



General Travel Information

Travel to Iquitos, 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 Iquitos 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.*****

In order to come to the Temple you will need to fly into Iquitos International Airport. There is no road access to Iquitos, so it is necessary to fly unless you will be arriving by boat.

We recommend that you purchase a flight with Iquitos 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 Iquitos, you may end up missing your flight to Iquitos because your flight to Lima was delayed, and it will not be covered. The ONE WORLD and STAR alliances offer connecting flights to Iquitos 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 Iquitos 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 Iquitos. You can expect to pay about 20 soles for a car and about 10 soles for a moto-taxi to the center of town (about a 20-30 minute ride). Many hotels also offer to pick you up at the airport.

Please note: We have unfortunately had some issues with local street vendors in Iquitos 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.

Accommodation in Iquitos

Recommended Hotels:

Hotel Dorado Isabel

<http://www.grupo-dorado.com/doradoisabel/lan/eng/index.php>

Calle Jr. Napo 362, Iquitos

Tel: (+51) 065 222555

Hotel Dorado Isabel is also the group pickup and drop off location. If you'd like to receive a discounted rate, please email reservas2@hoteleseldorado.com with subject line BOOKING TOTWOL and provide your dates needed and flight number and arrival time to Iquitos to make the reservation. The hotel can arrange transportation to/from the airport.

Hotel La Casona

<http://www.hotellacasonaiquitos.com.pe/>

To receive a discounted rate as a Temple guest, email:

contacto@hotellacasonaiquitos.com.pe

El Dorado Plaza

<http://www.eldoradohoteles.com/doradoplaza/lan/eng/index.php>

Casa Morey Hotel

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

Travel to the Temple

The group will be picked up on the first morning of the retreat at the Dorado Isabel Hotel in Iquitos by one of our staff members and then travel to the Temple together from there. About one month prior to the start of your retreat, you will receive an email with your pickup time as well as other last minute details.

You may find the location for the Dorado Isabel Hotel here:

<http://www.grupo-dorado.com/doradoisabel/lan/eng/location.php>.

We will then travel by bus to the port and then by boat up the Rio Nanay as close to the Temple as possible. The boat ride can take from anywhere from 20-45 minutes, depending on how high the river is.

We will then walk to the Temple through the jungle for 20 minutes to 1.5 hours, also depending on how high the river is. *We highly recommend that you wear rubber boots as you may be walking through some heavy mud on the walk.* Please bring these with you – it is possible to find these in Iquitos but it can be difficult.

The walk may be challenging for those who are less able bodied or have difficulty walking a long distance in the heat. Where necessary, we have the option of carrying anybody who is struggling in a hammock.

The group will be brought back into Iquitos after breakfast on the last morning of your program and will arrive in town in the early afternoon (usually around 1 or 2pm).

The total journey time to/from the Temple is approximately 3 hours. The price of the Temple workshop includes transportation from the Dorado Isabel Hotel to the Temple on the first morning of the retreat, but does not include any flights, hotel costs, or transportation to the group pickup.

Please note: Our porters will carry your luggage for you on the walk to and from the Temple. Please bring your belongings in a backpack as suitcases are *much* more difficult for them to carry on foot through the jungle.

Eating in Iquitos

In Iquitos, we recommend eating at the Dawn on the Amazon Café (185 Calle Malecón Maldonado) and Karma Café (138 Calle Napo). Both offer an ayahuasca diet menu and are just off the Plaza de Armas, nearby the Hotel Dorado Isabel. Unless your digestive system is acclimatized to living in Iquitos, it is best to only drink bottled water, and to avoid eating street food.

Money in Iquitos

There are ATMs throughout Iquitos where you can withdraw US dollars or soles. In addition, you can change money in nearly all banks. **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 will result in the note being unusable.

At the end of the workshop, the maestros and maestras set up a market where you can purchase some of their beautiful handicrafts. If you are interested in purchasing anything and/or tipping at the Temple, please bring soles with you to the workshop. The healers do not accept any other currency or form of payment. 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.

Please be careful with your belongings while walking around Iquitos, particularly in the markets. 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 in Iquitos

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 the Temple's 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.