

# IQUITOS

Iquitos is one of the few cities that you can combine nature, fun, and gastronomy. This is the reason why, we invite you to visit it walking by its colorful streets and speaking with its warm people.

Because its isolation and absence of highways that connects the city with the rest of Peru, Iquitos is like a big family. Most of the people have never gone out. This is the reason why in this list we are promoting places run by Peruvians, so you can feel our authentic taste.

We want you to have a nice time in Iquitos, this is why, we suggest—from our point of view—the most attractive things that Iquitos can offer:

## EATING:

### Breakfast:

- Ⓢ If you are sleeping in a Hotel that doesn't include breakfast, go to the **CENTRAL MARKET** (5<sup>th</sup> block Sargento Lores Street). Outside the market, there are three or four different kioskos. They are clean, typical, popular and cheap (probably you'd be the only tourist there).
- Ⓢ **ANTICA** (159 Napo St.): clean restaurant, peaceful to enjoy breakfast. It has many options, including a typical one.
- Ⓢ **MARIA'S CAFÉ:** (292 Nauta St.): The typical-grandma-cakes, the best place to take coffee and desserts.

### Only Lunch:

- Ⓢ **LA QUINTA DE ABTAO** (5<sup>th</sup> block Abtao St.): It's small and humble, but its meals made it

one of the best restaurants in the city. You can't leave Perú without trying a good ceviche and this is the best place to do it. Try the one that is prepared with camu-camu fruit.

- Ⓢ **ARAPAIMA GIGAS (FISH FARM):** The restaurant is located outside of the city. They catch the kind of fish that you request in the very nice lake they have, and they cook it at that very moment for you. More fresh, impossible! It is located at Kilometer One on the highway to Zungarococha. A motokar may charge S/.10.

### Lunch and Dinner:

- Ⓢ **FUSION** (129 Fitzcarrald St.): homemade tasty food with inexpensive price. The only place where you can get sushi.
- Ⓢ **ANTICA** (159 Napo St.): Good trattoria in which you can combine Italian with jungle like flavours.
- Ⓢ **AL FRIO Y AL FUEGO** (Itaya River): floating restaurant in front of Iquitos. Unique in its kind. Take a motokar to "El Huequito" dock. The restaurant takes you by boat, and in 5 minutes you are there, away from the sounds of the motokars and enjoying a beautiful view with a piña colada in the hand. It closes on Sundays for dinner and Mondays for lunch.
- Ⓢ **NATIVO** (1647 Freyre St.): Fresh food for lunch and grilled meats by night. They have a large garden. Live tropical music Friday-Sunday.

### Only Dinner:

- Ⓢ **CARBON** (115 Condamine St.): Grilled meats and salads. Find here typical meals like *tacacho* (fried banana ball with bacon), *cecina* (smoked pork), *calabresa* (sausage), *patacones*

(fried banana). It's very popular, huge dishes and cheap.

- Ⓢ **EL RANCHO** (116 Huallaga St.) in Peru we eat a lot of "Pollo a la Brasa" (roasted chicken) and this is the best place in Iquitos to do it. Clean and cheap. The best combination with the chicken is with *Chicha Morada* (Peruvian tasty refreshment).
- Ⓢ **EL SITIO** (404 Sargento Lores St.) It looks more than a kiosko than a restaurant. The owners are a very nice couple that every night they created new combinations for very tasty skewers. Vegetarian choices.

### Cravings

- Ⓢ **NORMA MIA** (153 Condamine St.): Mrs. Norma is been making the most delicious cakes in town for the past 30 years. We recommend it.
- Ⓢ **Giornatta** (Main Square): Next door to the Iron House. Natural ice creams made from rainforest fruits.

## NIGHT LIFE:

Iquitos is known by Peruvians to have uncontrolled parties with loud tropical music. Nobody seems to care about anything but dancing. Don't be shy and go out. You'll have time to sleep in the boat way down to MUYUNA.

### To Start:

- Ⓢ **ARANDU BAR** (Boulevard): A bar located at the river front with rock music (you can request as well). You can seat and watch all kind of



people passing by. Try *agua loca* (pisco with macerate tree bark).

- Ⓢ **MUSMUKI BAR** (382 Raymondi St.): Small bar with exotic drinks made with fruits and tree bark). Rock music.

### To Dance:

- Ⓢ **NOA:** (298 Fitzcarraldo St.) disco, where you can enjoy cumbia, tropical music. Very popular among the youngsters.
- Ⓢ **ADONIS:** (1333 Ejército St.) Gay disco.
- Ⓢ **EL PARDO:** (Caceres with Alzamora) Live music with bands playing salsa, cumbia, tropical music, lot of beer, local people dancing as if the world were to end tomorrow. Dance surrounded by 5,000 people at the same time.

