INKATERRA RESERVA AMAZONICA

TRAVEL RECOMMENDATIONS
You will find yourself surrounded by a vast environment, connecting with nature in an entirely new way. As this may be your first rainforest experience, we have prepared a guide to help you enjoy your trip to the fullest. Please take time to review it to enjoy an amazing Amazon experience.

Puerto Maldonado, in the Southern Peruvian rainforest near the Bolivian and Brazilian borders, is the gateway to one of the world’s most remote and extraordinary tropical environments. Your journey will take you to the heart of the Tambopata National Reserve, where you will experience magnificent beauty in the sounds, scents, colors and solitude of the rainforest.
HIGHLIGHTS

THE RAINFOREST

A rainforest is an expansive territory with high annual rainfall, very dense plant growth, and a relatively warm temperature. Two-thirds of the world’s plant and animal species make their home in these magic jungle regions, and hundreds of millions more are believed to be yet discovered. Tropical rainforests have been called the “jewel of the earth” and the “earth’s lungs,” they are essential to recycling carbon dioxide into oxygen. The rainforest has also been called the “world’s largest pharmacy,” because of the many natural medicines discovered there.

The Tambopata National Reserve—adjacent to Inkaterra Reserva Amazonica—is one of the last easily accessible virgin tropical rainforests in the world. The reserve, a 274,690-hectare (678,774-acre) area, offers a wealth of biodiversity, as well as magnificent natural landscapes. Puerto Maldonado, known as the “Capital of Biodiversity,” is the largest city of the Tambopata Region. Overlooking the confluence of the Tambopata and Madre de Dios rivers, Puerto Maldonado is 400 meters (1,312 feet) above sea level, 650 km (404 miles) from Cusco, and 15 km (9 miles) upriver from the Inkaterra lodge.

WHAT TO SEE?

Rainforests are a densely vegetated home to an enormous number of animal species. However, the animals tend to avoid human presence, making opportunities to observe them variable and unpredictable. Nonetheless, the region’s diverse plant life offers endless opportunity for discovery; the lakes and wetlands invite exploration, and the varied rainforest ecosystems hold the promise of new insight and understanding. For a complete list of animals and recent sightings please see our updated link at www.inkaterra.com. The richness of the Amazon Basin creates a spectacular arena for bird watching and other related activities. Some 480 different bird species, including toucans, tanagers, flycatchers, and colorful macaws, have been sighted around the reserve. Due to the tropical climate of the region it is common to observe fascinating insects such as spiders, beetles, ants, and centipedes near the lodge.

ARRIVAL AND TRANSPORT

A 20-minute flight from Cusco brings you to Puerto Maldonado Airport, where the Reserva Amazonica staff will greet you. Luggage not needed during your rainforest stay may be stored at Inkaterra Butterfly House, located near the airport. Following a 10-minute bus transfer to the port, you will board a motorized dugout canoe for your trip to Inkaterra Reserva Amazonica. The 45-minute journey takes you into another world, as it introduces you to the spectacular scenery that will be part of your rainforest experience. After your stay, we will also transfer you back to the airport for your outgoing flight.

It is important that you bring only necessary clothing and equipment to the lodge. Due to weight and space limitations on the boat, we must limit passenger luggage to only 10 kg (22 lbs.) per person. Storage is available at Inkaterra Butterfly House in Puerto Maldonado, near the airport.

TERRAIN

Nature parks, trails, rivers, rainforest/jungle paths and tree top canopies.

EXPERIENCE PACE

Relaxed, moderately-paced, nature & ecological walks within the Nature Reserve with some boat rides along the river. Some activities/excursions may be physically demanding, and requires hiking.

WEATHER AND WHAT TO WEAR

The weather is tropical, with an average temperature of 32°C (89°F), ranging from 25°C (77°F) to 42°C (107°F). December through March is usually the hotter season, with frequent afternoon rainfall. Between June and September you may need some warmer clothing, since occasional “fríajes,” or Patagonia Cold Fronts can reduce the temperature to 10°C (50°F). Cool comfortable cotton clothes are required to counter the heat while sweaters and jackets may be handy at night. See Equipment and Luggage.
CURRENCY/FOREIGN EXCHANGE

The official currency is Nuevo Sol (PEN) divided into 100 céntimos. In Inkaterra Reserva Amazonica major credit card payments are accepted. There are no facilities to exchange Travelers' cheques thus travelers are advised to have cash (in Soles) on hand as foreign currency exchange is limited. It is advisable to exchange to Soles before coming to the Reserva Amazonica though payment is accepted in both US Dollars and/or in Soles. Automated Teller Machines (ATMs) are mostly available only in the main cities.

