

MORE INFORMATION

## WEATHER

The climate is hot and humid. Average temperature **26.5°C**.

In Tarapoto, temperatures fluctuate between **29°** and **37°C**. Rain coats are recommended as rain can be frequent and sudden.

*Seeing that San Martin is a jungle region, we recommend you to take the common precautions to all tropical areas, such as wearing light clothing, preferable long sleeve shirts and shorts, and a hat. Also, bring waterproof coat or poncho in case of rain and waterproof boots, preferably rubber up to the knees, which keep mosquito bites on your legs to a minimum. Insect repellent is also a must. Likewise, if you are planning on getting a yellow fever vaccination, remember to get it 10 days before you travel; make the proper arrangements with your physician beforehand.*

*Try to retain from touching the wildlife, especially vividly colored frogs that appear quite harmless. Also, Peruvian laws prohibits and penalizes the extraction, transport, sale and export of any type of wild plant or animal species, whether liver or dead.*

## HOW TO GET THERE?

It is served by the CAP. FAP Guillermo del Castillo Airport

### BY BUS

From Lima: 1,020 km/25 hours

From Chiclayo: 702 km/13 hours

From Trujillo: 908 km/15 hours

From Chachapoyas : 341 km/8 hours

Daily flights from Lima (1 hour and 10 minutes)

## SUGGESTED FOR

**History, archaeology and petro glyph buffs**, who will thoroughly enjoy the city of Arequipa and its architecture (mansions and churches), Atiquipa, the Toro Muerto petro glyphs and the Sumbay caves.

**Archaeology and popular traditional lovers**; who will be thrilled by the visit to the Polish Petroglyphs, the town of Lamas and just by walking through the streets of Tarapoto.

**Nature Lovers and plant and animal watchers**, who must hike around the areas of Laguna Azul and Lago Lindo as well as the Tingada-Avisado Forest.

**Trekkers**, who will be challenged by the thunderous waterfalls of Aguashiyacu and Tunun Tumba, the Tingada-Avisado Forest and the Morro de Calzada.

**Rafters and kayakers**, can bask in the natural surroundings of Laguna Azul and Lago Lindo.

## PLACES TO VISIT

### IN TARAPATO

**Cumbaza:** The two rivers that supply water to the city of Tarapoto are the Cumbaza and the Shilcayo. Yet, the Cumbaza is not just used by the city for water since on its sandy river banks a lovely recreation area has been developed where locals go for relaxing. Whole families love to go to its beaches and enjoy the sun and river all year long.

**Lamas Street:** This cobblestone street exudes a Bohemian air and is by far the center of the night life in Tarapoto. As night begins to fall, the restaurants, cafes and bars wake up and breathe life into this street. Dancing and eating as well as live music are offered in some of the establishments.

### FROM TARAPOTO

**Laguna Azul and Lago Lindo:** 1.5 hours away from Tarapoto sits the lovely Laguna Azul (also called Lake of the Willow) and its reflective surface 8 miles in length. Getting there is an adventure in itself since you have to cross the Huallaga River in chatas, or flat bottomed boats. At one end of the lake is the charming town of Sauce, colonized by Lamista Indians at the beginning of the 20th century. The town's main source of nourishment comes from the

lake itself in the form of a fish called tilapia. If your desire is visiting a wildlife refuge, then you must check out Lago Lindo (30 minutes from Sauce). It is a private reserve on 1, 400 hectares and in 2002 it was rated as one of the world's top 55 eco-tourism spots. All you need to do is look around at the surrounding forests, catch a glimpse of the monkeys jumping from tree top to tree top and listen to the raucous calls of the birds hidden among the vegetation to realize the truth of that distinction.

**Paucar Yacu Hot Springs:** The site purports to have waters of therapeutic value within its 4 pools - 1 cold and the other 3 between 98.6 F and 104 F - that also possess the added attraction of being out in the open, in direct contact with nature: oropendolas and strident parrots fly overhead of people enjoying the water. The three bungalows there are at the disposal of visitors.

**Polish Petroglyphs:** To come to this spot is to enter a mystery. The strange carvings on the rocks strewn about this 1 hectare area are veiled in an enigma. Plants and animals, predominately snakes, were engraved on these stones by unknown people, for unknown purposes and at a still unknown time period. The word "polish" means "cleared plain", an

allusion to the place where this artwork is found.

**Ahaushiyacu Falls:** A large, 131-foot waterfall located along the route from Tarapoto to Yurimaguas. The waters thunder down the steep sides of the Escalera Hill, producing a curtain of water that sprays mist over ferns and orchids, a vista not too often seen in the world.

**Tunun Tunumba Falls:** As you hike along the Huallaga River, you will run into this lovely waterfall, located on the left bank of the river. The Quechua name means "a fall within a fall", aptly applied to this waterfall since there are three levels to this large cataract.

**Lamas:** The community of Lamas is a clear example of how the Andean and the Amazonian cultures have merged together over the centuries. Antonio Raymondi called this place "the city of the three floors". In the lowest section of Lamas, called El Huayco, the inhabitants speak Quechua and express themselves through colorful and joyful traditions, evidence of their Andean roots. Even their homes are built from adobe and roofed with flagstones, as is the custom in the Andes. A visit to this community means shopping at any of the small shops for two things: regionally made handicrafts and charming traditional

## PLACES TO VISIT

clothing. There are also stores selling other regional products, such as coffee liqueur, rosquitas de yucca, a type of wheel shaped cassava cookie, and chocolates. One peculiar aspect to Lamas is that it is one of the few important Amazonian cities not built next to a river.

## WHAT TO BUY?

If you want to purchase high quality straw **hats** and **baskets**, then go to the village of Rioja, whose artisans are experts weavers. There is also the fine **pottery** and unique wood carvings in the towns of Chazuta and Lamas, and in the latter, you can also pick up lovely clothing.

## WHAT TO EAT?

When is about food in the department of San Martin, then it is about the typical jungle cuisine of Peru. Dishes like **tacacho con cecina** (mashed bananas, mixed with lard and dried beef, then baked and **ninajuane** (mashed bananas, mixed with chicken, eggs and spices, then baked in banana leaves) are wonderful examples, not to mention the excellent tasting

**Burgundy wines** made in the district of San Antonio de Cumbaza (the only San Martin village with vineyards) and another spirit called **uvachado**, San Martins liqueur of choice, made from wild grapes macerated in brandy.

