Tips

for your trip to
the jungle

IQUITOS-PERU

MUYUNA
amazon lodge

the magic will stay in you.

Thanks for choosing Muyuna

Hey there !

Muyuna is a small self-sustainable ecolodge located in the Amazon River Rainforest, built in 1999 by Analia Sarfati, Percy Sanchez and Santiago (their son). Muyuna was built together with San Juan De Yanayacu keeping a natural relationship with the jungle. Since the lodge sits riverfront and water usually rises a couple of meters, it is built with wooden pillars. The walls are made up from wood, and roofs are handcrafted palmtrees-leaves.

You will be having your own private bungalow, with a private bathroom. Bring a good book for you to enjoy the free-time in your hammock, listening to the deafening sounds the Amazon Rainforest.

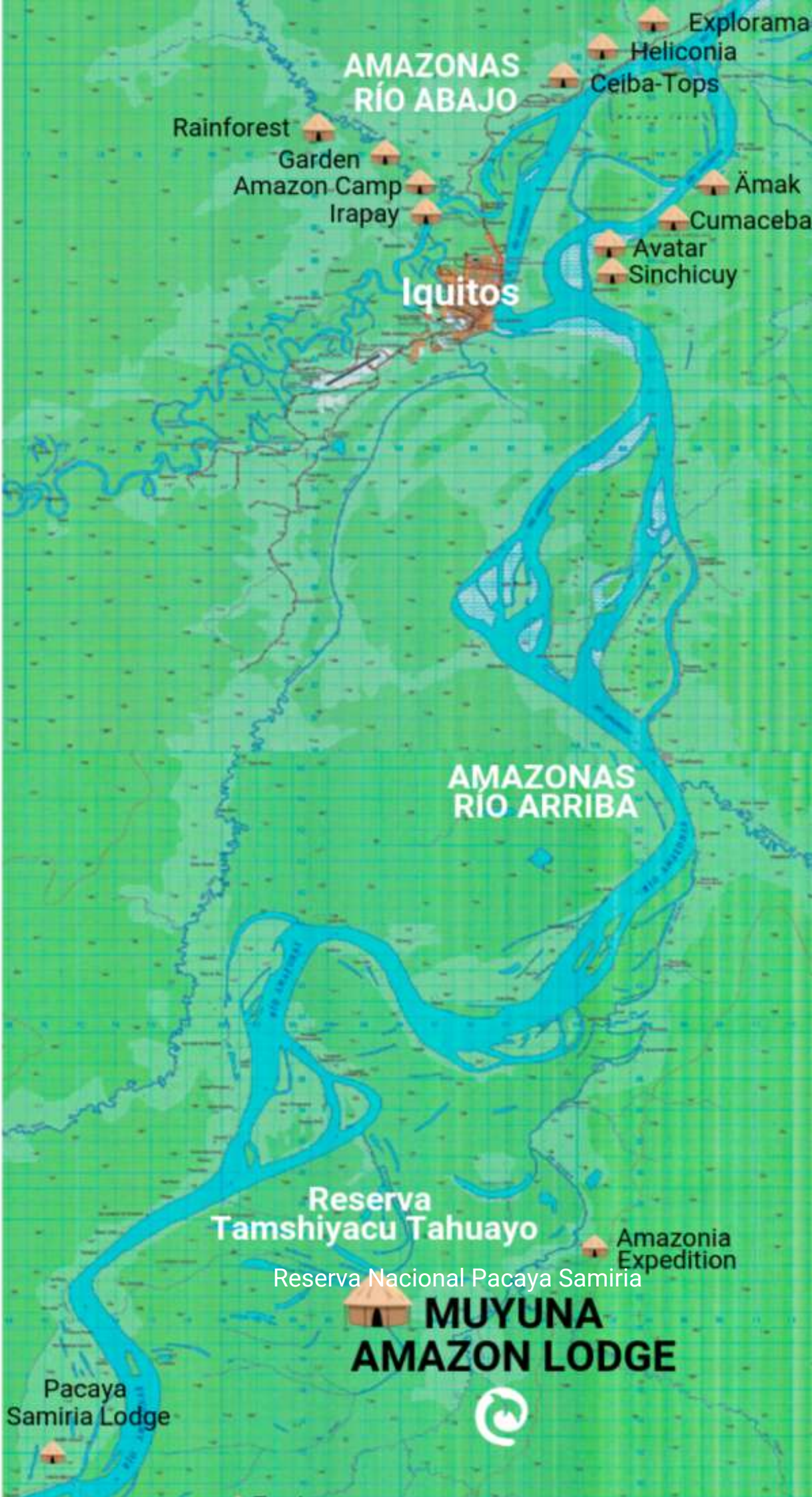
Electricity (lights and some charger sockets) is supplied by solar panels, and hot water comes thanks to solar energy.

