life above us.
- We arrive at the idyllic lake Cuypari and are welcomed by our new hosts in the community by the same name. We are allocated our host families who will house us and lunch is prepared – most likely it will be fish.
- The rest of the day we enjoy the company of our new hosts and join them in swimming, fishing, ballgames, getting acquainted with our new environment and relaxing.
- As it gets dark it is time for dinner followed by music and singing with the locals.

Day 9 Return to hotel Puerto Perricos - Yurimaguas

- We wake to the sun rising over Lake Cuypari where some of us might already be out fishing or hunting with the locals. Others may wish to have a morning swim before breakfasting with their host families.
- After breakfast Orlando and our native guide will take us into the forest to familiarize ourselves with the flora and fauna. We will get an insight into the how the locals make their living here.

- Lunch is prepared and then we must say goodbye to our new friends the Cuypari and return by boat to Puerto Perricos by Yurimaguas.
- After getting ourselves organized back at Puerto Perricos, we go into the centre for dinner and any personal errands and return to Puerto Perricos for the night.

Day 10 By riverboat on the Huallaga and Marañon rivers to Nauta

- We have a good night's sleep and enjoy breakfast by the riverbank before preparing for the next leg; a 2 days journey on the large riverboat 'Eduardo' which will take us to Nauta the majestic source of the Amazon River. This part of the low jungle lies at a flat 120 msl (394 ft). We are driven to the jetty where we are welcomed aboard by the Captain and shown to our 2-birth cabins on the top deck. Here we will live in considerable comfort for the next 48 hours with full board. We will share a bathroom and toilet and have hammocks, chairs and tables on deck to relax in.
- The boat is teeming with life. The deck below us is bustling with people whilst the lower decks have enclosures with horses and cattle. The boat makes frequent stops off at the many small communities on route. Occasionally the 'Eduardo' won't stop and instead meets a smaller vessel onto which a cow is transferred whilst the two vessels are still under steam side by side.
- Whilst the 'Eduardo' moves through the water on the Huallaga River, we can enjoy the gentle breeze and lazily watch the jungle go past on the riverbanks. Later we can take pleasure in the peace of an idyllic sunset. As it quickly gets dark, an impressively starry tropical night sky is revealed. Stillness settles on the 'Eduardo', we retreat for the night.



Day 11 By riverboat on the Huallaga and Marañon rivers to Nauta

- In the morning we are woken to breakfast by the kitchen assistant. Some of us might have already been up to enjoy the lovely sunrise.
- Gradually the sun brings the warmth of the day. Life on the riverboat is never boring; there is a constant buzz of activity both onboard and on the jetties by the little communities we call at. We relax, chat, play cards, snooze in the hammocks and occasionally take the opportunity to go ashore to soak in the atmosphere of the little riverside communities.
- A new evening arrives and we take an early night to prepare for our arrival at Nauta before sunrise.

Day 12 Into Reserva Pacaya-Samiria – destination the Yarina community

- Oscar, our local guide, is ready to meet us as we arrive at Nauta. It is dark yet heaving with life. Our baggage and equipment is well looked after and transferred to our private boat belonging to Dr. Coco. We take the trip into the local market to have breakfast. Grilled "lagarto" (alligator) is recommended.
- We board our private wooden riverboat on which we will stay for the next 4 days. It is comfortable with ample space. We are about to enter into one of the Amazon rainforest's most fantastic and bio-diverse nature reserves – Pacaya Samiria. This formidable nature reserve covers more than 2 million hectares and full of mirror surfaced rivers, pristine lagoons and virgin rainforests in every imaginable shade of green. We sit on the roof of our boat and allow ourselves to be overcome by the beauty of the surrounding flora as it closes in upon us

the deeper we go into this vast nature reserve. Out of the water all around us appear freshwater seals and “bufeos” whilst above us in the forest canopy the multitude of birds becomes increasingly abundant. Every now and again brightly coloured macaw parrots fly over us. Along the river banks we can see amphibian turtles sunning themselves on tree trunks. The sound of the growler monkeys thunders towards us and we can feel the magical energy of the rainforest.

- Today we are travelling more than 60 km up the river Yanayacu with a 15 hp engine which will take about 10 hours before reaching our camp in the little community of the Yarina people. Along the way we have lunch onboard and bathe in the river. When we eventually reach the Yarina settlement we are well received. It is warm and the humidity is high. The mosquitoes start to make themselves noticeable but the Yarina can surprisingly offer us a hut with relative comforts right in the deepest jungle; a four man hut with good mattresses and mosquito netting, solar panels, toilet and shower. The natives attend with a cook, cook’s assistant, guide and watchman for the duration of our stay.
- Our hosts prepare dinner with local ingredients which amazingly is to an international standard. We discuss the next day’s activities with our guide and decide if we wish to continue up the Yanayacu River to Cocha el Dorado or make daytrips out from the Yarina settlement instead. It has been a long day with intense impressions. We will be tired and take an early night.



