

# Shamanic Journey to Peruvian Amazon 2024

## Destination

Santuario Huishtin

## Travel Dates

13/01/2024-20/01/2024

### Travel details

Your journey begins in Pucallpa.

We will be meeting as a group on **January 13, 2024 in the evening at 5pm at the lobby of Casa Andina Hotel** ( Address: Esquina Sucre y Atahualpa, Jr. Sucre 198, Pucallpa 25001, Peru). Please ensure you are in Pucallpa by that time, as during that meeting all the group members will have an opportunity to meet each other, and we will be discussing the important details of our journey and giving space for some questions and answers and to make sure everyone is ready for the departure.

On the morning of January 14 we will be taking motocarros to the bus station from which we will travel to the small village of Honoria. The trip will be on pickup trucks, mostly off-road, for about 2 hours. From the village of Honoria we will have a short boat ride up the river Pachetea to the delta of of river Timpishka. From there, we will hike to the Santuario Huishtin, our final destination for about one hour.

We will be staying at the Santuario till January 20. On the morning of January 20th we will be retracing our steps back to Pucallpa.

We don't advise you to book any further travel on the day you are leaving the retreat center, as we can not guarantee your return to the city by a specific time point due to the remote location of the centre.

We recommend the following flights from Toronto to Pucallpa and back:

<https://www.google.com/travel/flights/s/FWk3yzxU7hgoW1sZ6>

We recommend buying buying your tickets as one ( rather than paying for separate flights on the air company websites.) That way if your journey is interrupted, there is a higher chance of new connections being made for

you. We also want to remind you that Air Canada is famous worldwide for cancellations and that LATAM is the most reliable Peruvian air company.

If you are planning additional travel before or after this trip, let us know if you would like to be connected to other group members who are planning additional travel as well.



We will be spending a night in Pucallpa on January 13 and on January 20.

The hotel we recommend to book for these two nights can be booked on Booking.com is :

<https://www.casa-andina.com/en/destinations/pucallpa/hotels/casa-andina-select-pucallpa>**Food**

Places to eat/drink in Pucallpa:

If you're staying at Casa Andina, there is a restaurant within the hotel that offers breakfast, lunch and dinner.

There are many places to eat in Pucallpa. Here are a couple that we have visited on our last trip and can verify to have quality food:

### **Braserito**

This place boasts all classical peruvian dishes, served in generous portions

<https://maps.app.goo.gl/dsVdatcKTfJyJ6gu7>

### **Ukaw**

This place offers great selection of coffee, cacao, smoothies and juices along with vegan- and vegetarian-friendly menu options.

<https://maps.app.goo.gl/S1U3fwZR5MJ3eAno9>





# Dietary and Physical Preparation

Ayahuasca in itself has been found to have no negative effects on health, however in some cases, work with Ayahuasca can bear some risks related to health conditions and diet. Therefore, advance dietary preparation is required. Your safety, welfare, holistic healing and positive transformation are our highest priorities. We therefore provide these guidelines for your information and personal safety.

Maintain a healthy diet. That means do not overeat, avoid processed foods, deep-fried foods and sweets. Treat your body kindly, offer it some time to detox – this may greatly help the cleansing process during the initial ceremonies.

Ayahuasca vine, (*Banisteriopsis caapi*), contains MAOI (neural enzyme monoamine oxidase inhibitor). It is highly recommended that you avoid eating any kind of fermented or non-fresh foods, as they may contain tyramine, which may cause negative health effects, if combined with MAOI. (cheese, miso – fermented soya beans, sauerkraut, pickled foods, soy sauce or tamari, ginseng, protein extracts (avoid liquid and powdered dietary supplements), nonfresh meat or fish, smoked meat, shrimp paste, yeast/brewers yeast and dietary supplements containing yeast (yeast used in baking is safe), dried fruit. It is recommended that these foods are avoided at least 24 hours prior to taking Ayahuasca.

Refrain from alcohol for 3 days before the retreat (minimum).

Refrain from drugs for 2 weeks before the retreat (minimum).

Refrain from sexual stimulation for 3 days before your retreat.

If you are taking prescription medication (including antibiotics), are subject to high blood pressure, have a heart condition, or are under treatment for any health condition, consult your physician about the use of temporary monoamine oxidase inhibitors (MAOI). Below is the list of medications, substances and plants that should not be combined with Ayahuasca:

Any medicine containing MAOI (neural enzyme monoamine oxidase inhibitor) or SSRI's, i.e. antidepressants such as Prozac, Effexor, Zoloft, Wellbutrin, etc. can cause a 'serotonin syndrome' involving elevated blood pressure, coma and possibly death when taken in combination with Ayahuasca, as Ayahuasca contains MAOI. It is recommended that such medications be suspended under a physician's guidance at least six weeks prior to taking Ayahuasca. Some medications may clear the system sufficiently in much less time. Please consult your physician about the risks of combining MAOI with your medication. Based on current research, Ayahuasca may provide quick and lasting relief from depression and many individuals do not feel the need to return to using antidepressants after short-term work with Ayahuasca.

