

ACTIVITY PORTFOLIO & PLANNING BOOK RESERVA NATURAL PALMARÍ

(ENGLISH)

Activities:

1. KAYAKS
2. NATURAL POOLS "CAXOEIRA" AND MUD SPA
3. DOLPHIN WATCHING
4. BIRD WATCHING - ORNITHOLOGY
5. FISHING – THE TRADITIONAL WAY
6. SPORT FISHING
7. JUNGLE WALKS
8. KAPOC "CEIBA" TREE
9. AVATAR
10. HARPY EAGLE'S NEST
11. BEACHES
12. CAIMAN OBSERVATION "CAIMANEO"
13. CAMBUCHALLENGE
14. WAKEBOARD
15. SLACKLINE
16. TRADITIONAL *MODUS VIVENDI*
17. SEMI-INDIGENOUS COMMUNITIES
18. WOODEN DUG-OUT CANOES
19. VILLAGES AND NEIGHBOURING COMMUNITIES
20. HANDICRAFTS AND TATTOOS
21. BOW & ARROW
22. ORCHID BEES
23. SOWING DJUNGLE - "*SEMBRANDO SELVA*"
24. EXTREME TREKS
25. TREE CANOPY PLATFORMS - *CANOPYING*
26. PADDLEBOARD
27. TUBING

INDEX OF SYMBOLS



"IMPORTANT"



SEASON

HIGH WATER (DECEMBER-JUNE)



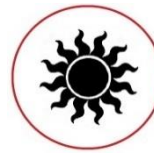
SEASON

LOW WATER (JULY-NOVEMBER)



EVENING

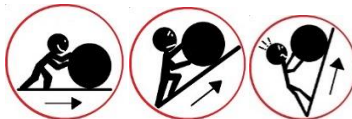
ACTIVITIES



DAYTIME

ACTIVITIES

DIFFICULTY



LOW MEDIUM HIGH

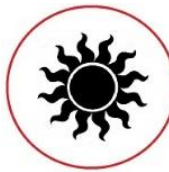


TIME:

OPTIONAL



1 NIGHT



1 DAY



10 MIN



30 MIN



60 MIN

KAYAKS



No need for good balance! No unstable situations! Paddling our kayaks – 6 professional & 5 sit-on-top - designed for one or two passengers is easy, relaxed and only a strong wind (blowing before a good downpour!) can plunge you into thoughts of alarm - don't become nervous, it's normal for any visitor! Paddle the waves, paddle and steer your kayak with the bow or stern towards the crests and after a few minutes fun and laughter will again be the rule! The norm will be that you will always be a few centimetres above the waterline, unless you decide to take an anvil or 40 kilos of unneeded stuff with you! Our word is our guarantee and you can take our word for it! Riding in these kayaks is wonderful! Investing in them and equipping our visitor centre with 11 of them was one of the best decision of our organization! This ride - don't miss it! The water outings conceived by the Reserva Natural Palmarí are a hit! Oh! I almost forgot! The most experienced paddler of the team should sit in the back, as from there you control the direction, and thus avoid colliding with trees in the flooded forest or other kayaks in the open water; further on and if the outing is with several kayaks, keep a good distance to the kayak in front, especially inside the flooded forest, to be able to analyze and decide your route in advance.



- A. LIFEJACKETS MUST BE WORN AT ALL TIMES!
- B. DO NOT WEAR CLOTHES THAT ABSORB WATER AND BECOME HEAVY!
- C. DO NOT CARRY MACHETES & KNIVES!
- D. CARRY A WET-BAG OR LARGE ZIP-LOCK BAG TO PROTECT YOUR CAMERA, BINOCULARS OR OTHER VALUABLES FROM WATER!
- E. ALWAYS CHECK AND INSIST TO YOUR GUIDE THAT THE CLOSING PLUG AT THE STERN OF THE KAYAK IS ALWAYS FIRMLY INSERTED IN THE DRAINAGE PIPE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



OBSERVATIONS

Don't just stay on the main river! Visit one of the many ox-bow lakes, marshes and other wet-lands in the jungle. Grab one of our boats with your guide to take you and the needed kayaks to the river's edge where the trail to these beautiful water bodies begin. Depending on the season, you will either have to pull your kayak through the forest or be carried by the currents of the *furos* (water channels that are created when the water level rises and connect the river with these water-bodies). In the low water season, some of these lakes hold only "black water", clear as "black tea" - dive in and experience what it feels like to dive into a cup of black tea! Don't forget to arrange a pick-up time and point/place in advance with the boat pilot!

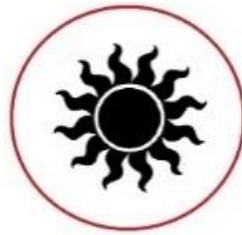
WHAT TO WEAR



HAVE WITH YOU



NATURAL POOLS “CAXOEIRA” AND MUD SPA



After a short walk from our visitor centre you reach a beautiful jungle stream that runs through the Reserva Natural Palmari, its flow, depending on the rainfall, can be strong, high and silty, or gentle, low and crystal clear. You can bathe, relax and sunbathe on the small sandy beach or observe and feed a wide variety of multi-coloured fish species. You can also fish in the traditional way for sardines, herring or other smaller fish species. We invite you to walk a little further up from the "pool" to find some threads of cold water running over some very particular ancient rock formation, similar to lignite, known as "*lajas*". Between the fissures of these rocks, we are told, grows a type of hardened vegetation, which is the habitat of the first life stage of the two only species of crustaceans found locally (a crab and a shrimp). The females/progenitors of both species lay their eggs in the crevices of these slabs. You can also ask your guide to search the bottom of the creek for a specific type of grey-blue mineral mud. Cover and massage your whole body with this mud and become a grey-blue individual of the "*Na'avi*" race, inhabitant of the "*Pandora*" planet. We have been told by spa connoisseurs that this natural clay contains a large number of minerals and other rare contents, which make you feel like "new".



DO NOT REMOVE OR TAKE AWAY PIECES OF THIS “ROCK” FROM IT’S GEOLOGICAL LAYER - IT IS THE ONLY TYPE OF THIS ROCK FORMATION PRESENT IN ALL NEO-TROPICAL FORESTS IN THE REGION, SO ITS PRESENCE IS UNCOMMON AND IT’S PRESERVATION IMPORTANT !!!!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



DEPARTURE



RETURN



OPTIONAL (2 OR MORE HOURS)



WHAT TO WEAR



HAVE WITH YOU



DOLPHIN WATCHING



At any time of the year, in the Reserva Natural Palmari you will have the opportunity to observe the two species of amazonian dolphins: the pink river dolphin "*Boto*" (*Inia geoffrensis*) and the grey river dolphin "*Tucuxi*" (*Sotalia fluviatilis*). Indeed, the Javari region is known for having a high population of healthy dolphins. In the low water season, you may see dolphins along the Javari River, however, with the arrival of the rains and rising waters, the flooding forest makes way for the river dolphins into the ox-bow lakes, inland marshes and estuaries. Ask your guide where, according to the water level during your stay, you are most likely to see the two species of dolphins.

Use kayaks if you want to observe them at very close range, or even enter into the water with them. Going in search of them by means of boats with engines or in traditional wooden canoes will keep the dolphins at a greater distance from you, as all vessels other than our kayaks are associated by the dolphins with danger. Silence, speaking softly, not laughing out loud, not shouting, not whistling or otherwise acting soft and peaceful gives them even more confidence and will keep them close; if you go into the water with them, enter the water slowly, avoid splashing and swim slowly or just float.



MANDATORY: DO NOT FEED THE DOLPHINS!
DO NOT THROW MATERIALS OR OBJECTS AT THEM!
DO NOT INJURE OR STRIKE THE DOLPHINS!
DO NOT HIT THE WATER WITH YOUR PADDLE!

CAUTION: IF JUVENILE DOLPHINS ARE PRESENT, AVOID ENTERING THE WATER OR STRIKING THE WATER, AS ADULT DOLPHINS MAY SWIM WITH VIOLENT FORCE INTO YOU.

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



OBSERVATIONS

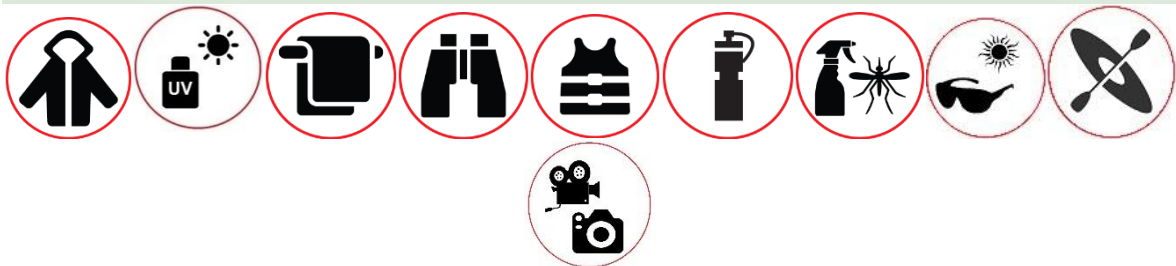
There are other freshwater mammals in these rivers, lakes, marshes, canals and estuaries! They are not easy to spot, but manatees (*Trichechus inunguis*) can be seen in estuaries and lakes that have a lot of surface aquatic plants and large areas covered with them, ideal for hiding and feeding.

Among the *furos*, channels that connect the ox-bow lakes and the internal lagoons, keep your ears open and keep quiet, the giant otters (*Pteronura brasiliensis*) can be heard! These emblematic animals live in groups and perform choruses to scare off any intruder who might venture into their territory - a tactic that even keep a jaguar away! If this species has caught your interest, ask your guide to take you into giant otter territory, but know in advance that they are extremely elusive. If you don't see them, don't be discouraged, along the way you are sure to encounter a huge diversity of waterfowl, reptiles and even freshwater stingrays, which share the same habitat as the otters.

