

GREEN TRAVEL BLOG ([HTTPS://GREEN-TRAVEL- BLOG.COM/](https://green-travel-blog.com/))

== *green pearls® - unique places* ==

9. April 2024

GREEN TRAVEL GUIDE PERU – A SUSTAINABLE JUNGLE ADVENTURE IN THE AMAZON RAINFOREST – PART 2 OF 2



Sustainable through the rainforest © ZHENYA SWAN PHOTOGRAPHY | Inkaterra Reserva Amazonica

This is the second part of our Peru Travel Guide. In the [first part \(https://green-travel-blog.com/green-travel-guide-peru-discover-the-andes-in-a-sustainable-way-part-1-of-2/\)](https://green-travel-blog.com/green-travel-guide-peru-discover-the-andes-in-a-sustainable-way-part-1-of-2/), we provided important information on how to prepare for a sustainable trip to Peru and described the sights in the Andes and in the south (i.e. Machu Picchu to Lake Titicaca). In addition to the fascinating mountains, in Peru you have the opportunity to experience a real jungle adventure in the Amazon rainforest. You can expect almost daily afternoon rains, very high humidity, high temperatures and extremely dense vegetation. You will find more species of plants and animals here than anywhere else on earth.

SUSTAINABLE HOTELS IN PERU: INKATERRA AT THE FOREFRONT OF GREEN TOURISM'

To experience Peru sustainably, you should pay special attention to your choice of accommodation. Instead of staying in a hotel blog, which has a huge impact on the environment, produces mountains of packaging waste, and may exploit workers, look for smaller, owner-managed accommodations or homestays. For something more luxurious (even in the jungle), we

recommend [Inkaterra Hotels \(https://www.inkaterra.com/\)](https://www.inkaterra.com/). They run seven properties, four of which are Green Pearls® partners.

INKATERRA'S HISTORY

The founder of Inkaterra, José Koechlin von Stein, is a member of the Koechlin family. They came to Peru from Alsace in 1852 and have been rooted here for generations. In 1975, José purchased the first piece of land on which he built the [Inkaterra Reserva Amazónica \(https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/\)](https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/). In addition, he founded the non-profit [Inkaterra Asociación \(https://www.greenpearls.com/green-projects/inkaterra-asociacion-sustainable-machu-picchu/\)](https://www.greenpearls.com/green-projects/inkaterra-asociacion-sustainable-machu-picchu/) to protect the environment and species, preserving Peru's cultural treasures and raw materials, and supporting the local population.



Inkaterra Founder José Koechlin von Stein ©
Inkaterra

“Sustainable travel is (...) the most effective way to raise awareness on our planet’s natural resources. Only when travelling we get to know local cultures and natural environments. We learn about their uniqueness as well as their fragility, and then we are engaged to their preservation for future generations to come..” – José Koechlin von Stein in an Interview with [Sustainable Leaders \(https://sustainability-leaders.com/jose-koechlin-von-stein-inkaterra-interview/\)](https://sustainability-leaders.com/jose-koechlin-von-stein-inkaterra-interview/).

INKATERRA ASOCIACIÓN'S SUCCESSFUL PROJECTS

When you choose to stay with Inkaterra Authentic Nature Travel, you are also indirectly supporting their projects. These include:

- **PET waste compactor** near Machu Picchu, which compacts up to 14 tons of plastic waste (from tourists) per day and transports it for recycling.
- **Biodiesel plant** to protect the Vilcanota River: The plant converts waste vegetable oil from villagers and commercial kitchens into biodiesel. Before, the oil was simply poured down the drain, polluting the river water. The plant is located on the grounds of the **Inkaterra Machu Picchu Pueblo Hotel** (<https://www.greenpearls.com/hotels/inkaterra-machu-picchu-pueblo-hotel/>).
- An **organic waste facility** that converts up to 7 tons of organic waste per day into a biochar fertilizer. The fertilizer will be used in a government project to reforest one million trees.
- **Ocean & Forest Project** (<https://www.greenpearls.com/green-projects/project-ocean-and-forest-at-cabo-blanco-inkaterra-asociacion/>) to reduce illegal fishing in the fishing village of Cabo Blanco in northern Peru (particularly to protect the soup turtle) and promote sustainable fishing.
- **Orchid conservation**: Inkaterra is a major supporter of orchid research. The **Inkaterra Machu Picchu Pueblo Hotel** (<https://www.greenpearls.com/hotels/inkaterra-machu-picchu-pueblo-hotel/>) has the largest collection of native orchids in the world. In fact, experts have discovered ten new orchid species.

