



# What To Expect

Embark on a wild adventure in the heart of the Amazon with our exhilarating extension trip to Peru! Nestled within the Tambopata National Reserve, your jungle home is the fabulous Posada Amazonas—an eco-lodge owned by the indigenous community of Inferno. Not only are you in for an unforgettable stay, but you'll also be contributing to groundbreaking scientific research. This eco-haven is not just a place to rest your head; it's a living, breathing connection to the incredible rhythms of the jungle.

Get ready to immerse yourself in the simplicity of lodge life, embracing the wild as you explore the Amazon and encounter unique wildlife that will leave you in awe. It's a chance to disconnect from the outside world, feel truly alive, and forge an unbreakable connection with your natural surroundings. Plus, Posada Amazonas is more than just a stay; it's a celebration of the harmonious dance between humans and the Amazon, supporting their direct collaboration with the lodge. Join us for an extension that's not only fun and appealing but also a meaningful step into the heart of the jungle, where each moment promises discovery, connection, and a sprinkle of eco-magic. Let the jungle vibes guide you through an experience like no other!

## DAY 1: UOLA, AMAZONAS!

Cusco - Puerto Maldonado - Refugio Amazonas

Get ready for Day 1 of the wild and wonderful extension adventure, kicking off as we touch down in Puerto Maldonado, the buzzing gateway to the Amazon jungle! Locas only has your morning flight from Cusco to **Puerto Maldonado** covered (yes, it's included in the extension cost!).

Our fantastic guides from Rainforest Expeditions will be waiting for you at the airport, ready to welcome you with open arms and transfer you to your Amazon home for the next 4 days.

Brace yourself for a lively welcome as we hop on a bus for a one-hour transfer to the next leg of our journey: a thrilling one-hour upstream canoe-ride along the tranquil **Tambopata River**. And, guess what?! Our first taste of mouthwatering Amazonian cuisine happens right there on the boat, alfresco style!

Keep those binoculars handy because we're in for a treat! As we cruise along, we'll be scanning the riverbanks, branches, and skies for our first glimpses of the vibrant blur of **macaws**, the statuesque presence of **herons**, sneaky **caimans**, and maybe even the charming **capybara!** Up in the treetops, be on the lookout for curious brown capuchin and dusky **titi monkeys**.

Nestled in the heart of the rainforest, **Posada Amazonas Lodge** boasts low-impact design and all the amenities you need for a pampered jungle stay (yes, massages are on the menu!). A breezy 30-minute walk from the lodge leads us to a 42-meter-high **Canopy Tower**, offering a mesmerizing view of the Tambopata National Reserve. Toucans, macaws, and raptors enjoy the same view, just from a little higher in the sky.

We will enjoy our very first **Amazonian sunset** in here, which will be accompanied by a little guided meditation focusing on arriving to the present moment and really becoming conscious of the special place where we are right now.

On the way back to the lodge, we will embark on a once-in-a-lifetime nocturnal exploration – a **guided night walk through the jungle**, revealing the mystical wonders that come alive under the moonlit canopy. Say hello to all types of insects and spiders!

We'll then head back to the lodge where we will indulge in a delightful dinner with our fellow Locas as we recap on our first full day in the Peruvian Amazonia.

- Home away from home: Posada Amazonas
- Meals included: Breakfast, Lunch, Dinner
- Highlights of the day: Arriving in the Amazon, spotting Macaws & jungle wildlife, meeting our guides from Rainforest Expeditions, sleeping with the sounds of the jungle



#### DAY 2: IN THE JUNGLE, THE MIGHTY JUNGLE...

Flora, fauna, sunsets and jungle sounds

We'll kick off the day with a delicious breakfast, soaking in the Amazonian ambiance. We'll then embark on an exhilarating **Wildlife Water Tour**, where we'll have the chance to spot the iconic Scarlet Macaws, the playful giant river Otters, and the endearing Capybaras.

We'll have time to chill and relax before munching on a scrumptious lunch that will refuel us for the adventures ahead. In the afternoon, we'll dive into a **Jungle Biking Tour** guided by our incredible local guides from the Inferno Community, where we will discover the hidden treasures and diverse wildlife of the Amazon in the most adventurous way!

After refueling our bodies in jungle hospitality with fresh fruit juice and yummy snacks, we'll have time to unwind before dinner, surrounded by the natural sounds of the jungle which are so loud and alive that seem almost unreal, as if you were listening to a Spotify playlist!

And here's an extra dose of excitement: our eco-lodge is the epicenter of **Wired Amazon**, the pioneering citizen science project. As guests, you get to be citizen scientists, contributing to dynamic research on elusive species like jaguars and white-lipped peccaries. Who knows, you might discover a brand new tiger-moth, scorpionwasp, caddisfly, or treehopper species – it could be you!

- Home away from home: Posada Amazonas
- Meals included: Breakfast, Lunch, Dinner (+ tea & snacks)
- **Highlights of the day:** Wildlife Water Tour, spotting otters & other animals, Jungle Biking, free time to relax and unwind.



Day 3: AMAZON LIVIN'

Plant medicine, jungle chillin' and water rafting!

We will begin our day with a **Jungle Yoga & Meditation** session in the main Maloka, preparing us spiritually and mentally for the day ahead. We'll then have a hearty breakfast, before we start our exciting activities for the day!

