

Day 03
Monday, March 10th

LOS AMIGOS

Following breakfast, a hike along Trail 1 to Poso Don Pedro. This trail begins at the station and enters maturing secondary forest. A short spur will take one to the ACEER's Ethnobotanical Garden. The trail continues into older forest and a palm swamp, Poso Don Pedro. Here the group will explore the perimeter of the wetland habitat and venture onto the small pond aboard a small catamaran. The trail will provide an opportunity to present basic ecological principles of rainforests, and the changes that take place from human and natural influences. Poso Don Pedro will introduce concepts of aquatic ecology and the dynamic interface between aquatic and terrestrial ecosystems. Upon return to ACEER, the groups will stop at the Madre de Dios "Mirador" or overlook. The forest and river system seen is undergoing changes from mining, timbering and colonizing.

Lunch at ACEER-Los Amigos

After lunch, the group will take Trail 10 to the Los Amigos "Mirador", or overlook. This viewscape will provide the backdrop for a discussion on land protection in the Madre de Dios region. The area seen is fully within the Los Amigos conservation concession and protected from deforestation. On the way back, we will visit the ethnobotanical gardens, created at Los Amigos by shaman Don Antonio Montero. There we will see indigenous plants from the region, some of them edible and others medicinal. Emphasis will be on the traditional uses of medicinal plants and the promise they hold for new, modern medicines. Traditional healing techniques will be demonstrated. The afternoon will end with a "Bath of Tranquility Ceremony" in the garden tambo.

Return to ACEER-Los Amigos, dinner

After dinner, there will be an evening activity. This may be a guest lecture by a resident researcher at CICRA or a night hike.

Overnight at Los Amigos

Day 04
Tues, March 11th

LOS AMIGOS

Following breakfast, the group will hike to Cocha Lobos, a typical ox-bow lake with resident giant river otters. The trails will traverse mature secondary and primary forest, with examples of highland forest as well as very different floodplain forest. There will be excellent opportunities to view wildlife in intact rainforest habitat, and continue the evaluation of rainforest dynamics between aquatic and terrestrial ecosystems.

Lunch at ACEER-Los Amigos

After lunch, the human presence in the rainforest will be assessed with visits along the Madre de Dios to the colonist town of Boca Amigos and nearby gold mining camps.

Return to ACEER-Los Amigos, dinner

After dinner there will be an evening guest lecture or night hike.

Overnight at Los Amigos

Day 05

LOS AMIGOS TO PUERTO MALDONADO

Weds, March 12th

After early breakfast, we reverse our trip from Los Amigos to Puerto Maldonado, where we check in at the Cabana Quinta Hotel. After lunch, we will tour the town. Puerto Maldonado, with a population of approximately 60,000, is the capital of the Madre de Dios region and is located at the confluence of the Tambopata and Madre de Dios Rivers. This small frontier town has a history of resource extraction beginning with the rubber boom, logging and gold prospecting, and more recently oil exploration. Despite this activity, 98% of the region is comprised of primary rainforest. There are three national parks and reserves in the area that together comprise more than 3.5 million hectares of protected forest ecosystems. They are: The Manu Biosphere Reserve, Tambopata-Candamo Reserve, and the Bahuaja Sonene National Park. Our tour will include the main square and the market – where everything from produce harvested from the surrounding forest, to live chickens and other animals to motorcycle parts and plastics are sold. Of particular interest are the medicinal herb stands, where we will have the opportunity to talk with local curanderos and discuss the use of traditional remedies.

Breakfast at Los Amigos

Lunch at Chez Maggy Pizza

Dinner and overnight at Cabana Quinta Hotel

Day 06

PUERTO MALDONADO TO AGUAS CALIENTES

Thurs, March 13th

After breakfast at the hotel, we transfer to the airport for morning flight to Cusco, the oldest continuously inhabited city in the western hemisphere. A distinguishing feature of the city is the colonial Spanish architecture built upon the foundations of ancient Incan temples. A bus ride takes us from Cusco through the Sacred Valley, to Ollantaytambo. This area reflects traditional ways of agriculture. Due to global warming, glacial irrigation waters are declining, and plant habitats are changing. On the way, we will stop at a local weaving arts gallery for a demonstration. We board the late afternoon train at Ollantaytambo for a 1 ½ hour ride to Aguas Calientes. After check in at hotel in there will be time to explore the town before dinner.

