

**TRAVEL GUIDE**

# Get ready to experience something unique in the Amazon Jungle!

Heliconia Amazon River Lodge, the ideal retreat to disconnect and immerse yourself in nature. Just 80 km from Iquitos, we await you alongside an impressive biodiversity that will make you enjoy a unique experience.



Explore the jungle on hikes, watch pink dolphins, fish for piranhas, and discover medicinal plants. Relax by the pool, enjoy local cuisine, and rest in comfortable rooms with views of the forest.

We take care of everything: transfers, meals, excursions, and more.

A unique, ecological, and sustainable experience, where comfort and nature come together to create memories you'll never forget.

Remember, this will be more than just a trip; it's an opportunity to connect with the deepest parts of nature, experience unique biodiversity, and live moments that will stay in your memory forever.

**Experience the magic of the Amazon at Heliconia Amazon River Lodge!**

AMAZON RIVER LODGE  
**HELICONIA**





# Exclusive amenities just for you!

At **Heliconia Amazon River Lodge**, we aim to provide you with a memorable experience with the highest standards of comfort and service:

- **Land Transfer:** From the airport or your hotel in Iquitos, our transport unit, accompanied by a guide, will take you to the city's port to begin your journey.
- **Safe Embarkation:** Departure from the Iquitos port, with the guarantee of safety at a port managed by Enapu.
- **Boat Transfer:** A one-and-a-half-hour trip along the Amazon River in comfortable boats with outboard motors.
- **Welcome Drink:** We greet you with a typical drink from our region.
- **Meals:** Your package includes breakfast, lunch, and dinner. Delicious Amazonian, national, or international dishes prepared with local ingredients (Meal plan: starts with lunch and ends with lunch, depending on flight schedules).
- **Swimming Pool:** Relax in our pool after a great adventure.
- **Rubber Boots:** Useful for jungle hikes. We recommend indicating your size when booking and bringing long socks.
- **Hammocks and Rest Areas:** Enjoy a unique rest on our terrace, equipped with comfortable hammocks and rocking chairs.
- **Dining Room and Bar:** Enjoy excellent local cuisine in a spacious dining area, accompanied by a selection of exotic drinks at our bar.
- **Excursion Boats:** Aluminum boats with comfortable seats and life jackets for your excursions.
- **Solar Power and Wi-Fi:** Take advantage of renewable energy and stay connected with Wi-Fi.  
*Electricity: 220V 60Hz Type A outlets.*
- **Connection and Communication:** Mobile phone signal is weak. WhatsApp is available 24 hours.
- **Hot Water:** For your comfort, hot water is available in the showers.
- **Treated Water:** For your safety, the water is treated before being used in bathrooms and showers.
- **Unique and Unforgettable Excursions:** Whether you venture on jungle hikes, take a boat ride to see pink dolphins, or explore the lives of native communities, each activity is designed to bring you closer to the jungle and its wonders. Programs may vary depending on weather conditions.



# Pack all the essentials!

## Allowed Baggage

The weight limit for luggage on the boats is 15 kg per person. If you need to bring more, the additional cost per suitcase is US\$ 10.00. You can leave any excess luggage in storage at Hotel Victoria Regia at no extra cost.

To ensure your stay at Heliconia Amazon River Lodge is as comfortable and safe as possible, we recommend packing the following:

- **Hat or Cap:** Preferably with a wide brim to protect your neck from the sun.
- **Comfortable Clothing for Excursions:** Long-sleeved shirts, safari-style pants, shorts, and cotton t-shirts.
- **Appropriate Footwear:** A pair of sneakers or boots with rubber soles, as well as sandals. Also, consider bringing long socks for use with boots.
- **Sunglasses** with UV protection.
- **Waterproof Jacket:** To keep you dry in case of rain (carry it at all times).
- **Camera and Binoculars:** To observe birds or animals and capture unforgettable moments.
- **Insect Repellent:** We recommend the OFF brand or another one suitable for your skin type.
- **Sunscreen.**
- **Water Bottle.**
- **Flashlight:** For the night walk or other activities that may require it.
- **Waterproof Cape or Poncho** for rain.
- **Long Socks** for additional protection.
- **Swimsuit:** To enjoy our pool or the nearby lagoons.
- **Handkerchiefs or Bandanas.**

### Physical Limitations:

It is important for passengers to be in good physical condition to participate in the excursions, as the hikes may take place on uneven terrain, especially during the rainy season.