We provide here some insights and tips so you can have the BEST of the experiences in Muyuna.

Thanks for being part of this story.

MUYUNA
amazon lodge

OUR LOCATION



140 km from Iquitos

The Trip

If you arrive on the first day of the tour, we'll pick you up from the airport. If you arrive one day before, we can talk with your hotel for them to pick you up. On the next day, we would pick you up from your hotel at 9:00 am (ca.) to our office in Iquitos.

We'll there an aluminum bottle for water and validate personal information.

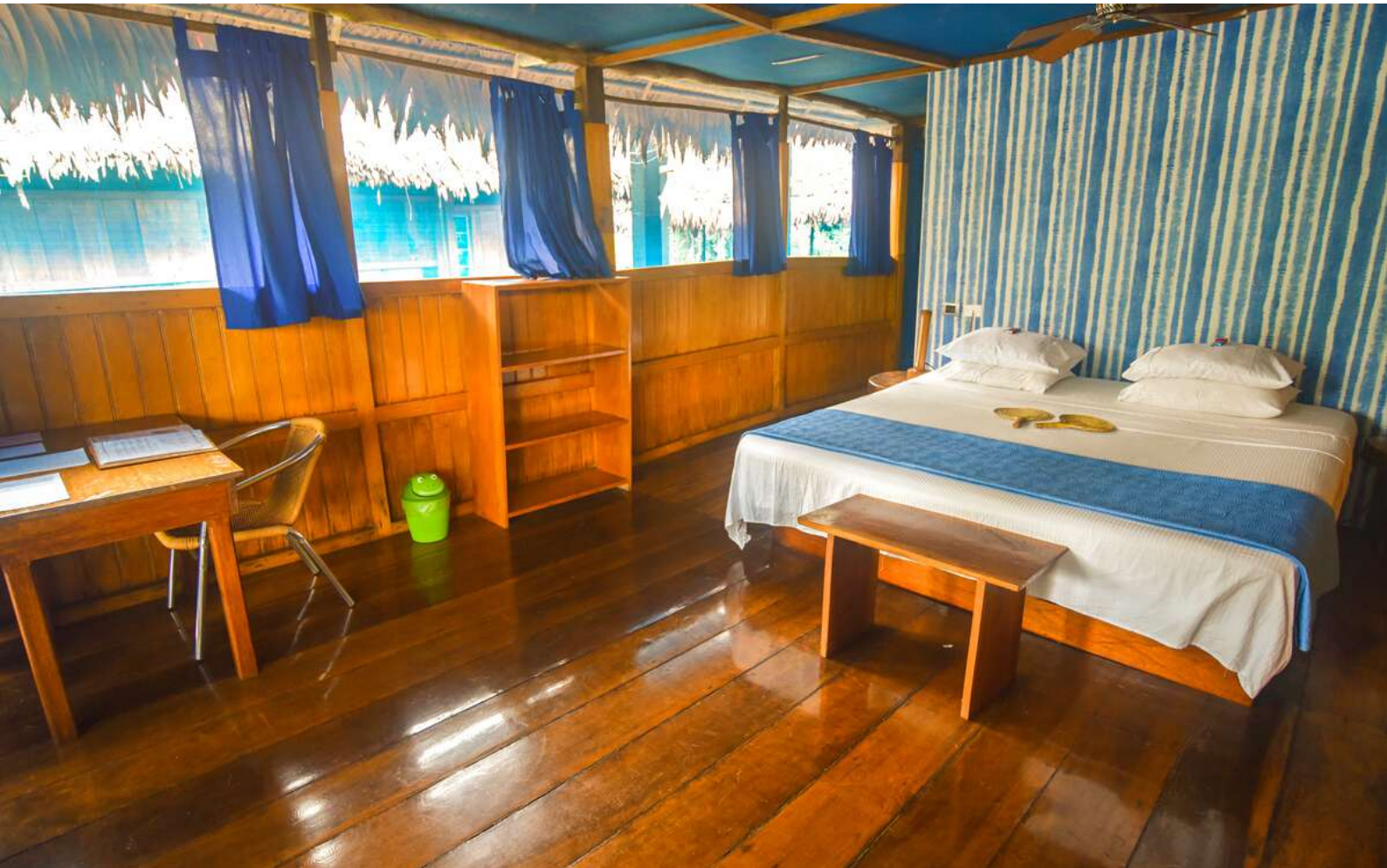
Then we'll take you to the port in San Joaquin De Omaguas for about 1:50 hours. From the port, we'll sail through the Amazon River for 1 hour, enter the Tamshiyacu-Tahuayo Reserve and arrive in Muyuna Lodge. We are about 140 kilometers away from Iquitos.

