



## 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 alliance offers connecting flights to Iquitos via Lima.

***Please note:*** When flying into Peru you need to collect luggage in Lima. Some airlines don't know this and attempt to check the luggage all the way through to Iquitos. Please know you will need to pick up your luggage when you arrive in Lima no matter what the airline says.

#### **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>

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 30-40 soles for a car and about 10-20 soles for a moto-taxi to the center of town (about a 30-40 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

### Group Pickup Location: **The Gran Marañon Hotel**

**Gran Marañon Hotel:** <http://www.granhotelmaranon.pe/>

Calle Loreto 446, Iquitos

Tel: (+51) 065 242 226 or (+51) 065 242 119

Email: [reservasgranhotelmaranon@gmail.com](mailto:reservasgranhotelmaranon@gmail.com)

*\*To receive a 10% discount, email the hotel and mention you are a Temple guest. The discount will not apply to booking.com reservations. Please contact the hotel if you would like to arrange airport transportation.*

Or reserve through Booking.com (no discount): <https://booki.ng/2yysuLJ>

### Other Recommended Hotels:

These hotels are also centrally located in Iquitos, not far from the group pickup location. either by foot or a cheap moto-taxi ride.

**Hotel La Casona:** <http://www.hotellacasonaiquitos.com.pe/>

*\*To receive a discounted rate, email: [contacto@hotellacasonaiquitos.com.pe](mailto:contacto@hotellacasonaiquitos.com.pe) and mention you are a Temple guest.*

Or reserve through Booking.com (no discount): <https://booki.ng/2lfmtTL>

**Casa Morey Hotel:** Reserve through Booking.com: <https://booki.ng/2yza79L>

**El Cauchero Hotel:** Reserve through Booking.com: <https://booki.ng/2yuHuu6>

\*We are not affiliated with Booking.com or any of these hotels. 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 & 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.

## Travel to the Temple

The group will be picked up on the first morning of the retreat at the designated pickup location in Iquitos by one of our staff members and will 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.

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 to the same pickup location in Iquitos after breakfast on the last morning of your program and will arrive in there in the early afternoon (usually around 1 or 2pm).

The total journey time to/from the pickup location and the Temple is approximately 3 hours. The price of the Temple workshop includes transportation from the pickup location 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. 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.