



Chimu

AMAZON

FACT SHEET

Live for today...

INTRODUCTION

The Amazon is the world's largest tropical rainforest spanning 9 different countries in South America – Peru, Bolivia, Ecuador, Colombia, Venezuela, Guyana, Suriname, French Guiana and of course Brazil which contains 60% of the Amazon Rainforest.

The Rainforest covers over 75% of the Amazon Basin, with an area of 5.5 million sq kms. It comprises the largest and most bio diverse tract of tropical rainforest in the world. It is dissected by hundreds of rivers, the most notable being the mighty Amazon. The river towns of Manaus and Belem in Brazil and Iquitos and Puerto Maldonado in Peru have 19th century architecture dating back to the days of the rubber boom.

There are over 1,400 species of mammals found in the Amazon, the larger mammals including the jaguar, ocelot, capybara and tapir. The Basin is inhabited by more than 1,500 species of birds including toucans, hummingbirds, macaws and other parrots. Reptiles found here include the anaconda and boa constrictor. The area is also home to over 1,000 species of amphibians and 2,200 species of fish including the red-bellied piranha.

The Amazon Basin also contains thousands of plant species with tropical fruit trees such as Brazil nut, cocoa and rubber trees as well as orchids and the kapok tree, the largest tree of the Amazon that can grow to a height of 60 metres.



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CLIMATE

The Amazon Rainforest has a tropical equatorial climate, being hot and humid throughout the year with an annual average temperature of 27°C. Daily temperatures fluctuate only very slightly with an average range of only 2°C. Rainfall is year round but the main rainy season is between December and May.

	Av. Temp (°C)	Av. Rainfall (mm)
January	28	260
February	28	280
March	28	310
April	27	300
May	28	260
June	28	120
July	28	80
August	28	50
September	29	75
October	29	120
November	28	175
December	28	220

USEFUL TIPS

WATER

It is advisable not to drink tap water in the Amazon region. Amazon lodges provide unlimited boiled, filtered water for their guests. Bottled water is readily available on the Amazon cruise vessels and in the jungle lodges.

The river waters, away from cities, are not polluted, despite sometimes being dark in colour, and are perfect for bathing.

PHOTOGRAPHY

The equatorial forest region is hot and humid and as a result can be harmful to photographic material. It is advisable to store photographic equipment with silica to avoid fungus growth on the lenses. A portion of rice in a cloth bag can be used to protect against humidity during long trips.

Ensure that your camera equipment is securely stored in dry sacks when in the Amazon to protect against river water and rain.

Remember to bring plenty of spare batteries and memory, as electricity supplies may not be reliable, and there is always something to photograph!

PAYMENTS AT REFUGIO AMAZONAS AND POSADA AMAZONAS

Please be aware that these lodges only take payment for local items (drinking, water, souvenirs etc.) via cash or Visa Card (MasterCard and Amex not accepted).

HAZARDOUS SPECIES, DANGERS & ANNOYANCES

The rainforest contains several species that can pose a hazard. Among the largest predatory creatures are the black caiman, jaguar, cougar and anaconda, but sightings are very rare. In the river, electric eels can produce an electric shock that can stun, while some piranha are known to bite. Various species of poison dart frogs found in the Amazon secrete toxins through their flesh. *Don't let these put you off as most wildlife is afraid of man and will keep their distance unless threatened!*

Malaria, yellow fever and Dengue fever can also be contracted in the Amazon region which is why we recommend taking precautions such as wearing long sleeved shirts and trousers and the use of insect repellents. Your guide may also be able to show you some natural repellents found in the rainforest.

Piranhas: Related to sexuality and power in Amerindian mythology, the piranhas can be attracted by the smell of blood in the water of certain regions. However, there is no history of incidents caused by these fish.

20 species can be found in the Amazon. Some are edible!





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Mosquitoes: These, and other insects, are an ever-present in the jungle, although their numbers vary according to region, season and climate. For example, only a few mosquitoes can be found in the regions close to Manaus, due to the acidity of the Rio Negro water that makes reproduction difficult.