This remoteness guarantees observation of birds, monkeys, sloths, caymans, fish, pink dolphins, amongst many others, in their natural habitat, without human intervention.

¡Welcome to Muyuna!

It’s been proven by quite a few studies that plants are good for our psychological development. If you green an area, the rate of crime goes down. Torture victims begin to recover when they spend time outside in a garden with flowers. So we need them, in some deep psychological sense, which I Don’t suppose anybody really understands yet

Check-out time is after your last activity (12:00 pm). Depart time to Iquitos is after lunch.



What's included

- Inland and river transportation included
- Day and night excursions, by boat or walking Nature-specialists guides in English or Spanish
- Rain rubber boots
- Use of kayaks, paddles or canoes for free
- Authentic visit to riverside community
- Biodiversity species checklist observed at Muyuna
- Full board: regional and international food (vegetarian choice available)
- Coffee, fruits, tea and water station available
- Aluminum bottle (0.5L)
- Bungalow with private bathroom and terrace withhammocks
- Comfort: solar energy for hot water and fans
- Biodegradable amenities (shampoo, conditioner and soap)
- Solar energy for batteries, laptops and phones Bath and river towels
- First aid kit
- Board games
- Lifesafe jackets
- Wifi in Iquitos Office
- Taxes

Not Included

- Tips for guides or staff (optional)
- Rain poncho (available at adquate prices)
- Snacks or handcrafts
- Beer, beverages or alcohol
- Transportation off Muyuna´s schedule

Climate

All year long you will experience heat in some way. Humidity rises up to 90%. The average temperature is around 31°C (88°F) and at nights 24°C (75°F). Rains can happen at any time and are unpredictable.

High water season

(November - May)

Water level rises up to 6 meters from the shallowest point (in the lower level season). Bungalows are on top of the water and we do the activities using canoes and boats. Animalsa are expected to observed closer to canopy.

Low water season

(July - September)

This is the best season for fishing, walking and having a beach day due to the sandy formations in the riverbanks. Beware that the level decreases up to a point in which you would need to walk 20 minutes to cross the Amazon River and arrive to Yanayacu River. We take care of your luggage.

What should I take?

Clothes

- Swimsuit
- Raincoat or ponchos
- Light clothings shirts (mosquitoes are attracted to darker colours)
- Dirty clothes bag
- Short-sleeves for walks and trails
- Light pijama
- Trekking pants
- Sorts
- Sandals
- Walking shoes
- Many socks
- Hat or cap covering your neck
- Sunglasses

Accesories

- Passport inside ziplock
- Your note-book (a physical one!)
- Pen or color pens
- Your own set of medicine (aspirine, ibuprofene, diahrrea pills, etc.) We have a set in Muyuna but some prefer to take their own.
- Small backpack for repellent, water, Kleenex, camara.
- Repellent (only for outdoor activities)
- Ladysoft / reusable pads
- Sunscreen (without parabens and preferably, natural)
- Binoculars (8x42). They will be your best friends
- Camara with a good zoom capacity and fully charged
- A personal light torch
- Toothbrush-&-paste
- Socket adapter (220V, A/B/C)
- We recommend nature-centered stories like: "The Dream Of The Celt", "The Storyteller" from our Nobel Awarded Mario Vargas Llosa; and "The Three Halves Of Ino Moxo" from Iquitos writer Cesar Calvo, a book that tells the Amazon story like no one ever has.
- Take some cash (not that much) for buying optional handicrafts, tips or at our bar.
- (*) Some of these accesories are sold in Muyuna (in case you don't want to take it all from your place).