WHAT TO WEAR



HAVE WITH YOU



BIRD WATCHING - ORNITHOLOGY



To date, more than 500 species are confirmed! The number of sightings/bird species present makes the *Reserva Natural Palmari* a "HOT SPOT FOR BIRDS"! And the list goes on and on! Their colours and songs are impossible to beat! Many of these birds are rarely seen elsewhere, but due to protection and prohibition measures, as well as the virgin and healthy environment, they are easy to find and observe, among them also endemic species, which are the species that are only found here, at our site. As a result of the protection and conservation measures, the Reserva Natural Palmari has a healthy and very well preserved natural environment, which makes it possible to find birds rarely seen elsewhere, including some endemic species that can only be seen in our region.

The birds are most active from pre-dawn until 08:00° and in the evening from 16:00° until sunset. At night, the activity continues by searching for and observing owls, potoos, nightjars and other nocturnal bird species, some of these species being easy to see as they reside directly in our visitor centre. Ask if one of our guides specialized in ornithology is available, such as Ilke "Yuqui" or Edson "Ká", who not only know the common names of the birds, but can provide you with additional information and explanations about each observed species, as well as surprising you with interesting or funny anecdotes about these species.

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



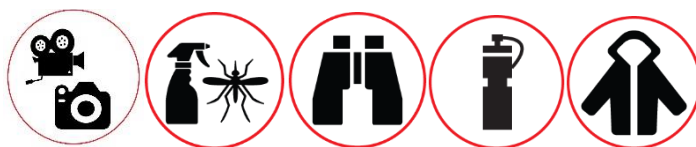
OBSERVATIONS

On a second thought, you should always keep your binoculars with you, whether you are on water or on land, in the forest or in the visitor centre, on the terraces or on the lookout tower, as interesting birds can appear at any time!

WHAT TO WEAR



HAVE WITH YOU



FISHING – THE TRADITIONAL WAY



The best option for this type of fishing is from one of the wooden boats equipped with a roof and powered by an outboard engine for more comfort, or from one of the long and stable wooden dug-out canoes with a capacity for several fishermen, powered by a small "*peque-peque*" engine. You will/can fish for piranhas, sardines, small catfish of various species, herring and other small and medium-sized fish species.

The rod for traditional fishing is made from a branch of "*Pinaré*", peeled from its bark, which the locals explain to us has the perfect flexibility, shape, size and thickness for fishing. A small hook is tied with the help of a nylon of approximately 150 cm in length.

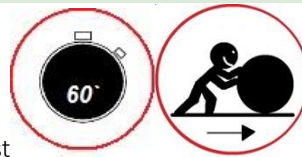


- A. IF A FISH IS CAUGHT, IT MUST BE THE GUIDE WHO REMOVES THE FISH FROM THE HOOK - FISH NOT ONLY HAVE SHARP TEETH, BUT SOME CATFISH HAVE FINS THAT END IN SHARP AND EVEN POISONOUS SPINES!
- B. ALL CAUGHT FISH MUST BE RELEASED!
- C. EXCEPTION = ONLY, IF DURING THE TIME OF YOUR STAY AT THE RESERVA NATURAL PALMARI, A WILDLIFE REHABILITATION PROCESS OF A FISH EATING ANIMAL IS IN PROGRESS, THEN YOU MAY PLACE THE CAPTURED FISH IN A BUCKET OF RIVER WATER AND TAKE THEM ALIVE TO OUR VISITOR CENTRE AND YOU MAY FEED THEM TO SAID ANIMAL AT THE ESTABLISHED FEEDING TIMES.

SEASON & LIMNOLOGICAL (WATER) LEVEL

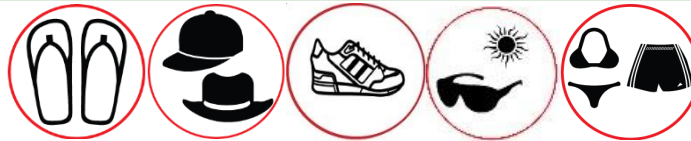


ACTIVITY TIME AND LEVEL OF DIFFICULTY



We recommend at least

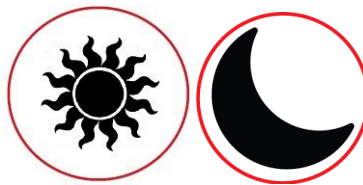
WHAT TO WEAR



HAVE WITH YOU



SPORT FISHING



It is done from our boats, from the long wooden dug-out canoe or from our kayaks, which must be located in the lagoons or the ox-bow lakes where you have decided to fish. Decide with your guide which lake is most appropriate for your style of fishing or the species of fish you are looking to catch, keeping in mind that catfish are mostly present in the "white" waters of the main river and species such as *peacock bass*, *arawana*, *pacu*, *herring*, *piranha*, *oscar*, *corvina* and other game-fish are mostly present in the "black" waters of the ox-bow lakes.

You don't necessarily have to return every night to our visitor centre, consider staying overnight in a hammock camp near the fishing site. Our staff will supply all the necessary camping and cooking equipment, plus food, drinks, plus a large wooden boat that will transport everything, the guide(s) and you to the trail leading to the intended fishing lake. From there the guides and you will have to carry everything to the intended campsite, as well as back to the river on the day of departure. The guides who drive each boat or kayak will also set up the hammock camp, provide the fire in the kitchen area and look after the welfare of the anglers. Trust your guides with regard to suitable fishing spots, recommended tricks or lures - these guys love sport fishing, almost all of them have their own rods, reels and lures and will be motivated to fish along with you, of course, without neglecting their main job which is handling your boat or kayak and looking after you.



- A. IF YOU DON'T HAVE MUCH EXPERIENCE IN SPORT FISHING, LET YOUR GUIDE REMOVE THE HOOK - FISH IN THE AMAZON NOT ONLY HAVE SHARP TEETH, MOST CATFISH SPECIES HAVE FINS THAT END IN SHARP SPINES!**

- B. "CATCH AND RELEASE" IS MANDATORY.**

EXCEPTION = ONLY, IF DURING THE TIME OF YOUR STAY AT THE RESERVA NATURAL PALMARI, A WILDLIFE REHABILITATION PROCESS OF A FISH EATING ANIMAL IS IN PROGRESS, THEN YOU MAY PLACE THE CAPTURED FISH IN A BUCKET OF RIVER WATER AND TAKE THEM ALIVE TO OUR VISITOR CENTRE AND YOU MAY FEED THEM TO SAID ANIMAL AT THE ESTABLISHED FEEDING TIMES.

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



WHAT TO WEAR



HAVE WITH YOU



JUNGLE WALKS



What you find is what you see! What you hear...you may eventually see, just as your guide will see it all long before you do. The guides know how to read the jungle in a unique way, listen to him and follow his instructions, try to keep quiet, or at least somewhat quiet, and you will exponentially increase your chances of seeing wildlife. The forests of the Javari valley are not flat as in most other Latin American neotropical rainforest regions, so be aware that you will have to deal with trails that have short, steep sections and short, high angle descents. In the "valleys", you will have to cross thin or wide streams, which may be shallow or deep depending on the season and rainfall - if bridges are the only way across, then don't be proud, be cautious and ask your guide to cross with your bag, camera, or other valuables ... even more, ask him to provide you with a long, sturdy pole to increase your chances of not falling into the stream.

During the low water season, the entire jungle is open to your feet. You will have the opportunity to walk through *terra firme* and *várzea* forests. Unlike the mainland, the *várzea* forests are an ecosystem that is seasonally flooded when the waters rise and drained when the waters recede. *Igapó* is the only part of the *várzea* forest that remains swampy after the waters have receded. In contrast, during the high water season, you will only find dry ground in the *terra firme* forest. If you then venture into the *várzea* forest, you will soon find yourself in waist-deep water and with stretches where you will have to swim; beyond that, don't even consider walking in the *Igapó* forests. They will be completely flooded and at considerable depths. Be clear and definite with your guide about how long you want to walk. Decide with your guide if you want to walk a "U" and therefore not walk back along the same trail or if you want to walk to a certain point or place and then return. Our trails have walking durations from 20 minutes "round trip" to lengths that will have you marching to the infinite end of the Amazon - Establishing the return time and route to follow before you leave is never superfluous. If you decide to walk to a place at the river to be picked up by one of our boats, don't forget to make sure that the guide has informed our staff at the visitor centre of the exact time and place of pick up.

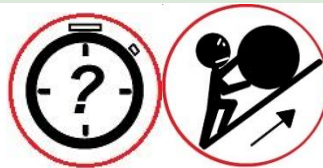


YOU ARE NOT IN A ZOO = IT IS THE WILDLIFE THAT DECIDES WHEN AND WHERE IT WANTS TO BE HEARD OR SEEN BY YOU - THE ODDS IMPROVE IF YOU FOLLOW YOUR GUIDE'S RECOMMENDATIONS AND WALK QUIETLY WITH SHARP EARS! EARLY MORNING AND LATE AFTERNOON ARE THE BEST TIMES TO LOCATE AND OBSERVE WILDLIFE!!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



OBSERVATIONS

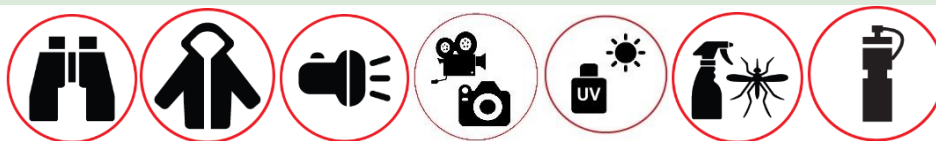
Fascinating options and a large number of trails, directions and destinations are available: Take a look at our maps and decide with your guide which route you want to take. Always keep in mind the season you are in and the current water level.

The chances of seeing wildlife in terms of fauna are of course better in *terra firme* forests as this bioma is home to 90% of the mammals and 85% of the large birds. If you walk into the interior of the *terra firme* forests, constantly moving away from the main course of the river that forms the valley you are in, always tending towards what is called "*terra d'altura*" (high ground), your chances of seeing wildlife increase wildly. In this line of thinking, consider leaving early in the morning and hopefully include a minimum one-night stay in a hammock camp inside these *terra firme* forests. Not to mention the "next step", which is to consider whether you are made & hardened enough for one of our extremely "*extreme treks*" and/or "extrem kayak trek" that will keep you walking and kayaking away from our visitor centre for several days (see chapter "*extreme treks / travesía extrema*").