Engage all of your senses in the **Plant Medicine Tour** as you touch, smell, and learn about the powerful properties of the rainforest's vibrant flora, creating an immersive experience that not only connects you with nature but also leaves you with a newfound appreciation for the incredible biodiversity of the Amazon, including the GrandMother of them all: **Ayahuasca** (no drinking, though!).

As the day winds down, savor some free time to immerse yourself in the natural surroundings, forge connections with the lush environment, or simply unwind in the laid back atmosphere of Posada Amazonas. We'll also offer another Yoga session for those who had a little morning sleep in or who are super keen to do it all over again © Today is a day of laughter, exploration, and **relaxation**, making memories that will linger long after your Amazonian adventure.

You can also opt for other optional activities tailored to your interests, which are all included in your Amazonian package.

Indulge in a mouthwatering jungle lunch before diving into the heart of the jungle with a group activity that guarantees laughter and teamwork: the chance to **build your own raft!** Navigate the pristine waters of the Tambopata River on a unique and super fun journey, surrounded by the vibrant Amazonian landscape with all the Locas!

We'll conclude the day (and the trip, sadly) with a yummy group dinner, where we'll share the highlights of our trip & our gratitudes for what we've experienced over one (or many) **Pisco Sours!** 

- Home away from home: Posada Amazonas
- Meals included: Breakfast, Lunch, Dinner (+ tea & snacks)
- **Highlights of the day:** learning about plant medicine, free time to relax and connect with the jungle environment, optional activities, building our own raft together! And our last dinner and drinks.



#### DAY 4: FAREWELL, FOR WELL

Posada Amazonas - Puerto Maldonado - Wherever you are going next!

Rise and shine to a delightful **morning Yoga** & and a yummy brekkie as we begin our last day in the Amazon Rainforest. We'll then have our last, farewell sharing circle where we will share our highlights of the trip, lessons learned and gratitudes.

As we journey back to **Puerto Maldonado**, tracing the familiar path on our trusty boat and bus. Witness the Amazon bid us adieu with a surreal sunrise, casting a magical glow over the river and inspiring moments of quiet reflection and meditation on the incredible days we've spent in this enchanting realm.

Then, it's off to the airport for flights back to Lima and beyond! Rest assured, our ever-helpful Locas Only guides will be by your side until the departure flight, ready to handle any last-minute changes or needs.

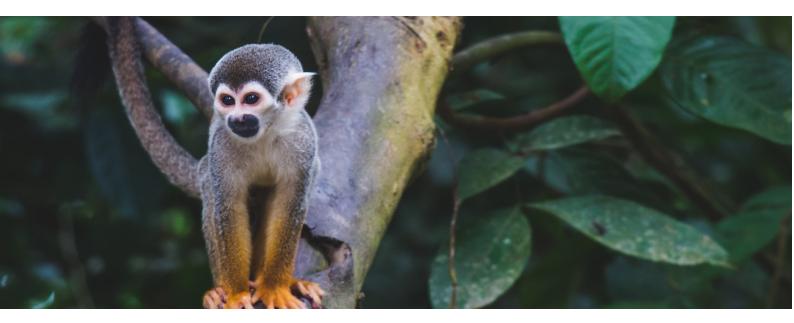
Please keep in mind that It is your responsibility to arrange your departure flight from the Jungle, departing from Puerto Maldonado (PEM) to Lima (LIM) or wherever it is your heart is calling you to go next!

The only thing left to do here is **THANK YOU** for choosing to travel with Loas Only and supporting our small (but growing!) business, which encourages crazy women like you to step out of their comfort zones and live their absolute BEST LIVES. We really hope you enjoyed this Peru Aventura Loca and wish to see you on the next Locas Only Adventure!

- Home away from home: Posada Amazonas (night not included)
- Meals included: Breakfast
- **Highlights of the day:** deep connection and gratitude for the experience we lived and the people we met.

### Inclusions - Amazon Extension

- Domestic flight from Cusco to Puerto Maldonado
- Airport transfers
- 4 days / 3 nights accommodation in a unique Amazon eco-lodge in the Tambopata National Reserve
- Land & boat transport through the Tambopata River and into the heart of the private communal reserve of the Ese Eja Native Community of Infierno
- ALL-inclusive experience with ALL meals included (breakfast, lunch & dinner).
- Daily wildlife water & walking tours!
- Guided night walk through the jungle.
- Climb a canopy tower 42 meters high with a breathtaking view for sunset.
- Group activity: Build your own raft! And sail it through the Tambopata River!
- Native **Plant Medicine** guided tour.
- **Mountain biking** through the jungle + other optional activities.
- Yoga & Meditation jungle sessions.
- Free time to connect with yourself and your alive surroundings



## Exclusions

- International flights to and from Peru.
- Visa fees and entry requirements.
- Domestic transfers and flights not stated in the deal offer.
- Meals / beverages not stated in the deal offer.
- Gratuities/tipping.
- Personal expenses.
- Travel insurance.



# Investment

- Twin-share accommodation:
  USD \$1,590 with all-inclusive meals
  and jungle activities!
- Single supplement:
- + USD \$440 for the Locas who want to fully connect with themselves and their surroundings.

