

Expedition URUBAMBA

This is an expedition with vast contrasts both in nature and people. We will touch on the majority of Peru's 84 ecosystems and microclimates by means of every mode of transport available. Enchanting Machu Picchu will be reached from the rear side by crossing Peru's central jungle. From coastal beaches right up to the Andes, we cross the mountain ranges at 4818 msl (15,803 ft) before descending to the high jungle at 800 msl (2,624 ft) then further down to the low jungle at 450msl (1,476 ft). To get back up to the high jungle and the Andes mountains we have to navigate our way up the Urubamba River through a great gorge that splits the mountain chain in two, between the high and low jungle. We will stay with two native Amazonian Indian tribes and come in close contact with people all the way from the coast to the Andes mountains.



- 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.
- 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.**
- 3 **Expedition start on departure from Hotel Colon de Miraflores at 06:00 hrs**
 - The first leg of the expedition is about 8 hours by car over two mountain chains in the towering Andes. We will then descend towards the lush high jungle where we stay overnight. We will stop at the highest point of Ticlio at 4818 msl (15,803 ft) to test the thin air and enjoy some well earned coca-tea. In the idyllic Andes town of Tarma at 3000 msl (9,840 ft), we stop for lunch. After a good meal a fantastic descent awaits in the dramatic mountain landscape. The road down towards Chanchamayo in the high jungle offers views of ever-changing landscape and vegetation.
 - La Merced, Peru's coffee capital lying approx. 750 msl (2,460 ft), is our destination on the first day where we will stay overnight at the intimate and exotic Cocos Inn. In La Merced we will visit a local coffee – bodega to learn about the processing. There will be opportunities to taste and buy their coffee. Afterwards we will find a restaurant and have dinner.

4

Our first meeting with the Ashaninka – the Indians of Chanchamayo

- After a good night's sleep we start our first full day in the high jungle with a Chanchamayo breakfast including freshly brewed coffee. Our Ashaninka guide, Frank, who speaks a little English, will be with us from leaving hotel Cocos Inn.
- Initially we will visit a nature reservation to see the waterfall; Tirol. Frank will describe the area's history and flourishing nature.
- We have to drive a distance on down into the central jungle and after a while upwards to eventually arrive at the semi-exposed Ashaninka ethnic tribe of San Miguel. *San Miguel was one of two selected locations in Peru in the Norwegian TV-series "Worlds Apart" in 2005.* They live at about 1200 msl (3,936 ft) in Perene and are a very friendly and welcoming people with a strong cultural identity. They live in harmony with nature in a plentiful landscape with vast natural resources. They are self sufficient and practice natural medicine. We will live and eat with the Ashaninka.



5

The intermediary journey leg to Satipo – before the low jungle

- Either after a good night's sleep or an active night's hunting we wake in an airy Ashaninka house to the sound of insects and bird life. We eat a particularly special breakfast with our host families. This mainly consists of lots of different fruit, newly smoked fresh game meat and home grown coffee.
- After practicing Ashaninka art, natural medicine, bow and arrow shooting and much more, we take leave of our new friends and travel towards Satipo, the largest town of the central jungle and a halfway stop before reaching the low jungle. On the way we stop at Pichanaki for lunch by the banks of the river Perene. We stay overnight in the Majestic Hotel by the plaza in the centre of Satipo.

6

By Cessna plane over the central jungle down to Machiguengas in the low jungle by Timpia

- After breakfast in Satipo we travel to the Franciscan airstrip where pilot Enrique Tante will weigh us before boarding the Cessna 206 plane "Wings of Hope" which will take us down to the low jungle. Here only boats and small planes are feasible transport methods. We are far, far away.
- The Machiguenga Indians from Timpia come to meet us at the airstrip by the Urubamba River, about 460msl (1,509 ft). We will become more familiar with this ethnic group who amongst other things use medicinal plants as a contraceptive.
- We take a boat over the Urubamba River to Sabeti Lodge where we will stay for the next three days. A unique lodge in the middle of the jungle with exceptional panorama views over the Urubamba River. The lodge is run by the Machiguenga Indians from the Timpia tribe and is almost like a scientific laboratory for researchers who often visit the area. The place is without electricity but offers many practical comforts.
- We are shown to our double bedrooms before going to lunch. The lodge's Machiguenga staff keep a high standard befitting its international clientele.
- Afterwards we relax with the option of taking a swim and enjoying the beautiful nature.
- Dinner is taken late in the evening. There is the possibility for good cultural exchanges or taking an early night.

Escandino Services S.A.

