



adventure
associates

Amazon Riverboat Adventure

A BOUTIQUE VOYAGE INTO THE FLOODED FOREST ON *B/M AMAZON DREAM*

EXPEDITION MANUAL



Welcome aboard

Let's explore the emotions of the mighty Amazon River together....

At some stage during our schooling, most of us learnt about The Amazon River! We were told that it is in Brazil and it is the largest river in the world (the Nile being the longest) and that fresh water is found in the Atlantic Ocean 160 km from its delta! Countless tributaries join the Amazon as she flows through one of the planet's last great wilderness areas. Imagine a forest kingdom nearly the size of Australia, interlaced with creeks, streams, lagoons and rivers that flow into one main artery, carrying fresh water from the Peruvian Andes to the Atlantic Ocean. The Amazon is home to some of the world's most exotic plants, birds, fish and animals and sits very close to the equator.

There's no better way to explore the essence of the Amazon River than being on board our cosy expedition riverboat, *Amazon Dream*. Our captain and his naturalist team, help us discover hidden treasures within the rainforest's 'green walls'. Our flexible schedule allows us to make the most effective use of the river conditions and cooler times of day.



Panpipes, the music of the Amazon

After dark, spotlighting from the canoes reveals caimans, potoos (a bird related to the nightjar) and other nocturnal creatures.

New delights and challenges greet us at every turn as we thread our way through extensive rainforest.

Come, float with us under the canopy of some of the world's tallest trees or take a hike deep into the mysterious rainforest or just enjoy lying in your hammock watching amazing scenery drift by!



MAP KEY

1. Embark Manaus & enter the Rio Negro
2. Rio Cuieras
3. Anavilhanas Archipelago
4. Madada Caves
5. Novo Airao
6. Lago Acajatuba
7. Ariau
8. Lago Janauaca
9. Parintins
10. Obidos
11. Maguari
12. Jamaraca
13. Braganca Lago
14. Alter do Chao
15. Disembark Santarem & fly back to Manaus



PROPOSED ITINERARY

Prepare to be overwhelmed as we follow the Amazon River through one of the planet's last great tropical jungles. Pink dolphins rise to greet a golden dawn, a rainbow flash of macaws screech overhead and sleepy children in dugout canoes emerge from the emerald forest; their curiosity masked by dark eyes and shy smiles. The unearthly roar of howler monkeys shatter a lively dawn chorus and our day truly begins.

Our voyage offers an expedition experience like no other as we follow this water highway and lifeline, visiting the river people in villages and bustling port towns along the way.

Our 15-day Amazon Riverboat Adventure on board *Amazon Dream* commences in Manaus 20 March 2025 to 3 April 2025

WHAT'S INCLUDED

- Airport transfers day 1 and 15
- 1 night at Villa Amazonia Hotel in Manaus including breakfast
- Dinner on day 1 at the famous Juma Opera Restaurant
- 1/2-day City Tour of Manaus
- All meals during the voyage (Breakfast, Lunch, Dinner)

- Unlimited water, tea & coffee during the voyage
- Bar drinks, wines, beer and alcoholic beverages (limited consumption)
- Harbour docking fees, fuel and crewing
- All excursions during the voyage
- On board Naturalist guide
- Gratuities for ship's crew
- Flight from Santarem back to Manaus

WHAT'S NOT INCLUDED

- International airfares and taxes
- Travel insurance
- Medical expenses, vaccinations, visa costs etc.
- Personal expenses



The colourful keel-billed toucans

The adventure begins



PROPOSED ITINERARY – AMAZON RIVERBOAT ADVENTURE ON BOARD AMAZON DREAM

B = Breakfast, **L** = Lunch, **D** = Dinner

Day 1 Join Manaus, Brazil

Welcome to Manaus! On arrival you will be met by a representative of Adventure Associates and transferred to your hotel. The rest of the day will be at your leisure.

Manaus is located in the heart of the Amazon rainforest along the banks of the Rio Negro – it is the capital of the vast state of Amazonas and is a major departure point for the surrounding area. Access to the city is primarily by aeroplane or boat and it is this isolation that has helped preserve both the surrounding natural environment and the culture of Manaus.

In the evening we will enjoy a welcome dinner at the famous Juma Opera Restaurant. **D**

Day 2 Embark Manaus

This morning we'll be taken on a city tour visiting its most important landmarks. The opulent pink Opera House – more than 120 years old and representing the city's heyday during the rubber boom. It was chosen by Vogue magazine as one of the most beautiful opera houses in the world!