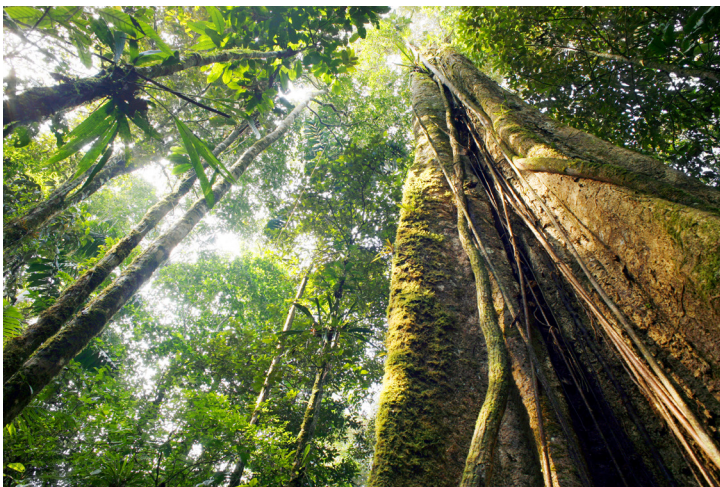
On the cruise boats and in the jungle lodges, rooms and open areas are often screened. If necessary, a mosquito net is provided over the beds. Even so, repellents and long sleeved shirts and long trousers are recommended.

Snakes: There are many species of snakes in the Amazon, poisonous and non-poisonous, but in tourist areas, the visitors are safely guided. These animals are rarely seen. They are afraid of man and will attack only if they feel threatened.

PERSONAL GEAR RECOMMENDATIONS

Although the climate is considered hot, damp and humid all year round (about 30–35°C or 85–95°F) it can be surprisingly cool at night in the jungle or on the river.

Most of the time light clothes such as shorts, T-shirts and sandals are suitable, but if hiking in the forest long sleeved shirts, long trousers, a light coat, good supportive footwear such as trainers or hiking boots and items such as small torch or flash light, binoculars, water and personal effects are recommended.



What to bring:

- Daypack
- Light rain coat or rain poncho
- Sun hat
- Swim wear
- Sun block
- Sunglasses
- Binoculars
- Insect repellent
- Long sleeved shirt
- T-shirt
- Trainers or hiking boots
- Sandals
- Socks & underwear
- Long trousers & shorts
- Lightweight towel
- Torch or flashlight plus spare batteries
- Camera in drysack with spare batteries & memory cards
- Electrical adaptor plug
- Water bottle
- Personal medicines
- Small first aid kit

GATEWAYS TO THE AMAZON

Brazil

Manaus

This bustling Brazilian city of Manaus is located on the Rio Negro in the middle of the Amazon. It is the capital of the Amazonas state in the north of Brazil and the chief commercial and cultural centre of the Upper Amazon region as well as an important river port.



The worldwide demands for natural rubber in the late 19th and early 20th centuries led to a major economic boom



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and resulted in Manaus becoming a very wealthy and powerful city. It was the first city in Brazil to have electricity, water treatment and sewer systems and it was home to the first University in the country. The city's wealth is visible in the architecture of buildings such as the magnificent Teatro Amazonas, Palacio Rio Negro and Mercado Municipal that can still be visited to this day.



Manaus is located a few miles from where the black waters of the Rio Negro meet the muddy brown waters of the Rio Solimões to form the mighty Amazon River. The two rivers are different temperatures and run at different speeds and run alongside each other for several kilometres in what is known as the "Meeting of the Waters."

Manaus is a major destination for Amazon River boats and gateway for Amazon cruises.

The Amazon River rises and falls almost 20m between seasons at Manaus. It is at its lowest in November and December, still massive but with sandbars. It is at its peak in May and June when it is full and very wide. The comparative acidity of the Rio Negro means that there are few mosquitos in Manaus.



PLACES OF INTEREST

Teatro Amazonas (Opera House)

This beautiful building is a copy of the Grand Opera de Paris and was built in the city centre during the rubber trade boom using materials from all over the world. Built in a Renaissance style, the theatre took 17 years to build and was completed in 1895. The building is extremely decadent with roof tiles, furniture and murals from Alsace and Paris, marble for the stairs, statues and columns from Italy and chandeliers made from glass from Venice. The dome is covered with over 36,000 ceramic tiles painted in the colours of the Brazilian flag. In its heyday the Opera House was visited by the world's most famous opera divas and maestros.

