

## Places to visit and celebration dates

### WHERE?

#### In Iquitos:

- **Cathedral.** A Neo-Gothic structure that was built from 1911 to 1924, its dome is intensely decorated with images of Christian piety. Its upper altarpiece exhibits the exquisite wooden carved statue of Saint John the Baptist, patron saint of the city.
- **Historic landmarks.** At the end of the 19th century, the Peruvian Amazon experienced the so called Rubber Rush and the barons who made their fortunes from its extraction built a series of architectural gems. Decorated palaces in miniature, showcasing Arab tiles (the Rocha, Morey and Cohen Mansions), Art Nouveau homes (the former Hotel Palace) and the famous mansion designed by Gustav Eiffel, that was built out of metal sheets that were transported through the jungle by hundreds of men.

- **The Boulevard.** Walking down this street in the Belén quarter gives the visitor a lovely view of the Itaya River as well as glimpses of important historical landmarks. The Boulevard boasts wide sidewalks, pleasant little plazas decked out with gardens and a unique fountain that is a monument to biodiversity and Amazon myths and legends.
- **Museum of the Amazon.** Exhibits a collection of more than 80 life sized fiberglass sculptures that represent the main Amazon ethnic groups. It shares the same premises as the Military Museum.

- **Port and Belén quarter.** It is called the “floating quarter” since houses are built on topa wood (cork) rafts, and when the river rises, they float. It is a very traditional regional style. Its market is lively and colorful.

### Excursions from Iquitos

- **Lake Quistococha Tourist Complex.** 8.39 miles. Found in a natural rainforest, 369 hectares in area, the complex has a zoo featuring representative animals from the area and an artificial lake, where tourists can swim and enjoy the sun, the white sandy beach and the surrounding breathtaking beauty.
- **Santo Tomás.** 19.95 miles. A tiny village in an area that is home to a farming community whose

residents belong to the Cocama Cocamilla ethnic group. Their main livelihoods are fishing and pottery making.

- **Santa Clara (Nanay River).** 7.46 miles. From July to October (dry season), fine sand beaches perfect places to enjoy swimming or fishing.
- **Padre Cocha.** Local residents belong to the Cocama Cocamilla ethnic group, who make their living as potters.
- **Pilpintuwasi Butterfly Farm.** It is a refuge for more than 40 exotic butterfly species situated in a beautiful setting, surrounded by waterfalls and tropical vegetation. It is also a wildlife refuge for endangered species that have either been rescued by or donated to its managers.

- **Boras from San Andrés.** A community who still preserve their customs and cultural traditions and whose festivals and ceremonies are closely tied to their myths and legends. They paint their bodies before dancing, with the image of the snake being the preferred motive for both men and women.
- **Allpahuayo – Mishana National Reserve.** It shelters the largest concentration of white sands forests, or varillales, as they are known in the Peruvian Amazon,

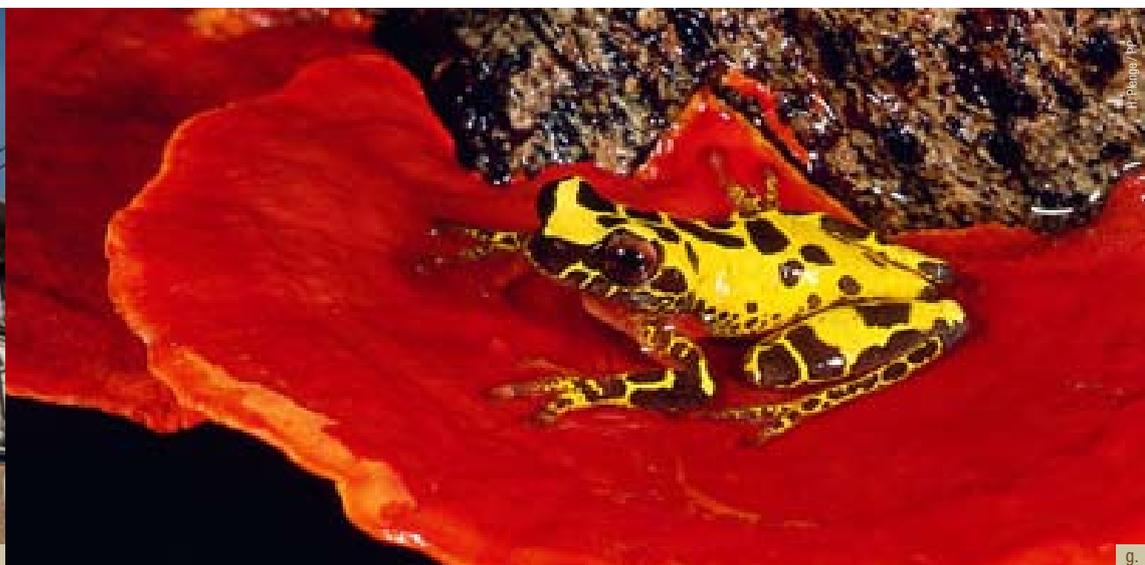
as well as those flooded by black waters. The biological wealth spread from one end to the other of its 58,000 hectares is enormous and one-of-a-kind, highlighted by numerous endemic and restricted distribution plant and animal species, many of which have still not been subject to scientific description. It is very easy to reach on account of its proximity to Iquitos.

- **Pacaya – Samiria National Reserve.** Because of its size, it is considered the most important protected natural area in Peru. Thousands of fish spawn in its lakes, such as the paiche, the largest Amazon fish. Yet, also found there are the highly sought after pink dolphin, the black caiman, the river otter, the manatee and the side-necked taricaya turtle. **To enter this reserve, you need a permission issued by the National Institute of Natural Resources (INRENA).**

### WHEN?

#### Feast day of Saint John the Baptist / June 24th.

This feast day is a symbolic one through the length and breadth of the Amazon due to its association with water as life's essential element.