Fossick through the delights of the famous fresh food market, then admire The Cathedral of Our Lady of Conception, that was officially opened in 1878 and elevated to cathedral status in 1946.

After the tour we will be welcomed aboard our cosy floating home *Amazon Dream* by the Captain and his crew. After settling into our cabins, we will enjoy commanding views of our departure from Manaus as we head upstream to visit the Rubber Museum.



Manaus Opera House



Pink river dolphins also known as Boto

This visit will give us a better understanding about the golden age of rubber in the Amazon. White gold was the heyday of Manaus. The museum is a complete and faithful reproduction of a rubber plantation at the beginning of the 20th century.

What incredible sights we will see



At dusk we will be treated to a presentation of indigenous rituals at the village of Domingos. **B,L,D**

Day 3 Rio Cuieras & Anavilhanas Archipelago

We plan to take an early morning birding tour along the small river of Pagodao where we will experience a true sense of being deep in an Amazonian jungle. Here we hope to catch glimpses of exotic birds in the canopy. We'll keep our eyes peeled for the pink (Boto) and the grey (Tucuxi) river dolphins. The pink is the largest of the river dolphins with males reaching a maximum length of around 2.55 metres (8.4ft). The grey estuarine dolphin is about half the length with a smaller head and shorter beak.

Later we will take a walk on terra firma (never flooded land). Our guide will explain the resources offered by the forest and how the caboclo indigenous populations used them, like wood and palm

trees for housing construction and medicinal plants.

We will then sail to "Tres Bocas", the three entrances to the Anavilhanas National Park that encompasses one of the largest fluvial archipelagos in the world and is part of a World Heritage Site. The area is known for its abundance of birdlife such as toucans, parrots and macaws.

Later in the afternoon we will head out to observe these wonders of the forest and the stunning landscapes on the Lago da Pescada.

Back on board we will enjoy the sunset and as night falls the constellations of the southern hemisphere will light the sky as we sail towards the Madada caves. **B,L,D**

Day 4 Madada Caves & Novo Airao

This morning we will take a walk for about an hour through the forest



Extracting latex from a rubber tree



Floating town of Anamá

to the Madada Caves. This is a mysterious place which served as a refuge for certain indigenous tribes more than 3000 years ago and is seldom visited by tourists.

Our course is set towards Novo Airao a small town on the banks of the Rio Negro where traditional

The giant water lilies – *Victoria amazonica*



Amazon riverboats are built and where we will visit the Almerinda Malaquias Foundation. We will be welcomed warmly by the locals who produce delicate native handicrafts and teach environmental education.

Later in the day we will travel towards Tiririca Village. **B,L,D**

Day 5 Tiririca Village & Lago Acajatuba

Tiririca Village is a small community located on the right bank of the Rio Negro and is a lovely example of symbiosis between human beings and nature. Birds like the macaw and the buzzard are easily observed around the village. We will also learn how to make cassava flour, a staple food for the majority of the local populations. There will be free time to stroll around the village and observe the nature that lives in harmony with the river inhabitants.

Back on board we will head towards the entrance of Lago Acajatuba. It's time to observe all the different shades of forest

greens along the banks, and hopefully see the dolphins' ballet of large circles in the shimmering water as our boat passes by.

Arriving in the middle of the afternoon, we'll disembark for a moment of relaxation on the Jacaré beach to enjoy a cooling swim in the black waters of the Rio Negro. We will anchor here overnight and enjoy a specially arranged BBQ. **B,L,D**

Day 6 Acajatuba & Ariau Canal

This morning we will visit the small village of Acajatuba. It is a collection of small, colourful wooden houses built on stilts. There is also a possibility of swimming with pink (Boto) dolphins.

Afterwards we will head off to Ariau. This is a natural canal which joins the Amazon River and the Rio Negro. A magnificent area for seeing wildlife and in particular the "mao amarella" monkeys.

We'll spend the night at anchor in an arm of the Rio Negro not far



Life on the banks of the Amazon



Children dressed in traditional costume

from Manaus. **B,L,D**

Day 7 Wedding of the Waters

Today we will approach the wedding of the waters!

