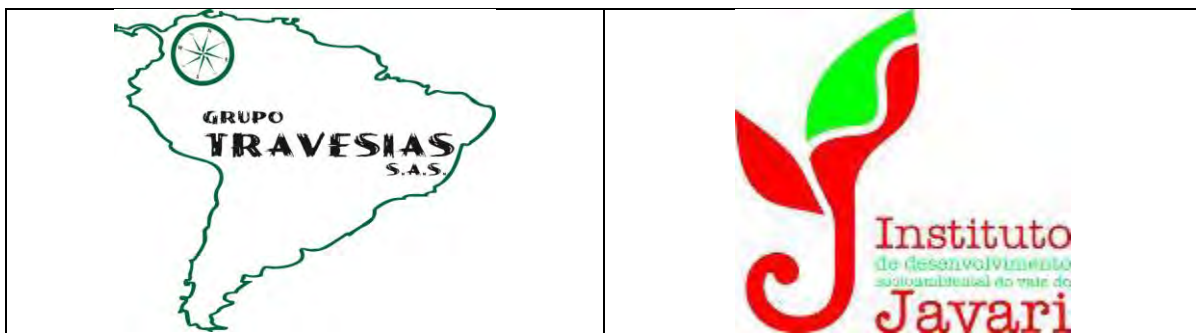


ACTIVITY PLANING

ENGLISH





PORTFOLIO OF ACTIVITIES

ENGLISH

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ENGLISH

THE MAIN STAFF AT THE VISITORS CENTRE



Elías del Águila Nascimento: Head Administrator at the Visitors Centre



Marta Gómes de Araujo: Head of Catering & Kitchen & Rooming & Tydiness

Kananai d. Esperança
2. Mayo
Pirapitinga
Socozinho
Soco

Romão

S. Sebastião

Tanaruga
Cristina
Onca

F. Zacambuginho

S. José

S. Antonio

Mata-Mata

Bacaba

Zacambu

F. Gamboa

ST. ROCHA

M. TABATINGA

LETICIA

YAVARI

Gómez

Araetuba

Araí

Jatimã

Carará

Apui

Soledad

Bujuzu

Caoti

Domingo

ATLANTA DO NORTE

ISLANDIA

CHAVE CLETO

ILHA DO ARAMACA

B. CONSTANT

SOLIMÕES

VISITOR'S CENTRE

BESUCHERZENTRUM

CENTRO DE VISITANTES



QUIXITO
Guayabera
Bravo
Bodo
Tipica
ITAQUAI
Malocas
Marubio

Tartaruga

Cristina

Onca

CANOPY
(VARZEA)

F. Zacambuzinho

São Rito

Bacaba

San
Antonio

Mata-Mata

Guariba

Piranha



CANOPY
(TERRA
FIRME)

Palmari

São Pedro

Arrumadeiro

Bujuzú

MAXIMUM LODGING CAPACITY AT THE VISITORS CENTRE OF THE RESERVA NATURAL PALMARÍ

TOTAL APPROXIMATE LODGING
CAPACITY = **64** VISITORS

Lodge "Type C" = Min. **1** / Max. **10** - Private bathroom

Lodge "Type D" = Min. **1** / Max. **4** - Private bathroom

Enramada = **12** Hammocks

Maloka = **24** Matrasses

• 1st Floor = 18 Matrasses

• 2nd Floor = 6 Matrasses

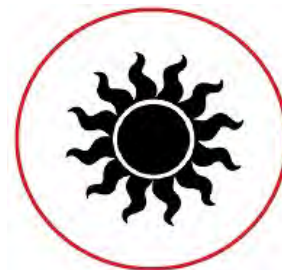


S 04° 17' 17" - W 70° 17' 33"



PORTFOLIO OF ACTIVITIES

ENGLISH



NATURAL POOLS “CACHOEIRA” & MUD SPA



After only a short walk from our visitors centre you will reach a beautiful jungle creek crossing our natural reserve, its flow depending on prior rainfalls, being either strong, high and sedimented, or gentle, low and crystalline. You can bathe, relax and sunbathe on the small, sandy beach, or observe and feed a high variety of colorful fish species you normally will only find in pet-shops or private aquariums; also you can fish in traditional manner for sardines, herring and other minor game fish as well as walk a bit further up-stream and lie in the cold, swift running water on a “*pre-rock*” formation resembling brown coal covered with cracks that are filled with a type of hardened vegetation, which, as we have been told, is the first-stage living quarters of the only two species of crustaceans (One crab and one shrimp) that hatch from their eggs having been deposited in these cracks by their mother.

You also can ask your guide to fetch from the depth of the creek a specific type of gray/blue/black mineral clay, he will then massage over your entire body, turning you into a grey-blue individual resembling the “*Na’avi*” inhabitants of the “*Pandora*” moon; human female “spa” specialist have further told us, that this natural clay holds a high number of minerals and other weird stuff that makes you feel like “*new*” (I wonder, if it also works after you feel like having been “*used*”?) and if you wash it off by gently using the sand of the beach, the result will be the one you expect after having undergone a professional “*peeling & skin softening*” session at any *pay-to-be-served* spa.



DO NOT RETRIEVE OR BRAKE PIECES OF THE “*PRE-ROCK*” GEOLOGICAL FORMATION - IT IS THE ONLY TYPE OF GEOLOGICAL ROCK FORMATION PRESENT IN ALL NEO-TROPICAL RAINFORESTS AND THUS VERY SELDOM!

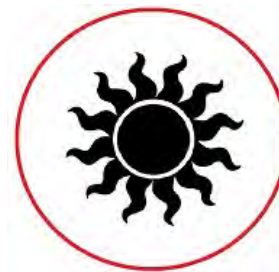
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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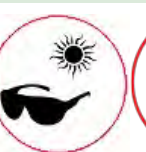
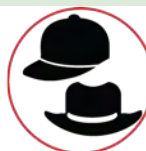
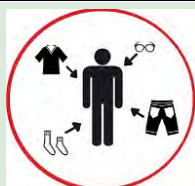
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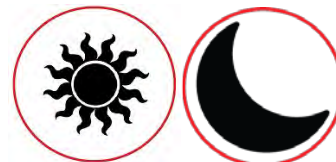
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PORTFOLIO OF ACTIVITIES

ENGLISH



KAYAKS – TRAVELLING THE AMAZONIAN ROADS THE HOSH-POSH & RELAXED WAY



No need to handle equilibrium! No shaky situations! Rowing our professional kayaks for 1 or 2 passengers is easy, relaxed and only hard wind, gushing prior to heavy, rainy weather may move you to dive into thoughts of alarm – plain rubbish! Ride the waves, row and steer your kayak with the bow or stern towards the crests and after a few minutes fun and laughter will again kick-in! The hull will and should always remain above the waterline for some sound and appropriate centimeters if you did not decide to take an anvil or 40 kilos of rubbish with you!

Take our word and believe us! Kayaking in these gadgets is marvelous! Investing in them and furnishing our visitors centre with 7 of them was one of the best moves we played! That is why the tours on water granted by the Reserva Natural Palmari are such a success!

Oh! I nearly forgot! The better and more experienced half of the team should sit in the back, as from there you control direction, turns and avoiding bumping into trees in flooded forest or into other kayaks on the open water, further and if venturing out with various kayaks keep a good distance to the kayak gliding in front, inside flooded forest try to analyze and decide your route in advance. If you are a couple always sit the lady in the front as topics like direction or and following a route from A to B upon thinking it through by common sense is not a female thing...further, she will only row a few strokes, then put on sun-screen, place the legs overboard into the water and enjoy the sun while getting a nice, chocolate tan...let her be! Maybe you do go a bit slower, but at least you are zig-zagging wildly, you do not have to adapt your strokes to hers every 3 minutes and the dolphins will treat you with much more respect!



(A) IT IS COMPULSORY TO USE A LIFE-VEST AT ALL TIMES! (B) DO NOT WEAR CLOTHES THAT BECOME HEAVY IF SOAKED WITH WATER! (C) DO NOT TAKE MACHETES, POCKET-KNIVES! (D) TAKE A WET-BAG OR A LARGE ZIP-LOCK BAG FOR STASHING YOUR CAMERAS, BINOCULARS AND SIMILAR IN CASE IT SHOULD START RAINING! (E) ALWAYS CHECK AND INSIST THAT A PLUG CLOSES THE WATER-EXCESS-RELEASE ON-TOP OF THE REAR!

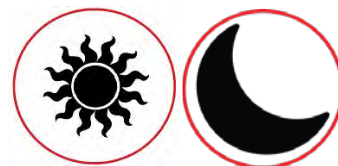
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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LEVEL OF DIFFICULTY



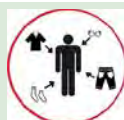
OPTIONS



= Do not just stay on the main river! Pick one of the many ox-bow lakes or interior lakes then row (or ask for one boat & pilot to take you) to the river edge where the trail starts and pull your kayak through the forest to the site and enjoy these beautiful water bodies. In the peak low water season some of these lakes should switch to “*black water*”, take a dive and experience what it feels like to dive in a cup of black tea! Further, take our traditional fishing gear, a bit of red meat and you will surely catch a piranha, cat-fish or other of the many-many species of game-fish! Do not forget to agree a time for the boat & pilot for pick up!



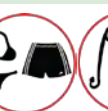
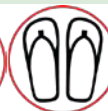
= Do not just stay on the main river! Pick one of the many ox-bow lakes, channel “*furos*” or interior lakes, wetlands and estuaries and row to them. Further, take our traditional fishing gear, a bit of red meat and you will surely catch a piranha, cat-fish or other of the many-many species of game-fish, being more difficult then in the low water season, as all fish are spread-out throughout the flooded forests!



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PORTFOLIO OF ACTIVITIES

ENGLISH



DOLPHIN WATCHING



The Javari river during the low water season, the estuaries bordering it, the huge ox-bow lakes and the channels communicating the latter with the river during the high water season are crowded with both species, the pink (*Inia geoffrensis*) and the grey (*Sotalia fluviatilis*) sweet water dolphin. Even though our water bodies of the Reserva Natural Palmari carry the highest numbers of individuals of both species, ask your guide where you have the highest probabilities to see both species at close range according to the water level during your specific time of stay. Use the kayaks if you wish to observe them at very close range or even go into the water to them, as looking for them from boats provided with engines or dug-out canoes will not provide security for the dolphins and they will keep at a farther distance from you. Be silent, speak in a low voice, do not laugh, scream, whistle, yell or in any other way be loud as that disturbs them and drives them farther or even away; if you dive into the water with them, go in & out slowly, avoid splashing, swim slow or just float.



COMPULSORY = DO NOT TRY TO FEED THE DOLPHINS! DO NOT THROW STUFF AT THEM! DO NOT “STAB” OR HIT THE DOLPHINS WITH YOUR OAR! IF IMMATURE INDIVIDUALS ARE PRESENT, AVOID GOING IN THE WATER, AS ADULT DOLPHINS MIGHT ATTACK YOU BY BITING YOU OR SWIMMING WITH VIOLENT FORCE AGAINST YOU, RISKING INJURIES TO YOUR INTERNAL ORGANS IF YOU SHOULD BY ANY CHANCE BE TOO CLOSE TO A CURIOUS AND INQUISITIVE IMMATURE!

