

Tour Offered by Heliconia Amazon Lodge **UNFORGETTABLE AMAZON RIVER**

3 DAYS/2 NIGHTS
DATES: SEPTEMBER 20-22, 2025
START LOCATION: IQUITOS

Price: USD 100 per person for TMLA participants (Buyer priority first)
Contact Person for Questions and Reservations: Giovanna Villacorta
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Live Legendary Moments in the Heart of the Peruvian Amazon

Discover world-class adventures, sustainable journeys, and transformational experiences at Heliconia Amazon River Lodge — your gateway to the majestic Amazon River.

We are excited to welcome you to this unforgettable post-tour experience, thoughtfully crafted to showcase the very best of the Peruvian Amazon. From its rich biodiversity to its vibrant local communities, Heliconia invites you to connect deeply with nature and culture in one of the most extraordinary ecosystems on Earth.

Trip Highlights

- ✓ Stay in a unique eco-lodge along the legendary Amazon River
- ✓ Spot pink river dolphins, exotic birds, and Victoria Regia lilies in their natural habitat
- ✓ Immerse yourself in spectacular sunrises and sunsets that awaken all five senses
- ✓ Experience authentic activities like piranha fishing, night walks, and wildlife excursions
- ✓ Visit native communities and enjoy meaningful cultural exchanges
- ✓ Enjoy low-impact excursions designed for sustainability and connection
- ✓ Whether you're looking to relax, explore, or awaken your adventurous spirit — Heliconia Amazon River Lodge offers a legendary journey that will stay with you long after you return home.

ITINERARY



Brief Itinerary 3D/2N

Day 1

- Visit to Monkey Island, Guided jungle walk, Night boat excursion

Meals: Lunch and dinner

Day 2

- Birdwatching at dawn, Visit to the Yagua native community, Traditional fishing experience, Pink river dolphin watching, Night jungle walk

Meals: Breakfast, lunch, and dinner

Day 3

- Observation of Amazonian water lilies (Victoria Regia)

Meals: Breakfast and lunch

Level of Difficulty

Technical Level	Physical Effort
Beginner	Low

UNFORGETTABLE AMAZON RIVER

Duration: 3 Days, 2 Nights

Program Code: Amazon 200

DETAILED ITINERARY

Day 01: Lima / Iquitos / Heliconia Amazon River Lodge

You will be met and welcomed by our staff in Iquitos Int'l Airport where our staff will assist you and transfer to our Office in Iquitos town proper. A briefing about our services, what to expect during your stay, the do's and don'ts in the jungle and some essential tips will make your stay comfortable.

Then after you will transfer to the Iquitos Port, where you will board one of our speedboats to take you to the Heliconia Amazon River Lodge along the Amazon River.

During the boat ride observe the noticeable convergence of the brown turbid waters of the Amazon River with the dark waters of the Nanay River. Enjoy the impressive jungle landscapes.

Then have a stopover in Monkey Island, a family social enterprise focused on

conserving and protecting endangered monkey species in the Northern Amazon. The goal is to enlighten rainforest guests on the effort to reintegrate monkeys and their survival in the wild. See the monkeys free in this reserve, not in cages. Their temporary stay here depends on their capability to adapt back to its jungle habitat. After a 60-minute boat ride arrive at the Lodge where our staff will welcome you with an exotic jungle drink. Then check-in and settle in your room, at your leisure. Afterward taste your first Amazonia cuisine lunch.

In the afternoon, begin your first excursion: set out to a jungle hike into the Yanamono primary rainforest reserve, for approximately two hours accompanied by our expert guides. They will point out and identify several flora species such as heliconia flowers, medicinal plants and giant trees. You will also have the chance to sight several birds species such as the Turkey Vulture (*Cathartes Aura*), Black Fronted Nanbird (*Monasa- Atia*), And with a little luck you will be able to view a family of small monkeys such as marmosets (*Saguinus fuscicollis*), the Titi (*Callicebus Mollock Mollock*) and the Squirrel monkey (*Saimiri Boliviense*). Return to the lodge for rest and relaxation and be enthralled by your first, must-not- miss Amazon Sunset. As the darkness of evening comes around, take a boat ride along one of the Amazon River's tributaries for an exciting evening in the jungle. With no lights, the jungle flora and fauna sparkle along the river's edge. Your expert boat guide to take you to where you can appreciate and listen to the magical sounds of the jungle. If it is a clear night, you will see the bright magnificent moonlight, as well as observe the stars and constellations. With some luck you can also see some falling stars which are quite common in the area. Then motor back to the Lodge to rest and relax for an early wake up the next day.

Lunch and dinner.

