



Travel

For booking international flights, we recommend the following website that generally has the best deals available online: www.mobissimo.com .

Typically you would fly first into Lima International Airport and then connect onto a national flight to Iquitos.

1. LAN - <http://www.lan.com> – the main carrier in Peru
2. Star Peru – <http://www.starperu.com> – flight times less reliable than LAN.
3. Peruvian Airlines – <http://www.peruvianairlines.pe/index.php> - new carrier as of Dec 09 offering very low rates and 2 flights a day.

If you are looking for a travel agent to help you, we recommend contacting:

Maria Diaz - Travel Consultant

Global Leisure, Tourism and Corporate, Maria Travel and Tours, 6333 Canoga Ave Suite. 318
Woodland Hills, CA 91367 TELEPHONE: (860) 961-9882 mariatraveltours@sbcglobal.net

She will be able to book internal flights generally at a much better rate than booking online / through most travel agents as she deals directly with LAN in Peru. You can also get a quote from Maria for international flights and hotels in Lima (for layovers) and Iquitos.

It is also worthwhile simply trying to book a round trip from your nearest International airport to Iquitos (which will connect via Lima). This way, you may save money by not booking international flights and internal flights separately.

Once in Iquitos, you would need to take a taxi from the airport to the centre of Iquitos. As soon as you come out of the baggage collection area, there is a choice of cars or mototaxi's (much more fun / cheaper and a real taste of local transport in a jungle city!). The cost is around 10 soles for a mototaxi and 15 for a normal taxi.

Transport to the Temple

All transport to and from the Temple is included in the cost of the workshop.

On the first day of the workshop, we will collect you at 11.00am outside the Hotel Ambassador – Calle Pevas 260, segunda cuadra, Iquitos (two blocks away from the Plaza de Armas).

Collection will be by bus to transport you to our boat which takes approximately 45 minutes to get to the port of Rumacocha or Santa Clara (subject to the river level / time of year).

You will then travel by boat up the Rio Nanay to as close to the Temple as possible – it depends how high the river is and can take from 45 minutes to 1 hour. We then walk into the Temple through the jungle, which again depends on how high the river is and will take anywhere from 15 minutes (rainy season) to 1

hour 30 minutes (dry season). The walk can sometimes be difficult for those who are less able bodied or have difficulty walking a long distance and in the heat. However, where necessary, we have the option of carrying anybody who is struggling on a hammock. We have once brought in a guest with no legs so anything is possible!

The total journey time from the centre of Iquitos to the Temple is approximately 3 hours.

We will help you with your luggage on the walk into the Temple with local carriers although please try to bring rucksacks as opposed to suitcases to make it easier for them to carry.

We also highly recommend you bring (or hire from Mad Mick's trading outpost opposite the Yellow Rose café in Iquitos - <http://www.iquitostimes.com/mad-micks.htm>) rubber boots as you will be walking through some water / heavy mud at the beginning of the walk. If you wish to leave your boots behind for use by future guests they would be gladly received!

At the end of the workshop we leave by 10.00am on the 12th day and return you by bus to wherever you are staying, generally arriving in Iquitos around 1.30 pm.

Accommodation

We advise that you book a hotel room in Iquitos for the night before the workshop in order to be refreshed after flying long distance and ready for the collection at 11am on the first day of the workshop.

We also recommend you stay overnight in Iquitos after leaving the workshop in order to "acclimatize" and begin to process the healing you have been through before taking any flights back home.

Our recommended hotel is the Hotel Ambassador (where we collect and drop) –

Web - http://www.paseosamazonicos.com/hotel_ambassador.htm

Email - hostal_ambassador@hotmail.com

Tel - +51 65 233110

We can book rooms for you in advance. Cost is 65 soles for a single, 85 soles for a double or 105 soles for a twin room.

Here is a link to reviews of other hotels in Iquitos: <http://www.tripadvisor.com/Hotels-g294315-Iquitos-Hotels.html>

Budget

Hotel Ambassador

http://www.paseosamazonicos.com/hotel_ambassador.htm

Hostal Colibri,

email: hostalelcolibri@hotmail.com

<http://www.tripadvisor.com/ShowUserR...a-Iquitos.html>

Hostal La Casona

lacasonaiquitos@yahoo.com

Mid-range

Hotel Maranon

<http://es.geocities.com/hmaranoniqt/hmaranon2.html>

Hotel Victoria Regia

<http://www.victoriaregiahotel.com/>

Top end

El Dorado Plaza Hotel – best hotel in Iquitos

www.eldoradoplazahotel.com

Food in Iquitos

We highly recommend the Dawn of the Amazon café (la Calle Malecón Maldonado 185 alongside the Amazon river) or to Huasai restaurant (131 Calle Fitzcarraldo). Ask in either for the Ayahuasca diet menu (sin sal, sin azucar, sin aji).

Money in Iquitos

There are ATM's throughout Iquitos where you can withdraw US dollars or soles. In addition, you can change money in nearly all banks. Please avoid changing money with the street "money changers" as it is common practice to defraud westerners, pass over fake notes, etc.

Please be assured that at the Temple we are well protected, well away from any roads / rivers so no passing "traffic" of people looking to steal from guests and your personal belongings are safe.

Please also be careful to not accept any ripped notes whenever you buy something / change money. Even the smallest of rips will result in the note being unusable.

If you are interested in purchasing some of the Maestras arts and crafts and/or tipping at the Temple, then please make sure you bring soles to the workshop.

Pickpockets

Please be careful with your belongings whilst waking around Iquitos. Although the city is in general very friendly and crime is considerably less of a problem compared to Western cities, there are some opportunistic pick pockets / petty thief's who can "lift" wallets, small bags, camera's, etc in the blink of an eye.

Buying arts and crafts in Iquitos

If you are interested in buying any traditional arts and crafts in Iquitos, we would recommend that you do not buy anything from the children selling in the Plaza de Armas – the prices are usually inflated considerably for gringos! There is a small artesian market shop with the sign "souvenirs" next to the "Dawn of the Amazon" cafe on the boulevard running alongside and facing the Amazon river (go past the Yellow Rose and turn to the left).

Please also note that the Maestras at the Temple are also proud of their handiwork and arts & crafts so we hold a small market at the end of the workshop for them to demonstrate and sell their traditional jewellery, textiles and clothing. If you are interested, please make sure that you bring additional soles to the workshop.