



## R & F Amazon Cruise: 7 DAYS / 6 NIGHTS ITINERARY

*High water season: November – May | Low water season: June – October*

### DAY 1 – SATURDAY: IQUITOS – AMAZON RIVER

Upon arrival at Iquitos airport, the R&F Cruise crew give us a warm welcome. We will be transferred by bus to the port, where a motorboat will take you to the Amazon cruise boat.

Once on board, we go up to the third deck for the Captain's welcome and crew introduction, while enjoying our bartenders' refreshing cocktails. Before settling into our rooms, the guide explains safety procedures and gives a brief orientation tour of the facilities.

It is then time for the first culinary experience on board, using local ingredients.

In the afternoon, we set off on our first excursion, by motorboat, to meet the guardians of the Amazon rainforest, the **Kukama Native Community**. We learn about their ancestral traditions, and enjoy live music and dancing.

In the evening, the bartender gives us a masterclass on the history and distillation techniques of the country's signature drink, Pisco. This involves tasting varieties of the traditional [Pisco Sour](#) cocktail, all prepared with local, exotic fruits.

We end the day with a delicious dinner on board.



## **DAY 2 – SUNDAY: AMAZON RIVER – MONKEY ISLAND – YAGUA NATIVE COMMUNITY**

After a hearty buffet-style breakfast, a motorboat takes us *The Monkey Island Rescue Centre*. This sanctuary receives a wide range of monkeys that are commonly hunted for meat or to be sold as pets. Even though these small animals were victims of abuse and wildlife trafficking, we now see them happily at play on the island. When we least expect it, a Spider Monkey or a Red-faced Uakari will approach and try to take our hand.

Besides petting them and taking pictures, we learn how these primates are rescued, rehabilitated and released back into the forest.

Lunch is back on board the boat

In the afternoon, we visit the [Yagua native community](#), where the local chief tells us about how their ancestors decided to settle around the impressive Lupuna (*Ceiba*) tree, which is believed to guard the forest.

We also have the opportunity to use a *pucuna*, a traditional blowgun still used for hunting.

We then take part in a tree-planting ceremony, by which we make a small contribution to the reforestation of the Amazon rainforest.

After dinner, we visited by a local **shaman**, who will share some of his spiritual practices and traditional healing using medicinal plants.

## **DAY 3 – MONDAY: YAGUA NATIVE COMMUNITY – ORELLANA – PEBAS**

We enjoy a delicious breakfast on board while sailing along the Napo River, towards the town of Orellana. It is named after *Francisco de Orellana*, a Spanish conquistador who explored the confluence of the Coca River (Ecuador) and the Napo River as part of his Amazon explorations back in the sixteenth century.

We explore the town and hear stories of the conquistadors' expeditions from our guides

We return to the cruiseboat for lunch as we head towards the village of **Pebas**.

This afternoon we will visit the oldest – and one of the most colourful – Peruvian towns on the Amazon. After walking through its streets and part of the market, we visit the gallery of the internationally-renowned artist *Francisco Grippa*, who produces fantastic rainforest-inspired paintings.

Dinner on board.



#### **DAY 4 – TUESDAY: PEBAS – BORA COMMUNITY – HUITOTO COMMUNITY**

We suggest rising at dawn for some early-morning bird watching from the top deck.

After breakfast, our motorboat takes us to the village of **Pucaurquillo**, where we are welcomed by the Bora Indigenous Community. With the chief as our host, the villagers perform their music, dances and most ancient rituals.

We then visit another nearby indigenous community, the Huitoto, where the women share some of their ancient cultural traditions, especially those related to cooking. We see how they prepare a delicious sauce called *tucupi* or *ají negro* ... made from poisonous roots! ... and try a crispy cassava-flour tortilla.

We also see how they use bark to make unique clothing, bags and purses.

We return to the ship for lunch followed by time relaxing on board.

Later in the afternoon, we go on an excursion by motorboat in search of [Amazon River dolphins](#), and to do some fishing for piranha.

Once back on board, the chef offers a cooking class allowing us to try our hand at preparing a local delicacy.

Dinner on board.

#### **DAY 5 – WEDNESDAY: PEBAS – AMPAYACU - YANAMONO**

After breakfast, we go by motorboat to the Regional Protected Area of **Ampayacu**, a 500,000 ha. tract of pristine jungle, and then to the village of **Oran**.

We return to the R&F Amazon cruise boat for lunch, as we sail towards Yanamono.

In the afternoon, there will be more culinary classes, this time focussing on Amazon desserts.

Dinner is on board, as usual.

#### **DAY 6 – THURSDAY: YANAMONO – SAN RAFAEL VILLAGE – IQUITOS**

We start the day early to enjoy the sunrise over the Amazon River.

After that, we make an excursion to **Indiana**, to see the many rainforest products, including fruit, vegetables, fish and spices in the market.



We return to the boat for a breakfast on board, which recharges our batteries for the rest of the day.

It is now time to visit the **Morphosapi Butterfly Sanctuary** in the village of San Rafael. This 100% community-owned and operated project promotes environmental education and the conservation of the sixteen different species of butterfly that live in the area. After learning about their reproductive cycle, and admiring their beautiful colours and shape, we can release some butterflies into the surrounding rainforest so that they can help the bees in pollinating flowers.

We return to the ship for lunch, as we sail towards the **Nanay River**.

After some free time for rest and relaxation, we go on trip by motorboat to observe sunset over the **Momon River**.

We wait until it is dark in order to listen to the nocturnal sounds emitted by the jungle.

This evening after dinner, we have a farewell drink on the Sun Deck.

## **DAY 7 – FRIDAY: IQUITOS – MANATEE RESCUE CENTER – IQUITOS AIRPORT**

Our final breakfast on board will be a little earlier so that we have plenty of time to pack up and check-out.

We disembark at the *Embarcadero Turistico* in Iquitos, where the bus will be waiting to take us to the **Manatee Rescue Center**. This is an orphanage for Amazonian manatees, where they - and other endangered wildlife - are rescued, rehabilitated and finally released into the wild.

Our bus then takes us to the airport, where we are assisted with check-in.

*Note: The itineraries and programs may vary depending on the climate, water level of the river or migratory cycle of the animals. Therefore, it is possible that the navigation route, schedules and excursions may need to be modified at the guide's or cruise captain's discretion.*

*The visit to the native communities is an excellent way to contribute to their development since the villagers have the opportunity to sell their one-of-a-kind handicrafts. There is no commitment, but if you are planning on buying a gift or souvenir, we suggest bringing some cash with you.*