

Expedition TINGANA

Under this expedition we will cover Peru's three extensive main regions; the Coast, Mountains and Jungle. Along the way we will experience immense contrasts in nature and great diversity in people. The expedition offers unique insights into old cultures and magnificent nature. We will come into close contact with the local people from all regions and get to know their lifestyle and means of living. Starting with the coast's great pre-Inca cultures we travel towards the mountains into the impressive Andes where, amongst other things, we will bathe in the hot springs of the Inca Kings. From there we continue Northeast into the Chachapoyanes' mighty kingdom on the borders of jungle and mountain. Eventually we reach the somewhat forgotten but idyllic mountain town of Chachapoyas and from there catch a private plane to take us to the Amazon jungle. Here we travel on by boat into the fascinating mangrove forest to live with the natives.



- 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 at 06.00 hrs**
- We take a scheduled flight from Lima airport to Peru's third largest city; Trujillo. The city lies by the coast approximately 560 km (348 miles) north of Lima. In addition to impressive Inca ruins the city is famous for being a destination for surfers from all over the world. Puerto Chicama has the World's longest surfing wave at 2km (1¼ miles) long.
 - After a coffee/drink stop by the plaza in Trujillo centre we take a private minibus out of the city to familiarize ourselves with the pre-Inca cultures of the Moche and Chimú. We will visit the Sun and Moon temples and the world's largest Adobe city Chan-Chan which is on the UNESCO World Heritage List.
 - Later we take the trip out to Trujillo's well known beach; Huanchaco, where we will stay overnight. We eat lunch at one of the many good seafood restaurants by the beach and

there will be time for swimming and relaxation. We have the option of doing some balancing exercises by learning to paddle in the reed boats belonging to the local fishermen.

- In the evening we drive back to Trujillo's charming centre for dinner. After an enjoyable evening in Trujillo we return to our hotel by the beach in Huanchaco.

Day 4

Further along the north coast to the city of Chiclayo – the home of anthropologic and archaeological treasures.

- After a good night's sleep to the sound of the ocean waves lapping on the beach, we take breakfast. Some of us might have taken the opportunity to get up early and join the local fishermen on their morning fishing trips.
- With a 3 hour drive northwards along the coast we reach Chiclayo. A city teeming with life and a happy, welcoming local population. In addition to its anthropologic and archaeological treasure chest, the city is known as Peru's culinary capital. This is the region of Peru where the Norwegian explorer and archaeologist Thor Heyerdahl, lived and ran several archaeological excavation projects. This is the home to the world famous burial chamber of King Moche of Sipan and Sican the Lambayeque King.
- We travel directly to the pyramids in Tucume where we will wander through this grand adobe complex in which Thor Heyerdahl led the excavations. We travel into Chiclayo to book into a hotel of good standard near the centre; "Casa de la Luna". There we have lunch at a good restaurant.
- **The rest of the day is free to enjoy as desired.** We will arrange an afternoon trip to the great beach; Pimentel if wished.



Day 5

The trip continues up to the Inca King's spa and recreational site – Cajamarca

- After breakfast we go directly to the impressive national museum Señor de Sipan (King of Sipan) – the burial chamber of the Moche King that amazed researchers across the world.
- We drive approximately 275km (171 miles) inland to Cajamarca which lies at 2750 meters over sea level (9020 ft). This is the place where one of history's most dramatic events took place; *the Spanish conqueror Pizarro, with great cunning took the Inca King Atahualpa hostage and forced him to fill a room with gold. When this had been done Pizarro killed the Inca King.* We will go straight to the Inca King's hot springs and enjoy a bathe, massage and time to relax. We stay overnight in the bungalows next to the springs.
- The trip continues to the idyllic colonial style hacienda La Colpa outside Cajamarca, where we stop for lunch.
- Afterwards we visit the Incas burial chambers the "Otusco's Windows" on the other side of Cajamarca. Gradually we move on to the centre of Cajamarca for dinner where we also visit the room that the Inca King had to fill with gold. We take an early night and return to our bungalows by the hot springs.

Day 6

4-Days expedition off the beaten track towards the forgotten mountain town of Chachapoyas

- We start the day early with a morning swim in the Inca's hot springs and have a good breakfast before setting off on the slightly strenuous 4 days trip by car, boat, horseback and foot to the idyllic town of Chachapoyas. The journey will take us over several mountain passes, into the high mountains, down over rivers into fog covered forests and high jungle. We will be entering the mighty Chachapoya kingdom, one of the largest pre-Inca civilizations.

On the way we shall track down several newly discovered ruins and individual monuments that are amongst the most important discoveries on the whole American continent.

- For the next 4 days we will be far from the tourist trails and normal facilities. The food will be simple, local and good. We will bring with us all our camping equipment and sleeping tents.
- On this the first day we drive over mountain passes 4000 msl (13,120 ft) with a cool climate, then down to warm tropical temperatures at 500 msl (311ft) to the great river Marañon (a tributary of the Amazon River). Here we continue by riverboat, eventually arriving at the little cacao and coca farm San Lucas by the river banks. Here we take an early night.

