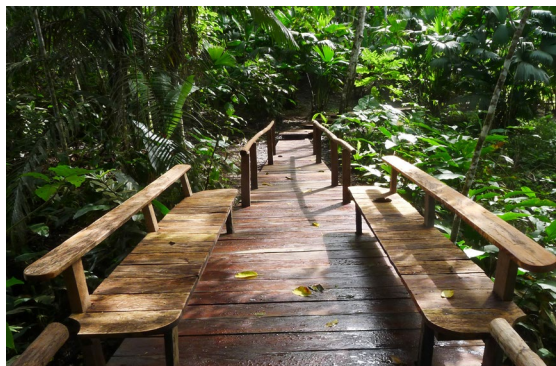




Calanoa

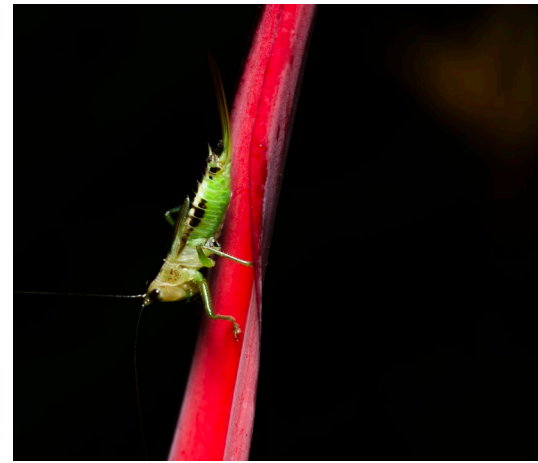
An Amazonian experience

When you arrive at the Calanoa Natural Reserve, in the heart of the Amazon forest, you will be greeted by a garden of exotic flowers, palm trees, and fruit trees on the shores of the Amazon River; where birds, monkeys, butterflies and innumerable other species live. Our structures are endowed with a sense of lightness, with ethereal walls where lying in a hammock will allow you to open up your senses and fully contemplate the infinity of the jungle.



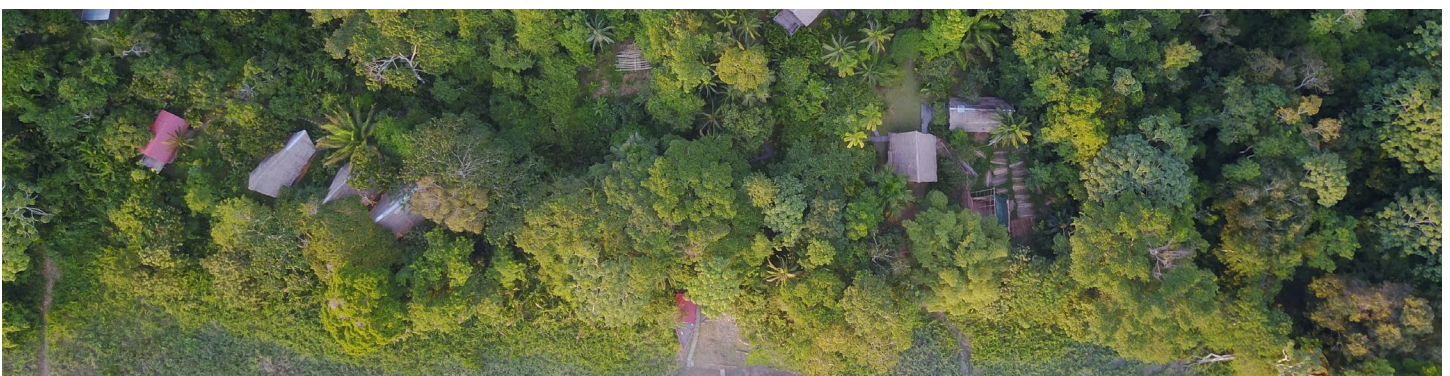
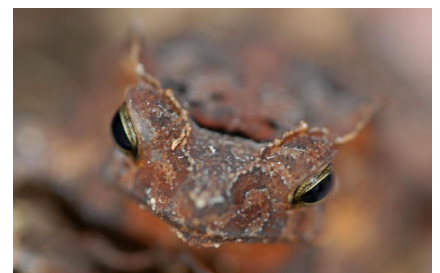
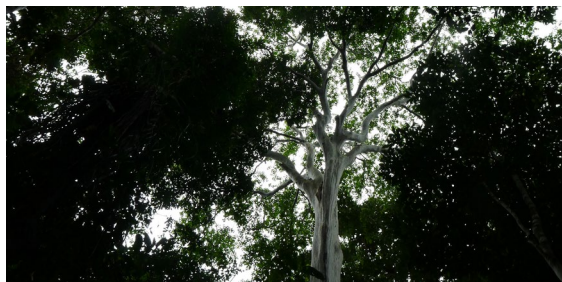
As an introduction to your adventure, the first night you will enjoy a **night walk** in our primary forest. Expert indigenous guides endowed with ancestral knowledge of the jungle will guide you and show you the nocturnal life of a world that never rests. You will be enveloped with the song of frogs, nocturnal creatures, flowers that bloom at night, and phosphorescent mushrooms.

The jungle is one thing during the day and another at night. Don't forget your flashlights!



Day 2: morning visit to a **Tikuna community** where you will be able to appreciate how their life revolves around the river and the jungle.

In the afternoon, after lunch, a hike crossing the Calanoa Reserve to the Matamata creek, on the limit of the Amacayacu National Park. There, a canoe is waiting for you to descend paddling to the Amazon and return to the lodge (if the water level allows it). Navigating the canopy of the forest, during high-water season is an incredible experience.