Day 02: Heliconia Amazon River Lodge

Rise early for the Morning Bird Watching. In order to see the birds flocked together during their morning feeding time, you will start very early going by boat to one of the several streams to look out for a number of varieties of Amazon birds. You will be looking out for birds such as the Tuki (*Jacana Jacana*), Ringed Kingfisher (*Ceryle- Torquata*), Black-Collared Hawk (*Busarellus nigricollis*), among others. Thereafter, you will return to the lodge for a scrumptious and energizing breakfast. Take a little rest, and then we will visit a riverside village to see an indigenous tribe of the Yaguas community where you will have the opportunity to learn and see their way of life along the Amazon River. See their homes, school, church, shops. Interact with the people, learn their techniques of fishing and farming. Observe their customs and tradition, and get enlightened by their unaffected and austere way of living. Return to the lodge for lunch. In the afternoon, you will set off to a Native Fishing expedition unto one of the small tributaries of the Amazon River. Learn the local techniques of fishing and for the most daring you can try to fish for Piranhas. If you are lucky you have your catch cooked for dinner, when you return to the Lodge. During this excursion you can also have the opportunity to look out for the Pink River Dolphin (*Inia Geoffrensis*). In the evening, consider the Night Hike. Go on an enchanting evening trek within the secure periphery of the Lodge and you will witness the entrancing transformation from daytime to a night atmosphere. As you adjust to the dark environment you will appreciate the rainforest takes on a very different character and be aware of the existence and habits of nocturnal jungle animals. It's the best time to see stunning tree frogs, shy snakes, and other rainforest creatures that

only come out at night. Notice a range of completely distinctive fauna from the day as you listen to magical sounds of insects, birds, jungle cats and night owls. After 30 minutes of hike we back to the Lodge for Dinner.

Breakfast, lunch, and dinner.

Day 03: Heliconia Amazon River Lodge/ Iquitos / Lima

Enjoy a delicious breakfast before we will board the boat towards a lake in Yanamono Island where you will be able to glimpse the Giant Water Lily, the Victoria Regia, the “Queen of water lilies”. Now renamed Victoria Amazonica, these native flora in the shallow waters of the Amazon River basin are mostly found in oxbow lakes and bayous. You may see some flowers that are white as they bloom on the first night some that have turned pink on the second night after blooming. They can grow to 40 cm in diameter, and are pollinated by scarab beetles. Victoria Amazonica is well known for its huge circular leaves, which are often pictured with a small child sitting at the center of its leaf to display their size and strength. Return to the Lodge for lunch and check-out. After lunch, depending on your flight schedule, transfer to Iquitos City and according to your departure, transfer to the airport.

Breakfast and lunch.

Our Programs may vary according to flight arrival / departure changes or weather conditions.

For this program we recommend to take morning flights to Iquitos and your returning flight to Lima in the afternoon.

Includes:

Accommodation and meals according to the program. Land and river transfers at Schedule times. Guided excursions.

Tea and coffee are complimentary.

The tour does not include

Beverages: juices, sodas, soft drinks and any alcoholic drinks. Flight tickets Lima/Iquitos/Lima and airport. Insurance. Taxes. Tips.

Check in: 13:00 pm / **Check out:** 12:00 pm

Boat schedule:

Departures from Iquitos to Heliconia Lodge: 9:30 Hrs.

Departures from Heliconia Lodge to Iquitos: 13:30 Hrs.

Extra boat: USD 180 one way

Luggage:

It is important that you bring only necessary clothing and travel gear to the lodge. Due to weight and space limitations on the domestic flight and on the boat to the Lodge, passenger luggage is limited to 10 kg. (22 lbs.) per person. You may store some of your luggage in our office in Iquitos City and take only the most essential during your stay.

Extra luggage USD 10

What to wear:

Light cotton clothes, pants and long sleeve shirts (preferably in earth colors: olive green, light brown/khakis of light, breathable, quick-dry material; please avoid using black color in the jungle. Hiking boots or walking tennis shoes resistant to humidity; cotton socks. Bathing suit. A light water proof parka jacket, raincoat or sweater (when the temperature goes down considerably or when it rains)

What to bring:

Hat / Cap (preferably with large visor) Sunscreen / Sunblock.

Insect Repellent (with DEET) Sunglasses.

Personal Medicines /medications; first-aid kit Flashlight

Binoculars

Portable converter, rechargeable batteries, electrical adaptor for your charger

Camera with big memory card; preferably in waterproof case.

Notes:

Heliconia offers electricity with solar panels, Wi-Fi, and hot water in the showers. (We kindly ask that you use water and electricity sparingly, always respecting the environment).

When visiting Monkey Island, it is recommended not to put on any insect repellent during the visit.



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