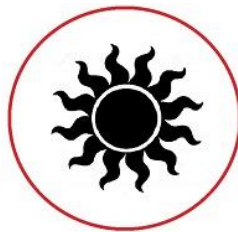
WHAT TO WEAR



HAVE WITH YOU



PAY A VISIT TO THE “CAPOC” = CEIBA (SP) O SAMA-ÚMA (PO) TREE



"Sama-úma", the king of trees, is between the tallest tree in the neotropical forests! It is one of the rare species whose crown rises 12 to 15 metres above the main canopy of the Amazon forest. According to visiting botanists, this “Capoc” tree (*Ceiba pentandra*) was already standing here tall and adult when Christopher Columbus "discovered" the Americas. It is the living witness of a continent that had the good fortune to be one of the last to be colonized by that so called "civilization" and therefore stands, looking down from the heights of the most extensive and biodiverse pristine forest in the world.

"Visiting" in the case of a *Capoc* really means "paying homage" - literally, as these old, big, tall and wise trees deserve homage and the explanations and beliefs of our guides will teach you, that trees have souls, souls that manifest and externalize their feelings and character to the outside world - just listen and watch carefully, take a walk around its trunk, which takes more than a few steps: Look carefully: You will be surprised! And a new and valuable lesson will have been learned.



BE RESPECTFUL TO SAMA-UMA, KING OF THE TREES. DON'T TRY TO CLIMB HIM - HE DOESN'T LIKE THAT! AND HIS REVENGE CAN RANGE FROM PUTTING YOU IN A WHEELCHAIR, COFFIN OR JUST GIVING YOU A LONG-LASTING RASH!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



OBSERVATIONS

Visit an indigenous community? Santa Rita, located in Peru near that “*Capoc*” tree, is a small village it’s inhabitants being descendants of the “*Yagud*” indigenous tribe, who were expelled from their ancestral lands on the *Putumayo* river in *Colombia*. At low water, they can be reached by walking along a path through the *várzea* forest from the “*Capoc*” tree, while at high water they can only be reached by boat. The children and women of this community sometimes offer simple but beautiful handicrafts - support them by buying souvenirs.

WHAT TO WEAR



HAVE WITH YOU



"AVATAR" – THE NIGHT ILLUMINATED BY BIO-LUMINESCENS



The bioluminescence (*bios* = life; *lumen* = light = the light of life) that you observe arises from a chemical reaction, resulting from the decomposition of organic matter, leaves, fruits and wood: fungi, lichens and multiple microorganisms living in symbiosis with other organisms digest nutrients from the organic matter (a process known as decomposition) and release phosphor. Phosphor reacting with oxygen when reaching the upper surface of the soil, triggers a chemical process of burning these phosphorus gases when combined with oxygen = multicoloured "sparks" and "sports" appear - fantastic!

Put on your boots and long-sleeved clothes and dive into the darkness of the jungle! You will have walked for 10 minutes through the *terra firme* forest when your guide will ask you to turn off all the lights - and we mean each and every one down to the dimmest - wait until your eyes have become accustomed to the darkness, your pupils dilated, to look at the ground around you: pink, blue, fuchsia, purple, violet, green and multiple other colours will glow beneath your feet. If you are lucky that the rains have kept the soil moist, then the spectacle will be even more impressive, on the other hand, if it has not rained for several days, then the heat and drought will have interrupted the life cycle of the bioluminescent fungi and lichens that inhabit the substrates of the Amazonian soils.

Why do we call it "Avatar"? Well, because when James Cameron and his film crew from the movie of the same name were here to get ideas and creative impulses for the movie of the same title, they were so fascinated by this chemical process that they painted every form of life on the moon *Pandora*, where the *Na'vi* people live, with these bioluminescent lights. Many more ideas came from our Amazonian forests, such as the white seed-flakes floating in the air: "Capoc" seeds & the blue-grey skin colour of the "Na'avi" people, inspired by the ink of the "*Huito*" fruit (*Genipa Americana*) or the chameleon-like lizards "flying" from branch to branch.



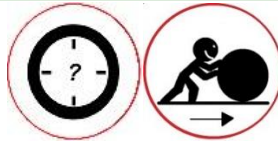
NIGHT IS THE TIME OF ACTION FOR SNAKES, SCORPIONS, MILLIPEDES, VENOMOUS VIPERS AND OTHER NIGHT DWELLERS - WEAR BOOTS, DON'T GRAB OR FLIP OVER LOGS OR BRANCHES BEFORE CHECKING THEM, DON'T STICK YOUR HANDS INTO HOLES, GAPS OR OTHER OPENINGS AND WATCH YOUR STEP, ALWAYS STAY BEHIND THE GUIDE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



The darker the night, the more bioluminescence you can see.

ACTIVITY TIME AND LEVEL OF DIFFICULTY



OBSERVATIONS

Fascinating amount of options, as there are a lot of trails! You can also ask your guide to look for and show you a tarantula spider, a scorpion, a millipede or any other nocturnal inhabitant on the ground or stubble, but don't touch them or, worse, don't grab them (!) - let your guide handle them and you just photograph them.

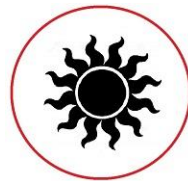
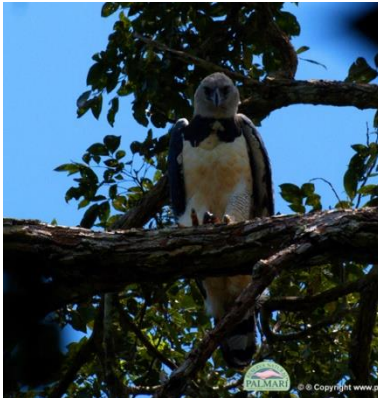
WHAT TO WEAR



HAVE WITH YOU



VISIT A HARPY EAGLE'S NEST



With its crown of feathers, claws larger than those of a grizzly, and its black and grey tones, the harpy eagle (*Harpia harpyja*) is an impressive bird! This rainforest eagle is the most powerful raptor in the world and the largest in the Americas! Rare throughout its range, which extends from Mexico to the most southern neotropical rainforests, the harpy eagle is today highly endangered and at risk of extinction. Its main threat is habitat loss through deforestation - logging and burning of forests - is the number one threat to this species. In addition, the harpy eagle's biology and life cycle make it not very resilient to human pressures on its ecosystem. Indeed, this species reaches sexual maturity at five years of age, and will have only one mate throughout its life, being of 30 to 35 years. Qualified as monogamous, a pair of harpy eagles will meet only every two to three years for the sole purpose of breeding, always in the same tree where they built their first nest. The female lays one to two eggs, but only one will give birth to a chick, which will be totally dependent on its parents until it takes its first flight at 6 months of age. The parents will keep an eye on it for a further six months, and then each will go on a separate "vacation" of up to 1 year. Harpy eagle couple's are extremely territorial and will not tolerate the presence of any other harpy eagle in their territory!

A pair of harpy eagles found a healthy and thriving nesting habitat in our reserve. Localized by one of our guides, Ilke "Yuki", this nest has already given us 5 offspring and has given our tourists the opportunity to get to know this emblematic eagle in its natural habitat. This nest is at a medium distance from our visitor centre and can be visited in half a day or maximum one day.



- A. Only groups with a maximum of 6 members are allowed in close proximity to the nest.
- B. Children under 14 years of age are not allowed.
- C. Loud laughter or shouting is not allowed.
- D. All instructions and requests given by the guide must be strictly followed!
- E. Reproducing of harpy eagle's calls and song is **TERMINATELY** forbidden under any and all circumstances!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY

ONE AND A HALF HOURS ONE WAY – EACH LEG IN OR OUT

DURING:



ATTENTION

It is **STRICTLY** forbidden to talk loudly, laugh, call, shout or scream, to use machetes or axes, to build fires or to spend the night! Especially during the presence of both adult eagles around the nest, special care and attention must be taken, as these birds of prey are heavy and strong, but very agile, attacking decisively and almost soundlessly when gliding towards their prey from any angle, their very strong tarsi, very sharp talons and very robust beak are the perfect tools to kill an adult human being in a few seconds.

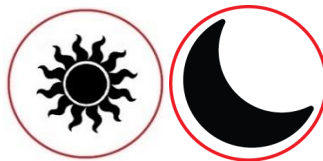
WHAT TO WEAR



HAVE WITH YOU



BEACHES



When the river recedes, during the low water season, you will discover beautiful white sandy beaches. Choose with your guide the largest and widest beach, either on the Brazilian or Peruvian side of the river, and spend your day there. What's more, take advantage of the good weather and ask your guide to organize a barbecue. The good hand of our cook/cooking staff and the firewood of an Amazonian style barbecue will give a unique touch to your lunch that will leave you wanting more.

There is nothing better than one of these beaches for a game of football or frisbee, sunbathing, tanning, napping in a hammock or, if you are of an adventurous spirit, you can try your hand at some traditional catfish fishing, spotting iguanas in the bushes, paddling and playing in a kayak or canoe or even spending the night on one of these beaches! You can sleep in one of our hammocks, which opens and stretches out on the sand, under a mosquito net that we install with the help of thin but sturdy poles that are stuck into the sand. Before setting up the hammock, loosen and smoothen the sand under it and shape the ground a bit to result elevated at the "pillow" height for comfort.



A SPECIES OF SEA GULL (*Phaetusa simplex*), BUILDS ITS NEST ON THE HIGHEST POINT OF THESE BEACHES - ITS NESTS ARE VERY HARD TO FIND AND DETECT, BUT VERY EASY TO STEP ON. IN ORDER TO AVOID A TRAGIC END TO THEIR EGGS AND CHICKS YOUR GUIDE MUST FIRST FIND, THEN SHOW THE NEST TO YOU FROM A SAFE DISTANCE AS THE ADULT BIRDS ATTACK ALL OTHER WILDLIFE, INCLUDING YOU!!!- THEN THE GUIDE MUST MARK THE LOCATION OF THE NEST WITH A LARGE STICK STUCK IN THE SAND NEAR THE NEST SO THAT YOU ARE ALWAYS AWARE OF ITS POSITION - THIS STICK SHOULD BE REMOVED WHEN YOU LEAVE THE BEACH!!!!

