



## General Travel Information

### Travel to Pucallpa, Peru

*Please book your flights for one day before and after the start and end date of your retreat to first allow yourself ample travel time and time to acclimatize to the environment so you are refreshed after flying and ready for the morning pickup on the first day of the workshop. We also recommend that you stay overnight in Pucallpa after finishing the workshop in order to reintegrate and begin to process the healing you have experienced before taking any flights back home.*

***\*\*Please do not book flights or make any travel arrangements until your registration has been approved.\*\****

We recommend that you purchase a flight with Pucallpa as the final destination because flights are often delayed in Peru due to weather. For example, if you purchase a separate flight from Lima to Pucallpa, you may end up missing your flight to Pucallpa because your flight to Lima was delayed, and it will not be covered. The ONE WORLD and STAR alliances offer connecting flights to Pucallpa via Lima.

#### **Domestic Carriers:**

1. LAN - <http://www.lan.com> (the main carrier in Peru, ONE World Alliance)
2. StarPeru - <http://www.starperu.com>
3. Peruvian Airlines - <http://www.peruvian.pe/en>
4. Avianca - <http://www.avianca.com/> (Star Alliance)

Once you've landed in Pucallpa and exit the arrival/baggage claim area, you will find cars and moto-taxis waiting that can bring you to your hotel. Be prepared for a group of taxi drivers to approach you as you exit the airport. There is no reason to be concerned regarding this, but it can be quite a surprise for first-timers to Pucallpa. Los Gavilanes Hotel will also offer to pick you up at the airport.

**Please note:** We have unfortunately had some issues with local street vendors pretending that they work for the Temple, offering services such as rides from the airport, tours, hotel discounts, etc. While staff members are often around town prior to the scheduled pickup time, be aware that anyone who tries to sell you something or offers a ride or a tour on behalf of the Temple prior to the group pickup is not affiliated with the Temple.

## Travel & Medical Insurance

We strongly recommend that all of our guests take out adequate travel insurance for any cancellations due to unforeseen circumstances. Squaremouth is an insurance service that can cover not only retreat costs but also possibly airfare costs: <https://www.squaremouth.com/>. We are not affiliated with them so please contact them directly to purchase insurance and with any questions.

Please also note that we do not staff medical professionals on site and are in a remote location with the nearest medical clinic being an hour hike, hour boat ride, and then a taxi ride away. Better medical facilities are even further away, should a medical emergency arise. We strongly advise obtaining medical insurance that works in Peru and medical evacuation insurance in the event of an emergency, particularly for those with chronic medical conditions.

## Recommended Accommodation in Pucallpa

Los Gavilanes Hotel: <http://logavilaneshotel.com/>

**\*\*We DO NOT recommend storing your belongings in a hotel where you are not currently staying, and that you keep your valuables safe and within your possession at all times.\*\***

## Travel to Niwe Rao Xobo

The collection point is on the first day of the dieta at 10am is at the Los Gavilanes Hotel, Jr. Ipuatia #370 Yarinacocha, Pucallpa, Distrito de Pucallpa, Peru.  
<http://logavilaneshotel.com/>

We will leave Niwe Rao Xobo at 11am on the last day of the program and travel back to Los Gavilanes Hotel.

About one month prior to the start of your dieta, you will receive an email with your pickup time as well as other last minute details.

## Eating in Pucallpa

In Pucallpa, we recommend eating at the Los Gavilanes Hotel Restaurant, mainly for convenience. Unless your digestive system is acclimatized to living in Peru, it is best to only drink bottled water, and to avoid eating street food.

## Money in Pucallpa

Towards the end of your dieta we will open the maloka for a Shipibo market where the healers sell their handmade art and crafts. If you wish to purchase anything, we ask that you please bring soles. They do NOT accept credit cards or other currencies. Prices range from 30 soles (for a small bracelet) to 400-1000 soles (for a woven tapestry). All proceeds are paid directly to and remain with the healers. The Temple does not profit from this market.

We have had many guests that ask us about tipping the local workers or healers. If you would like to tip, please give any tips to your facilitator at the end of your dieta so that they may be divided out fairly amongst all local workers at the center. A recommended tipping amount is 200 soles at the end of your workshop, but please feel free to contribute whatever you wish. If you would like to tip, we also request that you bring soles. Please note that tipping is by no means required, but we include this advice to ensure that if you would like to, that this is done fairly and that tips are not being given only to the workers who are working most directly with guests.

ATMs can be found on Jr Raymondi, Cuadra 5, in Pucallpa, about a 20 minute mototaxi ride from Los Gavilanes Hotel. If you wish to withdraw soles, please plan to visit the ATM prior to the pick-up time as it will not be possible to travel there during your dieta. **DO NOT change money with the street "money changers" as it is common practice to defraud westerners, pass over fake notes, etc.** Please also be careful to not accept any ripped notes whenever you buy something/change money - even the smallest of rips makes the note unusable.

Please be careful with your belongings while walking around in Pucallpa. Although the city is generally very friendly and crime is considerably less of a problem compared to western cities, there are some opportunistic petty thieves who lift wallets, small bags, cameras, etc.

## Ethical Shopping

Please note that while sales of endangered species are illegal, the laws are not well regulated or enforced. Buying any products made with animals subsidizes the destruction of biodiversity in the Amazon, which is very much out of alignment with our mission and vision. Even if you find an item made from a common unprotected species, buying these products will only encourage the unnecessary killing or poaching of a wider variety of animals. In particular, please do not buy mammal, bird or reptile skulls, items made with

the fur of cat, monkey, or other mammals, snake skins, mammal or reptile teeth, bones, or claws, or bird beaks, claws, or feathers. Please also avoid buying specimens of fish, turtles, or insects.

Some vendors sell infant animals such as monkeys, sloths, or parrots, which some sympathetic tourists buy in order to release back into the jungle. Most animals for sale were not captured as adults, but were taken from nests and raised from infancy, with the mother animal being killed ostensibly for food or profit. As a result, adult animals may not be able to care for themselves in the wild. Buying these infant or adult animals only provides an incentive where more mother animals are killed in order to steal their infants.

The Temple is committed to preserving the rainforest and its inhabitants, and we hope that our guests support this vision through their buying choices.