- Address: Avenida Eduardo Ribeiro, Centro
- Opening Hours: Mon to Fri 9.00am – 5.00pm

Mercado Municipal

This is the city's main market, modelled on the famous market halls, Les Halles in Paris.

- Address: R.dos Barés, 526 – Centro
- Opening Hours: Mon to Fri 6.00am – 5.00pm; Sat & Sun 6.00am – 12.00pm

Rio Negro Place

Built by German farmers in the boom days, today it is a cultural and arts centre, located amongst fascinating Portuguese facades.

- Address: Av. Sete de Setembro, 1546 – Centro
- Opening Hours: Mon to Sat 1.00pm – 5.00pm; Sun 11.00am – 3.00pm

USEFUL INFORMATION

Local Currency & Exchange Rates

The local currency in Brazil is the "Brazilian Real" and it is represented as BRL.



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Casas de Cambio & Banks

ATM's are widely available. Credit cards are accepted in most larger hotels and restaurants.

Amazonia Cambio

- Address: Av. Sete de Setembro, 1251 - Centro
- Opening Hours: Mon to Fri 9.00am - 5.00pm; Sat 9.00am - 12.00pm

Confidence Cambio

- Address: Manaus Plaza Shopping - Av. Djalma Batista, 2100 - 105 - Parque Dez de Novembro
- Opening Hours: Mon to Fri 10.00am - 8.00pm; Sat 10.00am - 6.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and casas de cambio.

Post Office (Correios)

- Address: Av. Silves, 363 - Cachoeirinha
- Open: Mon to Fri 9.00am - 5.00pm

Internet/Phone

Many hotels and shopping malls offer hotspots for Wi-Fi. This service may be free, or you may need to register with a time limit being imposed or there may be a small fee to access the Wi-Fi.

Pre-paid (pré-pago) SIM cards for mobile phones are widely available in pharmacies, supermarkets and at newsstands.

FOOD & CUISINE

Local cuisine is rich and varied in Manaus and there are many restaurants and food stalls. Traditional dishes include the following:

- Tapiquinha, a glutinous pancake made from manioc starch, usually buttered and filled with palm fruit and cheese.
- Tacacá, a local Amazonian soup.
- Banda de Tambaqui is the most famous and one of the most delicious fish dishes from here.
- Pamonha, made from green corn and coconut milk boiled in corn husks.
- Bolo de macaxeira, a tasty glutinous translucent cake made from manioc.
- Sugar cane juice, a favourite drink among locals

The region is also known for its exotic fruits such as cupuaçu and açaí.



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CLIMATE

Manaus is generally hot with a humidity of almost 90%. Temperatures average 30 to 33°C most days and rarely drop below 22 or 23°C at night. Between August and November temperatures can reach as high as 38°C. The main rainy season runs from January to May. After this time, it becomes drier and temperatures are still warm.

	Av. Max. Temp (°C)	Av. Min. Temp (°C)	Rainfall (mm)
January	31	23	260
February	30	23	288
March	31	23	314
April	31	23	300
May	31	23	256
June	31	23	114
July	31	23	88
August	33	23	58
September	33	24	83
October	33	24	126
November	32	24	183
December	31	24	217

PERU

Iquitos

Iquitos is located in the Amazonas region of northeast Peru, the capital of the Loreto Region which covers most of the northern Amazon region of Peru and of the Maynas Province. It is the largest city in the Peruvian rainforest and the 5th largest city in Peru – a vibrant jungle metropolis. Its official city nickname is Capital of the Peruvian Amazon and it lies along the Amazon, Nanay and Itaya rivers.

During the early 20th century rubber boom, Iquitos attracted many European migrants and people from around the world resulting in a diverse population and giving the city its unique urban and cultural identity. Iquitos is the most important river port in the Peruvian Amazon and the city still bears traces of the extravagant taste of the rubber barons with modest local homes existing alongside French mansions.