COMMUNICATION/TELEPHONE

There are no telephones and cellular phone coverage at the lodge. There is limited internet connection, and access to computers may be available, upon request, in coordination with the Guest Services department. If there are any emergencies, management can contact the office in town, via radio.

HEALTH/INSURANCE

Yellow fever shots and malaria-preventive medication are required for a rainforest environment and are recommended by the US Travel Advisory for Peru. Please consult your doctor at least a month before entering the Amazon Basin. No cases of yellow fever or malaria have ever been reported on our property.

Water: Inkaterra Reserva Amazonica has filtered river water that can be used for showers but is not safe to drink. Bottled drinking water is provided to all guests.

The most common ailments for travelers are diarrhea and altitude sickness. Take necessary precautions with local exotic food and alcoholic beverages. Eating and drinking in moderation is always the best safety measure to avoid discomfort and unnecessary hassle while traveling.

SECURITY

Safe Deposit box: There are no locks and no safety deposit in the cabanas. The lodge has a safe deposit box located inside the gift shop, where guests may leave all their valuables; else we suggest that you leave your valuables locked in your suitcases. Inkaterra will not be responsible for their loss or misplacement. The lodge has a security guard on site 24-hours a day.

WISH LIST

Inkaterra’s commitment to authentic travel includes a legacy of conservation, preservation, and concern for local communities through responsible tourism programs such as Carbon Neutral & Wish List - From People to People and People to Nature, Inkaterra’s social & environmental welfare activities. Consider a continuing connection with the gift of a wish from our list.

CARBON NEUTRAL

Carbon Neutral is a term that indicates the point at which carbon dioxide (CO2) emissions are completely offset through high quality renewable energy, energy efficiency and/or reforestation projects. These emissions are measured, according to international standards, and given a monetary value (dollar/ton CO2) through Sustainable Travel International (STI). Inkaterra is not only carbon neutral but also carbon negative due to its conservation and reforestation efforts in the cloud forest and Amazon jungle. Inkaterra hotels provide its guests not only 100% carbon neutral stay but also the opportunity to offset their air travel related greenhouse gas emissions through carbon neutral directly with STI.

THE LODGE

Inkaterra Reserva Amazonica is situated on the steep banks of Peru’s meandering Madre de Dios River, in a private ecological reserve deep in the Amazon Basin Rainforest.

Guests enjoy a delightful combination of simplicity and luxury. Our 35 lantern-lit, palm-thatched cabañas, designed in the fashion of local Ese’ Eja-style huts, are appointed with comfortable beds swathed in mosquito netting, log chairs, and a writing table, plus umbrellas, lanterns, and a complete set of our own natural toiletries. Every cabaña has a spacious siesta porch with hammocks. There is no air conditioning, but every suite and superior room is equipped with fans, hot water, and limited electricity.

LOCATION MAPS

MAP OF INKATERRA RESERVA AMAZONICA AND THE TAMBOPATA NATIONAL RESERVE
It is important that you bring only necessary clothing and equipment to the lodge. Due to weight
and space limitations on the boat, passenger luggage is limited to 10 kg. (22 lbs.) per person.
Storage is available at Inkaterra Butterfly House, near the airport in Puerto Maldonado.

We recommend that you bring:
> Long pants and long sleeve shirt made from a light breathable material;
> Good water resistant trekking shoes;
> Rain gear and light rain clothes (back-up gear is a good idea);
> Binoculars;
> Sun block, sun hat, sunglasses and sunscreen;
> Insect repellent;
> A converter, since electricity voltage is 220. The hotel has a limited number of converters
available;
> Contact lens solution and an extra set of contact lenses or glasses;
> Don’t forget your camera and/or video camera (we recommend a waterproof case), and, if it is
not digital, bring plenty of film!
> Extra batteries.

Please note that when entering the Butterfly House, wear clothes without insect repellent (Buzz
off clothing or sprayed on repellants).

