

Expedition TRIANGLE

This is an international expedition distinctive for its great cultural diversity and natural contrasts. After being in the Andes mountains visiting the Inca's capital Cusco and the legendary Machu Picchu, we descend to the virgin rainforests on the border between Peru and Bolivia to live with one of the Amazon's smallest ethnic groups before travelling towards the tri-border point between Peru, Bolivia and Brazil. A 30 minute walk gives a unique insight into three different worlds with three distinct people, all far removed from their respective country's capitals. The Brazilian border city of Rio Branco is a perfect staging point for further travels into Brazil. Coex Amazon continues by plane to the Bolivian capital La Paz where we take an enchanted tour by catamaran over Lake Titicaca, the world's highest lake. From the Peruvian shoreline we return by plane to Lima.



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 Coex Amazon.
- 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 catch a flight from Lima to Cusco - the Incas cultural and religious capital – with a powerfully Spanish colonial influence. Cusco (Qosqo) is Ketchua and means “the world's navel” which is exactly what it was under the Inca's reign. It was decisive for the Spanish to take control of this city. Today we can clearly see how this came to be, particularly through its art and architecture. The Spanish built several of their impressive churches and stylish colonial buildings over the top of significant religious Incan structures.
- We will notice the thinner air here as Cusco lies at an altitude of 3500 msl (11,480 ft). We are well received at the hotel and served coca tea. Today we will gradually get acquainted with the town. Arrangements are made to visit the most important sites with a guide. We have a light lunch.

- Some of us will feel the need to relax after lunch. Naturally the high altitude will affect both our strength and appetite. The rest of the day is free to enjoy as desired.

Day 4 Travelling on to the Inca’s holy valley – “Valle Sagrado”

- We get up early and make ready for departure after breakfast. We will travel by private car down to the Inca’s holy valley. We are guided round the Inca ruins lying in the impressive Andes landscape. Eventually we reach Ollantaytambo, the Inca’s strategic military town and impressive fortress. Ollantaytambo lies at approx. 2700msl (8,856 ft). The climate is somewhat warmer. We leave our belongings at the hotel and find a place for lunch.
- After lunch we travel up to Písaq, another military Inca town, at 3900msl (12,792 ft). From here there are panoramic views over the holy valley.
- We have dinner and an early night, getting ready for one of the trips highlights.



Day 5 A day in the Inca’s secret city – Machu Picchu

- After breakfast we get ready to board the train to Aguas Calientes about 1 ½ hours from Ollantaytambo and the last station before taking a bus to Machu Picchu. This is the city the Spanish never found. In all the travel literature the world over, Machu Picchu is classed amongst the world’s ten greatest wonders. We will take our time to thoroughly experience its magic.
- After 4- 5 hours we start our decent by bus back to Aguas Calientes where we enjoy a good lunch before boarding the train “Vistadome” that will take us to the town of Cusco.
- We arrive in Cusco at about 19:30 and book into Hotel Qosqo.
- We have dinner and an early night after a long day full of lasting impressions.

Day 6 Down to Puerto Maldonado – a bio-diverse capital

- After breakfast in our hotel in Cusco we fly 40 minutes by plane down into the low jungle at 180msl (590 ft) to the town of Puerto Maldonado by the Madre de Dios River. The Madre de Dios region is recognised by UNESCO as a one of the richest bio-diverse regions in the world.
- We eat lunch at one of the town’s local restaurants serving typical dishes from the low jungle before boarding a wooden riverboat to take us down the Madre de Dios River towards the border to Bolivia. It is warm and tropical with thick rainforest all around us. Eventually we approach the river Heath, the border between Bolivia and Peru. This is a much smaller river where we get the beautiful rainforest closer upon us. Late in the afternoon we arrive at Lodge Sonene. An exotic and idyllic place in the middle of the ultra-diverse virgin rainforest. Here we will live for 2 days and 3 nights and experience the energy of the jungle. The lodge offers relative comforts and facilities; we will stay in bungalows with decent beds, mosquito nets, solar panels, a toilet and shower. The lodge is run by the Sonene Indian community who provide an international standard.
- We are allocated our bungalows and get ready for dinner. It is possible to do an evening expedition out onto the river to look for 6 – 7 meter (19 – 23 ft) long “caymanes” (alligators) along the riverbanks. There is a special peace here, interrupted only by the sounds of nocturnal animals from the surrounding jungle under a clear starry night sky. We come back to the lodge, have a shower and a nightcap in the lounge before retiring for the night.