Av. Caminos del Inca 3440, Surco, Lima, Peru | Tel/Fax: +(511) 274-7010
Email: contact@coexamazon.com | Web: www.coexamazon.com

7

Daytrips from Sabeti Lodge

- We get up early to do a macaw parrot expedition to a “Colpa” (saltlick), lead by our Machiguenga guide. We return to the lodge for breakfast.
- After breakfast we are free to follow one of several activities: 1) new expedition to find tapirs, growling apes or ocelots. We can guarantee seeing several bird and insects species. 2) Explore the flora and find medicinal plants. 3) Join the Machiguenga Indians at their secret bathing spot and try balancing tests in their canoes. All the activities are lead by the Machiguenga guides. We then have lunch.
- After lunch we relax and can rotate the activities already mentioned.
- We take a late dinner.
- After dinner there is the chance to do some traditional Machiguenga fishing in the river.
- Enjoy a cultural exchange evening or take an early night.



8

Daytrips from Sabeti Lodge

- We get up early to do a macaw parrot expedition to a “Colpa” (saltlick), lead by our Machiguenga guide. We return to the lodge for breakfast.
- After breakfast we are free to follow one of several activities: 1) new expedition to find tapirs, growling apes or ocelots. We can guarantee seeing several bird species and insects. 2) Explore the flora and find medicinal plants. 3) Join the Machiguenga Indians at their secret bathing spot and try balancing tests in their canoes. All the activities are lead by the Machiguenga guides. We then have lunch.
- After lunch we relax and can rotate the activities already mentioned.
- We take a late dinner.
- After dinner there is the chance to do some traditional Machiguenga fishing in the river.
- Enjoy a cultural exchange evening or take an early night.

9

Pongo Maenique – a dramatic moment in impressive natural surroundings

- After breakfast we say goodbye to our Machiguenga friends in the Sabeti Lodge. We board a wooden riverboat which will take us all the way to Kiteni up the Urubamba River for about 7 hours.
- After 2 hours we come to Pongo Maenique, the gorge in the mountain chain Vilcabamba that splits the high and low jungle where the great river Urubamba is forced through. Gradually as we get closer the surroundings take on a dramatic change. Waterfalls plummet from the mountain sides and we are suddenly out in the middle of the river in high waves and whirlpools. Our experienced boatman navigates safely through the rapids past the “Pongo” point which takes 15 – 20 minutes. Later we have a simple lunch in the boat. We are now in the high jungle and the surrounding landscape has changed as we move towards Kiteni where we will stay overnight. We seek out the town’s best restaurant to have dinner.

10

Travel day to Peru’s second most important coffee town - Quillabamba

- After breakfast we get onboard a bus to take us to Quillabamba about 5 hours away.
- At Quillabamba we leave our belongings in Hotel Quillabamba and have lunch.
- After lunch we are free to relax or visit some of the town’s elaborate markets. It is worth tasting the Quillabamba coffee – is it better than the coffee at Chachamayo?
- We eat dinner together and take an early night.

11

We get closer to Machu Picchu – from the rear (north side)

- Today we will be taking 3 modes of transport before reaching Aguas Calientes, the last stopping place before ascending the enchanting Machu Picchu.
- After breakfast at Hotel Quillabamba we drive for approx. 2 hours by private minibus to the bridge by Santa Teresa. We cross the bridge over the thundering Urubamba river and get on the back of a truck together with the locals. The truck will take us to Intihuatana, the train station to the rear of Macchu Picchu. After 20 minutes on the truck we get ready for our trek to Aguas Calientes that will take about 3 hours. Alternatively we can wait a couple of hours for the train which will get us there in little under an hour.
- In the vicinity of the station at Intihatana we grab a simple lunch.
- Arriving safely in Aguas Calientes we realise for the first time that there are also other travellers in Peru. Here everyone gathers to go up to Macchu Picchu. We book into Hotel Pachacutec.
- We treat ourselves to a good dinner of perhaps alpaca meat or even guinea pig! We notice that the climate is cooler. Understandably we will be tired. Since we will rise early tomorrow, we recommend an early night.



12

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

- We rise at 05:00 to start the day in the Inca’s hot springs. After a good solid breakfast we feel ready and in good form to ascend Machu Picchu. We can choose between taking a bus or trekking 1 ½ hours up to the Inca’s secret city. This is the city the Spanish never found. In all the travel literature the world over, Machu Picchu is classed amongst the world’s 10 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 city of Cusco.
- We arrive in Cusco at about 19:30 and book into Hotel Qosqo located centrally.
- Some of us might notice the higher altitude at 3500 msl (11,480 ft), hence the cooler climate. Naturally this will affect both our strength and appetite.

13

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.
- **The stay in Cusco is free to enjoy as desired.** (Naturally Coex Amazon are at hand to offer information and make specific arrangements).

14

Return to Lima by plane

- After breakfast we get ready to transfer to Cusco 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.**

15

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.