SUGGESTED ITINERARIES AND CHART

Each guest will coordinate his or her individual schedule with the Head Interpreter upon arrival at
the lodge. Choices depend on personal preference, length of stay, desired activity levels, and
weather conditions. We suggest the following itinerary:

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ARRIVAL BY BOAT TO LODGE

RETURNS BY BOAT TO

PUERTO MALDONADO

Trail System

Twilight River

Lake Sandoval Canopy & Wetlands

Gamitana

Concepcion Ese’ Eja

Visit to Inkaterra Butterfly House

LOCATION MAP OF THE CABAÑAS

ENA SPA

The ENA Spa, located on the banks of the Madre de Dios River, is a great spot for watching the
Amazonian sunset, adding a lovely element of relaxation to your rainforest travel experience. The
Spa Room is open from 7:00 a.m. to 10:00 p.m. offering a range of services that includes
traditional massage, aromatherapy and reflexology sessions, as well as an Amazon purification
treatment, body exfoliation, cooling massage treatment, cold stone massage, and Reiki.

DINING

Inspired by the tropical flavors of the Amazon region, meals and beverages at Reserva Amazonica
are prepared with fresh local ingredients. We serve an international buffet breakfast; lunch and
dinner are served a la carte. All meals include a variety of salads and fruits, as well as a selection of
homemade breads. We also offer vegetarian meals and a children’s menu, upon request. Meals are
served in the main dining room, where you can also enjoy complete bar service. [Drinks not
included in room-rates.]
**EXCURSIONS**

Excursions at Inkaterra Reserva Amazonica are included in our rates except those that require special schedules of private guide. Excursion durations are ¼, Half and Full day and are classified in three difficulty levels: Easy (I), Moderate (II) or Difficult (III). All excursions are guided by our trained professional interpreters in Spanish, English or French (other languages available upon request, subject to additional charge). Their knowledge and interpretive skills combine to provide understanding, insight and an enhanced experience of the surrounding environment. All activities and excursions are subject to change depending on weather conditions.

**INCLUDED EXCURSIONS**

**TRAIL SYSTEM**

Take a walk to one of the trails that extend eight kilometers (6 miles) in Reserva Amazonica Natural Reserve and you will discover the incredible realm of the Amazon rainforest. The trails offer an excellent introduction to the environment of the jungle, as you walk past exotic rain forest trees, such as the lupuna tree and the beautiful ficus. Look down and spot the tiny lizards that rustle the leaves as they dart about on the forest floor. Gaze at the treetops and be amazed with the arena for bird watching. Observe the insect life – iridescent beetles and interpretation of the primary and secondary rain forest components, as well as human impact, and the relevance of the rain forests of the world.

**DURATION:** ¼ day  -  **DIFFICULTY LEVEL:** I  -  **SCHEDULE:** Morning and Afternoon  -  **FREQUENCY:** Daily  -  **ATTRACTIONS:** Footprints / Birds/ Native skills / Ants / Medicinal plants  -  **ASSISTANCE:** English speaking certified Guide

**RECOMMENDED FOR CHILDREN.**

**TWILIGHT RIVER**

On this guided afternoon boat ride, you will witness the enchanting transformation from a diurnal to a nocturnal environment, as animals and birds of the daytime are replaced by species specially adapted to the night. As you enjoy their paradise, you will learn about their habits while searching for nightjars, owls, capybara and caiman. In addition, on a clear night the southern hemisphere stars can be appreciated.

**DURATION:** ¼ day  -  **DIFFICULTY LEVEL:** I  -  **SCHEDULE:** Afternoon  -  **FREQUENCY:** Daily  -  **ATTRACTIONS:** Photos / Astronomy  -  **ASSISTANCE:** English speaking certified Guide

**RECOMMENDED FOR CHILDREN.**

**RAINFOREST BY NIGHT**

Walk through the Inkaterra Ecological Reserve at night for an approximately 2-hour excursion. Biological activity differs greatly between night and day in the Amazonian ecosystem. Venture into the forest and experience the mystery of the animal activity that awakens in the rainforest after dark, enhancing animal resources to create new adaptation mechanisms. Listen to nocturnal forest sounds and spot species that only emerge at night.