SEASON & LIMNOLOGICAL (WATER) LEVEL

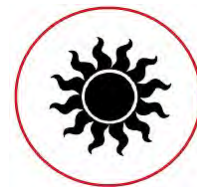


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PORTFOLIO OF ACTIVITIES

ENGLISH

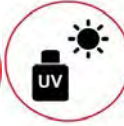
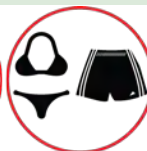


LEVEL OF DIFFICULTY



OPTIONS

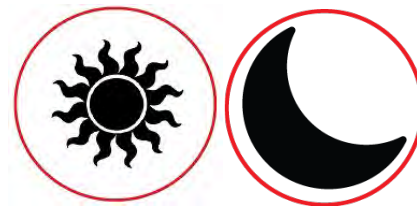
There are other sweet water mammals in these rivers, lakes, marshes, channels and estuaries! Not easy to spot, but in the estuaries and lakes holding high amount of water plants and wide areas of them to hide and feed in them you might hear or even see a manatee (*Trichechus inunguis*), as well as in the channels (“furos”) and narrow, deeper, elongated lakes you might hear and see a bunch of otters (*Lontra longicaudis* & *Pteronura brasiliensis*) not to forget the wide array of water fowl and other birds related to water bodies or water bordering forests!





PORTFOLIO OF ACTIVITIES

ENGLISH



FISHING – THE TRADITIONAL WAY



Best done from the huge wooden boat equipped with a ceiling or from a long, dug-out canoe propelled by a “*peque*” engine, you will fish for piranhas, sardines, small cat-fish of various species and other, minor game fish by means of a simple tree branch peeled from its bark and a small baited hook tied to short 150 cms. nylon line; the guide will teach you how it is done and, of course, beat you regarding the number of fish he catches in a few minutes, while you try and do and lift empty hooks - not even carrying the formerly placed bait – from the water for “hours”. But it is fun...so the guides say!



(A) IF YOU CATCH A FISH, LET THE GUIDE TAKE IT OFF FROM THE HOOK – THE FISH DO NOT ONLY HAVE SHARP TEETH, BUT SOME CATFISH HAVE FINS THAT END IN SHARP SPINES! (B) ALL CAPTURED FISH SHOULD BE RELEASED BACK INTO THE WATER – ONLY IF DURING THE TIME OF YOUR STAY WE SHOULD BE HEALING OR REHABILITATING FISH-EATING WILDLIFE, THEN YOU MAY TAKE THE CAUGHT FISH BACK TO OUR VISITORS CENTRE, HOPEFULLY ALIVE AND IN A BUCKET HALF-FILLED WITH RIVERWATER.

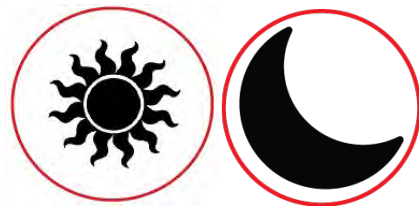
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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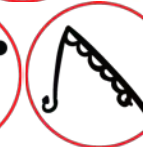
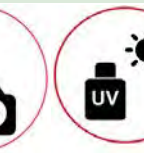
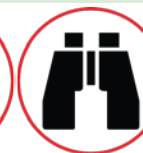
LEVEL OF DIFFICULTY



OR



OR





PORTFOLIO OF ACTIVITIES

ENGLISH



JUNGLE WALKS



What can be said in respect to “jungle walks”? Not much, I guess: you walk...in the jungle...period! What you find is what you see! What you hear you might also see...if you listen to your guide and follow his indications, if you try to be silent, or at least not too loud. Further, the forests of the “Javari” valley are not flat as in most of other neo-tropical rainforests, thus be aware that you will have to deal with short but sometimes steep trails up-wise and down-wise; in the “valleys” you will have to cross thin or wide creeks, which might be shallow or deep according to season and recent rain; If pole-bridges are the only way to cross, then do not refrain from asking your guide to take across your bag, camera, cigarettes or girlfriend, further providing you with a long, sturdy pole as to increase your chances of not falling into the water and making it safe and dry to the other side. During the low water season you will be able to walk “terra firme” and “varzea” forests, maybe even the “igapó” bioma, if the water is very low; during high water season you will be able to walk “terra firme” forests and prepare to the fact, that certain areas of “terra firme” bordering or mixing with “varzea” forest might be flooded having to be crossed with water levels reaching to your ankles, waist or “a bit” higher.

The chances to see wild life are of course better in “terra firme” forests as in this bioma 90% of large mammals and 85% of large birds reside; as you walk deeper into “terra firme” and away from the main river course, always tending “up-wards” and into what we call “terra d’altura” (high grounds) your chances of seeing wild life increase – in this line of thought considering leaving early in the morning and including an over-night stay in a hammock camp will certainly take you deeper into these forests, not to mention the “next step” consisting in our exclusive “trek” walks, which will keep you walking, kayaking and away from our visitors centre for a multiple-day activity (See the “Jungle trek” chapter).

Be crystal-clear to your guide as to the time you want to spend walking, decide with him if you want to walk a “U” and thus not walk back on the same trail or if you want to walk-in for a certain time, then back-out. Our trails range from 20 minutes “in & Out” to walking until the end of time – establish the time and route prior to venturing out and if you decide to end the walk at a certain point on the main river for being picked-up by boat, do not forget to make certain that the guide instructed our staff at the visitors centre accordingly and upon an agreed pick-up time!



YOU ARE NOT IN A ZOO = IT IS THE WILDLIFE THAT DECIDES WHEN & IF IT WANTS TO BE HEARD OR SEEN - CHANCES INCREASE, IF YOU FOLLOW YOUR GUIDES INDICATIONS AND WALK IN SILENCE WITH SHARPENED EARS! EARLY MORNING & LATE AFTERNOON ARE THE PRIME HOURS FOR SPOTTING WILD LIFE!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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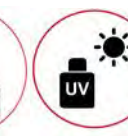
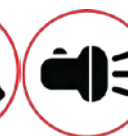
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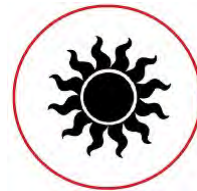
LEVEL OF DIFFICULTY



OPTIONS

Mezmerizing options and huge amount of trails, directions and destinations – Decide with your guide while observing the map on the wall and keeping in mind as to the season in respect to water levels.





3 - PLATFORM – SYSTEM IN “TERRA FIRME” FOREST ABOVE THE CANOPY



This diurnal activity comprises being dressed-up and equipped (harness & safety helmet & gloves & ascending & descending gear) at our visitors centre by the “canopy” staff from this out-sourced service provider, then walking approximately between 20 and 45 minutes to the area where the 3 platform-carrying, emergent trees live in “terra firme” forest, climbing one-by-one to the first platform (elderly, very young, forceless, lazy or paralyzingly-scared persons can be hoisted up by the guides using a pulley system), crossing to the second platform by a one-plank wooden bridge (approximately 40 meters), then gliding to the third platform by a zip-wire (approximately a 15 seconds scream in distance), then gliding down back to the ground and walking back to the visitors centre. You may stay up on each platform as long as you wish, even well into the night after sun-set. All equipment is bought from highly specialized brands as to ropes, climbing gear, harnesses, helmets and similar, routinely cleaned and revised, if needed exchanged for new ones and the guides providing this service are visited by the out-sourced operating service providing company on a tight schedule, revising all procedures, teaching new processes, submitting new gear and keeping all equipment and routine processes up to the latest standards. The serving staff has been also appropriately trained in assisting climbers if they experience situations of fear or doubt, taking decisions according to climatic conditions or changing weather as well as assessing and solving out of the common or emergency scenarios, granting full confidence and a feeling of trust and reassuring to all climbers during the complete activity. The guides will provide a snack and beverages during the activity, but do not forget your own field-bottle well filled with water! Be aware that you will be moving between platforms at heights between 40 and 50 meters closer to the stars!



THIS ACTIVITY DOES NOT BELONG AND IN ANY WHICH WAY IS NOT DEALT-WITH AS RESPONSIBLE BY THE RESERVA NATURAL PALMARI – ANY INFORMATION, QUESTION, REQUEST, DOUBT, CLAIM, COMPLAINT OR OTHER MUSY BE DEALT-WITH DIRECTLY WITH THE STAFF OF THIS SERVICE-PROVIDER! BOOKING, SCHEDULING AND PAYMENT OF THE ACTIVITY IS ALSO DONE ONLY WITH THE STAFF OF THIS SERVICE-PROVIDER!

SEASON & LIMNOLOGICAL (WATER) LEVEL





LEVEL OF DIFFICULTY

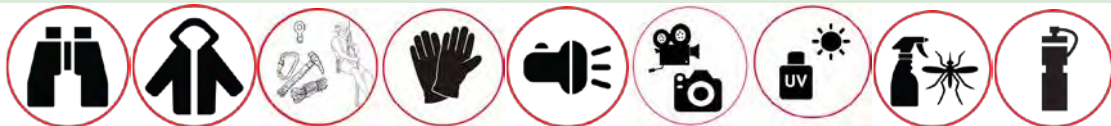


OPTIONS

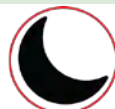
Not much – if desired and returning during day-light a refreshing bath in the “Caxoeira” jungle creek (Refer to that activity chapter) or if returning during night-time stop on the trail and follow the instructions given by the guide as to the “Avatar” experience and enjoy the bio-luminiscens produced by zillions of funghee and mycelee living in the upper layer of the neo-tropical rain forest soli (Refer to that activity chapter).



Another option is to contract the activity service provider as to spending an entire night on the platforms, but be aware of the additional cost involved and, according to feed-back received from most of our clients they judged the spending of the night as cold, none interesting, breezy, uncomfortable and most of them decided to return before sun-rise – Your choice!



= COP 70.000.- / BRR 70.-



= COP\$ 140.000.- / BRR 140.-

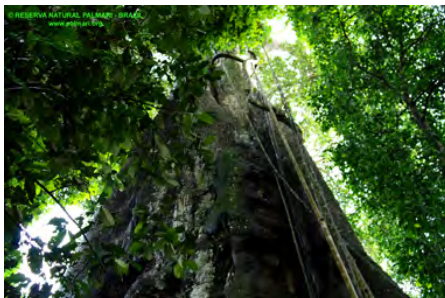


PORTFOLIO OF ACTIVITIES

ENGLISH



PAY A VISIT TO THE “CAPOC” = *CEIBA* (SP) OR *SAMA-ÚMA* (PO) KING OF TREES



You will visit the tallest species of all trees in the neo-tropics, being one of a few species that grows until its own canopy resides approximately 12 to 15 meters above the belt of the average forest canopy; according to visiting botanists, this specific “Capoc” (*Ceiba pentandra*) tree already stood tall and proud when Christopher Columbus made the huge mistake of stepping on our “new ground” to him and turn our happy and relaxed way of live into misery, doom and destruction. “*Paying a visit*” really means “*paying tribute*” – literally, as such old, massive, tall and wise trees deserve it and the explanations and believes of our guides will teach you, that trees have souls and can manifest their feelings to the outer world – just listen and watch carefully, take a tour around its stem as it takes not just a few steps, you’ll be surprised and a new and valuable lesson will be taught to you.



DO NOT TRY TO CLIMB THE CAPOC TREE – HE DOES NOT LIKE THAT! - HIS REVENGE CAN RANGE FROM PUTTING YOU IN A WHEELCHAIR, COFFIN OR JUST GIVING YOU A LONG-LASTING RASH!