Breakfast at Cabana Quinta Hotel

Box Lunch on the way

Dinner at a local restaurant in Aguas Calientes

Overnight at Machu Picchu Inn

Day 07
Fri, March 14th

MACHU PICCHU TO CUSCO

After an early breakfast, we board the bus to go directly to Machu Picchu, Lost City of the Incas, where we will learn about its history, past and future in a two hour guided tour. There will be opportunity to climb Huyana Picchu, or walk to the Sun Gate. Lunch will be on your own, either at the site at the Sanctuary Lodge, or in town, if you prefer. We take the 3:30 train from Aguas Calientes to Ollantaytambo, then a bus to Cusco. We have a late night dinner at a local restaurant in Aguas Calientes.

Breakfast at hotel.

Lunch on your own

Dinner – local restaurant in Cusco

Overnight at Casa Andina Catedral

Day 08
Sat., March 15th

CUSCO TO LIMA

After breakfast, you will have time to explore the town squares and cathedral on your own. Transfer to the airport at noon for our flight for Lima. In Lima we will have a tour of the city and Love Park, and a farewell dinner prior to transfer to the airport for the late-night flights back to Miami or Atlanta, departing at approx. 11:35 pm.

Breakfast at hotel in Cusco

Lunch on your own

Dinner at a restaurant in Lima

Overnight in-flight to the USA

Day 09
Sun., March 16th

MIAMI/PHILADELPHIA

Arrival in Miami or Atlanta at approximately 6:06 a.m. After clearing customs and immigration, we proceed for our return flight to Philadelphia, arriving approximately 12:05 pm.

For More Information, contact:

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Total Cost: **\$2,399 all inclusive from Lima** (hotels, food, transportation, guide service)
Deposit of \$500 and registration forms are due by Friday, December 7th, 2007. Final payment for the remaining cost is due Friday, January 4th, 2008. Mail forms and checks to:

The ACEER Foundation
P. O. Box 2549
West Chester, PA 19383

International Airfares:

The workshop begins on Saturday, March 8th, in Lima, Peru. You should plan to arrive in Lima no later than 11 p.m. on March 8th. Airport transfers can be arranged on that day (please notify the ACEER of your arrival time, airline, and flight number.)

Flights home should be on the night of March 15th, arriving in the USA the morning of March 18th. Note, some flights depart shortly after midnight – be sure your arrival in the USA is the morning of March 18th.

Best flights are:

Delta Air 475 Phila to Atlanta, departing 1:10 pm
Delta Air 335 Atlanta to Lima, departing 5:15 pm
Delta Air 274 Lima to Atlanta, departing approx. 11:20 pm (or sometimes at 12:20 am)
Delta Air 474 Atlanta to Phila, departing 10:05 am

American 1339 Phila to Miami, departing 1:40 pm
American 917 Miami to Lima, departing 5:30 pm
American 918 Lima to Miami, departing approx 11:30 pm
American 858 Miami to Phila, departing 10:10 am

For help with international airfare, we recommend the following options:

- Whirlaway Travel in West Chester: 610-431-3642
They are familiar with flight schedules to Lima, Peru, and have arranged many flights for the ACEER Foundation. They have been briefed to expect calls.
- www.Kayak.com - searches all travel search engines, airline websites, and lists best prices.
- Use frequent flyer miles.

For West Chester University students – WCU will pre-pay the workshop travel costs. Set up a payment plan through the Bursar's Office. Credit is also available for this workshop. Schedule for HEA 435 in the Spring semester and contact Dr. Roger Mustalish for a syllabus.