**DURATION:** ¼ day  -  **DIFFICULTY LEVEL:** I  -  **SCHEDULE:** Afternoon  -  **FREQUENCY:** Daily  -  **ATTRACTIONS:** Footprints / Birds / Astronomy  -  **ASSISTANCE:** English speaking certified Guide

**RECOMMENDED FOR CHILDREN.**

Please note that when entering the Butterfly House, wear clothes without insect repellent (Buzz off clothing or sprayed on repellents).

**BUTTERFLY HOUSE**

This one-hour long excursion provides you with an introduction to the amazing world of butterflies at the Inkaterra Butterfly House in Puerto Maldonado. The house is located near the airport. The reserves of Tambopata and Peru hold various records in butterflies’ species numbers; there are 3,800 species in Peru, and many of these can be found at the Butterfly House, which showcases the varied beauty and adaptability of these colorful insects.

**DURATION:** ¼ day  -  **DIFFICULTY LEVEL:** I  -  **SCHEDULE:** Morning  -  **FREQUENCY:** Daily  -  **ATTRACTION:** Butterflies  -  **ASSISTANCE:** English speaking certified Guide

**RECOMMENDED FOR CHILDREN.**

Please note that when entering the Butterfly House, wear clothes without insect repellent (Buzz off clothing or sprayed on repellents).
NATIVE FARM
A 15-minute boat ride takes you to a nearby farm, for a glimpse of the complicated yet interesting techniques necessary for successfully farming in the rain forest habitat. Be prepared for a surprise exotic taste, as local vegetables and fruits will be sampled to complete the experience.

DURATION: 1/4 day - DIFFICULTY LEVEL: I - SCHEDULE: Morning and Afternoon
ASSISTANCE: English speaking certified Guide

ROLIN ISLAND
Visit the Rolin Island. Take a ten minute boat ride and 1 hour hike to Rolin Island where you will learn about the island eco system and the enlightening talk about the rescue project of endangered primates. Return to the Lodge by boat.

DURATION: 1/4 day - DIFFICULTY LEVEL: I - SCHEDULE: Morning and Afternoon
FREQUENCY: Daily - Available from April to November only. - ATTRACTIONS: Native food / Medicinal plants / Photos / Ants - ASSISTANCE: English speaking certified Guide

ESE' EJA EXPERIENCE
Visit a native Ese’ Eja family. Take a twenty minutes boat ride and walk through an island to reach the Ese’ Eja household. You will be introduced to their community members to learn about their customs with simultaneous translation of the Inkaterra interpreter. Return to the lodge by boat.

DURATION: 1/4 day - DIFFICULTY LEVEL: I - SCHEDULE: Morning and Afternoon
FREQUENCY: Daily - ATTRACTIONS: Native skills / Photos
ASSISTANCE: English speaking certified Guide

LAKE SANDOVAL
A 30-minute boat ride takes you to the Tambopata National Reserve, where wildlife surrounds you as you enjoy the one and a half hour walk along three kilometers of trails to reach Lake Sandoval. Glide in a wooden canoe, across a beautiful, mirror-like oxbow lake that is home to the endangered giant river otter, as well as red howler monkeys, macaws, ancondas, point-tailed palm creepers and side-neck turtles. You will spend two hours on the lake, looking at all is has to offer.

DURATION: 1/2 day - DIFFICULTY LEVEL: II - SCHEDULE: Morning and Afternoon
FREQUENCY: Daily - Available from April to November only. - ATTRACTIONS: Birds / Photos / Ants / Canoe - ASSISTANCE: English speaking certified Guide

CONCEPCION
A 35-minute ride upriver takes you to Concepcion, home to a remarkable Botanical Garden with over 200 different species of rainforest plants. An in-depth explanation familiarizes you with the processing, uses and benefits of these traditional indigenous plants, including fascinating native medicinal uses. Next, take a 30-minute canoe trip on a small lake and watch for wildlife – turtles, giant river otters, sun grebes, nightjars and herons. The activity ends at Concepcion Educational Area.