- **Butterfly breeding:** Approximately 350 cocoons of new butterflies are created each week at the **Inkaterra Butterfly House**. Peru has one of the highest butterfly populations in the world, which is an important contribution to insect conservation (<https://green-travel-blog.com/a-look-at-the-tiny-creatures-why-they-are-threatened-with-extinction-and-what-you-can-do-to-help/>) and biodiversity.
- **Medicine Research:** The Amazon Rainforest is known as the “pharmacy” because it is home to many medicinal plants, some of which have yet to be discovered. Inkaterra’s field station is dedicated to researching medicinal plants that could one day help to treat diseases such as Parkinson’s.
- **Eco-education in schools:** Inkaterra conducts workshops in three schools (in Machu Picchu, Tambopata, and Cabo Blanco) to raise environmental awareness among students.



The macaw is the largest parrot and lives in the Amazon © Inkaterra Reserva Amazonica

SUSTAINABLE VACATION IN THE AMAZON

At all Inkaterra hotels, highly trained local [guides](https://green-travel-blog.com/meet-our-guides-guest-guides-from-sustainable-hotels/) (<https://green-travel-blog.com/meet-our-guides-guest-guides-from-sustainable-hotels/>), will accompany you and show you the natural beauty and cultural treasures of the country. Tip: If bird watching is your thing, take a birding tour with Hiroshi Sánchez at **Inkaterra Hacienda Urubamba** (<https://www.greenpearls.com/hotels/inkaterra-hacienda-urubamba/>). He has a passion for birds, and you can learn a lot from him!

The jungle is nature and life – unlike the desert, where you see vast lands, there is life in abundance! It’s loud, it’s growing, it’s moving, it’s green, it’s sprouting. A canopy walk takes you right under the canopy where monkeys leap, birds fly, and fascinating insects sit on the leaves all around you. The small “tropical house” you may know from the zoo is nothing compared to the real jungle with its colors and sounds. All the more frightening that rainforests are disappearing from our planet. A trip to the rainforest (without lighting fires, hunting animals, or damaging nature in any other way) will surely inspire you to do more for the green lungs of our planet. For example, it is important to avoid the use of tropical wood

(watch out for barbecue charcoal), and the use of aluminum, etc. is also related to the protection of the rainforest. Read more about this in this [Insight \(https://green-travel-blog.com/green_pearls_insighs/protect-the-rainforest-sustainable-living-and-travel-tips/\)](https://green-travel-blog.com/green_pearls_insighs/protect-the-rainforest-sustainable-living-and-travel-tips/).

PREPARING FOR YOUR RAINFOREST TOUR

The Tambopata National Reserve – adjacent to [Inkaterra's Reserva Amazonica \(https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/\)](https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/) and the Amazon Field Station of Inkaterra – recommends the following preparation:

- **Vaccinations:** Consult your doctor at least one month (preferably longer!) before traveling to get a yellow fever vaccine and malaria prophylaxis.
- **Health and dexterity:** The jungle, trail, and boat tours require a certain level of fitness. You don't have to be an athlete, but if you are physically handicapped, this trip is not recommended.
- **Prepare yourself for tropical weather:** The temperature varies between 25°C and 42°C with an average of 32°C. The hottest season is from December to March. Between June and September, temperatures can drop to 10°C at night. So make sure you pack a thick sweater!
- **No Internet and telephone:** In the jungle, you have to make do without 5G and Wi-Fi. Sure, you'll take many pictures, but family, friends, and followers will have to wait a few days to see them because you can't count on coverage. At Inkaterra Lodge, however, you have the option to radio back to town in case of an emergency.



© Inkaterra Reserva Amazonica Peru

PACKING LIST FOR THE JUNGLE

- Long pants and long-sleeved shirts made from breathable, quick-drying fabric
- Waterproof trekking shoes

- Rainwear
- Binoculars
- Water Bottle
- Sunscreen (natural cosmetics), sun hat, sunglasses
- Insect repellent
- Camera with waterproof case

SUSTAINABLE JOURNEY TO THE RAINFOREST OF PERU



Sustainable vacation in the rainforest of Peru. ZHENYA SWAN PHOTOGRAPHY | Inkaterra Reserva Amazonica

The Amazon region around the Amazon River is an entirely different side of the country. Many people fly into the jungle in small planes. A flight from Cusco takes about 2 hours 40 minutes and doesn't cost much (about 100 to 300 Euros). However, it is more sustainable to take the bus. It takes much longer (about 10 hours), but it is much cheaper (about 20 to 50 Euros), more environmentally friendly, and you get a special experience of the country.