Iquitos is widely considered the largest continental city inaccessible by road, with moto-cycles and auto rickshaws dominating the streets. The city is easily accessed by numerous daily flights from the capital, Lima.

PLACES OF INTEREST

Plaza de Armas

This is located one block back from the river and is a mix of modern as well as rubber boom styles including mosaic-tiled Italian-style buildings.

- Address: Jirón Putumayo 253
- Opening Hours: 24 hours

Casa de Fierro (Iron House)

This famous residence was designed by Gustave Eiffel of Eiffel Tower fame. It was constructed in 1860 in Paris from sheets of metal and then imported piece by piece into Iquitos towards the end of the century. It now houses craft shops and a restaurant.

- Address: Jirón Próspero 129



Ex Hotel Palace (Old Hotel Palace)

Overlooking the Itaya River, the Old Hotel Palace is a modernist building that was built between 1908 and 1912 and located one block from the Plaza de Armas.

- Address: Malecón Tarapaca 200



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Belén Market

This colourful market is the largest traditional market in the Peruvian Amazon and is a great place to sample some local dishes. Located on the left bank of the Itaya River, the market is the primary source of food and supplies for the residents of Iquitos. It is divided into sections including a meat section, fruit and vegetables section, fish market and a traditional medicine section where you will find a vast array of home-made concoctions, medicinal herbs, roots, tree bark and various animal parts.

- Address: Ramirez Hurtado
- Opening Hours: Daily from 7.00am

Rescue & Rehabilitation Centre of River Mammals (ACOBIA)

This project aims to rescue orphaned Amazonian manatees (sea cows) and later release them back into their natural habitat. The centre also has educational programs for local communities and schools that focus on the importance of the preservation of this species. Many of Chimu's Amazon cruises from Iquitos include a visit to this centre.

- Address: Carretera Iquitos-Nauta
- Opening Hours: Mon to Fri 9.00am – 3.00pm



USEFUL INFORMATION

Local Currency and Exchange Rates

The local currency in Peru is the "Nuevo Sol" and it is represented as PEN.

Casas de Cambio & Banks

There are a few banks that provide ATM's where local currency can be obtained. Beware of street moneychangers.

Banco de Credito del Peru (BCP)

- Address: Jirón Próspero 200
- Opening Hours: Mon to Thursday 9.00am – 12.00pm; Sat 9.00am – 12.00pm

Banco Continental

- Address: Sargento Lores 171
- Opening Hours: Mon to Friday 9.00am – 6.00pm; Sat 9.00am – 1.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and casas de cambio.

Post Office (Correos)

- Address: Arica 403
- Opening Hours: Mon to Fri 8.00am – 8.00pm

Internet/Phone

Many hotels, cafes and retailers offer free Wi-Fi access or charge a small fee for usage.

Local SIM cards are readily available for use with unlocked mobile phones.

FOOD & CUISINE

Iquitos is a great place to sample some of the traditional dishes of the Peruvian Amazon.

- Juane is one of the main dishes of the area. It is made from rice, cassava or beans, meat, olives, hard-boiled egg and spices.
- Tacacho is also popular and is made from fried slices of plantain mashed with chicharones (fried pork fat) and accompanied with chorizo (fried sausage).



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Specialties of the Belén Market include Amazon worms, ishpa (simmered sabalo fish intestines and fat) and sikisapa (fried leafcutter ants) – maybe not to everyone's palate!!!!



CLIMATE

Iquitos is tropical with a hot and humid (90%) climate year round. Temperatures average 30–32°C during the day falling to 20–23°C at night. Rain is common in all months, but June to September is slightly drier than average. August is the driest month with around 165mm of rain, whereas April is generally the wettest month with over 300mm of rain.

	Av. Max. Temp (°C)	Av. Min. Temp (°C)	Rainfall (mm)
January	32	22	279
February	32	22	227
March	32	22	279
April	31	22	310
May	31	22	274
June	30	21	190
July	31	21	182
August	32	21	165
September	32	21	189
October	32	22	242
November	32	22	260
December	32	23	282

Puerto Maldonado

Puerto Maldonado is a fairly laid-back jungle town in south eastern Peru in the Amazon forest and capital of the Madre de Dios Region. The town is located at the confluence of the Tambopata and Madre de Dios Rivers about 55 kms west of the Bolivian border. The Madre de Dios River joins the Madeira River as a tributary of the Amazon River. Puerto Maldonado is less well-developed than Peru's larger Amazon cities further north and its mud streets are filled with rickshaw taxis.

