



# TRAVEL ITINERARY

## ALL INCLUDED TOUR

### DAY ONE

- Pick-up in Puyo at bus Terminal at 12:00
- Arrival at the community
- Lunch and chicha.
- Walk to the Shuar gardens. Gardening systems and traditions and legends.
- Prepare chicha.
- Diner and chicha

### DAY TWO

- Breakfast
- Transfer to Musap Community.
- Finding worms/bait.
- Trek to the River Cabin at Pastaza River.
- Preparing hooks and nets depending
- Dinner
- Hook fishing during night.

### DAY THREE

- Breakfast
- Trek back to Musap
- Lunch in Musap and then return to Arútam.
- Siesta
- Walk to the waterfall forest lodge. Medicinal plants and legends Explanation of animals and hunting
- Dinner in the forest cabin

### DAY FOUR

- Early wayusa and tobacco ceremony at the tapir waterfall.
- Trek to Kusuntsa River. Swimming and jungle.
- Recollection of heart of palm and fish for traditional meal.
- Swim in the tapir waterfall
- Making Ayampacus for dinner
- Possible night walk with flash lights

### DAY FIVE

- Breakfast
- Trek back to the community
- Lunch
- Departure



# TRAVEL ITINERARY

## ALL INCLUDED TOUR

### DAY FIVE

- Breakfast
- Walk to the forest lodge
- Medicinal plants and legends
- Explanation of animals and hunting
- Lunch in the forest cabin
- Trip to waterfall
- Dinner
- Night walk with flash lights

### DAY SIX

- Trek to Kusuntsa River
- Fruit for lunch
- Visions and explanations ayahuasca wine and the brewing.
- Shower at the waterfall
- No dinner (fast)
- Late night ayahuasca

### DAY SEVEN

- Analyze visions
- Light breakfast
- Trek back to the community
- Lunch

### DEPARTURE

### PRICES

#### 7 days/6 nights

The price for the tour is 45 dollars per day if you are one person and 40 USD per day if you are two persons or more.