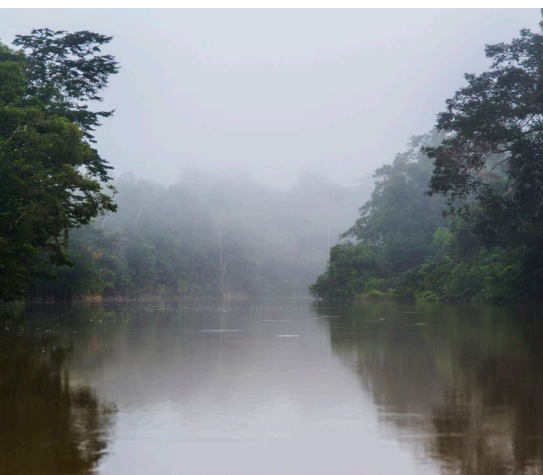
Day 3: in the morning, you will enjoy a visit to **Mocagua Island** where very different flora and fauna can be seen. The island also has gorgeous interior lakes, where the lotus *Victoria amazonica* blooms. After lunch, in the afternoon, a boat takes you to the Peruvian margin of the Amazon River, for dolphins' watching, and to see the sunset and its explosion of color from the river.



Day 4 - Visit to **Vista Alegre**, a community in the Peruvian border. There are three lakes near the community with a wonderful diversity of wildlife and flora. In the afternoon, visit the **Milciades garden**, a Cocama medicine man, to know about the traditional way of cultivating the forest and the healing power of plants.

Day 5 - We can plan at 6am a **Bird Watching**. Early breakfast and return to Leticia, (7:45 am by public boat). Depending on your flight schedule, you can visit the Ethnographic Museum in Leticia, or our guide can take you straight to the airport.





Optional activities:

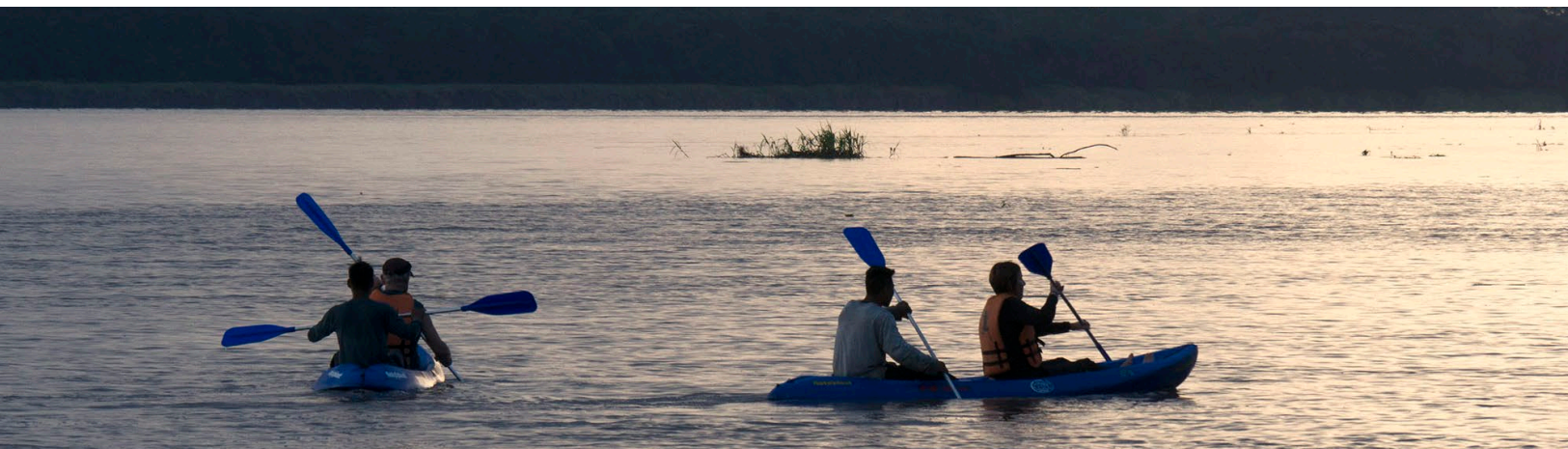
You can change these activities with any of the above.

Kayaking exploration down the Amazon River and Matamata Creek.

Hike on the southern part of the Amacayacu National Park, about 5 hours.

Piranha fishing in the Matamata creek, or from the dock at the lodge, with Victoria.

Workshops: Basketry or ceramic with local masters.



With an additional cost:

Shamans: for a deep connection with the jungle, Calanoa offers personal rituals led by traditional doctors. Some are herbs and mud baths that renew the person's energy and open the body and mind to the spiritual connection with the jungle.

El Vergel children's choir, for an encounter of traditional music and dances. (no additional cost for groups of 4 people or more)

Puerto Nariño and the Tarapoto lagoon (20 km. from the lodge). Puerto Nariño has an additional entry fee of \$22,000 COP, which includes a visit to a museum and a lookout tower. Lunch in Puerto Nariño is not included in our rate as this activity is optional.

CUSTOM TRIPS

Birding, with expert local guides.

Jungle hikes and camping.

Yoga retreats.

Creativity and photography workshops, with Diego Samper (May and October).

Amazon flavors, a cooking experience with Marlene Samper (May and October).

Plans can be adjusted according to your interests. Plans can change due to weather or river conditions. Wildlife sightings are not warranted.

