



Mental Health Journey to Peru

OPTIONAL AMAZON RAINFOREST EXTENSION

4 days | Explore Puerto Maldonado, Amazon Rainforest

Photo courtesy of Inkaterra

Tambopata National Reserve is in the Peruvian Amazon Basin south of the Madre de Dios River in Tambopata Province's Inambari and Tambopata districts. It was created on January 26, 1990, to protect the forests adjacent to the rivers Heath and Tambopata that have two important ecosystems and are noted for their biodiversity, representing native flora and fauna with 165 species and 41 families of trees, 103 species of mammals, 1300 species of butterflies, and 90 species of amphibians.

DAY-BY-DAY ITINERARY

DAY 1: OCTOBER 21, 2017

Arrival in Puerto Maldonado

📍 Puerto Maldonado, Peru

Fly from Cusco to Puerto Maldonado this morning.

Upon arriving in **Puerto Maldonado**, you will be greeted by one of the lodge's representatives, who will assist the group with check-in before you head to the river port to board the boat that will take you to **Reserva Amazónica**, one of the best lodges in the region. Upon arrival enjoy a brief tour of the lodge and hear from their resort team about the excursions available and meal information.

Your group will have their own guide accompanying them on the tour who will assist with tour sign up. On the first day, we recommend that you discover the jungle through a guided tour along the trail network of the Inkaterra Nature Reserve, where you will discover the marvelous Amazon River Basin and have excellent opportunities to see some of the birds and insects that live in the area. Once the guided tour ends, you will be invited to take an evening boat tour on the **Madre de Dios River** and experience nightfall on the river. Witness the fantastic transformation of the jungle as the various creatures active in daylight are replaced by new species, totally adapted to the night.

Included meals: Lunch & Dinner

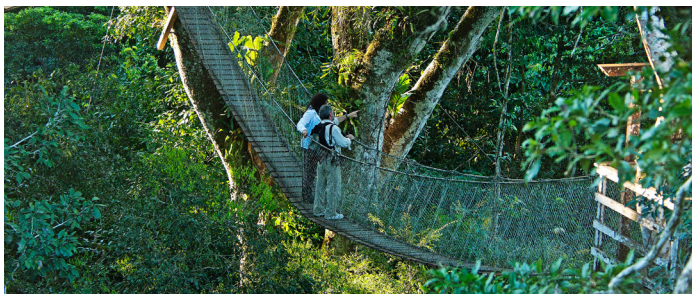


Photo courtesy of Inkaterra

DAY 2: OCTOBER 22, 2017

📍 Puerto Maldonado, Peru

After breakfast, you will have a chance to visit **Lake Sandoval** in the Reserva Nacional de Tambopata (Tambopata National Reserve), a nature lover's paradise. Enjoy exceptional views on the lake as you canoe across its waters.



Photo courtesy of Inkaterra

In the afternoon, enjoy the **canopy walkway** back at your resort. Here you will be able to observe the many animal species that make their home in the treetops as you climb the first tower, 95 feet (29 m) above the ground. Get ready to walk through the treetops of the tropical forest for more than a quarter of a mile on the extensive network of suspension bridges that connect eight observation platforms. After descending from the canopy, you will experience the **Anaconda Walk** (650 feet [200 m] of wooden bridges spanning the Aguajales Swamp), where you will be able to observe different species of amphibians, birds, mammals, and tropical plant life.

Included meals: Breakfast, Lunch, & Dinner

DAY-BY-DAY ITINERARY

DAY 3: OCTOBER 23, 2017

📍 Puerto Maldonado, Peru

You will journey along a portion of the Madre de Dios River to reach your next destination: **Gamitana Creek**, home to piranhas, caimans, turtles, and a large variety of birds. After exploring the creek, you will return by river and stop to visit the **Gamitana Model Farm**, where you will get an idea of how a farm operates in the jungle and will get to see the products produced there.

In the afternoon, you will journey to the **Hacienda Concepción**, an incredible botanical garden home to more than 200 species of plants native to the rainforest. Then, you will take an amazing 30-minute canoe trip in search of turtles, nightjars, and exotic herons.

After dinner, you will take a **nighttime trek** on the trail network at the Inkaterra Reserva Amazónica Lodge and will enter into the secondary forest. For around two hours, you will enjoy the concert of natural sounds created by the jungle. Prepare yourself to encounter new animals that are only active at night.

Included meals: Breakfast, Lunch, & Dinner



Photo courtesy of Inkaterra

DAY 4: OCTOBER 24, 2017

Departure

📍 Puerto Maldonado, Peru

Enjoy a delicious breakfast before you leave. You will travel 45 minutes upstream to Puerto Maldonado on the Madre de Dios River. On the way, you will visit the **Butterfly House**, a nursery where you will be able to observe various native species of butterflies in their natural habitat. Depart for the airport for your return flight to Lima. Continue onward to your international flight home (with arrival in Miami the next morning).

Included meal: Breakfast

ACCOMMODATIONS

HOTEL INFORMATION

Inkaterra Reserva Amazonica

🌐 www.inkaterra.com

An eco-luxury lodge in front of Madre de Dios River, Inkaterra Reserva Amazonica has 35 wooden cabanas inspired in the Ese'Eja culture. 540 bird species have been inventoried in hotel grounds, deep in the rainforest.

The property offers a varied selection of à-la-carte excursions, including a visit to the Inkaterra Canopy Walkway, a bridge system at 30 meters above the ground, allowing adventurers to enjoy a privileged view of the Amazon. In 2013, Inkaterra Reserva Amazonica was selected by *National Geographic Traveler* magazine among the world's 25 best eco-lodges.



Photo courtesy of Inkaterra

PROGRAM INFO

Date & Length: 4 days October 21–24, 2017 (Flight may arrive back in the US on the 25th depending on final flight time.)

Extension Cost: \$1,899 per person (includes all gratuities) *Single supplement:* \$299

Inclusions: Ground transportation; baggage handling, gratuities; optional tours; meals as mentioned; group tour guide accompanying you to the resort and throughout your stay; and accommodations based on double occupancy.

Not Included: Hotel incidentals and meals not mentioned.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.

Questions? 888.747.7501 Info@NandaJourneys.com www.NandaJourneys.com