SEASON & LIMNOLOGICAL (WATER) LEVEL



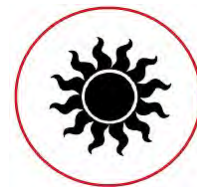
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PORTFOLIO OF ACTIVITIES

ENGLISH

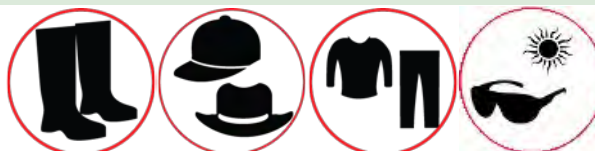


OPTIONS

-Visit the peruvian village of “Santa Rita” (relatives to a former “Yagua” indigenous tribe driven away from their ancestral lands at the “Putumayo” river in Colombia) by walking the trail through “varzea” forest (low water season only!). Their children and women sometimes offer simple but beautiful handicrafts – support and enhance their life quality by buying a thing or two:



-Navigate with your boat or long-canoe into the “Zacanbuzihno” channel into the opposite, brazilian territory on the river and do some traditional fishing or observe the variety of birds living in the “igapó” forests on both sides:





PORTFOLIO OF ACTIVITIES

ENGLISH



BEACHES



Find out through your guide, which is the largest and widest beach at the time and spend a while – or the day (food provided by a BBQ lunch, tell your guide to take all necessary and check it in detail) – sunbathing, playing soccer / frisbee, swimming, calling-in dolphins, building stuff in the sand, fishing for catfish, checking the bushes for iguanas, fooling around with the kayaks, making out with your mate or any other activity that you might fancy.



Find out through your guide, which is the largest and widest beach at the time, either the brazilian or the peruvian and spend the night on it (supper will be provided by a BBQ dinner, tell your guide to take all necessary and check it in detail) – playing frisbee (be sure you bring the luminous phosphorous frisbee), building stuff in the sand, fishing for catfish, making out with your mate or any other activity that you might fancy; you will sleep simply on hammocks laid-out on the sand, the sand is pretty hard, so loosen it and even the ground prior to extending the hammock; mosquito nets are placed by a thin but sturdy stick at each corner pinned into the sand.



BIRD NESTS = One species of tern, the large-billed tern (*Phaetusa simplex*), will position its nest on the high rims of sandy beaches; it is **VERY DIFFICULT** to find and spot, but **VERY EASY** to step into it, breaking the eggs or killing the chicks!!! Your guide should first find it, show it to you from a safe distance – the adults will attack any other species of wildlife, including you nearing the nest!!! – and signal its presence with a large stick stuck in the sand close to it so you are **ALWAYS AWARE** of its position - retrieve this stick when you leave the beach!!!

COMPULSORY = DO NOT LEAVE ANY RUBBISH AT ALL: THE ONLY PROOF OF YOUR PRESENCE SHOULD BE YOUR FOOTPRINTS IN THE SAND! NO SWIMMING AFTER SUN-SET AND BEFORE SUN-RISE! NO “CAIPIRINHA” ALLOWED – ONLY BEER!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

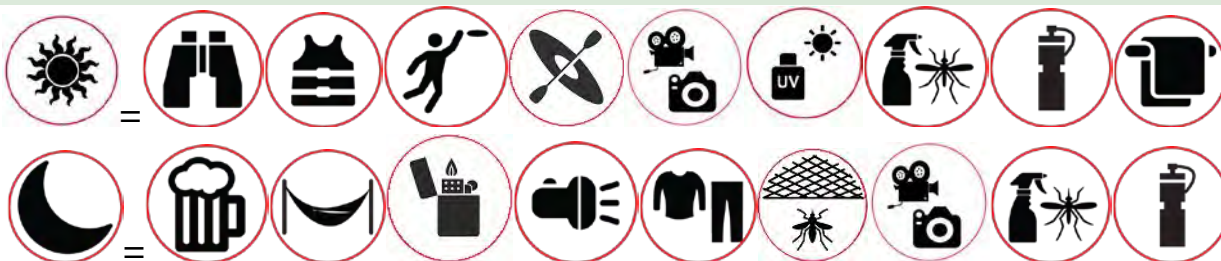
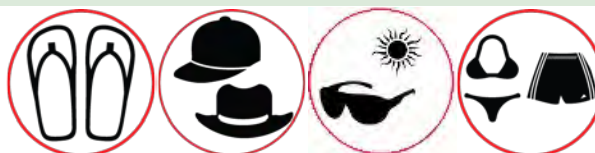
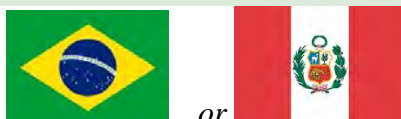
ENGLISH



LEVEL OF DIFFICULTY



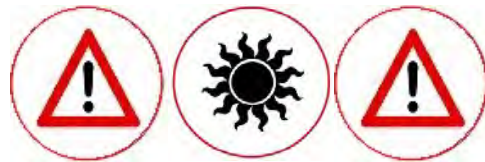
OPTIONS



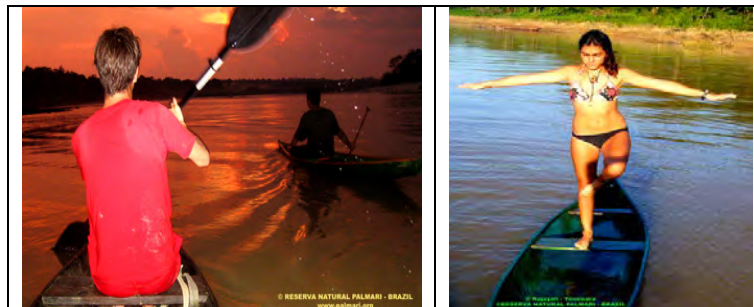


PORTFOLIO OF ACTIVITIES

ENGLISH



WOODEN DUGOUT CANOES – TRAVELLING THE AMAZONIAN ROADS THE TRADITIONAL WAY



Do you handle your equilibrium? Do you stay cool in shaky situations? Rowing local, traditional wooden dugout canoes for 1 or 2 passengers is not for the soft-hearted, nervous, shaky type of person – they are really tipsy curvy, most of them hold no keel and the height of the hull remaining above the waterline might be only measuring millimeters!

This said, it becomes clear why we consider this activity only as a fun thing to do close to shore, to the beach, and moreover it will not be a real activity, but more like a constant school-class, as your guide will be continuously giving you instructions on how to sit still, row forward, row curves, row backwards or barely manage to not tilt-over or sink. Truth said, most of the time you will not be going nowhere but just underwater, the lesson on how to empty your canoe of water and how to get back into it is the funniest thing of all, but not for you, but for the other people participating in the activity.

Take our word and believe us! If you have not handled wooden dugout canoes since your childhood do not consider using one for undertaking any tour, you will not make it further than a few yards and you will mess-up the tour for any other participant in the tour sitting happily in a kayak! That is why we got so many professional, 2-seater kayaks! That is why the tours on water granted by the Reserva Natural Palmari are such a success!

Oh! I nearly forgot! There is one thing you can do in the wooden dugout canoes without risk getting wet and risking making a clown out of you: Pull one on-to dry ground, lay a folded hammock on the bottom of it, grab a pillow and sleep in it – they are really comfortable and I truly believe, that that is what they were designed for in the first place, at least as to my needs!



(A) IT IS COMPULSORY TO USE A LIFE-VEST AT ALL TIMES! (B) DO NOT WEAR CLOTHES THAT BECOME HEAVY IF SOAKED WITH WATER! (C) DO NOT TAKE VALUABLE OBJECTS, CAMERAS, BINOCULARS, MACHETES, POCKET-KNIVES AND SIMILAR!

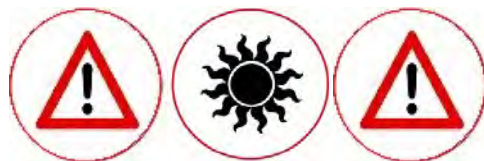
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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LEVEL OF DIFFICULTY



OR





PORTFOLIO OF ACTIVITIES

ENGLISH



NEIGHBOURING COMMUNITIES



Basically, you have the option to visit three different types of communities, each one having a different *modus vivendi*: The 2 communities on Brazilian soil can be easily reached by walking, first to the village of “*Palmar*”, walking through it, then crossing through “*terra firme*” forest to the community of “*Sao Pedro do Norte*”, visiting it and either walking back or being picked up by one of our boats, decision that has to be taken prior to leaving our visitors centre and if wishing to be picked up by boat coordinating it through your guide with the staff at our visitors centre. The “*Palmar*” village is the typical Brazilian riverine “*caboclo*” (colonist) mix of mestizo, indigenous, coloured, Peruvian, Asian and European originated people, each family living as to their principles, rules and needs, a better mutual consensus can be felt or seen resulting from elections in January, 2017 having elected a better and pro-active village leading team focusing now in a better quality of life, rendering improved health, sanitary and educational issues. The “*Sao Pedro do Norte*” community is of much younger origin, mostly comprising former people from the central and Andean part of Peru, which, fleeing from insecure regions and the “*Shining path*” leftist Maoist guerrilla group, decided to embrace an Evangelical-Lutheran religious community, which providing resources, re-locates groups of people in remote areas, providing them with tools, seeds, building material and leaders for starting a new life; religious beliefs are strong, you will find the only real church from all 3 villages in this community, all children and adults always wear long-sleeved clothing, the women a wooden cross on the chest, no smoking, no dancing, no drinking, no swearing is compulsory, each Sunday is exclusively for serving, singing and praying to their Lord, all produce from their “*chagras*” (crop fields), fishing, sustainable hunting, other food sources, tools, household goods and equipment are shared equally and all economic income from handicrafts and surplus harvested crops sold outside the village will be handed-over to the community leader who, through and according to mutual consensus will spend it. The only Peruvian community in close distance is “*Santa Rita*”, reachable only by boat (or kayak – tough row, really!); they comprise the remains of a former “*Yagua*” indigenous tribe that quite some generations ago fled the shores of the “*Putumayo/Izá*” river in Colombia from the narc-warlords forcing entire communities to grow “*coca*” plants (*Erythroxylum coca*), then produce and deliver the “*coca-paste*” to them; after a lot of years of travelling the rivers in search of a suitable piece of soil and no neighbours to through them back onto the river they established here, slowly but surely losing their indigenous *modus vivendi*, becoming one of many typical riverine colonist communities. Due to three different origins and three different *modus vivendi*, visiting all three communities gives a good impression into Latin American rural, riverine livelihood – “*seen all three, seen all Latin-American rural riverine villages*” you could say. Take a bit of cash money, definitely to Santa Rita, as their both women and children always have some handicrafts like necklaces, earrings, wrist-bands and similar for sale hanging at the outside walls of their houses. All these three communities are covered by our “*Instituto de Desenvolvimento Socioambiental do Vale do Javari*” NGO, follow – more or less according to mutual consensus and dutifulness of their communal heads – our principles and suggestions for a more ecologically sustainable way of life and environmental protection, but, of course and if you have read “*between the lines*” will know what this means and how difficult it is to achieve the fulfillment of such guidelines.