Over the years Puerto Maldonado has been important for rubber, logging, gold and oil prospecting. Its drawcard today is its close proximity to Manu National Park and Tambopata National Reserve giving easy access to pristine wildlife-rich rainforest.

PLACES OF INTEREST

Plaza de Armas

The beautiful main square is similar to those found in towns throughout South America, and is a great spot for taking photos and absorbing the atmosphere of the town.

- Address: Leon Velarde, Arequipa and Loreto
- Opening Hours: 24 hours

Obelisco

This is a 30m high eight-storey building that was designed as a modern mirador or lookout tower. The outside of the obelisk is decorated with sculptures by a local artist. The tower does not really rise far enough above the city to offer river views but it still gives fantastic views across the metal roofs of the city towards the jungle and is worth a visit at sunset.

- Address: Intersection of Madre De Dios and Avenida Fitzcarrald
- Opening Hours: Daily 8.00am – 6.00pm



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Puerto Capitanía

The dock is close to the Plaza de Armas and a good place from which to watch the colourful river traffic on the Rio Madre de Dios, one of the major Peruvian jungle rivers. The river is about 500m wide at this point and peki-peki (motorised canoes with long propeller shafts) leave from here.

- Address: Avenida Madre Asuncion Nicol



USEFUL INFORMATION

Local Currency & Exchange Rates

The local currency in Peru is the "Nuevo Sol" and it is represented as PEN.

Casas de Cambio & Banks

Banks such as the BCP on the Plaza de Armas change US\$ for Peruvian Soles and also offers a Visa ATM. Most main Peruvian cities have money change booths on the main square as well.

Banco de Credito del Peru (BCP)

- Address: Daniel A Carrion 247
- Opening Hours: Mon to Fri 8.30am – 5.30pm; Sat 9.00am – 1.00pm

Banco de la Nacion

- Address: Daniel A Carrion 247
- Opening Hours: Mon to Fri 8.30am – 5.30pm; Sat 9.00am – 1.00pm

Cajero Global Net

- Address: Daniel A Carrion 247

Casa De Cambio José Antonio

- Address: Gonzales Prada 397

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and casas de cambio.

Post Office

Serpost S.A

- Address: Leon Velarde 675
- Opening Hours: Mon to Fri 8.00am – 6.45pm; Sat 9.00am – 12.00pm

Internet/Phone

Although Puerto Maldonado now has high speed cable Internet, Internet tends to be slower here than in other Peruvian cities, but Wi-Fi is becoming increasingly more widespread.

Local SIM cards are available for use with unlocked mobile phones.

FOOD & CUISINE

Traditional local cuisine makes use of native plants, fruits and spices.

- The most popular regional specialities include tacacho, chapo, pataraschca and inchicapi.
- Tacacho consists of mashed plantains and pork meat.
- Chapo is a beverage made of sweet plantains, water and spices such as cinnamon and cloves.



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- Pataraschca is a dish where the whole fish is wrapped in leaves and cooked directly on charcoal or on a fire.
- Inchicapi is a soup made from chicken, peanuts, corn, garlic and spices.
- For the more adventurous skewers of fruit maggots can be found at street vendors!

CLIMATE

Puerto Maldonado is in the tropical Amazon Basin and the climate is hot and humid year round.

The average annual temperature is 26°C (79°F) with the months of September and October generally being the hottest.

Annual rainfall often exceeds 1,000 millimetres with the wet season running from October to April. The main part of Puerto Maldonado is slightly elevated and does not normally flood in the wet season but road travel often becomes virtually impossible during this time.

In June and July the temperature can sometimes drop to as low as 8°C (46°F) for several days. This phenomenon is known as a friaje and occurs when polar winds blow in from the mountains of the south.