Day 13 Pacaya-Samiria – in the Yarina community

- We wake early to the foreign sounds of the jungle. Here we are living in the very heart of nature’s most abundant environment.
- If we wish to travel on up to Cocha el Dorado we must set off before sunrise. It is a 10-12 hour trip. The flora will change and descend tighter around us and the wildlife grows even more intense. This area is completely uninhabited by humans. We can stay overnight in a little refuge and return to the Yarina hut by 12:00 the next day. (The return is faster as we will be going with the flow of the river current).
- If we decide to make the Yarina hut our base for daytrips, then we rise early each morning to join the Yarina people in fishing or to follow our guide to track down the area’s animal life on land which is most active at this time of day. It is at least guaranteed that we will see numerous insects one has never seen before. We return to the hut for breakfast.
- We travel 10 minutes down the river in the native’s own canoes to visit the Yarina community itself. They enjoy getting to know us and show us their culture and way of live. The Yarina people know how to utilise and manage their environment in a sustainable way. Some of the adults will take us out onto the river to fish for “paiche” – the world’s largest freshwater fish which can grow up to 300 kg (661 lbs). Some of the playful children might invite us to a game of football or challenge us to a balancing competition in their hand carved canoes. Eventually we return to the hut for lunch.
- After lunch we relax in the heavily mosquito protected hut. We prepare for an afternoon expedition to track down various animal species for example the growler monkeys, sloths, macaw parrots and other bird species. We can’t promise success but we have a good Yarina guide who knows the environment well.
- We get back for dinner and relax before a new trip by canoe. This time we are looking for the 6 to 7 meter (19 - 23 ft) long black “caymanes” (alligators) along the riverbanks. We get back

a bit hot and sweaty, a bit tired after a long and active day. A nice shower is most welcoming followed by a little chat over a nightcap and then to bed.

Day 14 Pacaya-Samiria – in the Yarina community

- After another jungle night we again get up before sunrise and are free to follow the Yarina in their morning activities or take a short walk into the forest with our Yarina guide. Back at the hut we have breakfast. The hut is tidied and beds made by the exemplary Yarina assistants who endeavour to take good care of us.
- We get ready for a whole day expedition – in the footsteps of the jaguar. We are split into groups of 3 for our Yarina guides to take us to the most interesting places which can be quite physically demanding. Most likely we will only see the jaguar's footprints but there have been people before us that have been lucky in spotting the animal. Regardless we are very likely to see other animals during the search. Naturally the expedition will be carried out in the interest of everyone's safety. Lunch is provided on the way. Before we return we take a swim off the boat.
- We are back in the hut for dinner. Afterwards there is another chance to take a trip out onto the river to look for "caymanes". It is our last night in this fairytale place and we enjoy the company of our friendly Yarina hosts. Tomorrow we must get up before sunrise to ensure we get to Nauta early. All our equipment must be packed before we go to bed.

Day 15 Meeting the source of the Amazon river – on to Iquitos

- Next day we are already on Dr Coco's riverboat by 04:30. We travel down the Yanayacu River to the Marrañon River which we follow right to the point where it meets the Ucayali River. This is the start of the great Amazon River, the world's largest river.
- We eat lunch at Dr Coco's home in Nauta, before departing by private car for Iquitos, 110 km away by good asphalted roads. The trip will take about 1 ½ hrs.
- In the evening we arrive in Iquitos where we book into hotel El Dorado. Iquitos is Peru's largest Amazonian town with a population over 600,000. In the last century the town was known for being one of the Amazon's main centres for the extraction of raw rubber. Today Iquitos has a large tourist industry.
- Gradually we arrange to go out for dinner. Some of us are probably feeling quite tired as this isn't just the end of a long day but a long trip full of intense experiences.



Day 16 Return to Lima by plane

- After a decent night's sleep we gradually appear for breakfast.
- **The stay in Iquitos up until the departure for Lima is free to enjoy as desired.** We can recommend a visit to the Belen part of town where the local people live above the river itself.
- Then we get ready to depart from the hotel and fly by a scheduled flight from Iquitos airport to Lima.
- Transfer from Lima Airport to Hotel Colon de Miraflores. Arrival at the hotel by 23:00.

Day 17 Departure from Lima International Airport

- **The stay in Lima up until the departure from Lima Airport is free to enjoy as desired.**
- 3 hours before flight time we are ready to transfer from Hotel Colon de Miraflores to Lima airport. Coex Amazon fetch and bring expedition members to the airport.

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