Day 7 Daytrips from the Sonene Lodge

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- We wake early in the morning to new sounds from the thick jungle around us. We are quite alone living in, with and off nature. Before sunrise we get ready to go by boat on up the river on a Macaw parrot expedition to a “Colpa” (saltlick) in a nature reserve lead by the Sonene Indians. We return to the lodge for breakfast.
- After breakfast we go to greet the Indians in the Sonene community. The Sonene belong to one of the Amazon’s smallest ethnic Indian groups the “Ese Ejas”. They wish to get to know us and to show us their way of life. Together with some of the tribe we will explore parts of the diverse flora and search for medicinal plants. Some of the children might well invite us to play football or to a balancing competition in their balsa canoes. We return to the lodge for lunch.
- After lunch we relax in the lodge, well protected by mosquito nets. We get ready for the afternoon expedition to search for particular animals like Growler monkeys, tapirs and ocelots. We split into small groups each with a Sonene guide. We can’t promise success but we have good guides who know the local nature exceptionally well. Regardless we are guaranteed a vibrant bird and insect life.
- We get back to the lodge to eat dinner and relax before taking a new trip out onto the river by canoe. We go to look for caymanes or to fish by traditional methods with the Sonene natives. We return rather tired and sweaty after a long day. A shower followed by a chat over a nightcap before bed rounds of the day perfectly.



Day 8 Daytrips from the Sonene Lodge

- We will again get up very early, before sunrise, to prepare for a trip into the jungle with our guides to find various animal species or to go out fishing with the Sonene indians. We return to the lodge for breakfast.
- After breakfast we set out on a new expedition together with the Sonene and come back for lunch.
- In the afternoon we are free to take part in the various Sonene daily activities. The temperature and humidity are both high, the energy from the jungle is strong. It is natural that we should feel quite tired. After lunch we have the same possibilities to join in the activities.
- We get back, have a swim in the river and get ready for dinner. We arrange an evening in the lodge with our friends from the Sonene community to enjoy the cultural exchange and see the tribe’s shaman show us various medicinal plants and rituals.

Day 9 Trekking through the rainforest

- Today we prepare for a trek into the forest that will take us out to the Madre de Dios River. We can sleep in a bit. After breakfast we say goodbye to most of our new friends in the Sonene Lodge whilst some of them will join us on the 4 – 5 hour trek through the forest.
- Eventually we reach another and much larger native Indian tribe – Palma Real who also belong to the ethnic group “Ese-Ejas”. We eat lunch with them before boarding our boat to take us back to Puerto Maldonado. On the way we visit the great freshwater lake Sandoval, known for its rich animal and bird life.
- We arrive at Puerto Maldonado, going ashore at the jetty to our hotel Wasai. Here we relax and gradually make our way down to the centre of town for dinner. Tomorrow there will be a long drive into Brazil so an early start.

Day 10 The Tri-border point between Peru, Brazil and Bolivia.