IT IS COMPULSORY NOT TO LEAVE ANY KIND OF RUBBISH ON THE BEACH: THE ONLY PROOF OF YOUR PRESENCE SHOULD BE YOUR FOOTPRINTS IN THE SAND! DO NOT ENTER THE WATER AFTER SUNSET AND NOT BEFORE SUNRISE! NO CAIPIRINHA IS ALLOWED - ONLY BEER!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY



OPTIONS



OR



WHAT TO WEAR



HAVE WITH YOU



LOCATION & OBSERVATION & CAPTURE & UNHARMED RELEASE OF ALLIGATORS AND CROCODILES



This activity is part of the night-only activities and involves navigating the Javari river in total darkness. A guide will search for caimans and crocodiles from the bow of the boat with the help of a strong halogen lamp: the beam of light reflecting off the eyes of these reptiles makes two red dots appear in the darkness of the jungle! It is then that the guide will show the boat pilot where to navigate to in order to reach the animal and try to catch it (and not the other way round!). The caiman/crock, blinded by the light, will not see the boat coming, but be aware, as it still can hear, so keep quiet, so that your guide can make a successful capture. The guide will place the animal carefully into the boat, and for safety, will close its snout with a rubber band. Each visitor will then be able to observe, photograph and hold the animal, taking care not to hurt it. The guide will identify its species and give interesting details about its taxonomy and answer questions. After that he will remove the rubber band and release the animal gently into the water and at a point as close to its point of capture as possible, as these animals are very territorial and it is important to release them back into their home area.



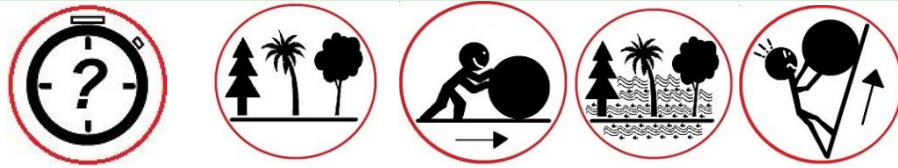
USE THE "HANDS-FREE" TORCH OR OTHER TORCHES ONLY FOR ENTERING, EXITING OR FINDING YOUR PLACE IN THE BOAT - DO NOT USE TORCHES DURING SEARCH AND CAPTURE MANOEUVRES TRYING TO ASSIST THE PILOT AND GUIDE IN FINDING AND CATCHING THE ANIMAL QUICKLY AND EASILY AS YOU ARE NOT HELPING BUT COMPLICATING THINGS.

IT IS STRICTLY FORBIDDEN TO TAKE THE CAPTURED INDIVIDUAL TO OUR VISITOR CENTRE OR TO KEEP IT IN THE BOAT WHILE IT IS SAILING OR MOVING FROM THE CAPTURE SITE! THESE ANIMALS ARE TERRITORIAL, SO THEY MUST BE RELEASED IN THE SAME AREA WHERE THEY WERE CAPTURED!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME AND LEVEL OF DIFFICULTY (FOR THE GUIDE IN LOCATING AND CAPTURING A CROCODILE OR ALLIGATOR)



OPTIONS



or

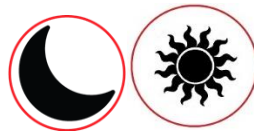
WHAT TO WEAR



HAVE WITH YOU



"CAMBU-CHALLENGE" = A NIGHT IN A HAMMOCK CAMP IN THE FOREST



This activity involves leaving the safety of our visitor centre for one night, either early in the morning (if you wish to camp far and deep in the forest), or after dinner (if you wish to camp not too far in the forest) or at 1530°/1600° at the latest (if you wish to camp at our "Caxoeira" camp). On arrival at the campsite, first set up the hammocks with your mosquito net under the tarpaulin to protect you from the rain, and then put your backpack under the hammock. The supplies you need before you go to sleep should go in the hammock and above all remember to leave the "hands free" torch close by and within reach. Then help start the campfire and accompany your guide to catch dinner in the stream if you have decided not to bring dinner from our kitchen. Finally, take a refreshing swim in the creek before sunset and have an early evening dinner. In the evening, around the campfire, is the best time for your guide to tell local stories and myths. When you go to rest try to lie diagonally across your hammock and be aware that if it starts to rain the sound of raindrops on your tarpaulin and the leaves of the trees surrounding your hammock will make any hammock to hammock conversation impossible; of course, to call your guide if necessary you will have to walk to his hammock.

Bear in mind that after midnight the temperature will drop and will drop even further in the early hours of the morning! Consider sleeping in warm socks and comfortable long-sleeved cotton clothing; bald people should seriously consider a cotton "*beeny*" that covers the ears! And if sleep doesn't get the better of you, forget about looking at your watch every 5 minutes - time won't move any faster, listen and enjoy the nocturnal jungle concert and instead of counting sheep, count the variety of sounds and try to imagine which critter makes which sound - you're sure to fall asleep soon!

The guide will organize the logistics of food and equipment for the camp and kitchen, but the load will have to be divided between everyone - heavy equipment (cameras, binoculars, hands-free torches) and other private things are to be carried by the owner! The hammock, mosquito net, tarpaulin and hammock clothes provided by the Reserva Natural Palmari must be taken care of and returned in good, undamaged condition by each guest to the staff of the "rooming" girls.



USE THE "HANDS-FREE" TORCH AT ALL TIMES AFTER SUNSET WHEN LEAVING YOUR HAMMOCK!
WEAR YOUR RUBBER BOOTS AT ALL TIMES!
DO NOT BATHE IN THE STREAM AFTER SUNSET OR BEFORE SUNRISE!
DO NOT BATHE IN THE STREAM NAKED!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITE TIME AND LEVEL OF DIFFICULTY



WHAT TO WEAR



HAVE WITH YOU



WAKEBOARD



This activity is one of the daytime-only activities. It is a water sport in which you glide over the water on a board being pulled by a boat with a rope called a *palonier*; the activity consists in the slider being attached to a boat, and it usually reaches speeds of between 29 to 39 kilometres per hour (18 to 24 miles per hour), depending on the water conditions, the weight of the slider, the size of the board and above all the number of additional passengers in the boat also wanting to experience this activity.

To enjoy the sport, it is essential to be able to glide over the water. This procedure is not as easy as it seems, when the practitioner is a beginner. There are 3 basic steps: positioning in the water, positioning while the boat accelerates and keeping the balance once you are gliding on-top of the water. As to the first step we must place ourselves in a position where it is as if your back is literally floating on the water, when starting always have your hands outstretched, after about 3 seconds you will then turn the board 180 degrees to the side that you feel more confident (Regular position: is one in which the left foot goes forward; goofy position: is one in which the right foot goes forward). Remember that when you start your feet must be at an angle of 90 degrees to the boat.

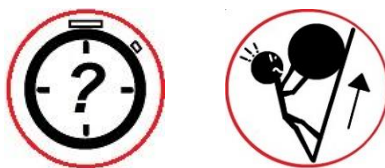


- A. LIFEVESTS MUST BE WORN AT ALL TIMES!
- B. DO NOT WEAR CLOTHING THAT ABSORBS WATER AND BECOMES HEAVY!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITIE TIME AND LEVEL OF DIFFICULTY



WHAT TO WEAR



HAVE WITH YOU



SLACKLINE



Slacklining is a balancing sport in which you use a strong, flat rope that is fastened between two fixed points, usually trees, and pulled taut. Unlike tightrope walking, where you walk on a fully taut metal cable or tightrope, slacklining involves walking on a flat nylon or polyester webbing and does not involve the use of any tools to help you maintain your balance, such as poles or other means. In slackline the webbing is usually slightly elastic, which allows for more dynamic jumps and movements, the tension of the webbing can be adjusted to suit the level of experience of the user and the dynamic characteristics of the webbing allows for impressive tricks such as jumps and flips, at the same time yoga poses or acrobatics can be performed, which allows for different training modalities.

At the Reserva Natural Palmari we offer two types of Slackline: (a) Trickline, which is done with a 50 millimetre thick rope, on which mainly jumps and dexterity tricks can be practised. (b) Waterline, which is performed with both 50 mm wide and narrower ropes, the difference being that it is performed with the rope stretched over the water.



A. IT IS MANDATORY TO WEAR A LIFEJACKET AT ALL TIMES WHEN WATERLINING AND DO NOT WEAR CLOTHING THAT ABSORBS WATER AND BECOMES HEAVY!

SEASON & LIMNOLOGICAL (WATER) LEVEL



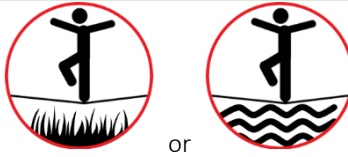
TIME



ACTIVITE TIME AND LEVEL OF DIFFICULTY



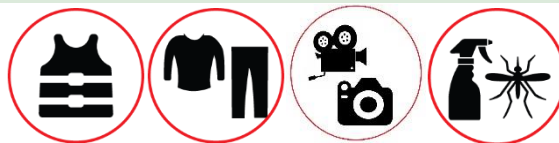
OPTIONS



WHAT TO WEAR



HAVE WITH YOU



TRADITIONAL *MODUS VIVENDI* = PALM HOUSEHOLD APPLIANCES & CASSAVA FLOUR PRODUCTION & NATURAL FIBRES & TRADITIONAL CULTIVATION FIELDS



Would you like to get a feel for what a day-to-day life in the jungle is like, without having the option of getting all your food and household goods from a nearby store? If you are interested, you can spend a morning or afternoon in a neighbouring community and get to know some of the basic tasks of their *modus vivendi*. We recommend a visit to the community of Sao Pedro do Norte. Keep in mind that you are going to be a visitor to a foreign place, so it is important to enter with respect and listening. You may not consume alcoholic beverages, smoke or dance and there is a dress code of long-sleeved clothes that supports their religious principles. Sao Pedro do Norte can be easily reached on foot, first through the village of "Palmar", then across the *terra firme* forest to the community of *Sao Pedro do Norte*. You can return to our visitor centre on foot or you can be picked up by one of our boats. The latter decision should be taken before leaving our visitor centre so that your guide can coordinate with the staff of our visitor centre the time and the boat and pilot. It is important to remember that every Sunday is dedicated exclusively by the inhabitants of this community to their ceremonial meetings, so you cannot visit this community on Sundays.

