



Holistic Tour at Refugio Amazonas Lodge



Amazon Landscape

Refugio Amazonas is a charming lodge located adjacent to the Tambopata National Reserve. Here we will treat our body with baths, massages, and aromatherapy. We will learn of nature and its several mysterious ways of teaching us about life and wellness. After cleaning our body of all toxins, we will prepare for the Ayahuasca Ceremony, a ritual used for self discovery and emotional re-encounter. We will also enjoy the beautiful landscape and the various species of local animals at the reserve, and learn of the curative benefits of the Amazonian flora.

The Tambopata National Reserve is a 275,000 hectare conservation unit created by the Peruvian government in 1990 to protect the watersheds of the Tambopata and Candamo rivers. Refugio Amazonas, a charming 24 bedroom lodge adjacent to the reserve, will be the place where our special holistic tour takes place.

Pricing

Occupancy Type	Standard
Double	£ 1109
Single	£ 1368



Spa



Amazon Plants

Itinerary

Day 1

Flight to Puerto Maldonado. Upon arrival, transfer to Refugio Amazonas Lodge headquarters. While enjoying your first taste of the forest in the garden, you will be asked to pack only the necessary gear for your next few days, and leave the rest at our safe deposit. This helps us keep the boats and cargo light. Skirting Puerto Maldonado, we drive 12.43 miles to the Tambopata River Port, entering the Native Community of Infierno. The two hour boat ride from the Tambopata Port to Refugio Amazonas will take us through the Community of Infierno and the Tambopata National Reserve's checkpoint and into the buffer zone of this 1.3 million hectare conservation unit. Lunchbox will be provided during the trip.

Upon arrival, the lodge manager will welcome you and brief you with important navigation and security tips. We will now focus on “Energy Cleansing” or cleaning the negative energy in our body to attract harmony and happiness.

Day 2

Before having breakfast, we will hike in the jungle until getting to an 82.02 feet scaffolding canopy tower. A staircase running through the middle provides safe access to the platforms above. The tower has been built upon high ground, and it allows you a preferential view of this primary forest, extended along the Tambopata National Reserve. From here views of mixed species canopy flocks as well as toucans, macaws and raptors are common. Later, we will have an Amazon Plant Ritual Bath. This is a special ritual usually performed by shamans of the Peruvian Amazon that use a mixture of master plants and tree barks. This ritual takes place inside a hole and aims to get the blessing from our Mother Earth. The ritual and the plants liberate us from bad energy and bring harmony and good luck to our lives. After this Ritual, we will have lunch. In the afternoon, we will visit an ethno-botanical garden. This farm is owned and managed by charismatic Don Manuel from the neighboring community of Condenado. He grows a variety of popular and unknown Amazon crops - just about every plant and tree you see has a purpose. He has also identified and grow many of the medicinal plants used in the region in a little backyard garden. In the evening, we will clean our bodies in a purgative-plant ritual. This ceremony consists of drinking purgative plants from the rain forest in order to get rid of toxins both physical and emotional. There are many different purgative plants. As they target different physical and emotional levels, ask the guides and they will find the proper one for you.

Day 3

Fasting and Resting for the Ayahuasca Ceremony

Ayahuasca may be the most important hallucinogenic wine in Amazonian spirituality. It is used to heal and gain understanding. It was imported into Ese'ejá culture from another ethnic group (probably the machiguengas) during the rubber boom. Because it is important to respect both the ceremonial and physical rigors of taking ayahuasca, it is necessary to fast and rest during the day of the ceremony.

In the morning, we will hike to Condenado Lake then paddle canoes around it looking for lakeside wildlife such as hoatzin and cayman and hoping to see the otters not frequently seen here. You will also be rewarded with colorful views of macaws. In the afternoon we will take a Rain forest massage. There are various options of massages: Spiritual Peace, Energizing, Anti-stress, Cat's Claws, Brazil Nut Oil, and Chuchuhuasi/Matico. During evening, we will be part of the Ayahuasca Ceremony. Ayahuasca is a sacred master plant from the Amazon. It has been used in this area since ancient times by shamans to heal their people's physical and spiritual diseases. Ayahuasca ceremonies are used for self discovery and emotional re encounter. The ritual is done during the night. At least one day before the ceremony a very soft diet is recommended, as well as no alcoholic drinks and sexual abstinence.

Day 4

After breakfast, we will recover from the Ayahuasca Ceremony by taking the day off: we will be resting and relaxing during the morning. After lunch, we will have an Aromatherapy session, a gift for both your body and soul. Aromatherapy is a complementary therapy based on the use of essential oils extracted from herbs, flowers, roots, grass and trees. You will be able to choose between three aromatherapies: Anti-stress, Romance and Passion. Depending on which you choose, you will be enjoying aromas of chamomile, lavender, jasmine, or sandal, among others.

Day 5

After breakfast, transfer to the Tambopata River Port and then to the Refugio Amazonas Lodge Headquarters. Upon arrival, transfer to the airport.

Price includes:

Prices include round trip air transportation between Lima and Puerto Maldonado, all meals, accommodations, and services, all transfers between airports and hotels with assistance and baggage handling, all river transportation, and transfer from and to the airport of Puerto Maldonado. Local airport taxes that are payable in the country of destination are not included.

Notes: Due to the nature of this excursion, a disclaimer of responsibility will be required.