### MONEY EXCHANGE:

- Ⓢ We recommend to not change money with the people on the streets. They give more money than the bank, but it's more risky.
- Ⓢ **INTERBANK** (corner Prospero-Sargento. Lores): office exclusively to change euros, dollars etc.

### WHAT TO DO:

- Ⓢ **BELEN MARKET:** This is the heart of Iquitos. Vibrant, colorful, noisy and rare. Take a motokar to "Los Chinos" and walk down to the port and take a ride in a canoe to see the floating houses. Be there about 7 am, so you can see the people that live in the rainforest bringing fruits and fish to sell them in the market. Then, take a walk to "Pasaje Paquito", our jungle pharmacy, where the Shamans buy their products to do the magical ceremonies.

- Ⓢ **BUTTERFLIES FARM:** (10:00 am – 04:00 pm): Rescue center for animals. It's run by the Austrian Biologist "Goody". She has created a big tent full of butterflies surrounded by a nice flowers garden and small waterfalls. Take a motokar to Nanay port. Then take a public boat (locally called "llevo llevo") or rent a speed boat for the round trip. The ride takes about 20 minutes. If the water level is high you can go directly to the farm. If it's low, walk 15 minutes from Padre Cocha Village. Take an umbrella and a bottle of water for walking. If its rainy don't go; butterflies won't be flying.

- Ⓢ **MANATEES RESCUE CENTER:** Kilometer 4.5 Highway Iquitos-Nauta. You'll be able to see and feed the gentlest animal of the jungle. They act like dogs and come close to humans looking for love. They are reintroducing endangered manatees to jungle villages in a responsible way.

- Ⓢ **SANTO TOMAS:** Small village near the airport. Has a nice lake for swimming and renting canoes. A motokar charges S/.10. There are some basic restaurants which we don't recommend.

- Ⓢ **IMET, BOTANICAL GARDEN:** (Pje. San Lorenzo – Orvisa) Monday-Saturday until 3:00 pm,. The garden and laboratory has over 600 species of medicinal plants.

### HANDICRAFTS:

- Ⓢ **MARKETS:** ANACONDA: Downstairs of the Boulevard. SAN JUAN MARKET in Quiñonez Av. Handicrafts in Iquitos are not remarkable.

### INTERNET:

- Ⓢ **CYBER COFFEE:** 143 Raymondi St.

### WHAT NOT TO DO FROM MUYUNA'S POINT OF VIEW:

- Ⓢ **QUISTOCOCHA:** It's a poor maintained zoo. The animals suffer in ridicule small jails to satisfy the politics on duty. Muyuna strongly don't recommend to visit it.
- Ⓢ Don't give tips to the kids on the streets, because they could be working for their parents or to buy drugs. If you give them food, they think that is an easy way of living. Many of them also think that living in the streets is better that go to school. If you think that you can help in anyway, you could visit the Hospital in Iquitos, where the poor people goes to and sometimes they don't have money to buy medicines.
- Ⓢ Don't visit the Tribes. They pretend to show a real life style, but are only part of a put on show with the help of other lodges that visit them daily.
- Ⓢ Don't buy handicrafts that contain animal parts.
- Ⓢ Avoid eating Paiche, Caiman or Turtle because they are in danger of extinction, many restaurant offers this dishes as a gourmet option.

### Items for the jungle:

- Ⓢ **COMISESA:** 348 Arica St. (boots, torches, machetes, etc.)
- Ⓢ **TOPY TOP:** Próspero 4<sup>th</sup> Block (clothes)
- Ⓢ **LOS CHINOS:** many stores locate in Belen. (the same as Comisesa).



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**IQUITOS:** Walking next to your tour guide, you will appreciate some houses that were left from the rubber boom years. See the “Iron House” designed by Gustav Eiffel in 1887. Walk through the river front boulevard with view to the Itaya River.

**REGIONAL MUSEUM:** Show carvings from different ethnicities groups of the Amazonia.

**ANACONDA MARKET:** To buy some souvenirs.

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**Price per person**            **S/.210**

- Ⓞ Include: ground and aquatic transfers, snacks, water, guide, admissions.
- Ⓞ The order of the tour depends on the weather.
- Ⓞ The tour will last from 07:00 am until 4.30 pm
- Ⓞ We can operate starting from 2 pax.
- Ⓞ If the group is 5 or more pax, lunch is included.

**Combinations:**

- Ⓞ City and Belen: S/.70
- Ⓞ Only Manatees: S/.85
- Ⓞ Pilpintuwasi (Butterflies Farm): S/.85