It is also possible to follow the slow travel principle and discover a lot on the trip itself by splitting the route. Between Cusco and Iquitos, for example, you could spend a day in the **Reserva Nacional Pacaya Samiria**. The largest nature reserve in Peru, it is home to fascinating flora and fauna. Slow travel also has the advantage of allowing you to get used to the new climate. 😊

GREEN SIGHTS – THE AMAZON RAINFOREST IN PERU

The jungle is the natural habitat for approximately two-thirds of all animals and plants on our planet. In fact, there are probably millions of species yet to be discovered! It is home to colorful macaws and many species of monkeys, such as howler and squirrel monkeys.

What you may not realize is that in many places, the jungle floor is inaccessible to humans. It is so densely overgrown that sunlight cannot reach the ground, leaving you in total darkness. Only enter the jungle with a knowledgeable jungle guide.

SUSTAINABLE ACCOMMODATION: INKATERRA RESERVA AMAZÓNICA



Your accommodation for a sustainable jungle experience.
ZHENYA SWAN PHOTOGRAPHY | Inkaterra Reserva Amazonica

as penguins, sea lions, condors, macaw parrots, monkeys, and guanacos (the wild alpacas) in the wild. Peru is a colorful mix of Inca history, indigenous culture, colonial heritage, and modern nation-state. You will find luxury and poverty, but most of all hospitality, natural beauty, and closeness to nature.

A trip to Peru will make you marvel at the treasures of our planet – and perhaps motivate you to preserve them for the future.

At **Inkaterra Reserva Amazónica**

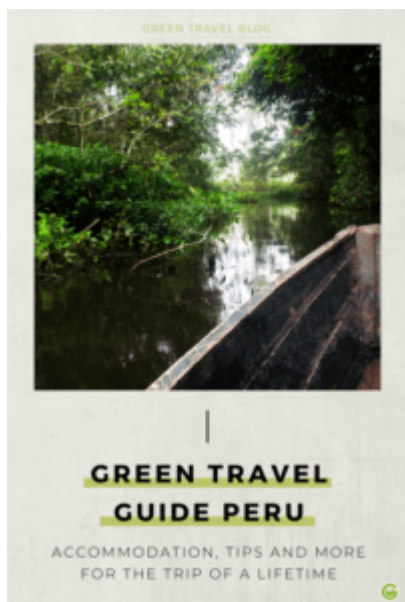
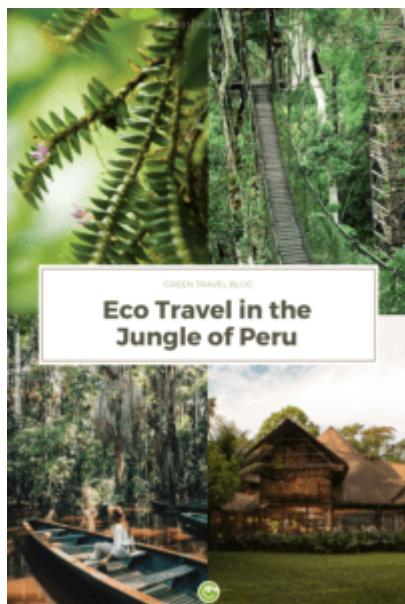
(<https://www.greenpearls.com/hotels/inkaterra-reserva-amazonica/>) in the Tambopata region, you will find experienced English-speaking guides. This is where Inkaterra began, and you will stay in naturally designed guest rooms and suites with hammocks and mosquito nets. Experience the jungle with expert guides on ropes courses, boat trips, and trails. There are also regular nature lectures.

Tip: If you like, you can even spend the night in a treehouse! Read more in our [article about treehouse hotels \(https://green-travel-blog.com/treehouse-hotels-sustainable-hotels-in-the-treetops/\)](https://green-travel-blog.com/treehouse-hotels-sustainable-hotels-in-the-treetops/).

CONCLUSION – PERU: THE TRIP OF A LIFETIME

Peru is an extraordinary place. A country with over 2,000 kilometers of coastline, desert, snow-capped 6,000-meter mountains, and jungle. Here you will meet incredibly friendly people and see animals such

Save this article for your Peru trip!



Hello there! © ZHENYA SWAN PHOTOGRAPHY | Inkaterra Reserva Amazonica



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