The best means for the jungles of Loreto to reveal their secrets is for the traveler to stay at any of the well managed rustic lodges, known for the excellent services they offer. They are found on the banks of hidden rivers or on the shores of secret lakes, where the rainforest will entertain you with its constant chorus of sounds and the psychedelic colors the sky displays.



## Routes & length of stay

**7 days**

Minimum recommended length of stay

1/2 day	City of Iquitos, Belén quarter.
1 day	Butterfly farm, community of San Andrés, convergence of the Nanay and Amazon rivers, Lake Quistococha Tourist Complex
1 day	Allpahuayo – Mishana National Reserve, city of Nauta, confluence of the Marañón and Ucayali rivers
3 days	Pacaya – Samiria National Reserve



- a. The Amazon River is a Fountain of life and inspiration for the people of Loreto
- b. Be a part of the natural world staying at some of the lodges located inside the jungle
- c. The Peruvian Amazonia is home to many ethnic groups
- d. Sailing across the Amazon river is a unique experience
- e. Pacaya Samiria is a true encounter with nature
- f. Iquitos, will welcome you with its warmest embrace
- g. The diversity of animal and vegetable species will amaze you



- |                                      |                          |
|--------------------------------------|--------------------------|
| <b>1</b> Boras de San Andrés         | <b>9</b> Amazonas River  |
| <b>2</b> Santo Tomás Community       | <b>10</b> Itaya River    |
| <b>3</b> Quistococha tourist complex | <b>11</b> Marañón River  |
| <b>4</b> Pilpintuwasi butterfly farm | <b>12</b> Nanay River    |
| <b>5</b> Zungaracocha lagoon         | <b>13</b> Putumayo River |
| <b>6</b> Grau lookout                | <b>14</b> Ucayali River  |
| <b>7</b> Padre Cocha                 | <b>15</b> Yavarí River   |
| <b>8</b> Quistococha                 |                          |

### LEYENDA

Department borderline	—	Port	⚓
Capital city	○	Protection Area	■
Asphalted road	—	iperú offices	ⓘ
River	—	Tourist information and assistance	ⓘ
Airport	✈		



C. Jara / P/P

d.

## Lodging and tourist services:

Iquitos offers a range of lodging possibilities: 5 star and homelike 3 star hotels in the city itself as well as tourist lodges with all the comforts spread throughout the city's outskirts. In the city of Nauta, you will find basic accommodations and pensions. There is ground and river transportation, guided tours, full service expeditions to the jungle, cruises down the Amazon and its tributaries and visits to native communities. Also in the area are travel agencies, basic services, camp grounds and tourist information and assistance offices.

## Recommended for



**Nature lovers**, who can traverse the Amazon rainforest and find trees as tall as 196.85 feet or small, beautiful orchids. It is also easy to see monkeys, tarantulas and toucans.

**Intrepid adventurers**, who can float down the Amazon River and discover its many tributaries. There, you can see pink and gray dolphins and go visit the village of Grau and its lookout. Treks and hikes through the deep jungle, even at night, are organized, but you have to keep in mind that it takes patience and a little bit of luck to catch sight of some exotic mammals.

**Plant watchers**, who will have no complaints after seeing the splendid Victoria regia, a lovely floating aquatic lily with one-meter diameter circular leaves.

**Bird watchers**, who will enjoy their trip to Lake Zungaracocha (12.43 miles from Iquitos), Quistococha, and the Allpahuayo – Mishana National Reserve. There are birds that can only be found on the many islands formed by the Amazon River.

**Those interested in mysticism** and popular traditions, who can visit the Bora community of San Andrés or simply talk with one of the natives (who many times are specialized tour guides) to learn more about the magical world of the Peruvian jungle.

## What to buy?

You can find a great variety of handicrafts in the area, such as pottery pieces featuring geometric designs, hand painted fabrics and many other objects, both decorative and utilitarian, made from materials found in the region.

## What to eat?

Iquitos has a host of restaurants to satisfy the most refined of palates, where chefs take advantage of regional resources, such as the palm heart, an essential ingredient in salads, yet also prepare international foods. The paiche, an extraordinary Amazon fish, is a main ingredient for dishes in which its delicious meat is marinated in tropical fruit juices before being accompanied by different sauces. The most popular restaurants offer creative regional dishes, like the famous chicken juanes (a type of rice tamale wrapped in banana leaves), the tasty tacacho (roasted bananas with deep fried pork) or the delectable soup, worthy of the best restaurants, called inchicapi. The meat of game animals is also a succulent choice, the best being paca, deer and caiman (farm raised, not the ones living in the wild). Of honorable mention are stimulating traditional drinks like huitochado and chuchuhuasi, which are reported aphrodisiacs.



While walking through the jungle, we recommend you to take the precautions common to all tropical areas, such as wearing light clothing, preferable long sleeve shirts and shorts, a hat and waterproof boots, preferably rubber up to the knees, which keep mosquito bites on your legs to a minimum and your feet dry on muddy paths. Also, bring a waterproof coat or poncho in case of rain and bug repellent.

Likewise, the rule is never to leave the well beaten path or track and never support yourself with a hand until you have first closely inspected the area. First try to refrain from touching the wildlife. Hikes should be led by a guide who fully knows the areas and you should follow his/her instructions carefully.



H. Plenge / P/P

e.