# Posada Amazonas ACTIVITIES

Life at the fullest! With this Amazon Experience, choose from a wide range of stand-out Amazon excursions, including options for family, adventure, wildlife, and cultural exchange with the Native Community of Infierno. Do it at your own pace and create your own, custom experience.

#### NATURE

Canopy Tower: A visit to the Canopy Tower gives you the opportunity to have a comprehensive view of the vast rainforest from above the trees; and at the same time offers you the chance to spot wildlife which will depend on the time of the day, weather conditions and luck.

It's also a great place to enjoy seen the sunrise and sunset.

To get there we have to walk about 20 minutes throughout a pristine forest with great opportunities to come across with some amazing wildlife such monkey, birds, colorful and cute insects, etc.

The tower itself it's a scaffolding metal tower of 37 mts. or 120 feet with easy walking steps to rich to the top.

Giant River Otter Search At Tres Chimbadas Oxbow Lake: This is a morning activity which demands an early start. (As early as we begin better chances to see more wildlife).

To get there, we have to walk to the river to take the boat and take a boat trip for 15 minutes upstream then walk 25 to 30 minutes to reach to the lake. Once there, we will paddle around on a comfortable catamaran looking for all kind of wildlife and of course, the family of Giant River Otters is our main target.

This place itself it's beautiful and holds different species of wildlife such the Black Caiman, many types of birds and monkeys such as squirrel monkeys.

**Piraña Fishing (Catch And Release):** Unlike many other places that you are limited to do this activity, at Posada Amazonas you will be able to do this activity with the respect for the wildlife cycle that means that we will be catching and releasing the fish.

Here we will be going to the Tres-Chimbadas Ox-bow Lake. With some luck, we might be able to find other wildlife such as the giant river otters, many types of birds and monkeys.

Parrot Clay lick: Just 15 to 20 minutes walking from the lodge into the riverbank, we will find a hide where we will wait for the bird to gather up on the trees and eventually land of the bank to eat clay. Scientists don't know exactly why parrots do this, but they suspect it has to do with mineral deficiencies.

Different types of wildlife feed on clay, such as Spix's guan, howler monkeys and peccaries.

Macaw Clay Lick: Around mid-morning large and colorful Macaws come down also to eat clay.

This activity is in the same place where the parrots come earlier in the morning. Red and green macaws might be possible to see if we have luck.

It will take from 1 to 2 hours because require some waiting time.

Short Night Walk: This activity enables as to enjoy nature at night where we can find interesting creature among insects, frogs and sometimes some species of mammal species like the Nigh Monkeys

We just walk not too far from the Lodge for about 1 hour round trip.

Master Night Walk: This walk takes us thru the Amazon rainforest for about 2 hours and a half, where we'll have more chances to explore, connect and discover different species active during the night.

For this hike, we definitely need good energy and a good flashlight.

Ceiba Walk: For this activity, we will hike from the Lodge for about 2 hours throughout a pristine forest passing throughout two different type of forest (terra firme and flood-plain forest) with great chances to look for some wildlife.

In the end, a huge ceiba tree (kapok tree) await us, raising out among the whole forest.

Monkey Search: Posada Amazonas is inside a private reserve that allows great chances to spot wildlife including 7 species of monkeys.

Here we will look out thru the jungle to see as many species as possible within 2 hours walking among different types of forest.

Tambopata Sunset Cruise: Sunsets in the jungle are one of nature's most beautiful spectacles, and one of the best places to enjoy them is from a boat on the Tambopata River. In the afternoon, your guide will take you to a boat for an easy-going, two-hour ride on the Tambopata. Your guide will talk about the dynamics of this Amazonian river as you watch for rainforest wildlife and see macaws fly overhead before enjoying the jungle sunset.

Birdwatching For Beginners: You don't need to be a well experienced or professional bird watcher to enjoy the widest variety of birds of the Peruvian Amazon. All you need is a pair of binoculars.

Learn how to become a keen birdwatcher. The bird world at Posada Amazonas is astoundingly diverse and the ideal place to catch the bird watching fever. During your outing with an expert birding guide, you will learn about the proper use of binoculars and telescopes, the basics about bird watching techniques, how to identify the main families, recognize sounds and their different habitats.

Hardcore Birdwatcher: This is the ideal activity for seasoned birdwatching lovers. With the assistance of our professional birding guides, we will help you find those species missing from your list. Tambopata holds a vast diversity of specific species. Get ready for an intense 2-hour birding session in order to search and try to find the elusive birds missing from your list.

## LOCAL CULTURE

Visit The Local Farm: Located 5 minutes down-river by boat, we'll visit the local farm.

When traveling around, the best way to know more about the locals is by their market. Here will be by their local farms. You will be able to see and try several tropical fruits and learn about all the variety of crops that the local people grow.

Our host, will show you the local techniques for farming and get a better understanding of one of the main economic activities of the region.

And at the same time, you can interact with him.

Brazil Nut Trail & Camp: This hike is a beautiful old growth patch of Brazil Nut forest that has been harvested for decades (if not centuries) where the remains of a camp used two months a year by Brazil Nut gatherers can still be experienced. We will demonstrate the whole process of the rain forest's only sustainably harvested product from collection through transportation, drying, and on to the products we consume. And as a bonus, this hike around the forest allow as to have another chance to see more wildlife.

For this activity, we just walk for about 1 <sup>1</sup>/<sub>2</sub> to 2 hours roundtrip.

Ethnobotanical Center Ñape: We will go 15 minutes down river where the Native Community of Infierno from the Ese'Eja ethnic tribe run a Medicinal Center; were they heal their people using the local medicine; which is still part of their knowledge inherited by their ancestors, now a day in a combination with the western medicine.

While on the river, we might be able to look for more wildlife such as the wellknown Capybara, consider as the largest rodent in the planet.

## ADVENTURE

Jungle Mountain Biking: If you like action, this is a great way to explore and experience the beauty and excitement of the rainforest along ten kilometers of trails. We provide a GT mountain bike, helmet and cycling gear, water bottle, and your very own mountain bike guide.

We have a biking trail circuit of 7 km / 4.35 miles, that takes 1 hour round trip.

Build Your Own Jungle Rafting: In the past, local people, especially the native communities used to transport down the river with their own hand-made "balsas". Here you will learn and build your own jungle rafting. You will be provided with the material and the orientation of your guide and use it along the river port of the lodge.

#### **CHILDREN ACTIVITIES**

Circle of fire: It's storytelling time! Your guide will narrate stories he/she heard from the elderly people in the community. These stories tell the mysteries of the forest, and magical tales involving animals, spirits, and how the Ese ejas came to live on Earth.

The Children's Rainforest Trail: Join this great scavenger hunt and look for the Shahijani (Agouti) Treasure! Your guide will take you through different trails to look for seeds, like the azucarwayo or brazil nut, previously hidden. These seeds have been prepared and are ready to build bracelets and necklaces. Continue the discovery trail and you will reach the great Ceiba tree where the treasure is hidden and get ready to receive the sacred message from the Ese ejas.

Rainforest Tattoo: Using natural dyes, watercolors and tempera you and your family will design and paint your own t-shirt. We got all sizes! Matching tees anyone?

Jungle Play-Doh: Join your guide while he collects clay from the macaw clay-lick, and then follow the process to create your own sculpture. We think Play-Doh got inspired by this technique! After your piece has been sun-dried, you will be able to paint it, and take it back with you.

Building Amazon Toys: Join a native guide in a hands-on activity building a ball in traditional way. Using banana leaves, learn the way Ese eja children used to have fun. Mesmerizing times... when kids played and enjoyed themselves by creating their own toys!