THE PRESENCE OF MOSQUITOS, JE-JEN, SHIGGERS AND SIMILAR BITING & STINGING INSECTS IS RELEVANT – USE LONG-SLEEVED CLOTHING, BOOTS AND REPELENT! IN THE VILLAGE OF PALMARI STEER CLEAR OF DRUNK MEN OR FALL-BACK TO YOUR GUIDE IF THESE DRUNKS INSIST! NEVER ENTER A HOUSE WITHOUT BEING EXPLICITLY INVITED AND ALWAYS WITH YOUR GUIDE! IF INVITED TO A PARTY, DECLINE IN A FRIENDLY MANNER AND IF DECIDED TO ATTEND THEN ALWAYS ONLY WITH YOUR GUIDE AND LEAVE THE PARTY WHEN ANY MAN REACHES DRUNKNESS OR YOU FEEL ANY SIGN OF AGGRESSIVE BEHAVIOUR AND NEVER, EVER TRY TO SOLVE A QUARREL OR PARTICIPATE IN STRONG DEBATE – THINK, BEHAVE AND BE SMART!!!

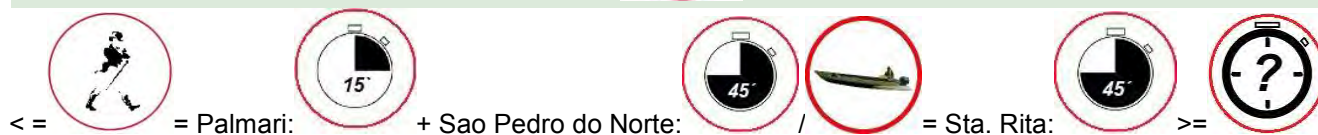


PORTFOLIO OF ACTIVITIES

ENGLISH



SEASON & LIMNOLOGICAL (WATER) LEVEL



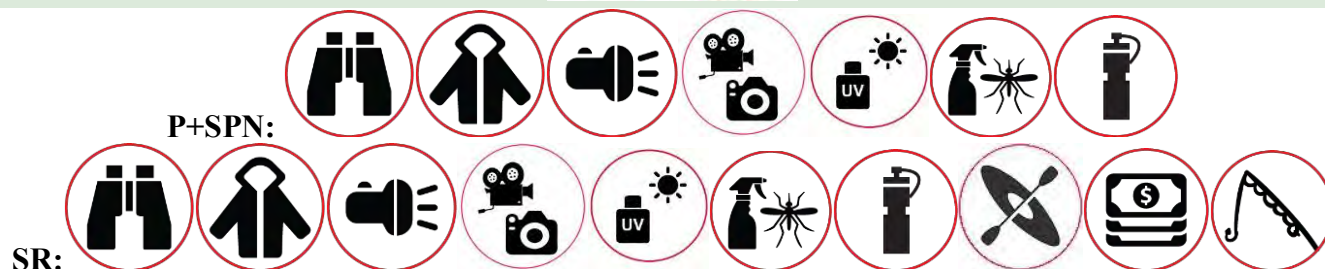
LEVEL OF DIFFICULTY



OPTIONS

Sao Pedro do Norte (SPN): Walking back to our visitors centre on a long jungle trek (4 to 6 hours) through “terra firme” forest; visiting a traditional “chagra” (crop field), having your guide explain the plural-species planting scheme and showing you the main crops, vegetables, fruit and spices.

Santa Rita (SR): Going by boat (high water level) or walking (30 – 45 minutes) to the “Capoc” (*Ceiba pentandra*) tree or crossing the river by boat into the “Zacanbuzinho” channel and cruising in the boat or kayak in this “igapó” forest, further, if time is plenty and the water level is VERY high, visit the “Cristina”, “Onza” or “Tartaruga” small, shallow marsh-lakes.





PORTFOLIO OF ACTIVITIES

ENGLISH



NEIGHBOURING COMMUNITIES



Basically, you have the option to visit three different types of communities, each one having a different *modus vivendi*: One community “Palmari” on Brazilian soil can be easily reached by walking, the other “Sao Pedro do Norte” only by boat. The “Palmari” village is the typical Brazilian riverine “*caboclo*” (colonist) mix of mestizo, indigenous, coloured, Peruvian, Asian and European originated people, each family living as to their principles, rules and needs, a better mutual consensus can be felt or seen resulting from elections in January, 2017 having elected a better and pro-active village leading team focusing now on a better quality of life, re-newing contact and work with our “*Instituto de Desenvolvimento Socioambiental do Vale do Javari*” NGO, rendering improved health, sanitary and educational issues. The “Sao Pedro do Norte” community is of much younger origin, mostly comprising former people from the central and Andean part of Peru, which, fleeing from insecure regions and the “*Shining path*” leftist Maoist guerilla group, decided to embrace an evangelic-lutheran religious community, which providing resources, re-locates groups of people in remote areas, providing them with tools, seeds, building material and leaders for starting a new life; religious beliefs are strong, you will find the only real church from all 3 villages in this community, all children and adults always wear long-sleeved clothing, the women a wooden cross on the chest, no smoking, no dancing, no drinking, no swearing is compulsory, each Sunday is exclusively for serving, singing and praying to their lord, all produce from their “*chagras*” (crop fields), fishing, sustainable hunting, other food sources, tools, household goods and equipment are shared equally and all economic income from handicrafts and surplus harvested crops sold outside the village will be handed-over to the community leader who, through and according to mutual consensus will spend it. The only Peruvian community in close distance is “*Santa Rita*”, reachable only by boat (or kayak – tough row, really!); they comprise the remains of a former “*Yagua*” indigenous tribe that quite some generations ago fled the shores of the “*Putumayo/Izá*” river in Colombia from the narc-war-lords forcing entire communities to grow “*coca*” plants (*Erythroxylum coca*), then produce and deliver the “*coca-paste*” to them; after a lot of years of travelling the rivers in search of a suitable piece of soil and no neighbours to through them back onto the river they established here, slowly but surely losing their indigenous *modus vivendi*, becoming one of many typical riverine colonist communities. Due to three different origins and three different *modus vivendi*, visiting all three communities gives a good impression into Latin American rural, riverine livelihood – “*seen all three, seen all Latin-American rural riverine villages*” you could say. Take a bit of cash money, definitely to Santa Rita, as both women and children always have some handicrafts like necklaces, earrings, wrist-bands and similar for sale hanging at the outside walls of their houses. All these three communities are covered by our “*Instituto de Desenvolvimento Socioambiental do Vale do Javari*” NGO, follow – more or less according to mutual consensus and dutifulness of their communal heads – our principles and suggestions for a more ecologically sustainable way of life and environmental protection, but, of course and if you have read “*between the lines*” will know what this means and how difficult it is to achieve the fulfillment of such guidelines.



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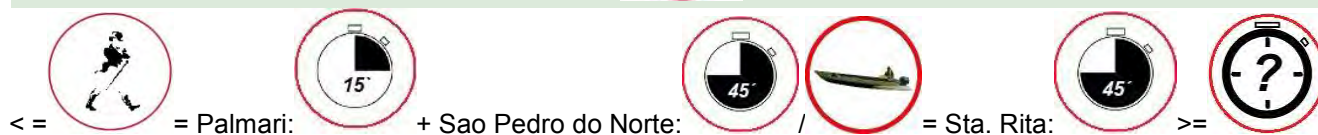


PORTFOLIO OF ACTIVITIES

ENGLISH



SEASON & LIMNOLOGICAL (WATER) LEVEL



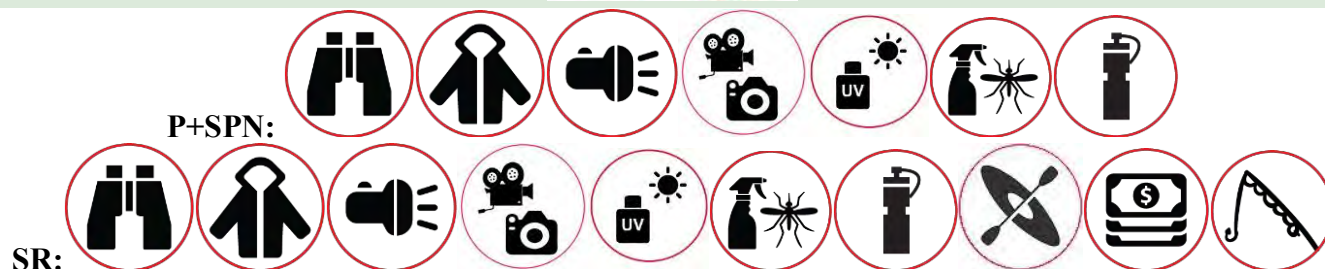
LEVEL OF DIFFICULTY



OPTIONS

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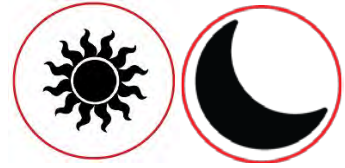
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PORTFOLIO OF ACTIVITIES

ENGLISH



HANDICRAFTS & TATOOS



Rainy days or slow & sleepless nights grant the perfect timing for this activity, which you will do at our visitors centre; from the basquet of seeds, fish-scales, ceramics, wood, hemp & palm & stretch-nylon fibers, silver or golden “alpaca” wire and quite a heap of other things and items you can design and manufacture bracelets, ear-rings, necklaces, dream-catchers and similar personal decoration appliances.



Further, your guide can gather a few fruit-units of the “huito” tree (*Genipa americana*) and then teach you how to extract the tattooing liquid from it; then you may design your own tattoo or pick one of the sample booklet present at our visitors centre, which your guide or mate or companion or who-ever will paint on your skin, leaving you with a beautiful tattoo remaining on your skin between 6 and 10 days.



Once the “huito” ink is on your skin it has to dry and fix on the skin for approximately 1 hour; make an effort not to touch it, place clothing on-top of it, have your mate in any which way touching it, lie in our hammocks or beds as the tattoo will result spoiled, your clothing and our bedding linen stained with the blue dye; after said hour, thoroughly wash the tattooed part on your skin with soap and water – Surprise: After washing, nothing at all will show, but about 6 or 8 hours later the tattoo will appear!

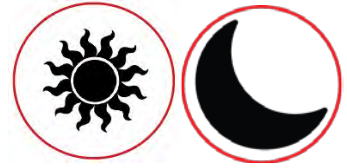
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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LEVEL OF DIFFICULTY

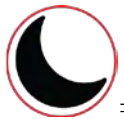


OPTIONS

An additional red “tattoo”? Ask your guide to fetch one fruit of the “*Achiote/Ucuma*” bush, open by compressing the rims, then squeeze the contained seeds with your fingertip until a greasy, red, thick dye appears – paint yourself or others; it will rinse-off easily with water and eco-soap!