Some ideas about what to do, learn, observe and understand = Weaving of mats, fans, decorative objects in origami style but not with paper but with palm leaves; making *chambira* (a kind of string) from a fibre obtained from a palm tree; making brooms from thin, robust, flexible strips obtained from the jungle; producing manioc "*farinha*" flour from the harvest of the tuber, peeling it, cutting it, grinding it and finally drying it over a fire in a huge "*panero*"; understand the intelligent way of using the soil by protecting it from mineral depletion through mixed farming, growing a high variety of species of herbs, fruits, seeds, tubers, grains on the same area of land, in a certain order but mixed so that each species grows well but also nourishes the *stratum*, all thriving to achieve the best possible harvest result, and even the wildlife benefits from this system without the need to generate too high a loss on the harvest for the community: Notice:

Nature teaches better than schools or universities...



THE PRESENCE OF MOSQUITOES, JE-JEN AND OTHER INSECTS MAY BE RELEVANT - WEAR LONG SLEEVES, BOOTS AND REPELLENT! PLEASE CONSIDER GIVING A TIP IN \$ TO THE COMMUNITY PERSON WHO ASSISTS, TEACHES, DEMONSTRATES AND PARTICIPATES WITH YOUR GUIDE - IT IS IMPORTANT!!!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITE TIME AND LEVEL OF DIFFICULTY



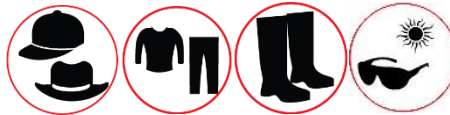
Walking to Sao Pedro do Norte:

During

OPTIONS

Bring a football - maybe there will be an opportunity for a game with the locals; also bring some money, maybe a nice handicraft will come your way to buy it.

WHAT TO WEAR



HAVE WITH YOU



"SEMI-INDIGENOUS"- COMMUNITIES = "MARUBO" OR "MAYORUNA" = "MARUBO" OR "MAYORUNA".



The history of the Amazon is complex. Many cultures and languages have been and continue to be silenced. Why, it would take us back to the times of colonization, evangelization, the Peruvian wars, the rise of the rubber industry it's violence extending into and intensifying during the second world war, and today globalization, capitalism, so-called "progress" and religion are breaking with traditional ways of life and increasingly advancing their frontier into the deep jungle. The romantic image of the "true indigenous", at least in the regions you will be able to visit, is one that was left in the travel books of *Alexander von Humboldt*, *José Celestino Mutis* or *Aimé Bonpland*, and that today, sadly, is reconstructed to please the fantasies of tourists. The Reserva Natural Palmari invites you to erase your preconceived ideas when you visit a community and you should ask them what their identity is and how they see and understand themselves. It is up to you to choose if you want to see the routine or if you want to get into the complexity of the communities that inhabit the Amazon, and get to know their stories and their real beliefs. You see, the Amazon is still an untamed jungle of mysteries and these live and are heard through the people and biodiversity that inhabit it.

That said, every visitor has the opportunity to meet the *Marubo* and *Mayoruna*. You will find in their communities a central maloka with some surrounding huts, inside the maloka you will still feel a bit of the original style and *modus vivendi*. The chief of the community will invite you to freely ask questions, take pictures, buy typical handicrafts made of modern and local materials, try some of the traditional medicines, as well as walk in and around the maloka. But everything costs! And it is important to define these costs beforehand.

Unfortunately, ancestral traditions and ceremonies have been lost over time and these gatherings have ceased to be spiritual and have focused on commodifying something as deep and important as our roots and our history of connection to the land. Indigenous communities are the victims and not the culprits of colonization and capitalization. If you want to know about the indigenous history there are great books, documentaries and films. Pedagogy at this point is the most real way to live and understand our Amazonian history.



THE PRESENCE OF MOSQUITOES, JE-JEN, CHIGGERS, FLEAS AND OTHER INSECTS THAT BITE, STING OR SETTLE ON OR IN YOUR SKIN IS RELEVANT - WEAR LONG-SLEEVED CLOTHING AND REPELLENT! STAY AWAY FROM DRUNK PEOPLE OR KEEP YOUR TAXI DRIVER NEARBY IF THEY INSIST! NEVER ENTER A HOUSE WITHOUT BEING EXPRESSLY INVITED! ONLY TAKE YOUR DAY-PACK AND MONEY TO THE MALOKA - LEAVE THE REST OF YOUR LUGGAGE IN THE TAXI!

SEASON & LIMNOLOGICAL (WATER) LEVEL



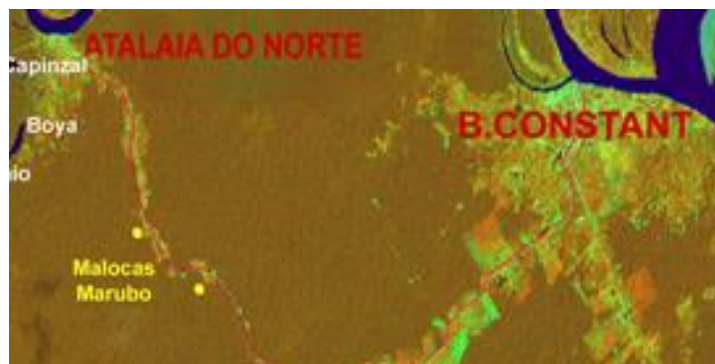
ACTIVITIE TIME AND LEVEL OF DIFFICULTY



WHAT TO WEAR



HAVE WITH YOU



WOODEN CANOES - TRAVELLING ON THE AMAZONIAN TRAILS IN THE TRADITIONAL WAY



Do you have good balance and are you calm in unstable situations? Traditional local wooden canoes for one or two passengers are not for the faint hearted, nervous or shaky people - as they are really unstable, most of them have no keel and the edge of the hull is just above the waterline which can be measured in milimetres!

Having said that, it is clear why we consider this activity only as fun, to be done close to the beach and, moreover, it is not going to be a real activity, but rather a permanent lesson in which your guide will continuously instruct you on how to stand still, paddle forward, paddle a curve, paddle in a straight line, paddle backwards or how to manage not to lean sideways and sink. In truth, in most cases you won't go anywhere, just into the water and to the bottom, and then you will be taught how to empty the canoe of water and how to get back in - it is the most fun of all, not for you, but for the other people watching and participating in the activity.

Take our word for it! If you haven't paddled wooden canoes since your childhood, don't consider using one to undertake any route, you won't make it more than a few yards and you are going to make the tour a torture for any other participant on the trip, and who is happy in a kayak! That's why we have so many professional 2-seater and "sit-on-top" kayaks! And that is why the tours, walks and extreme treks on the water conceived by the Reserva Natural Palmari are such a success, but in a kayak!



- A. IT IS MANDATORY TO WEAR A LIFE JACKET AT ALL TIMES!
- B. DO NOT WEAR CLOTHES THAT ABSORB WATER AND BECOME HEAVY!
- C. DO NOT CARRY VALUABLES, CAMERAS, BINOCULARS, MACHETES, KNIVES AND THE LIKE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITY TIME

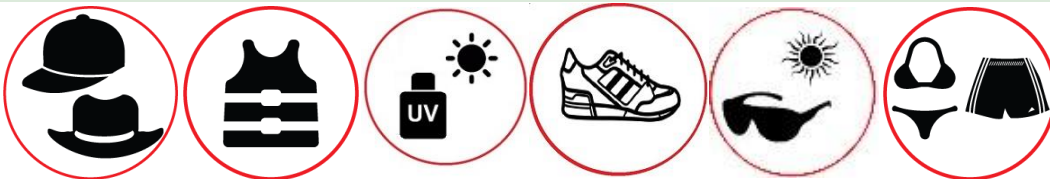


LEVEL OF DIFFICULTY



OR

WHAT TO WEAR



HAVE WITH YOU



NEIGHBOURING VILLAGES AND COMMUNITIES



Basically, you have the option to visit three communities bordering the Reserva Natural Palmari, each with a different *modus vivendi*: the community of *Palmari* and the community of *Sao Pedro do Norte* in Brazil and the community of *Santa Rita* in Peru. Here in the Amazon the roads are made of water, and it is on the banks of the main water bodies that human settlements exist; this is the case for *Santa Rita*, which can only be reached by boat. The other two communities of *Palmari* and *Sao Pedro do Norte* can also be reached on foot, *Palmari* being only 5 minutes away from the visitor centre and *Sao Pedro do Norte*, about 45 minutes to 1 hour walking distance.

The Palmari community owes its name to "*pau d'umari*", the "*Umarí*" fruit tree, which is very common in the region. Its origin is difficult to trace, but if you ask the families that inhabit this community, the common thread in their history is that they are descended from *syringeros* (= rubber tappers). The nationalities in this area of three borders are blurred, and everyone is a bit Brazilian, a bit Colombian, a bit Peruvian and a bit indigenous. Descending from *syringeros*, it is a story of violence and uprooting that the old rubber trees still narrate through their scars. The rubber fever enriched the few and killed the many. In the boom times, an opera house was built in Manaus, a city in the middle of the jungle! And the stories tell that the opulence was so great that they sent their clothes to Portugal to be washed. While thousands of indigenous people were taken from their lands and put to "work" in the rubber plantations, when what they really did was to enslave them under the premise of a debt that they had to pay, a debt that was inherited by their children. When the rubber price fell, many of these *syringueros* decided to settle on the banks of the rivers and form themselves as a community, their language and their indigenous culture forgotten for generations.