DURATION: 1/2 day - DIFFICULTY LEVEL: II - SCHEDULE: Morning and Afternoon
FREQUENCY: Daily - ATTRACTIONS: Birds / Photos / Ants / Canoe - ASSISTANCE: English speaking certified Guide

GAMITANA CREEK
Enjoy a long walk following to the magic world of Gamitana creek. The sights, scents and sounds of the jungle will surround you as you walk for two and a half hours, rambling through the rain forest along the banks of this winding, dark-water creek that is home to piranja, caimans, turtles and an abundance of brightly colored birds. When you reach the embarkation point, board a canoe and navigate a 2-hour ride dawn stream to the Gamitana Model Farm, appreciating the rich plant and animal life along the way. Enjoy a short guided tour to learn how a farm works well.

DURATION: 1 day - DIFFICULTY LEVEL: III - SCHEDULE: Morning
FREQUENCY: Daily - MEAL: Picnic - ATTRACTIONS: Native skills / Photos / Native Food / Birds
ASSISTANCE: English speaking certified Guide

CANOPY AND ANACONDA WALK
A five-minute boat ride takes you to the Canopy Inkaterra Interpretation Center. After ascending the first tower at 30 meters above the forest floor, you will literally walk through the treetops for one and a half hours along suspension bridges that link eight observation platforms. Enjoy landscapes and vistas that would be unimaginable from below, while on the look-out for giant strangler fig trees, orchids, toucans, trogons and –with luck- monkeys or sloths. After your descent from the Canopy, experience the Anaconda Walk for about 30 minutes along the 200-meter wooden bridge over the Aguajales swamps. In this lush eco system, you may observe the various species of amphibians, serpents, birds, mammals and abundant flora and trees of the flooded marshland. The walk finishes by returning to the lodge.

DURATION: 1/2 day - DIFFICULTY LEVEL: II - SCHEDULE: Morning and Afternoon
FREQUENCY: Daily - ATTRACTIONS: Birds / Photos / Astronomy
ASSISTANCE: English speaking certified Guide

ESE’ EJA NATIVE COMMUNITY
After traveling by boat for one and a half hours towards the Bolivian Border, you arrive at the Palma Real native village, home to some 70 Ese’ Eja families. A three-hour visit offers you an insight into the traditions and culture of this indigenous ethnic group, whose simple dwellings inspired the design of the Reserva Amazonica lodge. You will learn their lifestyle and livelihood, insight into the traditions and culture of this indigenous ethnic group, whose simple dwellings inspired the design of the Reserva Amazonica lodge. You will learn their lifestyle and livelihood, hunting and farming techniques, and the challenges the Ese’Eja face in a changing world.

DURATION: 1 day - DIFFICULTY LEVEL: I - SCHEDULE: Morning
FREQUENCY: Daily - MEAL: Picnic - ATTRACTIONS: Native skills / Photos / Native Food / Birds
ASSISTANCE: English speaking certified Guide

RECOMMENDED FOR CHILDREN.

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DURATION: 1 day - DIFFICULTY LEVEL: I - SCHEDULE: Morning
FREQUENCY: Daily - MEAL: Picnic - ATTRACTIONS: Native skills / Photos / Native Food / Birds
ASSISTANCE: English speaking certified Guide

RECOMMENDED FOR CHILDREN.
**TAMBOPATA**

Following a short motorboat ride from the lodge, this activity begins with a walk to Lake Sandoval. Be on the lookout for hoatzin, herons and ospreys as you glide across this mirror-like oxbow lake in a wooden canoe. Your excursion continues with a hike through the reserve to Concepcion. The surrounding vegetation will be awoken on this trip, with possible sightings of paiche and black caimans; hoatzins, herons and ospreys; red howler, brown capuchin and squirrel monkeys; and the extremely rare and critically endangered giant river otter. A picnic lunch at Concepcion farm is followed by a guided visit to a garden containing more than 200 medicinal plants and the possibility to practice with the native arch and arrows.

**DURATION:** 1 day  
**DIFFICULTY LEVEL:** III  
**SCHEDULE:** Morning  
**FREQUENCY:** Daily

**MEAL:** Picnic  
**ASSISTANCE:** English speaking certified Guide

**ATTRACTIONS:** Footprints / Birds / Native Skills / Photos / Medicinal plants / Ants / Canoe / Native food.

**ADDITIONAL EXCURSIONS (at extra charge)**

**LAKE VALENCIA**

This one day experience in the jungle begins with a three-hour boat ride to the scintillating Valencia oxbow lake. Fishing in the lake is perfectly complemented by sightings of varied wildlife and birds, including ospreys, herons, huge flocks of flying macaws and the king vulture. For lunch savor the fish you caught in the lake, served alongside other local food. Walk 1-hour in the primary forest and Brasilian Nut fields on your way out into the Madre de Dios river.