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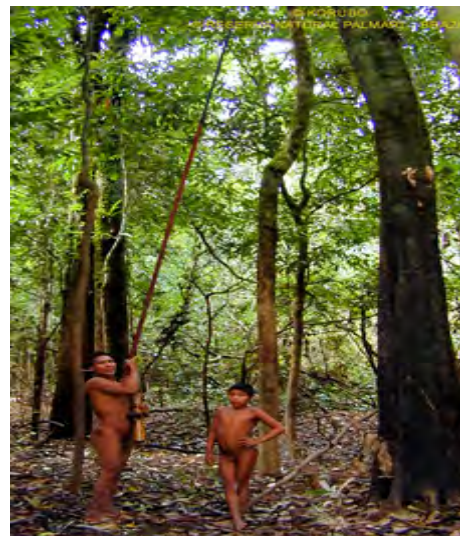
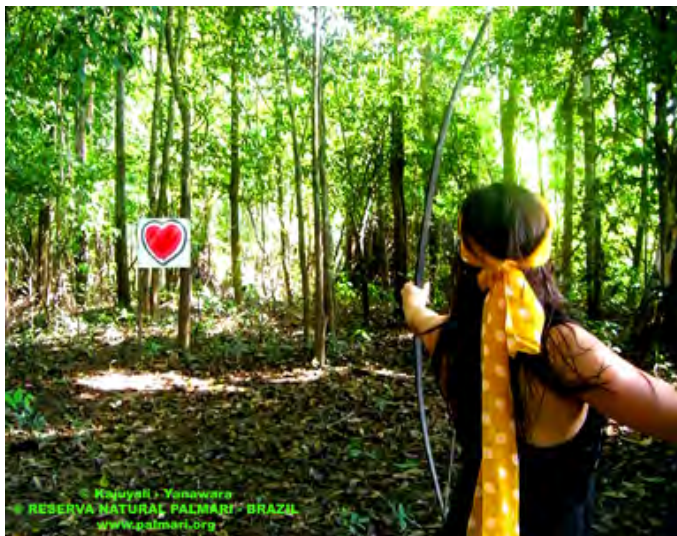


PORTFOLIO OF ACTIVITIES

ENGLISH



BOW & ARROW + BLOW-GUN = THE INDIGENOUS WAY OF SHOPPING IN THEIR MALL



If you think that for the indigenous putting food on the table is an easy task, just a walk in the park...sorry, jungle, see a beast, point, shoot and collect? Like you going into a mall, point, pay and collect? Well, lad or doll, why not tell your guide to fetch the bow & arrow and/or blow-gun and give it a try? Set-aside, that to manufacture these tools you need very specific materials, of a specific type, then they have to be prepared correctly and thoroughly in order to being perfect, then assembling them in the right way in order to obtain a weapon that shots straight is maybe the most important part of the whole matter. And that takes time, meanwhile the menu will be botanical, ictiologist or entomologist ☺ Then comes the process of learning how to use them accurately, aiming correctly into dense forest, closed underbrush or branch-filled canopy and finally having “the arm” to have the arrow fly or “the lung” to have the dart propel 30, 40 or 50 meters still have the force to penetrate and stop the prey in its escape. “Piece of cake” you say? Go! Try! I would bet that you will look at the lady selling you the needed food in your butcher’s shop quite differently!

Regarding bow & arrow we suggest that you go with your guide into the forest near-by and “*play indians*” there, as we do not want the arrows to brake against a wall or remain stuck in high altitude in the roof of the visitors centre; as to the blow-gun the best option is to play with it on the large terrace where you will find a suitable dart-board you can use as “prey”.

As all these weapons are original products manufactured by indigenous friends, we of course bought them from them, thus, if you damage any of them you will have to pay for the damaged item in cash prior to leaving our visitors centre:

1 bow = COP\$ 50.000.- / BRR 50.-

1 arrow = COP\$ 10.000.- / BRR 10.-

1 blow-gun = COP\$ 400.000.- / BRR 400.-



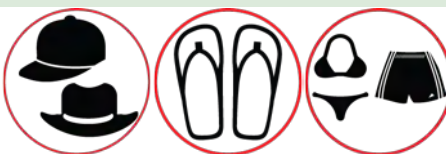
THIS ACTIVITY MAY ONLY BE PERSUED WHILE BEING COMPLETELY SOBER – NO VISITORS UNDER THE INFLUENCE OF ALCOHOL WILL BE ALLOWED TO HANDLE THESE WEAPONS! MINORS BELOW THE AGE OF 18 YEARS MAY ONLY HANDLE THESE WEAPONS WHILE IN PRESENCE OF THEIR PARENTS OR OTHER RESPONSIBLE ADULT!



SEASON & LIMNOLOGICAL (WATER) LEVEL

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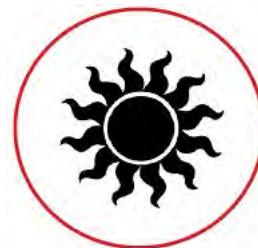
LEVEL OF DIFFICULTY





PORTFOLIO OF ACTIVITIES

ENGLISH



ORCHID BEES



Sunny days and no will of leaving the premises of the visitors centre grant the perfect timing for this activity, which comprises the task of summoning the orchid bees to our main terrace, then observing them, photographing them or even carefully catching them with a net and observing them at close range in your hand, then releasing them safe and sound (No collecting under any circumstance! "Catch & release" is compulsory!): On very sunny days you ask your guide for the little bottle of "*Methyl salicilate*", open it and place 2 or 3 drops every 1 meter on the veranda in sun light then you wait...give or take 10 to 30 minutes and the first bees will appear, hovering above the humid spots, even landing and trying to collect and smear themselves with the stuff. There are at least 5 known genus, each one holding a high number of species of these orchid bees, the group named "*Euglossinidae*" naming in greek that group of insects as the "long tongued" bees, as their tongue can be longer than their entire body. In order to try to establish as to each arriving bee its genus ask your guide for the printed 2 sheets, which also hold some few photographs depicting the main details as to being able to separate the bees at least to their genus upon being viewed or held in the hand – Relax! Only the males are attracted to the liquid, as they need that to mix it with their own feromones, thus creating the specific smell to attract the specific species-related female and, as in humans, the only stinging, biting and dangerous part of the couple is the female, which in this activity is not attracted at all to the site = You see? Again, it is all about sex and the guys have to do all the work! Darn! Who said nature was fair?



IF YOU SHOULD DROP SOME LIQUID ON YOUR CLOTHS OR SKIN, TAKE THE CLOTHS OFF, RINSE THEM AND WASH THE SKIN THE STUFF HAS FALLEN ON-TO, OTHERWISE YOU WILL BE ANNOYED AND SURROUNDED BY THESE INSECTS AND INSIDE THE FOREST PROBABLY BY MANY OTHERS!

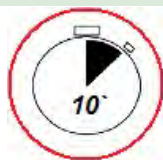
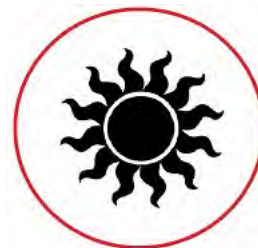
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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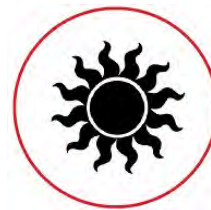
OPTIONS





PORTFOLIO OF ACTIVITIES

ENGLISH



SOWING JUNGLES



The local communities have to maintain their houses and other infrastructure, the basic building material being wood taken from the forests and, as homo sapiens is basically an opportunistic species, people timber that wood as close as possible to the construction or re-building job-site. Slowly but surely the most important hard wood trees providing the pillars, beams, planks and boards, as well as the palm fronds providing the leaves from which the ceilings are made become scarce and at some point disappear from the surroundings of each village.

Not only through cooperative work and teaching change and usage of different, environmentally protective building materials by the **Reserva Natural Palmari** and our **Instituto de Desenvolvimento Socioambiental do Vale do Javari**, but also by establishing joint-venture re-planting projects, we try to avoid that the chainsaws penetrate further and further into the forests surrounding our reserve. One of these joint-venture projects unites our 2 above mentioned organizations with the **UNEP (United Nations Environmental Projects)** "Plant for the planet" initiative and the **Kajuyali Camp "Sembrando Selva – Lend a hand"** initiative: We obtain quality guaranteed seeds of the hard wood trees species which are taken from the surroundings of the local communities according to surveys and inventories carried out by specialized botanists and then our guests can plant them, together with our guides as well as children and youngsters from these villages, which understand the importance of re-planting for future use, thus leaving the forests in their pristine, primary condition.

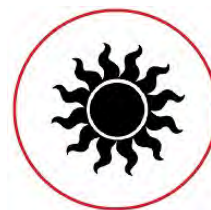
Ask your guide if during the time of your stay any seeds, seedlings, shoots or ready-to-transfer plants are present in our greenhouse, then depending on the growth stage proceed at our visitors centre or decide which neighbouring community you would like to support by going there, asking the locals if they would like to help and participate and do a good thing for our world.



The presence of biting & stinging insects in the local communities is relatively high – be aware of this, wear long-sleeved cloths, arrive and use during your stay our insect repellent. Keep your eyes open and be alert to the presence of poisonous vipers – be aware that moving and turning forest debris, old tree trunks and soil might flush millipedes, tarantula spiders, scorpions and similar jungle ground dwellers which will not appreciate your heroic efforts on behalf of improving the condition and quality of their home but instead thank you with a nasty sting or bite!

SEASON & LIMNOLOGICAL (WATER) LEVEL





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LEVEL OF DIFFICULTY



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OPTIONS

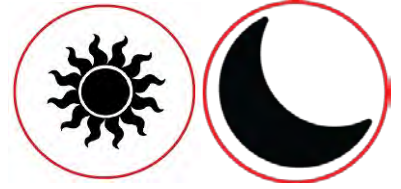
If the plan is going to a village, take a soccer ball with you – maybe the opportunity for a game with the locals arises; also take some cash, maybe a nice piece of local artwork or handicraft is shown to you.





PORTFOLIO OF ACTIVITIES

ENGLISH



SPORT FISHING



Best done from our “Omacha”, “Traira”, “Bicuda” boats or from our kayaks, which should be present or taken to the ox-bow lake where the fishing is intended. Decide with your guide as to which lake is more appropriate in respect to the game-fish you want to catch but a basic rule to consider is that cat-fish are mostly present in the “white” waters of the main river and most game-fish like peacock-bass, arawana, pacú, herring, piranha, oscar, croaker and other are mostly present in the “black” waters of the lakes. You must not return every evening to our visitors centre, but can put-up a hammock camp close to the fishing site, taking all needed camp & kitchen gear plus needed food, beverages and alcoholic drinks from our visitors centre as well as one female cook by one of our larger, wooden boats to the trail that leads to the intended fishing lake; from there you and the guides will have to carry everything to the intended camp-site, as well as back to the river on the day of departing from that fishing site. The guides handling each fishing boat or kayak will also put-up the hammock camp, camp fire and assist the cook as well as seeing to the wellbeing of the fishermen. Rely on your guides regarding good fishing spots, tricks or recommended lures – these guys love to fish, nearly all of them have their own rods, reels and lures and will eagerly fish together with you if you wish or allow them to, of course, never leaving aside their prime work scope of handling your boat and being your assistant.



(A) IF YOU HAVE NOT MUCH SPORT-FISHING EXPERIENCE AND CATCH A FISH, LET THE GUIDE TAKE IT OFF FROM THE HOOK – THE FISH DO NOT ONLY HAVE SHARP TEETH, BUT SOME CATFISH HAVE FINS THAT END IN SHARP SPINES! (B) “CATCH & RELEASE” IS COMPULSORY EXCEPT FOR SOME FEW INDIVIDUALS NOT BELOW OR ABOVE RESTRICTED SIZES TO BE COOKED FOR THE SPORT-FISHING GROUPE AND, ONLY, IF DURING THE TIME OF YOUR STAY WE SHOULD BE HEALING OR REHABILITATING FISH-EATING WILDLIFE, THEN YOU MAY TAKE THE CAUGHT FISH BACK TO OUR VISITORS CENTRE, HOPEFULLY ALIVE AND IN A BUCKET HALF-FILLED WITH RIVERWATER.