	Av. Max. Temp (°C)	Av. Min. Temp (°C)	Rainfall (mm)
January	31	22	283
February	31	22	249
March	31	22	228
April	31	21	170
May	30	20	84
June	29	19	50
July	30	18	46
August	31	19	38
September	32	20	93
October	32	22	192
November	32	22	209
December	31	23	265

BOLIVIA

Rurrenabaque

Rurrenabaque is a small town in the north of Bolivia on the Beni River. It is the capital of Rurrenabaque Municipality and has a picturesque setting on the river between the foothills of the Andes and the lowland plains.

The town is the gateway to some of the best preserved and most accessible wilderness areas in the region, including the spectacular Madidi National Park within the Bolivian Rainforest. It is in fact one of the most popular ecotourism destinations in the Bolivian Amazon which lies more than a thousand kilometres from the mighty Amazon River.



The Tacana were the original people of the area and one of the few lowland tribes that resisted Christianity. They are responsible for the name 'Beni,' meaning 'wind,' as well as the name 'Rurrenabaque'.

PLACES OF INTEREST

Mirador de La Cruz

A steep climb brings you to 'The Cross', 2km southeast of town for rewarding views of the town and Río Beni.



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El Chorro

A few kilometres upstream from the town is the picturesque spot of El Chorro, with a waterfall and pool that can be reached by boat only. On a rock opposite El Chorro there is an ancient serpentine engraving, which was intended as a warning to travellers. Whenever the water reached serpent level, the Beni was considered un-navigable.

San Buenaventura

Across the Beni River from Rurrenabaque, this is a good place to buy fine Beni leather goods and other handicrafts.

Butterfly Pool El Mirador

This viewpoint is also worth visiting for the beautiful views of the Beni lowlands.

USEFUL INFORMATION

Local Currency & Exchange Rates

The local currency in Bolivia is the "Boliviano" and it is represented as BOB.

Casas de Cambio & Banks

There are two ATM's in Rurrenabaque, the most convenient being at Banco Union, a block north of the Plaza. Cash advances on Visa and MasterCard are possible at Banco Prodem. Please be aware that the ATM's often run out of money so you are advised to bring local currency with you from La Paz. It may be possible to exchange US Dollars at one or two restaurants or hotels in town.

Banco Union

- Address: Corner Vaca Diez y Comercio

Banco Prodem S.A. – Agencia

- Address: Calle Pando
- Opening Hours: Mon to Fri 9.00am – 6.00pm; Sat 9.00am – 12.00pm

Please note: Opening hours above may be subject to change. A passport is required for any money exchange at the banks and casas de cambio.

Internet/Phone

Wi-Fi is becoming more widespread in Rurrenabaque, and although not as fast as in La Paz, many cafes and hotels/ hostels now offer Wi-Fi.

Local SIM cards can be purchased for mobile phones that are unlocked. They are fairly cheap and there is generally good network coverage in all main cities and towns.

FOOD & CUISINE

The three traditional staples of Bolivian cuisine are corn, potatoes, and beans. These ingredients are generally combined with a number of other staples such as rice, wheat and meat including beef, pork, and chicken.

Almuerzo or lunch is the most important meal of the Bolivian day. A typical Bolivian lunch consists of several courses including a soup, a main course of meat, rice, and potatoes followed by dessert and coffee.

CLIMATE

Rurrenabaque has a tropical climate with rainfall throughout the year.

Over the course of a year the temperature typically varies from 17°C to 33°C and is rarely below 14°C or above 36°C.

Rainfall is lowest in August and highest in January and February.



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	Av. Max. Temp (°C)	Av. Min. Temp (°C)	Rainfall (mm)
January	31	22	265
February	31	22	315
March	32	22	250
April	31	21	153
May	31	19	108
June	29	17	100
July	30	17	75
August	32	18	66
September	33	20	68
October	33	21	123
November	33	22	188
December	32	22	249