**DURATION:** 1 day  
**DIFFICULTY LEVEL:** III  
**SCHEDULE:** Morning

**FREQUENCY:** Upon request - Available from November to June only.  
**MEAL:** Picnic

**ASSISTANCE:** English speaking certified Guide

**ATTRACTIONS:** Footprints / Birds / Native Skills / Fishing / Photos / Astronomy / Canoe / Native food.

**FISHING**

This visit takes you through the Madre de Dios River to the best fishing spots in the area which are identified by your interpreter according to the season. You will be assisted in the art of luring onto your plate one of the Amazon's different fish species found in the area, including the famed piranha. If the weather allows it, descend to prepare lunch in a private farm with spices and local flavors. Return to the lodge by sunset (the guiding level will vary according to preferences).

**DURATION:** 1 day  
**DIFFICULTY LEVEL:** II (Amateur)  
**SCHEDULE:** Morning

**FREQUENCY:** Upon request - Available from April to September only.  
**MEAL:** Picnic

**ASSISTANCE:** English speaking certified Guide

**ATTRACTIONS:** Birds / Canoe / Fishing / Native Food

**ORNITOLOGY EXCURSION**

Bird watching experience in the rainforest. Travel by boat or walk through the forest accompanied by an Inkaterra experienced guide searching for your preferred bird species. Return to the lodge by sunset. (The interpretation level will vary according to preferences).

**DURATION:** 1 day  
**DIFFICULTY LEVEL:** II  
**SCHEDULE:** Morning

**FREQUENCY:** Upon request - Available from April to September only.  
**MEAL:** Picnic

**ASSISTANCE:** English speaking certified Guide  
**ATTRACTIONS:** Birds / Canoe

**ADDITIONAL SERVICES (AT EXTRA CHARGE):**

**PRIVATE INTERPRETER**

English, French and Italian. (Other languages with prior reservation).

**CELEBRATION**

Special greeting card in Ese’Eja dialect, special souvenir, bottle of champagne, cake, and VIP Toiletries.

**VIP SERVICE**

Personalized welcome at the airport, private transportation by car to the port, Inkaterra souvenier, special greeting card for guest, VIP toiletries, Check-out at cabana.

**MUSICAL GROUP**

Regional musical group (from 8 to 10 musicians) from 90 minutes to 2 hours. Prior reservation. Subject to availability.

**PRIVATE TRANSPORT (Round Trip)**

- Car: Maximum 4 persons; in Maldonado Port.
- Boat: Maximum 20 persons; in Maldonado Port.
- Bus & boat: Maximum 8 persons (Airport-Port-Lodge).

**CHILDREN & FAMILY SERVICES**

Inkaterra Reserva Amazonica is a family-oriented lodge that offers: additional beds, such as bunk beds, or bed railings (upon request); highchairs; child-friendly guides; a children’s menu, babysitting services (upon request at an additional charge); and a child’s explorer kit consisted in a pack with compass, cap, post cards, colored pencils and granola. Prior reservation and subject to availability.

The hotel recommends the following excursions with special activities for children between the ages of six and twelve: The Trail System, Butterfly House, Native Farm, Rolín Island, Ese’Eja Community, Canopy and Wetlands, Lake Sandoval, and Concepcion.

**NOTICE**

Following our ecological philosophy, putting conservation first and striving to maintain authenticity you will not find air-conditioning, chlorinated water, hair dryers, or other amenities and services available in more developed environments.
SUGGESTED READINGS WEBSITES

In addition to the info available on our website http://www.inkaterra.com, we have also selected a list of links that may be of interest to you:

DESTINATION INFORMATION

ON PUERTO MALDONADO AND TAMBOPATA:
http://www.peru.info/e_eftociudadeseng.asp?pdf=689f97f9316.166ic=26d9f=1366
http://en.wikipedia.org/wiki/Puerto_Paredon
http://www.guardian.co.uk/travel/2007/dec/30/peru.green
http://gosouthamerica.about.com/od/topdestmachupicchu/Machu_Picchu_Peru.htm