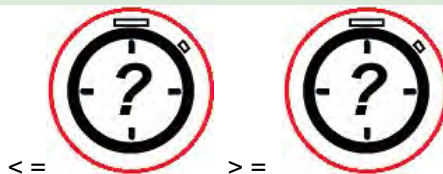
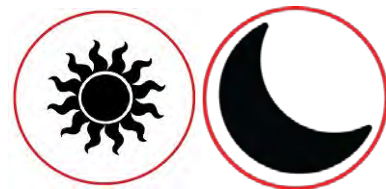
SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



LEVEL OF DIFFICULTY



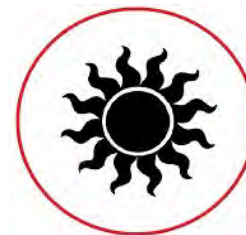
HAVE WITH YOU





PORTFOLIO OF ACTIVITIES

ENGLISH



LEARNING A FEW BASIC HOUSEHOLD & FOOD PRODUCING TASKS FROM THE LOCAL COMMUNITIES



Would you like to feel a bit what it is like to live in neo-tropical rainforest, without having the option of getting all your food and household goods from a shop close-by? If you are keen to spend a morning or afternoon in a neighbouring village learning some of the basic tasks of a day-to-day *modus vivendi* of these peoples, **we strongly suggest you visit and undertake this in the Sao Pedro do Norte** community, as there you will certainly not be harassed by drunk men, tidiness is present to a larger extend, thus stinging and biting insects are present to a lower extend. Be aware that in Sao Pedro do Norte you may not swear (Well, they only understand spanish & portuguese, so you can actually swear in any other foreign language but try to keep a calm and smiley face as, attitude & mimics say more than words ☺), drink alcoholic beverages, smoke and dance; a suitable dress-code as to long-sleeved trousers and shirt (women also please!) would be fine detail of understanding and support of their religious principles.

Sao Pedro do Norte can be easily reached by walking, first through the village of “Palmar”, then crossing through “terra firme” forest to the community of “Sao Pedro do Norte” and you can return to our visitors centre by either walking back or being picked up by one of our boats, decision that has to be taken prior to leaving our visitors centre and if wishing to be picked up by boat, coordinating it through your guide with the staff at our visitors centre and remember that each sunday is exclusively devoted by the villagers to serving, singing and praying to their lord, so all stated may not be done on sundays.

Some ideas of what to do, learn, observe and be explained about = Weaving of mats, fans, decorative items like “origami” but not with paper but palm fronds; manufacturing of “chambira” string from the fibres obtained from a palm named equally; making of brooms from thin, robust, wire-like flexible branches of a certain bush; produce manioc flour initiating with un-digging the tuber from the soil under its plant, peeling, cutting, grinding until finally drying it over the fire; understand the smart way of handling soil-protecting agriculture by planting a huge variety of species regarding crops, herbs, fruit, vines, seeds, grains, all planted on the same field in a specifically mixed and designated order so that each species somehow takes advantage of the next, all thrive until reaching the best possible harvest result and even wildlife can profit from it without rendering a loss too high for the community: Nature teaches better than schools and universities...

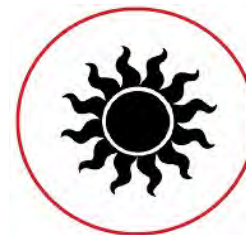


THE PRESENCE OF MOSQUITOS, JE-JEN, SHIGGERS AND SIMILAR BITING & STINGING INSECTS IS RELEVANT – USE LONG-SLEEVED CLOTHING, BOOTS AND REPELENT! PLEASE HAND-OUT A TIP IN CASH \$ TO THE WEMAN THAT WILL ASSIST, TEACH, SHOW AND MAKE YOUR DAY A DIFFERENT ONE!



PORTFOLIO OF ACTIVITIES

ENGLISH



SEASON & LIMNOLOGICAL (WATER) LEVEL



< =

= Sao Pedro do Norte:



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LEVEL OF DIFFICULTY



OPTIONS

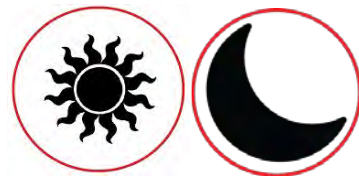
If the plan is going to a village, take soccer ball with you – maybe the opportunity for a game with the locals arises; also take some cash, maybe a nice piece of local artwork or handicraft is shown to you.



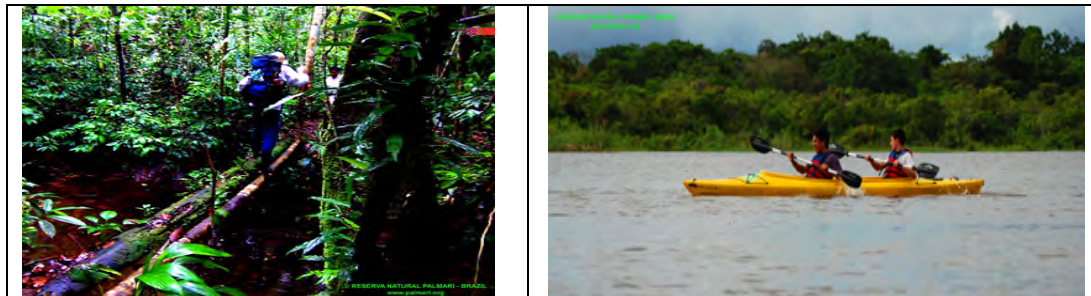


PORTFOLIO OF ACTIVITIES

ENGLISH



JUNGLE TREKS – BY LAND, BY WATER OR A COMBINATION OF BOTH



If you want to see more wild life than the average visitor to the Reserva Natural Palmari, then this is the way to your goal! Basics: First, agree with your trek partners on how many hours on each day you want to walk, then tell your guides and decide crystal-clear with them as to which route fits that idea and time-span in days you will trek “home-to-home”; as to how many days you will be away from our visitors centre and if you have decided on returning by kayak or being picked-up by boat is important info & data for the remaining main staff at our visitors centre and be certain, that the relevant kayak delivery or boat pick-up site as well as the date are clearly established and known to said main staff. Trek light – Revise with your groupe of trek-lads and the guides the stuff all are taking with them, only take 1 unit of gadgets all can use, split camp & cooking equipment as well as food evenly between all and listen to hints as what is nonsense and useless to take. Further, the forests of the “Javari” valley are not flat as in most of other neo-tropical rainforests, thus be aware that you will have to deal with short but sometimes steep trails up-wise and down-wise; in the “valleys” you will have to cross thin or wide creeks, which might be shallow or deep according to season and recent rain; if pole-bridges are the only way to cross, then do not “play proud” and refrain from asking your guide to take across your bag, camera, cigarettes or girlfriend, further providing you with a long, sturdy pole as to increase your chances of not falling into the water and making it safe and dry to the other side. Sleeping dry is basic for keeping a good spirit and not becoming a nuisance to the others, thus use your sleeping cloths (see below) ONLY for sleeping and ALWAYS put them on just before going to sleep and take them off immediately after waking, always while UNDER the protective cover of your hammock. The same fact of not becoming an ogre to the other lads and dolls arises from a refreshing bath after a day’s walk, which is why our guides always try to reach in time a good camp-site close to a creek, thus follow lead if time runs out prior to darkness and the guides “push a bit” or, to the contrary, decide to make an “early stop” at a creek, as reaching the next before darkness is not viable.

During the low water season you will be able to walk “terra firme” and “varzea” forests, maybe even the “igapó” bioma, if the water is very low; during high water season you will be able to walk “terra firme” forests and prepare to the fact, that certain areas of “terra firme” bordering or mixing with “varzea” forest might be flooded having to be crossed with water levels reaching to your ankles, waist or “a bit” higher.

As to wild life what you hear you might also see...but only if you listen to your guide and follow his indications and if you try to be silent, or at least not too loud. The chances to see wild life are of course better in “terra firme” forests as in this bioma 90% of large mammals and 85% of large birds reside; as you walk deeper into “terra firme” and away from the main river course, always tending “up-wards” and into what we call “terra d’altura” (high grounds) your chances of seeing wild life increase.



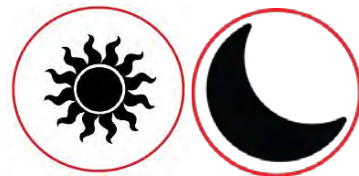
YOU ARE NOT IN A ZOO = IT IS THE WILDLIFE THAT DECIDES WHEN & IF IT WANTS TO BE HEARD OR SEEN - CHANCES INCREASE, IF YOU FOLLOW YOUR GUIDES INDICATIONS AND WALK IN SILENCE WITH SHARPENED EARS! EARLY MORNING & LATE AFTERNOON ARE THE PRIME HOURS FOR SPOTTING WILD LIFE!

YOU HAVE CHOSEN THE NUMBER OF DAYS YOU WIL TREK PRIOR TO LEAVING OUR VISITORS CENTRE! = COMPLY! EVEN MORE, IF YOU AGREED TO BE PICKED-UP BY A BOAT OR RECEIVE KAYAKS AT A CERTAIN SITE AND ON A CERTAIN DAY! = YOU MUST COMPLY!
ALL RUBBISH THAT CAN BURN SHALL BE BURNED! ALL RUBBISH MADE OF METAL, TIN, ALUMINA, GLASS AND SIMILAR MUST BE TAKEN BACK TO OUR VISITORS CENTRE!



PORTFOLIO OF ACTIVITIES

ENGLISH



SEASON & LIMNOLOGICAL (WATER) LEVEL



LEVEL OF DIFFICULTY



OPTIONS

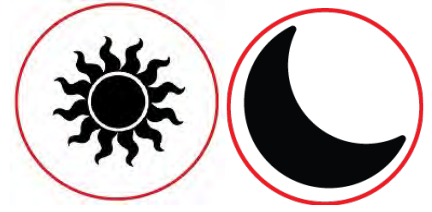
Mezmeryzing options and huge amount of trails, directions and destinations – Decide with your guides while keeping in mind the season in respect to the water levels.





PORTFOLIO OF ACTIVITIES

ENGLISH



JUNGLE TREKS – RECOMMENDED MAIN GUIDES

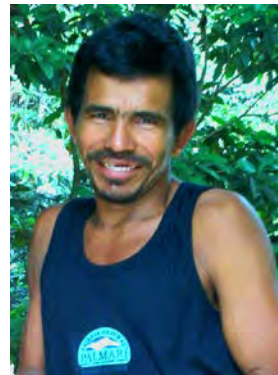
For this activity we will provide always at least 2 guides for any group comprising up to 6 “trekkers”, for up to 10 “trekkers” we will provide 3 guides and we do not recommend more than 10 “trekkers” comprising a group – it will turn into a nuisance having a troop of +10 people cruising the forests, wildlife will hear you miles ahead and vanish into “thin” air. Further, the group will be guided by **one lead-guide, compulsorily it has to be one of the following listed guides** as they have the vastest experience, forest related knowledge and we have made high efforts to tune their expertise to the needs of a “trekk” adventure. The second or third guide can of course be also one of this proposed list, but must not necessarily be, further, have a “sit down” with the guide, all members of the “trek-team” and our visitors centre administrator prior to departing, in order to have all logistics, route, time-line crystal-clearly defined and agreed.