Sedatives, tranquilizers, narcotics, amphetamines, asarone/calamus, tryptophan (high doses), tyrosine, phenelamine, macromerine, decongestants, including pseudoephedrine and ephedrine, medicines for colds or hay fever, antihistamines (allergy medications), appetite suppressants (diet pills), methylphenidate, asthma-

inhalers, meperidine, levopoda, dopamine, carbamazepine, antihypertensives (high blood pressure medications), antipsychotics, sympathomimetic amines.

St. John's Wort, Kava, Ephedra, Ginseng, Yohimbe and Sinicuchi should also be suspended prior to work with Ayahuasca.

Do not drink alcoholic beverages within three days of your retreat.

Do not use drugs such as MDMA (ecstasy), cocaine, heroin, XTC, 2CB, mescaline and/or other phenethylamines within two weeks of your retreat.

Those with a record of heart condition, chronic high blood pressure, psychiatric instability or psychosis, are advised against taking Ayahuasca.

If you use any of the above substances, take any prescribed medications, or have ever been diagnosed with a mental illness, please let us know at the time of your application. We do everything possible to ensure that your shamanic work at Santuario is safe and fulfilling. Therefore we request full confidential disclosure of known medical conditions and all medications/drugs/herbs you are currently using as a condition of registration for your retreat. This is a necessary measure to help assure your safety and welfare. You are solely responsible for informing us of these factors and for taking appropriate health precautions. Each individual assumes all risk and liability in their use of plant medicines encountered during their retreat.

At Santuario we will be offered simple meals consisting of vegetables, rice, quinoa, oats, yucca (jungle tuber similar to potato), legumes and eggs (optional). Some fruits may be served on occasion. There will no coffee, sugar, bread, sweets or products containing artificial preservatives or sweeteners. Herbal teas will be available.

## **Water safety**

The water available for drinking at Santuario is taken directly from the boiling river and is not treated. We highly recommend having a personal water filter, such as LifeStraw during your journey.

## **Vaccination**

Vaccination is not required by law to travel to Peru, though some countries where you might be traveling afterwards may require a proof of yellow fever vaccination if you are arriving directly from Peru. Of vaccines the only one to consider would be TwinRix – the vaccine against hepatitis A and B.

There is virtually no yellow fever or malaria in the area and your chances of contracting it during a short stay are virtually null. However, it is your personal decision whether you will receive vaccination or not. If you choose to do so, we ask you to receive your shots as far in advance as possible.

Malaria medication can react in undesirable way with ayahuasca. We urge you to do your personal research on chemicals you are putting in your body and the way they affect you. Many people report emotional and mood changes while taking malaria medication, which defeats the purpose of spiritual healing during the retreat. The lack of abuse of malaria medications in Peru has kept the rate of drug resistant malaria cases low. Most likely, in

case of contracting malaria, you would be treated with a double dose of the same medication that you would take daily as preventative.

If you strongly feel the need to medicate, we suggest you choose proguanil-based Malarone, and not Doxycycline & Mefloquine hydrochloride-based anti-malaria drugs (marketed as Lariam).

There is no vaccine that protects against dengue fever, and the chances of contracting dengue on the short visit are very slim. The best way to protect yourself is to wear loose long sleeve and long pants clothing and avoid mosquito bites. We recommend using a Picardin mosquito repellent during our hike to and from Santuario.



The best exchange rate we found is at the Toronto Pearson airport. You can even order online in advance and pick up the cash when you come to the airport. Here is the link to the exchange services at the Pearson airport:

<https://www.ice-canada.ca/en/>

Once you arrive to Lima, most transactions are done in cash (Peruvian Nuevo Sol) There are ATMs at the airport and in the city (Lima and Puerto Maldonado). The maximum withdrawal limit at an ATM is s.500 (approximately \$200CAD). Your bank would charge about \$5 per withdrawal. Remember to notify your bank about cash withdrawals in Peru and check your daily withdrawal limit. Also, as in many South American countries, the currency exchange places might refuse to accept old, worn, torn bills, or any bills that have writing on them. The exchange rates for various world currencies (such as Canadian dollar) might be much lower than in your country. If you choose to bring cash, the best option would be new US dollars.

Pocket money: We recommend having some Soles on you for local travel and shopping. The standard fare on a motocarro in Pucallpa is s./5 (soles), the tourist-friendly meal is about s./35-50. If you're considering getting any Shipibo art, be ready to pay s./50-s./400 -s./600 depending on the size. There is an artisanal market in Pucallpa which is open during the day - we are not likely to have the time to visit it on the days of our travel or return, however, there will likely be a mini-artisanal fare at the Santuario during our stay.

Peru is a relatively safe country, but pickpocketing is a common occurrence. Don't carry important documents with you and only enough cash necessary for the day. Avoid putting your wallet in the back pocket or leaving your bags unattended. It is a good idea to scan all your documents and store them online in case any of them get lost. Money belt is the best way to carry the money and documents safely.

