



## Travel

For booking international flights, we recommend the following website that generally has the best deals available online: [www.mobissimo.com](http://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>

Please note that Peruvian airlines have now moved into insolvency.

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 Pevás 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.iqitostimes.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](http://www.paseosamazonicos.com/hotel_ambassador.htm)

Email - [hostal\\_ambassador@hotmail.com](mailto: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](http://www.paseosamazonicos.com/hotel_ambassador.htm)

Hostal La Casona

[lacasonaiquitos@yahoo.com](mailto: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 – the best hotel in Iquitos

[www.eldoradoplazahotel.com](http://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, there is a small artesian market shop with the sign “souvenirs” next to the “Dawn on 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.