Raimundo “**Diego**” Morera
dos Santos



Raúl “**Flaco**” Morera
dos Santos



Ednelson “**Cayú**” Do
Santos Pimentel



Walter “**Valera**” Oliveira



Jaze “**Yazee**”
Alves Mourao



Marcelino “**Mazinho**”
Rodrigues Oliveira



Edson “**Ká**” Acevedo
Pimentel



Ilke “**Yuki**” Coelho
Ribeiro



"EXTREM" TREKKING & KAYAKING
SENDERISMO & KAYAKING "EXTREMO"
"EXTREME" WANDER- & KAYAKTOUREN

VISITOR'S CENTRE
BESUCHERZENTRUM
CENTRO DE VISITANTES





PORTFOLIO OF ACTIVITIES

ENGLISH



“SEMI - INDIGENOUS” COMMUNITIES = “MARUBO” OR “MAYORUNA”



Even though there is no such thing as true indigenous communities living in areas accessible to visitors in the region (You should have been here with the expeditions of Alexander von Humboldt, José Celestino Mutis or Aimé J.A.G. Bonpland – in other words “100 years ago”), the so-called “indigenous” villages around Leticia, Pto. Nariño and Tabatinga are merely “malokas” copied to resemble original “malokas” (like ours! ☺) and the “indigenous” receiving arriving tourists are mostly people living in Leticia, Puerto Nariño or Tabatinga and going every day to the “maloka”, putting on their circus uniform, playing their role as a “*typical Huitoto/Ticuna/Yagua/Bora/whatever*”, performing a “*typical indigenous dance*”, forgetting their clean spanish or portuguese and taking your money – just like another day at the office!

On your way back to Leticia or Tabatinga aside the road taking you from Atalaia do Norte to Benjamin Constant, you can stop at two “*indigenous malokas*” for a while. If you want this to happen, tell our guide delivering you to the taxi at Atalaia do Norte to tell that taxi-driver accordingly – otherwise the taxi driver will just drive-by and probably not stop! As the inhabitants of these villages are highly unreliable and spend most of their time either in Atalaia do Norte or Benjamin Constant, stop first at the first “Santiago” village, look if there are adults present (Women and children will mostly disappear into their huts if strangers appear and no adult “in charge” is present), if not, continue the drive and try your luck at the second “Estéban” village. As the *Reserva Natural Palmari* and the *Instituto de Desenvolvimento Socioambiental do Vale do Rio Javari* does not endorse “circus shows” and believes in self-esteem and a none denigrating live, we have managed to convince the two groups of former members of true “Marubo” or “Mayoruna” tribes having established themselves at the side of the road between Atalaia do Norte and Benjamin Constant to NOT follow that routine, but live and show themselves as they live now, in other words as “*semi indigenous colonists*”, not presenting them disguised as “*indigenous*” or pretending not to understand spanish and/or portuguese. You will find the central “maloka” with a few surrounding huts, inside the “maloka” you will still feel a bit of the “*indigenous flair and modus vivendi*”, the head of the community, “Estéban” or “Santiago”, will invite you in and you will be free to ask questions, take photographs, buy typical handicrafts mostly made of modern materials, try some of the medicines, hallucinogenic and powdered tobacco (“Rapé” & “Yagué” & “Veneno do bá-cororó”), walk the “maloka” and surroundings.

But! Everything costs! Cash money! No such thing as offering tokens and rubbish as payment! Oh, yes, they will gladly take them, but money has to change hands anyway! And settle the various fees crystal-clear in advance: entry fee, photographing fee, trying-stuff-fee, eating-a-banana-fee, stroking-the-monkey-fee (Careful! Any kept animal will most probably bite and they are not vaccinated!)...it would be convenient, if you ask your taxi driver to assist, translate and help in case of doubt in exchange of a small tip. And, if you do not ask, not much will happen! Only upon questioning they will answer and explain! If you would like to buy some nice necklaces, wristbands or other handicrafts you must ask to see them. Be aware to pay and stash-away immediately upon buying something as the initial seller disappears after concluding the deal, then a “new owner” shows up demanding again money for “his/hers” product!



THE PRESENCE OF MOSQUITOS, JE-JEN, SHIGGERS AND SIMILAR BITING & STINGING INSECTS IS RELEVANT – USE LONG-SLEEVED CLOTHING AND REPELENT! STEER CLEER OF DRUNKEN MEN OR FALL-BACK TO YOUR TAXI DRIVER IF THESE DRUNKS INSIST! NEVER ENTER A HOUSE WITHOUT BEING EXPLICITLY INVITED! ONLY TAKE YOUR DAY-PACK AND MONEY INTO THE VILLAGE!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

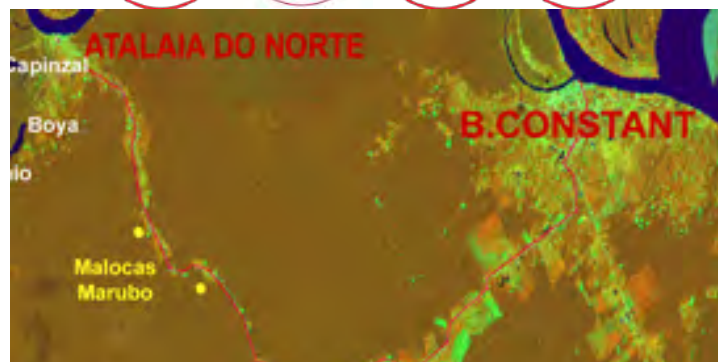
ENGLISH



LEVEL OF DIFFICULTY



OR





PORTFOLIO OF ACTIVITIES

ENGLISH



“AVATAR” – THE NIGHT ILLUMINATED BY BIO-LUMINESCENS

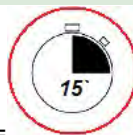


Big deal! You put on your boots and long-sleeved cloths, walk 10 minutes into “*terra firme*” forest with your guide, turn off all light and we mean ALL & EACH & EVERY LIGHT, wait until your eyes become used to the darkness and the pupils have widened, then look around on the ground: If you are lucky, rain or high moisture close to the ground or, to the contrary, heat and several days without rain have not stopped or interrupted the live cycle of funghee and mycelee living in the soil of the neo-tropical rain forest, then you should see patches and “fumes” of pink, blue, fucsia, purple, violet, green and other colours on the ground, arising from between the decaying leaves and rotting top-soil. It is not magic or witch-craft! It is called “*bio-luminescens*” and it arises from the chemical process of the decaying and rotting leafs, wood, fruit and other organic material, which, through the work done by the digestive process of funghee and mycelee release phosphorous, which again, upon combining with oxygen, results in a coloured combustion process – neat, huh? Why do we call it “*Avatar*”? Well, because when James Cameron and his film team came to brainstorm, obtain ideas and become inspired for the movie with the same title, filmed on the moon where the “*Na’avi*” people live, well, this chemical process became one of the discoveries used in the movie, together with the white, floating-in-the-air seed-pods, the blue-grey colour of the “*Huito*” (*Genipa Americana*) ink, the chameleon-like lizards “flying” from branch to branch, etc., etc.



NIGHT TIME IS THE ACTION TIME FOR VIPERS, SCORPIONS, MILLIPEDE, VENOMOUS SNAKES AND OTHER NIGHT TIME DWELLERS – USE BOOTS, DO NOT GRASP TRUNCKS OR BRANCHES BEFORE REVISING THEM, DO NOT SEARCH HOLES AND ANY OTHER OPENINGS WITH YOUR BARE HAND AND WATCH YOUR STEP, ALWAYS KEEPING BEHIND YOUR GUIDE!

SEASON & LIMNOLOGICAL (WATER) LEVEL



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PORTFOLIO OF ACTIVITIES

ENGLISH



LEVEL OF DIFFICULTY



OPTIONS

Mezmerizing amount of options as there are a huge amount of trails! Also ask your guide to search and show you a tarantula spider, a scorpion, a millipede or any other crawling night-time dweller, but (!) do not touch or, worse, grab them – let your guide set them up for you to photograph them!





PORTFOLIO OF ACTIVITIES

ENGLISH



“CAMBU-CHALLENGE” = OVER NIGHT STAY IN A HAMMOCK-CAMP IN THE FOREST



This night activity comprises leaving our visitors centre for 1 night, either early in the morning (if you want to camp-out far and deep in the forest), after lunch (if you want to camp no too far in the forest) or latest at 1530°/1600° (if you want to camp close at our “Caxoeira” creek camp); upon arrival at the camp site first set-up the hammocks in their mosquito-nets under the tarpaulin protecting you from rain, then stash your backpack under the hammock, the stuff you need prior to going to sleep in the hammock and your head-torch close at reach; afterwards help to build the camp-fire, go with your guide and catch supper in the creek if you have decided not to bring supper from our kitchen and finally take a refreshing bath in the creek prior to sun-set, last help your guide preparing supper, have supper early after dark, make sure you got enough fire-wood close-by the fire and finally relax, have some rum, question your guide for stories...when going to sleep try to lie diagonally in your hammock and be aware that if it starts raining the noise of the raindrops falling on your tarpaulin and the surrounding leafs will make any conversation from hammock to hammock impossible, of course, thus for calling your guide if needed you will have to walk over to his hammock.

Be aware that after mid-night the temperature will drop and drop further into the early morning hours! Consider sleeping in warm socks and long-sleeved, comfortable cotton pants and sweatshirt; baldies should seriously consider a cotton cap covering the ears! And if you can't sleep forget about glancing at the watch every 5 minutes – time will not run faster, listen and enjoy the nightly jungle concert and instead of counting sheep, count the variety of sounds and try to figure-out to whom they might belong.

The guide will gather the logistics regarding food and needed camp-kitchen stuff, but you will have to divide between all and help by carrying all the stuff – share equally but private, heavy gadgets (cameras, binoculars, head-torches and other private “need-to-takes”) as well as the hammock, mosquito-net, tarpaulin and linen granted by the *Reserva Natural Palmari* must be carried, well-kept and delivered back in sound and none-damaged condition by each guest!



USE YOUR HEAD-TORCH AT ALL TIME AFTER DARKNESS WHEN LEAVING YOUR HAMMOCK! USE YOUR RUBBER “WELLIES” BOOTS AT ALL TIME WHEN LEAVING YOUR HAMMOCK! DO NOT BATHE IN THE CREEK AFTER SUN-SET OR PRIOR TO SUN-RISE! DO NOT BATHE IN THE CREEK NAKED – GIRLS SHOULD ALWAYS USE BOTH BIKINI PARTS (PITY, BUT HIGHLY RECOMMENDED)!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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LEVEL OF DIFFICULTY



OPTIONS



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PORTFOLIO OF ACTIVITIES

ENGLISH



CAIMAN & CROCODILE OBSERVATION



This night activity comprises navigating the Javari river after darkness, one guide searching for caimans and crocodiles from the bow of the boat with a strong halogene lamp, once he has located one he directs by means of directional light-beaming the boat pilot in the correct direction towards the beast, then tries to catch it and finally lifts it carefully into the boat, closing its snout with a rubber band as a safety measure. You then may observe, photograph and hold it, the guide will explain family, species, interesting details, gender and answer questions, after which he will remove the rubber band and release the animal gently into the water.



