



HEROIC
HEARTS
PROJECT

**Riosbo Ayahuasca Retreat & Research Center
Travel Tear Sheet**

Iquitos, Peru

Overview

- Before you Travel
- Locations & Country Info
- During Travel
- Hotel Info, Meals & Transportation
- Retreat Center Info
- Community Agreements



Riosbo Ayahuasca Retreat & Research Center

Before you Travel

- ❑ **Provide HHP Emergency Contacts & Comms Procedure document to Spouse/Significant Other/Emergency POC** so your loved ones know who to contact if necessary
- ❑ **Provide Travel Notice to your Bank** so you have no issues with bank cards
- ❑ **Print/Photocopy and Screen Shot of:**
 - ❑ Passport
 - ❑ Travel Itinerary
 - ❑ [Travel Medical Insurance](#) (Optional, but highly recommended. HHP does not cover the costs of medical visits/treatments that occur in country)
- ❑ **Add emergency phone number for TakeTwoTravel (+1-646-751-8886) into your phone contacts**
- ❑ **Review the Packing List.** HHP covers carry-on only
- ❑ **Print and or add this document to your personal digital drive** for ease of reference



Riosbo Ayahuasca Retreat & Research Center

Locations and Country Info

- **Retreat Center:** [Riosbo Ayahuasca Retreat & Research Center](#)
- **Closest Town:** [Iquitos](#)
- **Arrival Airport:** [Coronel FAP Francisco Secada Vignetta International Airport \(IQT\)](#)
- **Hotel:** [Central Bed and Breakfast](#) | [Jiron Nauta 355, Iquitos 16000](#) (25 minutes drive to/from IQT), +51 987 147 613
- **Climate:** Hot, muggy, and mostly cloudy. Over the course of the year, the temperature typically varies from 70°F to 94°F and is rarely below 67°F or above 98°F ([more details on climate](#)).
- **Language:** 84% speak Spanish, the official national language. 26% speaks a first language other than Spanish.
- **Currency:** Peruvian Sol/Soles (PEN). Roughly 30 cents to USD.



Central Bed & Breakfast

During Travel

- ❑ **Pack some diet-friendly snacks to take with you** as there will be limited options available at the airport (all meals during travel are self-purchase up until dinner at on the day of arrival)
- ❑ **Leave yourself plenty of time to get to the airport and check in**
- ❑ **Do not drink the tap water**
- ❑ **Update the HHP Team on your travel movements via the Group Signal Chat** (i.e. Wheels up/Wheels down)
- ❑ **You will be flying through [Jorge Chávez International Airport \(LIM\)](#), Lima, Peru**
- ❑ **If you get a delayed or canceled flight**, let us know via the Group Signal Chat. If early morning/late at night or you are not getting any response, reach out to our travel agent directly on **+1-646-751-8886**.



LIM Airport

- ❑ Upon arrival to LIM, clear customs (if necessary pick up your checked bag) and move through security for your domestic flight to IQT (security lines at LIM can be long)

During Travel - Currency

- ❑ If time during transit through LIM, **visit the ATMs prior to checking into your domestic flight** and pick up ~PEN\$800 (~USD\$200) cash for meals. Be aware that you will be charged an international access fee of 1-3% per transaction (depending on your bank). You can also bring US Dollars with you to exchange at one of the currency exchange kiosks at LIM airport (recommend waiting until outside of baggage claim to exchange money in order to get a better rate).
- ❑ There will be opportunities to exchange money or draw money in Iquitos, **but not at the retreat center.**
- ❑ **How much money do I need?** Purchase of local souvenirs is available on the last day of the retreat (optional, but highly encouraged). A general guide would be souvenirs for a family = USD\$300~PEN\$1200 , self + partner = USD\$200 ~PEN\$800, self = USD\$120 ~PEN\$500.



ATMs at Lima Airport

- ❑ Optional, but highly encouraged is also to add around USD\$40 (PEN\$150) anticipated costs after the purchase of local crafts to tip the local retreat facility staff

Hotel Info, Meals & Transportation

- **Check In:** 2PM / **Check Out:** 10:00am
- **Rooms:** Twin shared (same gender)
- **Breakfast at Hotel:** Continental Breakfast provided 7:00-9:30am
- **Airport Pickup:** Provided from IQT Airport to Central Bed and Breakfast Hotel (a Central B&B Hotel staff member will have a sign with your name on it at the baggage claim area/arrivals gate)
- **Arrival Dinner:** The HHP Veteran Peer Support Specialist will take the group out for a diet-friendly meal the day everyone arrives, remainder of meals (whilst not at retreat center) are on your own
- **From Hotel to Retreat Center:** At 10am, take an air-conditioned bus for one hour to the village of Nina Rumi along the Nanay river. Travel by boat for one hour into the National Reserve.
- **From Retreat Center to Hotel:** Dropped off at Central B&B around 2PM on the last day of the retreat
- **From Hotel to Airport:** Participants arrange their own transportation from Central B&B Hotel to IQT Airport (~USD\$8, \$30 Soles)



Riosbo Ayahuasca Retreat & Research Center

Retreat Center Info - Facilities

- The [Ayahuasca Foundation Website](#) has an extensive amount of information on:
 - [Accommodations](#)
 - [Shipibo Curanderos](#)
 - **Power/Cell Phone/WIFI:** Intermittent solar power is available. No cell phone or WIFI available
 - **Water:** Filtered spring water to drink is available from the central fountain.
 - **Meals:** All meals provided. No dinner served on evenings of ceremonies.
 - **Washing Clothes:** No laundry available. Soap and bucket available to hand wash clothes and hang dry
 - **Schedule:** [10-day retreat](#)
 - [Packing List](#)



Twin shared rooms at Riosbo Ayahuasca Retreat & Research Center

Community Agreements

Showing Respect & Honoring Boundaries

- We invite you to practice **cultural humility**. Everyone is coming to this experience with a diversity of backgrounds and lived experiences. Please be mindful of this in your words, humor, and actions.
- During group shares, support others through practicing presence, actively listening and simply affirming what others have said. Refrain from offering analysis or advice unless it has been explicitly asked for.
- During ceremonies, allow facilitators to tend to fellow guests who may be struggling, as tempting as it may be to want to offer a helping hand! We encourage you to **stay present with your own experience**.
- Please keep the experiences, words, and sharing of others **confidential** by not repeating/relaying outside of our retreat cohort. What is said on retreat stays on retreat!
- Please do not take **photographs** of others without their consent.
- **No gossiping, bullying or violence of any kind will be tolerated**. Please take any issues you may have with another guest directly to the Veteran Peer Support Specialist or facilitation team.
- We ask that you contribute to keeping the space safe by **respecting others' emotional and physical boundaries** (e.g. do not assume others are comfortable with physical interactions such as hugs without consent). Practitioners will provide hands-on assistance with your consent.
- **No romantic or sexual encounters** with fellow retreat guests are permitted. Please be mindful of being in an open and vulnerable state and maintain appropriate boundaries of personal intimacy and space.