Day 7 By horseback up towards coffee climate at the small village Santa Maria

- After a being well rested we have a good breakfast before starting the journey on horseback. We will be climbing up to approximately 1500 msl (4920 ft) passing coffee plantations whilst enjoying the spectacular views over the Marañon river valley. On route we will stop at the large archaeological ruins from the Chachapoya civilization dating back 1500 – 2000 years. Our initial stop is at Peña Blanca. Lunch is prepared on the way.
- After a day of 4 – 5 hours horseriding we arrive at the little place of Santa Maria. Here we set up camp and prepare dinner. The climate is warm and comfortable. We can enjoy the peace and quiet under the starry night sky.



Day 8 Continuing upwards on horseback to Pueblo Nuevo

- We wake to a new fine day, eat breakfast and decamp, ready to continue the trip by horseback. This day we will seek out the newly discovered Chachapoya ruins called Getones. Lunch is prepared on the way.
- Eventually we arrive at the little place of Pueblo Nuevo where we set up camp for the night and make dinner.

Day 9 Fourth day – sunrise over Kuelap and arrival at the mountain town of Chachapoyas

- We get up early to experience the sunrise from Kuelap, the 2000 year old pre-Inca fortress. Kuelap lies on a uniquely strategic mountain peak 3000 msl (9840 ft) with outstanding views in all directions. With its impressive 20 meter (66 ft) high stone walls it is one of the most important archaeological and historical monuments discovered on the American continent.
- Our guide Carlos, in his personal manner, succeeds in bringing to life the history of this fantastic construction. We stay on Kuelap for approximately 3 hours before starting our decent by foot to the village of Tingo at 1500 msl (4920 ft). The hike will take about 4 hours down through fantastic mountain terrain on tracks through Andesian farmsteads. If we are in luck we should see several species of hummingbird on the trip. In Tingo we eat lunch, the fresh river trout is highly recommended.
- The trip concludes with 1 ½ hours drive back to Chachapoyas where we book into Hotel Revash again and look forward to a better dinner.
- We arrive in the town of Chachapoyas which lies on the eastside of the Andes approximately 2300 msl (7544 ft) in the borderlands between mountain and high jungle. A charming and secluded town in traditional Spanish colonial style. The area's remoteness and limited access has kept the town almost untouched by tourists. The town is an ideal starting point for treks combining wonderful natural scenery with and local culture. It is unbelievable to think that as recently as 2006 the world's third largest waterfall was discovered in the area.

Day 10 Daytrip to the world's third largest waterfall

- Getting up early to eat a good breakfast, we make ready for a day's expedition to the newly discovered waterfall; Gocta at 780 meters (2,558 ft) high it is the world's third largest waterfall. The roundtrip will take about 3 hours by car and 6 hours by foot with lunch provided on the way.
- Back in Chachapoyas we relax before going out for dinner.

Day 11 By private plane bimotor Piper Seneca II down to the jungle in Tarapoto

- We sleep well and eat a good breakfast. The coffee from Chachapoyas is amongst the best in Peru.
- We get ready to travel by private plane down to the jungle by Tarapoto. The low jungle is approximately 350 msl (1148 ft) and the climate is warm and humid. We are met by our friends in Tingana and drive 1 ½ hrs to Moyobamba which lies in the high jungle approx 870 msl (2,854 ft) 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.



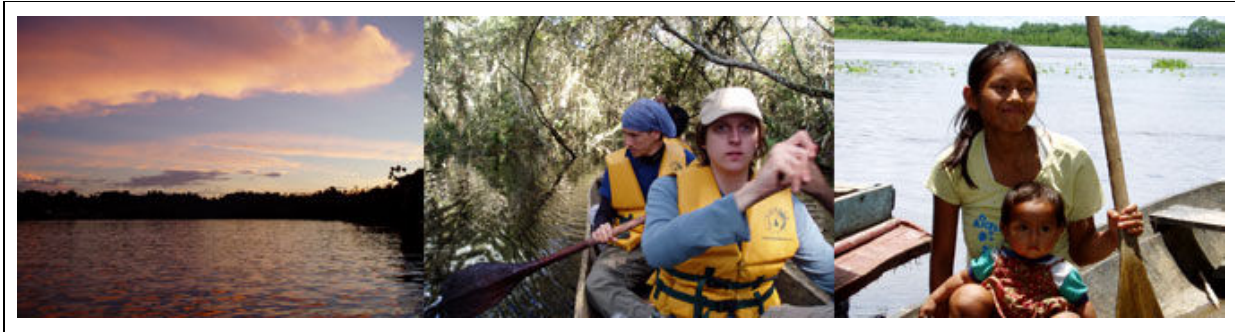
Day 12 Tingana – La Reserva Abisado

- 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 Avisado – 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 13 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 14** **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.
 - 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 15** **Return to Lima by plane**
- After breakfast we get ready to take a minibus to Tarapoto to catch the scheduled flight back to Lima.
 - We transfer from Lima Airport to Hotel Colon de Miraflores
 - **The stay in Lima up until the departure from Lima International Airport is free to enjoy as desired.**
- Day 16** **Departure from Lima International Airport**
- 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.