USE YOUR HEAD-TORCH OR FLASHLIGHTS JUST TO ENTER, EXIT OR FIND YOUR PLACE IN THE BOAT – IN ORDER TO HELP THE PILOT AND GUIDE IN THIS TASK OF FINDING AND CATCHING THE ANIMAL SWIFTLY AND EASY, DO NOT USE THE HEAD-TORCH OR FLASHLIGHT DURING THE TIME OF THE SEARCH AND THE MANEUVERS FOR THE CATCH.

IT IS STRICTLY FORBIDDEN TO TAKE THE CAUGHT INDIVIDUAL TO OUR VISITORS CENTRE OR KEEP HIM IN THE BOAT WHILE THIS NAVIGATES AWAY FROM THE CATCH-SITE – THESE ANIMALS ARE TERRITORIAL, THUS MUST BE RELEASED IN THE SAME AREA WHERE THEY WERE CAUGHT IN ORDER TO AVOID STRESS DUE TO BEING RELEASED INTO UNKNOWN TERRITORY!

SEASON & LIMNOLOGICAL (WATER) LEVEL



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PORTFOLIO OF ACTIVITIES

ENGLISH



LEVEL OF DIFFICULTY (FOR THE GUIDE AS TO FIND & CATCH A CROCK OR CAIMAN)



OPTIONS





PORTFOLIO OF ACTIVITIES

ENGLISH



WAKEBOARD - SKI



This activity is exclusive for daily undertaking. It is a water sport in which you glide over the water on top of a board being dragged with a rope called *palonier* by a fast boat; during this activity the glider is attached to a boat, and this usually reaches speeds of between 29 to 39 kilometers per hour (18 to 24 miles per hour), depending on the water conditions, the weight of the glider, the size of the board and especially: the preference of the person. To enjoy this sport, the essential thing is to be able to surface, then slide on the water. This procedure is not as easy as it seems when the user is a beginner. There are 3 basic steps: Positioning in the water, positioning while the boat accelerates & keep the balance once you are gliding on-top of the water. As to the first step, we must place ourselves in a position by which your back literally “scratches” the water, when the boat starts moving always have your hands stretched forward, after about 3 seconds you will rotate the board 180 degrees to the side that you feel comfortable (*Regular* position: is the one in which the left foot is in front, *Goofy* position: it is the one in which the right foot is in front). Remember, that when the drag of the boat starts, your feet have to be fully 90 degrees in respect to the boat.



(A) IT IS COMPULSORY TO USE A LIFE VEST AT ALL TIMES! (B) DO NOT WEAR CLOTHES AS THEY ABSORB WATER THEY BECOME HEAVY!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

ENGLISH



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LEVEL OF DIFFICULTY



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PORTFOLIO OF ACTIVITIES

ENGLISH



SLACKLINE



The *Slackline* is a balancing sport in which a ribbon is used which is secured between two fixed points, usually trees and then tensed. Unlike *tightrope walking*, where you walk on a tight rope, in slacklining you walk on a flat nylon or polyester band and do not use any tool to help yourself to maintain balance, such as rods or other means. The *slackline* band is normally elastic, which allows dynamic jumps and movements, the tension of the band can be adjusted to satisfy the level of experience of the user and the dynamic characteristic of the band allows to perform impressive tricks such as jumps and flips, at the same time you can perform yoga postures or acrobatics, which allows different training varieties.

At the Reserva Natural Palmari we offer two types of *Slackline* modalities: (a) *Trickline* or *naughty rope*, which is practiced with a band of a 50 millimeters thickness, in which jumps and skill tricks are practiced (Annually, a global competition is celebrated in this variety) and (b) *Waterline* or *aquatic rope*, which is done with both wide and narrow bands up to 50 millimeters in thickness, differing to (a) in that it is made with the band being tensed over water.



(A) IT IS COMPULSORY TO USE A LIFE VEST AT ALL TIMES WHEN PRACTICING THE *WATERLINE* VARIETY AND (B) DO NOT WEAR CLOTHES AS THEY ABSORB WATER BECOMING HEAVY!

SEASON & LIMNOLOGICAL (WATER) LEVEL





PORTFOLIO OF ACTIVITIES

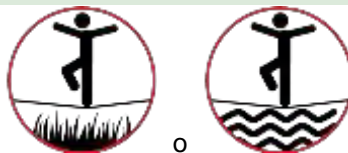
ENGLISH



LEVEL OF DIFFICULTY



OPTIONS



VISIT A HARPY EAGLE'S NEST



Harpy eagles (*Harpia harpyja*), the largest and most powerful eagle in the world are only to be found from Central to South America in dense and sound neo-tropical rain forests between 0 and 1.000 masl and are considered as highly endangered, even close to extinction as they do not tolerate any other harpy eagle inside their huge territory of primary forest (actually, the reduction of forests by “slash & burn & timber” human activities being the #1 enemy for the subsistence of this species), only into their fifth year of age they are ready for procreation, they raise only one descendant every 3 to 4 years, their life span reaching only 30 to 35 years and they live a monogamous couple life, hence and if one individual dies the surviving partner will not seek for a new companion. One active nest which – at least since Ilke “Yuqui” located it 15 years ago – has granted us with 4 harpy chicks, resides at a not too far distance from our visitors centre, thus can be visited and observed during a half-day or one-day hiking activity, but presence of the parent birds cannot be guaranteed, even though during the incubation and raising period of the young bird, the female will never be further away from the nest then 50 meters, the male taking over the responsibility to feed her during that time span. Inside an area of 400 meters surrounding the nest it is STRICTLY forbidden to speak loud, laugh, call, yell or scream, as well as using of machetes and axes, making of fire and spending the night! Specially during the presence of both harpy adults very special care, alertness and attention should be paid, as these birds of prey are heavy and strong, attack vigorously and nearly soundless by gliding in swiftly from any side, their very strong tarsi, knife-sharp talons and robust beak providing the tools for killing an adult human being in very few seconds (!!!).



- (A) Only groups with a maximum of 6 members may visit the nest (b) Children under the age of 14 are not allowed (c) Hysterical men/weman, as well as screeching or loud laughing men/weman are not allowed (d) All instructions and requests given by the guide must be strictly obeyed (e) Recording and playing-back of all the song routines regarding harpy eagles are STRIKTLY forbidden under all and any circumstance!



PORTFOLIO OF ACTIVITIES

ENGLISCH



SEASON & LIMNOLOGICAL (WATER) LEVEL



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LEVEL OF DIFFICULTY



OPTIONS

You may decide on different trails when walking to and back from the harpy eagle's nest



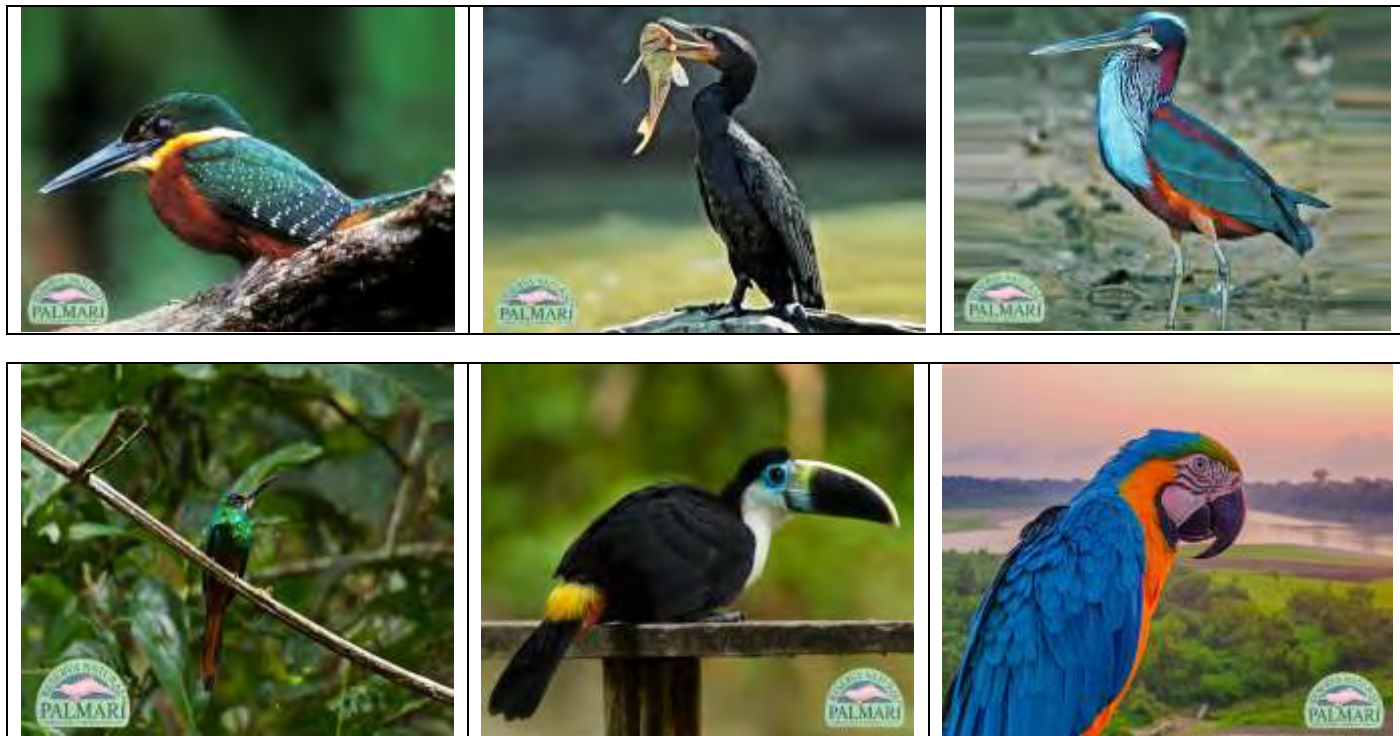


PORTFOLIO OF ACTIVITIES

ENGLISCH



OBSERVATION OF BIRDS “*BIRDING*” - ORNITHOLOGY



To the present date more than 500 species await you! The Reserva Natural Palmari has also been declared a “**BIRDING HOT SPOT**” considering the huge volume of bird species being present! And the list keeps growing! Their colours and songs are impossible to beat! Many of them are seldom seen at other places but due to our protection and prohibition to disturb them, as well as due to the silence and pristine environment they are easy to find and observe, between them also endemic species, which are the one’s only being present here, at our site. Birds are most active just before sunrise and until 08:00°, then again in the late afternoon from 16:00° and until sunset, at night the activity continues by looking for and meeting owls, nightjars and potoos, several of these species residing and to be seen directly in our visitors centre. Ask if maybe one of our guides specializing on birds is available: Ilke “*Yuqui*”, Edson “*Ká*” or Jazee, who do not only know the bird’s common names but can grant you additional information and explanations as to each observed species, further provide you with interesting or funny anecdotes regarding the different bird species.



Actually, we cannot think of any specific remarks regarding safety or protective measures!



PORTFOLIO OF ACTIVITIES

ENGLISCH



SEASON & LIMNOLOGICAL (WATER) LEVEL



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LEVEL OF DIFFICULTY



OPTIONS

Well, maybe you should consider having your binoculars ALWAYS with you, no matter if on the water or on land, in the forest or at our visitors centre, on the terrace or on the gazebo, as interesting birds may show-up any time!