The Sao Pedro do Norte community is of much younger origin, comprising mostly people from the central Andean interior of Peru, who, fleeing insecure regions and under the control of the maoist terrorist group *Sendero Luminoso*, decided to unite under a religious Evangelical-Lutheran group leadership, leaders that gathered people with no home and no future, relocated them in remote natural areas, provided them with tools, seeds, building materials and trained them in agricultural production for starting a new life. Their religious beliefs are strong, their centre is a church and in this community all children and adults always wear long sleeved clothes and the women wear a wooden cross on their chest. They do not smoke, they do not dance, they do not drink, they do not curse, all of the above are mandatory for any visitor to their community. Every Sunday is reserved exclusively for serving, singing and praying to their God. All produce from their "*chagras*" (crop fields), fishing, hunting (both to an environmentally sustainable volume) and other food sources, as well as tools, household items and all equipment are shared equally and amongst all. The economic income from their handicrafts, crops whose surplus is sold outside the village will be handed over to the community leader who, through a mutual consensus agreement, shares or reinvests it.

The only Peruvian community within easy reach is *Santa Rita*, accessible only by boat (or kayak - far and you have to paddle hard!). It comprises the remnants of the indigenous *Yagua* people, an indigenous ethnic group who several generations ago fled the banks of the *Putumayo* river in Colombia from drug traffickers and their war henchmen, who forced entire communities to cultivate the "*coca*" plant (*Erythroxylum coca*), then forcing them to produce and deliver the coca paste

to them. After many years of travelling up and down the rivers in search of suitable land and with no neighbours to chase them back to the river, they settled here on the Javari, gradually losing their traditional indigenous *modus vivendi* and becoming one of the many riverine settler communities.

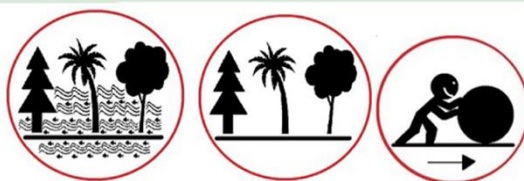
Because of their different origins and *modus vivendi*, visiting these three communities will give you a good impression of how people live in this region. Bring some cash with you, certainly to *Santa Rita*, as the women and children always have some handicrafts such as necklaces, earrings, bracelets and the like for sale, hanging on the outside walls of their houses.

All these three communities are covered by our "*Instituto de Desenvolvimento Socioambiental do Vale do Javari*", an NGO - OCIP, which tries, more or less according to the mutual consensus and sense of duty of these communities and their chiefdoms, to inculcate and educate towards our principles and proposals on ecologically sustainable ways of living and environmental protection.



THE PRESENCE OF MOSQUITOES, JE-JEN, CHIGGERS AND OTHER BITING AND STINGING INSECTS IS RELEVANT - WEAR LONG-SLEEVED CLOTHING, BOOTS AND REPELLENT! NEVER ENTER A HOUSE UNINVITED AND ALWAYS WITH YOUR GUIDE! IF YOU ARE INVITED TO A PARTY, DECLINE THE INVITATION, IF YOU DECIDE TO ATTEND, WHEN YOU PRESENT OR MANIFEST MEDIUM INEBRIATION WE RECOMMEND YOU LEAVE THE EVENT OR IF YOU SENSE ANY SIGNS OF AGGRESSIVE BEHAVIOUR DO NOT ATTEMPT TO RESOLVE A DISPUTE OR ENGAGE IN A HEATED DEBATE.

SEASON & LIMNOLOGICAL (WATER) LEVEL ACTIVITY TIME AND LEVEL OF DIFFICULTY

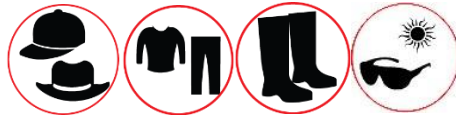


OBSERVATIONS

Sao Pedro do Norte (SPN): Walk back to our visitor centre on the long trail (4 to 6 hours) through "*terra firme*" forest; visit a traditional "*chagra*" (cultivation field), ask your guide to explain the multi-species plantation system and to show you the main products, vegetables, fruits and spices.

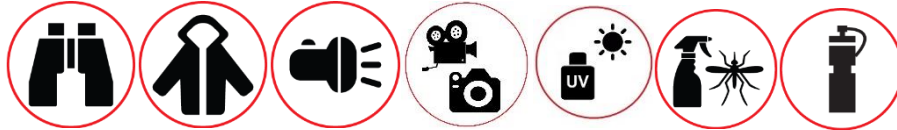
Santa Rita (SR): Go by boat (high water season) or walk (30-45 minutes / low water season) to the *ceiba* (*Ceiba pentandra*) or cross the river by boat or kayak, enter the "*furo*" (canal) of "*Zacanbuzinho*" and look for birds in the "*igapó*" forests on both sides of the canal, further on, if time permits and the water level is high enough, sail or paddle to the small lagoons "*Cristina*", "*Onza*" or "*Tartaruga*".

WHAT TO WEAR

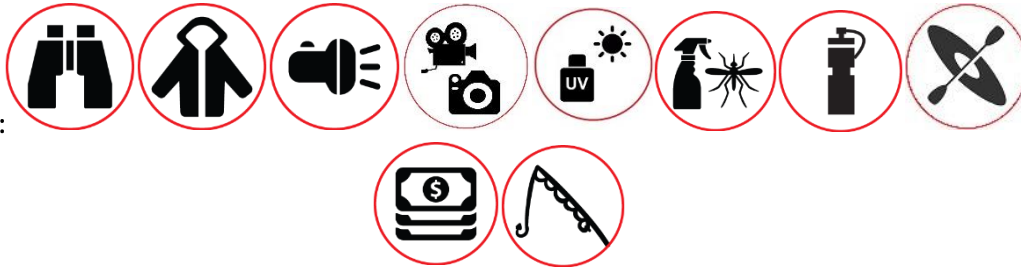


HAVE WITH YOU

P+SPN:



SR:



HANDCRAFTS AND TATTOOS



Rainy mornings or afternoons, as well as sleepless nights are the perfect time for this activity, which takes place in our visitor centre. You can design and make bracelets, earrings, necklaces, dream catchers and many other decorative or personal objects from the basket of seeds, fish scales, ceramics, wood, hemp and *chambira* fibres, as well as elastic nylon thread plus copper, silver and silver-gold "*alpaca*" wires and countless other supplies and elements.

In addition, your guide can get some fruits of the "*Huito*" (*Genipa americana*) tree and then teach you how to extract the liquid used to make tattoos. You can then design your own tattoo or choose one from the sample booklet in our visitor centre and ask your guide, partner or companion to draw it on your skin with "*huito*". Initially transparent, in a short time the sun and the air will reveal your *huito* blue tattoo which will last on your skin for 6 to 10 days.



ONCE THE "*HUITO*" INK IS ON YOUR SKIN IT HAS TO DRY FOR ABOUT 1 HOUR TO FIX ON THE SKIN; YOU SHOULD MAKE AN EFFORT NOT TO TOUCH IT, DO NOT PUT CLOTHES ON IT, YOUR PARTNER SHOULD NOT TOUCH IT, DO NOT LIE DOWN IN OUR HAMMOCKS OR BEDS AS THE TATTOO WILL BE RUINED AND THE CLOTHES, OUR HAMMOCKS AND OUR BEDDING WILL BE STAINED; AFTER THAT HOUR, WASH THE TATTOOED PART OF THE SKIN WELL WITH SOAP AND WATER - SURPRISE: AFTER WASHING YOU CAN'T SEE ANYTHING ☹, BUT 6-8 HOURS LATER AND BY AMAZONIAN MAGIC THE TATTOO WILL APPEAR!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITE TIME AND LEVEL OF DIFFICULTY



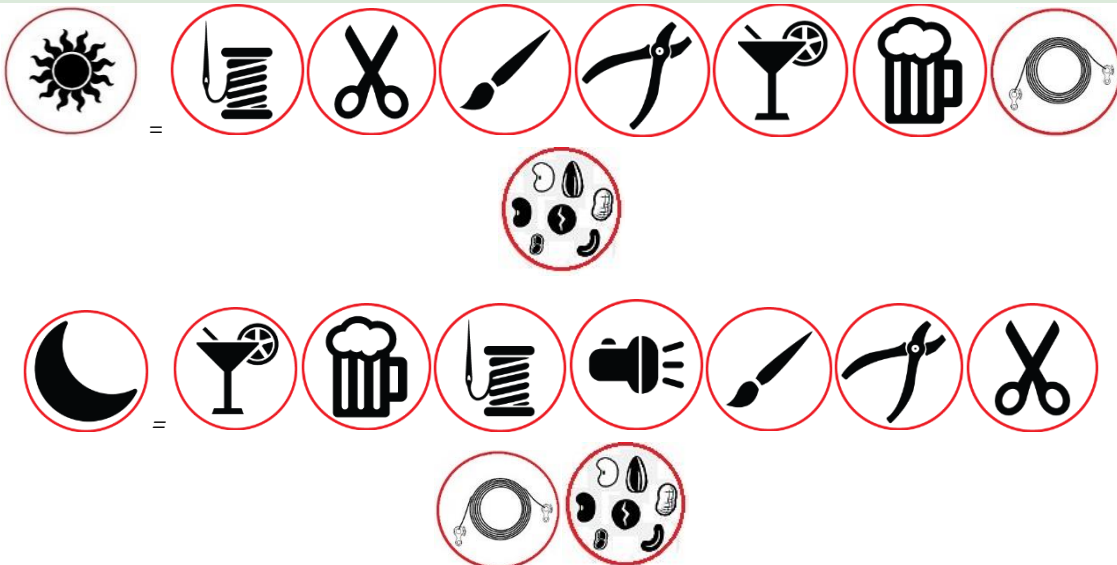
OPTIONS

A "tattoo" in an additional shade of red? Ask your guide to go in search for a fruit of the "*Achiote / Ucuma*" shrub, open it by pressing its sides, then press the inner seeds with the tip of your finger against the shell until you get a thick red fat - tattoo yourself and others and know that this dye is easily removed with water and ecological soap!

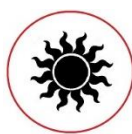
WHAT TO WEAR



HAVE WITH YOU



BOW & ARROW + BLOWGUN = "SHOPPING" IN THE AMAZONIAN "SUPERMARKET".