## General Information

**Check-in:** 13:00 pm  
**Check-out:** 12:00 pm

We kindly ask that you respect these hours, especially during peak season, to ensure that the rooms are ready for new guests. It is recommended to leave your luggage in the lobby before 12:00 p.m. and visit the reception to complete your check-out.

## Nuestros servicios

### Includes:

- Accommodation with full board, including lunch on the last day (may vary due to flight schedule changes).
- Amenities: Soap, shampoo, conditioner, white towels for the room, and colored towels for the pool.
- Guided excursions according to the booked program.
- Land and river transfers.
- Bilingual guide for 10 to 12 people.
- Shared services.
- Private services are available at an additional cost.

### Does not include:

- Bottled drinks, sodas, and alcohol during lunch and dinner (must be paid at check-out).
- Airline tickets, airport taxes, and travel insurance.
- Tips for the guide and staff, which are voluntary and can be given directly to the guide or deposited in a tip box at the lobby.



## Hours of Operation

- **Restaurant:**
  - Breakfast: 07:30
  - Lunch: 12:30
  - Dinner: 19:30
- **Bar:** 11:00 - 15:00 and 18:00 - 22:00
- **Swimming Pool:** 08:00 - 21:00
- **Excursions:** Departures will be adjusted to weather conditions and coordinated with your guide.
- **Transfers:** Transfer service is included in your program. Regular schedules are:
  - From Iquitos to Heliconia Lodge: 09:00 a.m.
  - From Heliconia Lodge to Iquitos: 01:00 p.m.
- **Meals:** Please inform us of any dietary restrictions before your arrival to ensure that your special needs are taken into account.
- **Water:** Take advantage of our drinking water stations and bring your personal water bottle to stay hydrated.
- **Coffee and/or Infusions:** You will find a 24/7 coffee and/or infusion station in the dining area.



# Enjoy your stay at our Lodge!



## Rooms

We have comfortable rooms (doubles, triples, and quadruples) with terraces, private bathrooms, treated Amazon River water, hot water in the showers, and amenities. Cleaning is done once a day, and you can request additional towels.

## Social Areas

Relax in the dining room, lounge, or bar, with board games and a library. Also, refresh yourself and enjoy our pool. Remember to dress casually and wear shoes in these areas. All are protected with mesh fabric.

## Weather and Seasons

The climate is warm and humid (31°C/21°C). The high water season (December–May) offers access to flooded forests, while the low water season (June–November) allows you to enjoy beautiful sandy beaches.

## Additional Costs

Inquire about rates for private transfers, fishing equipment, and other additional services.

## Safety Rules and Excursions

- Follow the guide's instructions during hikes and boat rides.
- Do not bring food or smoke during excursions.
- If locals from nearby communities offer animals for sale or to take photos with them, please do not agree.
- Always stick to the paths marked by our guides.
- Do not litter during hikes or boat trips.
- Try to wear light-colored clothing and avoid wearing jewelry.
- Respect nature and the environment.

## Insects and Mosquitoes

Mosquitoes are part of the experience; however, we recommend using insect repellent at all times. Vitamin B and B1 are good options as natural repellents, but we suggest consulting with your doctor. The yellow fever vaccine is not mandatory.

## Medical Assistance

We have a basic first aid kit. In case of emergency, medical attention is available 10 minutes from Heliconia (additional service).

## No Smoking Policy

Smoking is prohibited in the common areas of the Lodge. However, you may smoke in the outdoor areas. Please ask the bartender for an ashtray to protect nature and avoid contaminating the environment with ashes.

## Additional Payments

Charges are to be paid at the end of your stay, with payment options available in cash or by card (Visa, MasterCard, AMEX).

**Thank you for choosing  
Heliconia Amazon River Lodge.**

We are committed to providing you with a unique and sustainable experience in the Amazon jungle. If you have any further questions, please feel free to contact us.



Our emergency contact numbers are:  
**Carlos Acosta** - Operations Manager: +51 965-750-645  
**Úrsula Sánchez** - Operations Assistant: +51 954-783-111