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- After breakfast we are picked up by private car taking us to the tri-border point. As the great bridge project is not yet complete, we must cross the Madre de Dios in the old method before getting on the inter-oceanic road that traverses the continent from the Atlantic to the Pacific coast. This is Brazil's enormous strategic trading project – access to the Pacific Ocean. From Rio de Janeiro in the east the road must cross the Amazon rainforest in Brazil and Peru, then over the Peruvian Andes before reaching the Pacific coast south of Lima. A total of 6000 km (3,728 miles) of road has to be constructed through some of the world's most inaccessible regions, going through a large portion of the world's 104 climactic zones.
- Whilst on the Peruvian side the road is still not much more than a dirt track, the reality is quite different on the Brazilian side. There we meet an impressive motorway and immediately notice the cultural differences. We have lunch on the Peruvian side of the tri-border point; Inapari, Assiss and Bolpebra.
- After lunch we drive for 2 hours before reaching the small town of Brazilea. We book into a nice hotel and get ready to stroll into the centre of this quietly charming town to have dinner. Here we only have to walk across the bridge to see the Bolivian town of Cobija on the other side. Great cultural differences can easily be experienced here over very short distances.



Day 11 Rio Branco

- After a Brazilian breakfast buffet we carry on on the Inter-oceanic road towards one of the Brazilian Amazon's most important cities – Rio Branco. This medium sized city with 270,000 inhabitants lies out of the way and thousands of kilometres from the capital Brazilia. Rio Branco has for a long time been an important communication point between culturally established Brazil on the east coast and the outlying areas of the Brazilian Amazon. As one of Brazil's last stopping places on the Inter-Oceanic road towards the Pacific, the town has become ever more important. Rio Branco bears evidence of having been one of Brazil's most important cities for the exploitation of raw rubber. Today the area is the heart of Brazil's nut production. The locals are most proud of the world famous eco warrior Chico Mendez who was brutally killed in 1988 by big powerful estate owners.
- We book into a good hotel in Rio Branco to experience the exotic characteristics and cultural variety of the Amazon. Brazilians shine with particular warmth and open hospitality. We help ourselves to a rich buffet lunch in Brazilian style where we pay for the food by weight. Rio Branco is a calm and safe city.
- **The rest of the day is free to spend as desired.**

Day 12 River cruise on the Rio Acre

- We sleep well and have a breakfast buffet at the hotel. Today we will travel up the Acre River by large riverboat. From the boat deck we enjoy nature's peace and tranquillity. Lunch is served on board.
- We get back to Rio Branco in the afternoon where the **rest of the day is free to spend as desired.**
- Here we have two options on leaving Rio Branco;
 - 1) Continue the trip towards Brazil's east coast. Rio Branco has an international airport and direct links to national airports in Brazil. (Coex Amazon can arrange for onward journeys in Brazil but without our presence).
 - 2) We fly to La Paz in Bolivia and from there travel back into Peru across Lake Titicaca.

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Day 13 Flight to La Paz in Bolivia

- After an early breakfast at the hotel we travel back to Brasilea and Cobija on the Bolivian side of the border to catch a scheduled flight to La Paz, the capital of Bolivia.
- In La Paz we will live at a good hotel in the centre of town. We are high up and will notice the air is thinner. It is natural this will affect both our strength and appetite.
- **The rest of the day is free to spend as desired.**

Day 14 On route to Lake Titicaca – the world’s highest navigable lake (3800 msl.)

- We take an early breakfast. Today we will be going on a particularly exciting trip over the border to Peru by ultra-modern catamaran across Lake Titicaca – the world’s highest lake at 3800 msl (12,464 ft). On the way we will make several stops to see the traditional communities around this legendary lake. Lago Titicaca was seen by the Inca’s as the very origins of their culture and civilisation.
- Lunch will be served onboard the catamaran.
- At 18:00 we arrive at Puno on the Peruvian side of the lake. In Puno we will book into a hotel and go out for dinner. We are high up and notice the air is thinner. It is natural for this to affect our strength and appetite.



Day 15 Out onto Lake Titicaca’s floating islands

- We wake and have breakfast before preparing to visit the floating islands of Uros and Taquile on the lake. A unique place with an individual people living in their traditional way. The island and its native people’s traditional weaving and textile art have UNESCO protection status.
- We eat lunch on the floating island.
- Upon returning to the hotel **the rest of the day is free to spend as desired.**

Day 16 Return to Lima by plane

- We sleep well and have a late breakfast as we have plenty of time before getting ready to transfer to Julicana airport to catch the 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 17 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.