## Travel Insurance

You may consider purchasing a travel insurance for the time you spend in Peru. You will easily find some quotes through online research. It's important to read the policy in advance so you'll know what's covered and you can gather the necessary information and documents if you become ill.



### Packing suggestions

Please use a backpack and not a suitcase.

**Remember to pack lightly as you will be carrying your backpack into the forest.**

To minimize your ecological footprint, we ask you to bring only biodegradable products into the jungle (if possible) and carry all the garbage such as plastic and batteries back into the city or to their place of origin to be disposed of properly.

Remember that Peru is a conservative society and as in many latin countries single women attract attention. It is advised to be modest in clothing if you dont feel comfortable with extra attention.

It is advisable to bring with you:

Clothing:

Good hiking boots for walking on jungle trails, though from our experience, we found tall rubber boots to be the best footwear for the rainforest. We will be going to the market before our departure to buy them cheaply.

Sandals/ Flip-flops for walking around cleared Santuario area and to go to the shower

Bathing suit

Long sleeved clothes for the jungle (Thick, yet loose, clothes is the best protection against insects)

A sweater or a hoodie in case of a cold spell

Light dresses/Shorts/ T-shirts for daytime

White or light ceremonial clothes

Travel clothes/city wear (for hot and humid weather)

Rain poncho/Rubber boots (can be bought in town cheaply)

Personal hygiene:

Towel/Sarong for taking to the shower

Natural and biodegradable products such as shampoo and soap

Organic bio-degradable tampons/pads/ Moon cup (for the ladies)

Hair brush

Toothbrush, toothpaste and floss

Natural insect repellent (e.g. citronella) or Picardin repellent

Sunblock

Handy items:

Flash light and spare batteries (kinetic torch or rechargeable batteries recommended. Remember, there is no electricity in the jungle for charging.)

Money belt

Water bottle

Water filter

Ziplocks/drybag for protecting your documents and electronics from high humidity

Pocketknife

Personal medical kit (tea tree oil (great as after bite), GSE (grapefruit seed extract), lavender oil, propolis etc. - or anything else you choose to use )

Spanish dictionary

A notebook and pen

A good thick book



It is important to remember that you will arrive to the deep rainforest and you will be undergoing a lot of emotional personal work and participate in demanding healing rituals, which can pose challenges to anyone not accustomed to climate, physical exertion and forest living. Prior research and mental preparation are essential for your comfort at Santuario.

Santuario is located in the virgin Amazon rainforest, which is a home to many dangerous species of animals, reptiles and insects included, but not limited to: Jaguar, Jergon (fer-de-lance) and Coral snakes, Anaconda, Bullet Ant, Various Spiders and Mosquitoes.

The climate is hot and humid with occasional cold spells. There are insects.

While precautions are taken to ensure your safety, it is impossible to completely shield you from the risks of being in the forest. You will be required to sign a liability waiver before the travel, to assure your own responsibility for your own wellbeing.

## **At Santuario**

Once you arrive to Santuario you will be asked to attend an introductory safety talk, schedule of the retreat activities and information session about ayahuasca and our ceremonies.

You will be able to ask our curandero, Enrique, all questions concerning the medicine and the remedies of the jungle as we well as inquire whether there my be an additional plant remedy for you to take during your stay.

None of the activities at Santuario are obligatory, including ceremonies, jungle walks, plant baths or any other treatment.



The accommodations at Santuario are relatively rustic, but allow deep immersion into the jungle. You will have a private room in a jungle bungalow, with a bed covered by mosquito net and a private shower and toilet. There is no electricity in Santuario, so if you wish to use your phone as a camera, consider having a battery pack for it.

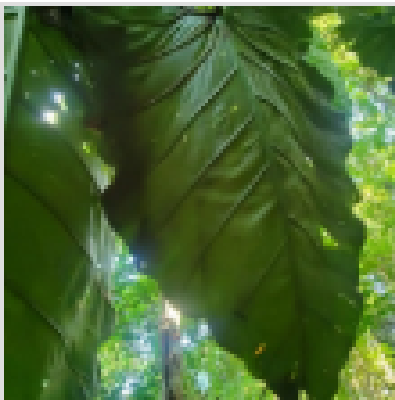
The dining room and lounge area have cozy hammocks and overlook the boiling river. There is a small library of books available for guests to read during their stay.

There are bathing rooms that have barrels filled with the water from the boiling river - you will have an opportunity to have ample warm showers. Depending on the time the barrels are filled, the water may range in temperature from hot to slightly cool.

You will have an option to “bathe” in the steam of the boiling river on the warm rocks, surrounded by lush greenery.

We are very excited about returning to this special place in the jungle and are looking forward to sharing this unique experience with you!

Please Join our Telegram Group chat so we can have an ongoing Q&A and connect you to other group members. <https://t.me/+AQSwiIt05Q1ZGMx>



**Amazon 2024**

t.me