Gastronomy

Full-board is included. There are always vegetables, carbs and animal protein (pork, meat, fish, eggs and chicken). If you happen to have any food restriction, let us know in advance.

The menu is a mixture of international, Peruvian and regional food. Vegetables and fruits are delivered everyday from Iquitos. You will find coffee, tea, fruits, always available.

We have water dispensers as well.

Vegetarian Menu

We want to show respect to nature. We appreciate the effort for the plant-based menu lovers. Let us know if you want to be part of this and choose a vegetarian or vegan menu for all the days in Muyuna.

SAN JUAN DE YANAYACU

More than just a visit

In 1999, thirty families from San Juan de Yanayacu welcomed us with open arms. Since then, Muyuna has been working with the vast majority of them. Although their livelihoods are assured thanks to the visits of travellers like you, the absence of the government is felt. Muyuna provides them with medicines, river transport, economic aid, logistics, among other things. The villagers live without fashions, communication, electricity, internet or luxuries.

When we visit them, our intention is not to change any traditions or customs, that's why the visits are spontaneous, without a script to follow. You will find no dances, no costumes, no shows for tourists. We simply get lost in their routine.

How can you help?

If during your visit to Muyuna you wish to collaborate more actively with the village, you can bring oral care products, medicines, birth control methods, encyclopaedias, tools, school supplies and books. Through a monthly meeting, we deliver the donations we collect on an equitable basis. This is not an obligation and San Juan does not expect it. They live quietly within the simplicity of their normal life.

Frequent Questions

What if my flight is delayed?

All departures to Muyuna are scheduled at 9:30am.

- If your flights is delayed, we will wait for you in the airport and schedule another departure at no additional cost.
- If you miss your flight from Lima to Iquitos, and wish to change your flight back from Iquitos to Lima so that you enjoy all the scheduled days in Muyuna. We will help you get a hotel in Iquitos (at your own expense).

Here is a list of our recommended hotels in Iquitos.

Do I need vaccines or something special for going to Muyuna?

Muyuna and surroundings have never had cases of Yellow Fever, Dengue, Malaria, or Zika. Travelling to a nature spot is a safe activity against Covid-19 since all excursions are carried out in open spaces.

Be sure to check official regulations for travelling during Covid Pandemic.

What if I have an emergency?

We have a first aid kit at the lodge and the guide also carries one during the excursions. Our staff receives constant training. The most dangerous thing is a snake bite, that's why we provide rubber boots. But, rest assured: Since 1999, no passenger has ever been bitten. If it should happen, we have antiophidic serum and boats to transport you to Iquitos immediately.

What about tips?

In Peru it is customary to leave tips to restaurant waiters and tour guides, as a token of appreciation for good service. It is not mandatory and we all understand the different cultures of the world, if you do not want to leave anything.

If you want to leave a tip, we leave two envelopes on the table in your room: one is to distribute the money equally among all the workers and another envelope is for your guide. The amount is up to you.

Good New: Dengue is spread by the Aedes aegypti mosquito that has adapted to live close to humans in cities; malaria is spread by the Anopheles darlingi mosquito. Canopy areas with natural water sources, exposed to changes in temperature and pH are not conducive to breeding. Therefore, these diseases do not develop in the Muyuna area.

Bonus Tips

Iquitos is a city with calm and folksy people; but, at the same time, noisy and messy. This does not mean that there could be someone with bad intentions, which is why we recommend some suggestions that are given worldwide:

- Do not walk around the city showing your camera or cell phone.
- Carry little money.
- Do not drink tap water, as you could consume germs that your body is not used to and suffer from the well-known "traveler's disease", which can cause dehydration and stomach complications.
- For your peace of mind, we recommend purchasing travel insurance that covers lost luggage and medical costs.

In the city, many restaurants offer "gourmet" dishes of exotic animals, such as alligator, paiche, turtle, etc. Please do not consume them, as some are in danger of extinction.

In Iquitos, some parents force their children to ask tourists for money.

If you want to help the children, we recommend that you make a donation to the "El Huambrillo" Orphanage. They do not receive money from the state and survive on donations. Contact: Sr. Aurelia Feliciano, +51952057390, address: Samanez Ocampo 853. Space on the boat is limited, so we ask that you only bring what is necessary. A 10 kilo backpack would be fine. You can leave the rest in our office.

We hope we have answered all the questions you had.