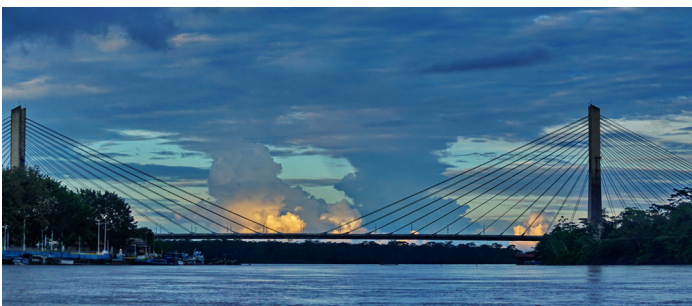
ECUADOR

Coca

Puerto Francisco de Orellana, also known as Coca, has been the capital of the province of Orellana in eastern Ecuador since 1999. The city is located in the Amazon Rainforest at the confluence of the Coca and Napo Rivers.

Up until the 1980's, Coca was a small backwater Amazon settlement served by dirt roads, but the discovery of nearby oil reserves resulted in a rapid growth in size and population and a transformation of the town aided by investment from foreign oil companies. Coca is the gateway to the Parque Nacional Yasuní and the Huaorani Reserve and is the last real point of civilisation before you travel along the Rio Napo into the heart of the rainforest and the Amazon basin.

Now Coca is being transformed again as the government redevelops the town to attract tourism as an alternative to oil extraction.



PLACES OF INTEREST

Malecón 2000 Project

This redevelopment of the Coca Napo River waterfront includes a Centre for Environmental Education and Tourism.

Museo Arqueológico Centro Cultural de Orellana (MACCO)

This new museum opened in 2015 and houses archaeological finds from the Orellana region.

- Address: Chimborazo y 9 de Octubre
- Opening Hours: Tues to Fri 8.30am – 5.30pm; Sat & Sun 9.00am – 6.00pm

Indigenous Market

Open on Sundays, this is a good place to try local delicacies.

USEFUL INFORMATION

Local Currency & Exchange Rates

The local currency in Ecuador is the US Dollar.

ATM's

There are ATM's at Banco del Austro and Banco del Pichincha.

Post Office

Correos

- Address: Calle Napo, near the corner of Cuenca

Internet/Phone

Most streets in the centre of Coca offer an Internet café and most are air-conditioned and relatively cheap, although more expensive than in larger cities in Ecuador. Wi-Fi is available in a few spots in town and at some Amazon lodges.



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Local SIM cards can be purchased for unlocked mobile phones.

FOOD & CUISINE

In the rainforest, a dietary staple is the yucca or cassava. Rich in starch, the tuber is peeled then typically boiled, fried, and used in a variety of dishes. It is the main ingredient in Pan de Yucca (Yucca Bread). There are a few other traditional dishes typical of the area including:

- Masatos – prepared with yucca and green bananas.
- Pango – meat cooked with green banana.
- Chontaduro – or peach-palm, an edible palm fruit that is cooked for several hours.
- Chucula – a banana drink.
- Yucca soup.
- Guayusa – this tree is native to the Ecuadorian Amazon Rainforest and one of three known caffeinated holly trees. The leaves are dried and brewed like a tea.

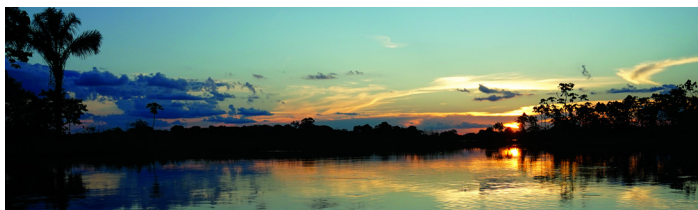
Local delicacies include:

- Maito – grilled fish or meat wrapped in banana leaves.
- Mayones – grilled palm weevil grubs.



CLIMATE

The climate in Coca is moderately hot and humid. The heaviest rainfall is in May and June.



	Av. Max. Temp (°C)	Av. Min. Temp (°C)	Rainfall (mm)
January	31	19	229
February	30	20	232
March	30	20	336
April	30	20	372
May	29	19	396
June	29	19	417
July	29	19	365
August	30	19	264
September	31	19	278
October	31	19	311
November	31	20	300
December	31	20	252



Enjoy your Amazon experience!
If you have any further questions or concerns, please do not hesitate to contact us or your booking agent.

The Chimu Adventures team