If you think that for an indigenous person putting food on the table is an easy task, that it's only a matter of taking a walk behind the maloka, see a bug, take aim, shoot and pick it up? Almost like going to a supermarket: pick, pay and go...let's see...tell your guide to get the bow, arrows, blowgun, darts and give it a try! You get them ready, tested and guaranteed, but the indigenous will first have to make them out of special materials, using very specific types of wood. The "shopping kit" has to be made correctly and checked in order to be perfect: the pieces have to be assembled in the right way in order to get a weapon that shoots straight, perhaps the most important part of the whole thing. This requires knowledge and skill, until this is achieved the menu will be nothing more than *botanical*, *ichthyological*, *herpetological* or *entomological*. Then comes the process of learning to use these tools with precision, locating the dinner in the thick of the forest, in the darkness of the undergrowth and finally having the strong arm to temper the bow or the lung to propel the dart 30, 40 or 50 metres further still having the strength to penetrate and stop the prey before it escapes. "Easy", you say...well, try it! I would bet that after this experience you will look at the lady who is selling you the groceries in your neighborhood shop very differently and thankfully from now on!

As for the use of bow and arrows, we suggest that you go with your guide into the forest behind the maloka as we don't want any arrows stuck in a wall, in one of our guests or stuck high up in a roof. As for the blowgun, the best option is to play with it on the sunset terrace, where we have placed a suitable, large, fixed target that neither runs nor flies and that you can imagine as your "prey".

All these weapons are original products made by indigenous friends, so they should be taken care of and put to good use.



THIS ACTIVITY MAY ONLY BE ATTEMPTED WHILE COMPLETELY SOBER - VISITORS UNDER THE INFLUENCE OF ALCOHOL WILL NOT BE ALLOWED TO HANDLE THESE WEAPONS! MINORS MAY USE THESE WEAPONS ONLY UNDER THE SUPERVISION OF A PARENT OR OTHER RESPONSIBLE ADULT!

SEASON & LIMNOLOGICAL (WATER) LEVEL



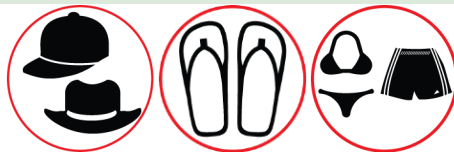
ACTIVITE TIME



LEVEL OF DIFFICULTY



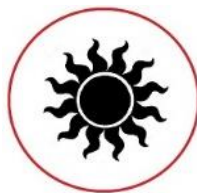
WHAT TO WEAR



HAVE WITH YOU



ORCHID BEES



Orchid bees are part of the *Euglossini* group of insects, from the greek "*true tongue*", which refers to the large size of their tongue, in some cases it can be twice as long as their body! Metallic in colour, what makes this group of bees fascinating is their intimate relationship with orchids: the females frequently visit their flowers and collect pollen for themselves and their offspring, while the males seek to collect their perfumes! It has been documented that the males of each species choose only flowers to visit of one specific species of orchid, then creating a unique "scent" with which to attract a female. To achieve this, they land inside the orchid flower (the orchid take advantage of this by taking the brought-in pollen to ensure pollination) and mix the orchids liquid with its own ferromone. So, pollination of a certain orchid species is limited to a single and sole pollinating species of this group of bees; meaning, that they depend on each other for their existence and hence also avoid hybridisation. Now, the scents they collect seem to be a way of filtering out "foreign" females, and depending on the scent, also a female is able to tell of what species the male is, again avoiding hybridisation.

Sunny days and if you have little desire to leave the visitor centre facilities, will be the perfect time and mood for this activity which involves the task of attracting the orchid bees to the main terrace, then observing them, photographing them or even carefully catch them. It is forbidden to collect them! "Catch and release" is mandatory! On very sunny days ask your guide/volunteer for the small bottle of "*Methyl Salicylate*", open it and place 2 or 3 drops at a distance of 1 metre on the wooden railing on the sunset terrace and then wait ...after about 10, maximum 30 minutes, the first bee will appear, flying over the wet spots. It will land and try to collect and smear itself with the liquid. There are only 5 genera of orchid bees, if you want to identify which genus the bee you are observing belongs to, ask your guide for the 2-sheet handout, which also contains a few photographs and taxonomic description of the details to be able to separate each genus; for more detail you can hold them in your hand - relax! Only the males are attracted to the liquid and male bees do not sting!



IF YOU GET ANY LIQUID ON YOUR CLOTHES OR SKIN, TAKE OFF YOUR CLOTHES, RINSE THEM AND WASH YOUR SKIN, OTHERWISE YOU WILL BE SURROUNDED BY THESE INSECTS, IN AND OUT OF THE FOREST, PROBABLY ALSO BY MANY OTHER INSECT SPECIES.

SEASON & LIMNOLOGICAL (WATER) LEVEL



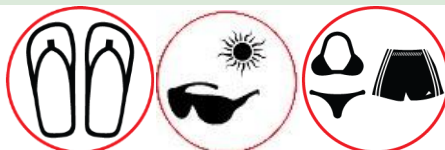
ACTIVITE TIME



LEVEL OF DIFFICULTY



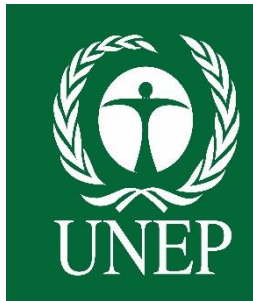
WHAT TO WEAR



HAVE WITH YOU



SEMBRANDO SELVAS



Local communities have to maintain their houses and other infrastructure, the basic building materials used are timber from the forests and, as *Homo sapiens* is basically an opportunistic and lazy species, people obtain this timber as close as possible to the construction or re-construction site. Slowly but surely the most important timber trees for the pillars, beams, planks and slats, as well as the palms that provide the leaves to braid the sheets that will make up the roofs, will become scarce and at some point disappear from the surroundings of each village.

Not only through cooperative work, teaching the necessary change and proposing the use of different construction materials for the protection of the environment by the Palmari Nature Reserve and our [*Instituto de Desenvolvimento Socioambiental do Vale do Javari*](#), but also by creating reintroduction projects through joint-venture agreements, we try to prevent chainsaws from increasingly penetrating the forests surrounding our reserve and communities. One of these joint projects links our 2 organizations with the UN-UNDP (United Nations Environmental Projects) and their global project "*Plant for the Planet*", supported also by the "Kajuyali Camp" organization and their related initiative "*Sembrando Selva - Lend a hand*":

We obtain seeds from the most affected hardwood trees according to surveys and inventories conducted by specialized UN botanists and then our guests can plant them, together with our guides, as well as with the children and youth of these communities who understand the importance of replanting timber species for future use, thus leaving the forests in their original, primary state.

Ask your guide if during the time of your stay we have a viable stock of seeds, seedlings or semi-mature plants ready for transplanting and present in our greenhouse; then, depending on the stage of growth of the stock present in our visitor centre help on-site or, if there are already semi-mature seedlings, decide which neighbouring community you would like to support by going there, asking the locals if they would like to participate and be part of a good work for our world!



THE PRESENCE OF BITING, STINGING AND SCURVY INSECTS CAN BE HIGH IN LOCAL COMMUNITIES - BE AWARE OF THIS, WEAR LONG-SLEEVED CLOTHING, USE REPELLENT DURING YOUR STAY. KEEP YOUR EYES OPEN AND BE ALERT TO THE PRESENCE OF SNAKES - BE AWARE THAT WHEN REMOVING OBJECTS ON THE GROUND, FALLEN TREE TRUNKS CAN TURN UP MILLIPEDES, TARANTULAS, SCORPIONS AND OTHER CREATURES THAT WILL NOT APPRECIATE YOUR HEROIC EFFORTS IN THE NAME OF ENVIRONMENTAL PROTECTION AND IMPROVING THE STATE OF THE FORESTS AND WILL THANK YOU FOR YOUR LOVELY WORK BY GIVING YOU A NASTY BITE OR STING!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITE TIME AND LEVEL OF DIFFICULTY



WHAT TO WEAR



HAVE WITH YOU



EXTREME TREKING - BY LAND, BY WATER OR COMBINING LAND & WATER



If you want to see and feel the wildlife a little more than the average visitor to the Reserva Natural Palmari, then an "extreme trek" will achieve that end! Basic concepts and premises:

Agree with your fellow trekkers on the number of hours to walk each day. Once this has been defined, the two accompanying guides are informed and together with them you decide on the route that fits in with this idea and the length of time to be hiked day-by-day.

Agree on the number of days you will be away from our visitor centre.

If you have decided to return by kayak or to be picked up by boat it is important to provide that information and date to the main staff at our visitor centre and be certain that the kayak drop-off point or boat pick-up point are clearly established and known to the main staff.

Walk light: Review with your companions and guides what you are carrying, only carry 1 unit of each item of equipment that everyone can use, divide general camping and cooking supplies and food equally between everyone and listen to advice about what is pointless and useless to carry.

The forests of the Javari valleys are not flat as in most other neo-tropical rainforests, so be aware that you will have to deal with short steep trails and short steep descents; in the gullies you may have to cross minor or wide streams, which may be shallow or deep depending on the season and recent rains. If log bridges are the only way across, then don't play 'proud tarzan', use common sense and ask your guide to transfer your bag, camera or other valuables across the bridge.

Sleeping in dry clothes and a dry hammock is basic to maintaining a positive spirit, so protect your sleeping clothes & hammock from moisture, and always put them on just before going to sleep and take them off immediately after waking up. A good bath before nightfall is also recommended for a good night's sleep, which is why our guides always try to arrive before nightfall at a good campsite near a creek. Therefore, listen to the advice of the guides to "push it a bit" or, on the contrary, decide to make an "early stop" at a creek is advisable.

During the low water season you will be able to walk the "terra firme" and "várzea" forests, maybe even some trails in the "igapó" forest without water at your feet, but in the high water season you will undoubtedly walk on dry ground only in "terra firme" forest. Be prepared for the fact that, in certain areas bordering *terra firme* forest with *várzea* forest, you may be slightly waterlogged and that, once in lowland *várzea* forest, you will cross areas with water levels reaching your ankles, waist or even higher. As for wildlife, what you hear you may also see...but only if you pay attention to your guide, follow his directions and try to keep quiet. The chances of seeing wildlife are, of course, better in *terra firme* forest as this biome is home to 90% of the large mammals and 85% of the large birds; the further you go into *terra firme* forest, always away from the main course of the river, with a tendency "upwards" towards what we call *terra d'altura* (high forests) your chances of seeing wildlife increase wildly.



YOU ARE NOT IN A ZOO = IT IS THE WILDLIFE THAT DECIDES WHEN AND IF IT WANTS TO BE HEARD OR SEEN - THE CHANCES INCREASE IF YOU FOLLOW YOUR GUIDES' DIRECTIONS AND WALK QUIETLY WITH SHARP EARS! EARLY MORNINGS AND EVENINGS ARE THE BEST TIMES TO SPOT WILDLIFE!
BEFORE LEAVING THE VISITOR CENTRE YOU HAVE CHOSEN THE NUMBER OF DAYS YOU WILL WALK! = STICK TO IT! EVEN MORE, IF YOU HAVE AGREED TO BE PICKED UP BY BOAT OR RECEIVE KAYAKS AT A CERTAIN POINT AND ON A CERTAIN DATE!
ALL THE RUBBISH YOU CAN BURN, YOU WILL BURN! ALL METAL, TIN, ALUMINA, GLASS AND THE LIKE MUST BE RETURNED TO THE VISITOR CENTRE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITIE TIME AND LEVEL OF DIFFICULTY



(Minimum 2 nights)

OBSERVATIONS

Fascinating options and huge amounts of trails, directions and destinations are there for you - Decide with your guides, which route to take, taking into account the season and water levels.

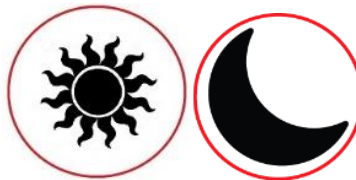
WHAT TO WEAR



HAVE WITH YOU



CANOPY INSTALLATION OF THREE ABOVE-CANOPY PLATFORMS IN THE FOREST



Witness the Amazon basin from the heights - the infinity of a green ocean! This activity is attended, quoted, executed and equipped (harness, safety helmet, gloves, ascent and descent equipment and the like) for our guests by personnel hired and dependent on the autonomous service provider "SelvAventura".

After a walk of approximately 35 to 45 minutes from the visitor centre you will reach the area where the three platforms are installed on emerging trees that live in "*terra firme*" forest. You ascend one by one to the first platform (elderly, very young, or of little strength, as well as lazy or suffering from *vertigo* can be hoisted by the guides using a pulley system) and then cross to the second platform by means of a bridge made of a sturdy wooden plank (approximately 40 metres in length). You then glide to the third platform via a "*tarabita or zipline*" (approximately a 15 seconds long scream) and finally descend to the ground and walk back to the visitor centre. You can stay on each platform as long as you wish, enjoy the sunset and even stay on the platforms until late at night.

All equipment are top brand products, highly specialized ropes, climbing equipment, harnesses, helmets and the like; all are regularly cleaned, checked and maintained to the highest standards, if necessary replaced by new ones. The guides who provide this service are chosen, trained and regularly trained by the operator, who also undertakes the review and teaching of any new safety processes and systems to his guide staff. The guides are also trained to help climbers in case they experience situations of fear or doubt, as well as in making decisions according to weather conditions, as well as to evaluating and resolving situations outside of the common or emergency scenarios. Providing confidence and reassurance to climbers during the activity is a basic factor in these guides, who will also provide snacks and drinks during the activity, but don't forget your own water bottle full of water! Bear in mind that you will be moving between platforms at average heights of 40 to 50 metres closer to the stars and it's hot up there!



THIS ACTIVITY DOES NOT BELONG TO AND DOES NOT FALL UNDER THE RESPONSIBILITY OF THE RESERVA NATURAL PALMARI - ANY INFORMATION, QUESTIONS, REQUESTS, DOUBTS, CLAIMS, COMPLAINTS OR OTHERS MUST BE DEALT WITH DIRECTLY WITH THE STAFF OF THIS SERVICE OPERATED BY "OUT-SOURCING"! QUOTING, RESERVATIONS, SCHEDULING AND PAYMENT OF THE ACTIVITY ARE ALSO SUBJECT TO AGREEMENT WITH THE STAFF OF THIS PROVIDER!

SEASON & LIMNOLOGICAL (WATER) LEVEL



ACTIVITE TIME AND LEVEL OF DIFFICULTY



If you return still during day-light, a refreshing bath in our “Caxoeira” creek pools might be a good idea (See the specific chapter) or if you return by night and follow the guide’s instructions you can experience the “Avatar” activity and enjoy the bio-luminescens produced by millions and millions of funghee and mycelee living in the ground of the neo-tropical rainforest (See the specific chapter).

Another option is to book this as a nightly activity spending the night on the canopy platforms, but be aware this comes at an extra cost and – we must be franc – according to remarks from the majority of other guests having spent the night there, they do not find the additional expense spendeable-worth compared to the chillyness of the night, not much happening or to be seen in the dark and the winds make a long stay uncomfortable, most of them returning before sun-rise!

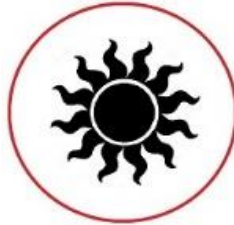
WHAT TO WEAR



HAVE WITH YOU



PADDLE-BOARD



It is important to have and keep a good balance - but don't worry, the piranhas won't eat you! And the handling and progress on these paddle-boards, which you have to paddle whilst standing up, is not so difficult and complicated - but you shouldn't miss it and try it at least once, they are fun and the nervousness that comes from doubting or believing if what is said about piranhas is true or not is also interesting.

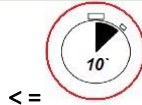
Take our word for it! These paddle-boards are simply wonderful - this recent investment has been one of our best decisions, which is why the water rides designed by the Reserva Natural Palmari are a total success.

And very IMPORTANT = The paddle must always be attached to your arm or leg by means of the rope and lock! Always! If you lose a paddle they easily sink to the bottom of the lake or river and you will have to pay for it - remember that! Plan the route a little in advance. If you do this activity with your family or partner, the more experienced paddler should paddle at the end of the group as well as the guide, so that in case of any complex moment, the experienced paddler and the guide will notice it without delay and both will be able to assist and help immediately.



A) THE USE OF A LIFE JACKET IS COMPULSORY! B) DO NOT WEAR CLOTHES THAT ABSORB WATER! C) DO NOT CARRY MACHETES, KNIVES OR RAZORS! D) CAMERAS, BINOCULARS MUST BE PACKED IN WATERPROOF BACKPACKS! E) PLEASE CHECK AND MAKE SURE THAT THE LOCK AND ROPE OF EACH PADDLE ARE PRESENT AND CORRECTLY FIXED TO YOU! F) ALWAYS STAY IN CLOSE PROXIMITY TO YOUR GUIDE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



LEVEL OF DIFFICULTY



OPTIONS



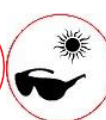
= Don't stay on the river all the time, walk one of the trails from the river to one of the lakes or ask your guide to take you to one! At the end of the trail when you reach the lake you can leave the paddleboard and enjoy the view over the lake or even paddle on the lake. When the water level is low, the colour of the water turns a deep black! Jump into the water, dive in and dare to take a look around - a wonderful and at the same time strange experience – like diving in dark, red tea!



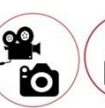
= You can make very good use of one of the "Furos" canals to paddle to wetlands, lakes or other connected water-bodies.



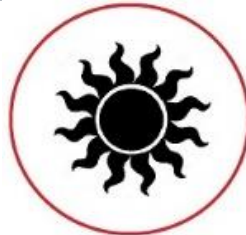
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TUBING



For all ages, although kids have the most fun with this activity and good balance is not required - the "beach plan" almost forces you to use those tires! Also being pulled by a good rope by a boat is fun and if there are dolphins nearby they will even accompany you for a while and come over to investigate and say hello to whoever is floating around in that contraption that is so rare to them! It is not to be missed and the nervousness that comes from doubting or believing that the piranhas will indeed respect and not swallow the occupant is present and keeps the adrenaline flowing.

Sunbathing while drifting, enjoying the river and lakes on these tires if the paddle board and wake board are too complicated for you or your balance doesn't respond - take our word for it: this activity is simply wonderful and complements very well any trip to the beach or to look for, find and watch dolphins or other water activities.



- A) THE USE OF A LIFE JACKET IS OPTIONAL IF YOU ARE A GOOD SWIMMER! OTHERWISE IT IS RECOMMENDED!
- B) DO NOT WEAR CLOTHES THAT ABSORB WATER!
- C) DO NOT CARRY MACHETES, KNIVES OR RAZORS!
- D) CAMERAS, BINOCULARS ARE BEST KEPT ON THE BEACH OR BOAT OR PACKED IN WATERPROOF BACKPACKS!
- E) PLEASE CHECK AND MAKE SURE THAT THE TYRE IS PROPERLY INFLATED AND NOT LEAKING AIR!
- F) ALWAYS STAY IN CLOSE PROXIMITY TO YOUR GUIDE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



LEVEL OF DIFFICULTY



OPTIONS



= Stay preferably all the time in the central parts of the river and lakes - aquatic wildlife is mostly present on the banks and areas featuring aquatic plants, submerged trees and the like. Walk one of the trails from the river to one of the lakes or ask your guide to take you to one! At the end of the trail when you reach the lake you can enjoy the view of the lake or even go "tubing" on the lake. When the water level is low, the colour of the water turns a deep black! Jump into the water, dive in and dare to take a look around - a wonderful and at the same time strange experience - like diving in dark, red tea!



= We do not recommend doing this activity in flooded forests or in the "furos" channels - there is a greater chance of encountering aquatic wildlife or getting a scare if the tire is punctured by a branch cut at an angle creating a sharp edge or point!