The "Wedding of the Waters" is where the tea-coloured waters of the Rio Negro share the same channel with the brownish waters of the Rio Solimoes. This meeting is due to the different speed,

temperature and density of the two tributaries as they run side by side without mixing for more than 6 kilometres, forming the main Amazon River.

We will continue up Rio Solimoes (the white river) towards Lago Janauaca, keeping our eyes peeled for caiman, which is a crocilian reptile endemic to South America. **B,L,D**

Day 8 Lago Janauaca

Another early morning start to explore Lago Janauaca. At this time, the birds are looking for food, dolphins are hunting in the muddy waters and the fishermen are out in their canoes hard at work. The people who live around this lake are divided between cassava farming, fishing and livestock activities. This region of "Varzea" is particularly fertile thanks to its nutrient deposits during seasonal flooding. We hope to meet some local fishermen and learn about their piranha fishing.

After dinner we will take a nocturnal outing looking for caiman. **B,L,D**

Day 9 On the Amazon River

We leave Janauaca behind and sail east down the Amazon River towards Parintins.

We will have time relaxing on deck as we go with the flow, taking in the life happening along the shore as we cruise down the almighty Amazon River.

On the way we will make outings at some interesting sites in search of birds and exotic plant life. Like the *Victoria Amazonica* – Giant waterlily. It's one of the largest of all waterlilies, with enormous leaves that can reach up to three metres wide and support the weight of a small child. **B,L,D**

Day 10 Parintins

We will be on board all day making it a perfect opportunity to reminisce about our voyage so far; taking time to sort out the hundreds of



Fruits of the forest



Parintins "Boi Bumba"

photos, do some reading, writing or even painting as we enjoy the sights floating by.

We arrive at Parintins late in the day. Parintins is the town where the Boi Bumba Folk Festival is held each year in June since 1965 when 16,000 souls descend to enjoy the music and festivities. It's 420km from Manaus and we will be taken

Wedding of the Waters.

Clash of the jaws



on “a behind the scenes” tour of the festival before anchoring for the night near Parintins. **B,L,D**

Day 11 Obidos

Today is an exciting day! After a morning outing to check out the flora and fauna on a nearby island we will visit one of the oldest cities on the Amazon River, founded in 1697 and named after the Portuguese city of Obidos. It is located at the narrowest part of the river being only 1,890 metres wide.

In the evening we will come to anchor in Rio Tapajos near the Jari Canal – a beautiful place to observe sloths. **B,L,D**

Day 12 Tapajos River

A good breakfast in the morning sunshine in the serenity of the Tapajos River, before we head out on an expedition, down the Jari

River. This small tributary is bursting with dolphins, birds, and caiman...

Later we will head towards Maguari village which is on the edge of the Tapajos National Forest. The Tapajos River is 20km wide and mostly black water.

Imagine a different ecosystem, with new rivers and cruising into another part of the mighty Amazon basin, with white sandy beaches and lakes creating a magnificent setting! We will anchor overnight here so we can get up early for a morning hike into the primeval forest. **B,L,D**

Day 13 Maguari & Jamaragua

Our local guides from the communities of Maguari and Jamaragua will be waiting to lead us deep into the forest looking for the gigantic trees. Wildlife is a possibility too – from birds to blue butterflies, and maybe glimpses of



Squirrel monkeys



Three-toed sloth

monkeys and sloths. After the long walk we can take a swim in the clear water before lunch.

The afternoon finds us sailing down the right bank of the river for

The majestic scarlet macaw



a couple of hours to Lago Marai. The plan is to learn more about the Langsdorff Expedition who reached Santarem on 1 July 1828, after enormous difficulties and suffering. The expedition made large collections of scientific specimens which ended up in St Petersburg. Langsdorff's descendants anxious to preserve his traditions; have set up a place to receive visitors under ecotourism programs.

Later in the day we will visit Braganca Lago for more bird watching at sunset.

This evening we hope to be treated to a ritual dance by the Munduruku Indians. **B,L,D**

Day 14 Braganca Lago & Alter do Chao

Today we'll spend time in the vicinity of Braganca Lago, moving about on the lake in small canoes accompanied by local guides.

Golden hour

We will then head for Alter do Chao to spend our last night in the magical heart of the Amazonian Forest.

This evening there will be traditional dances and music on one of the beaches and after dinner, *Amazon Dream* will sail toward Santarem where we will spend the night at anchor in the cove off Mapiri. **B,L,D**

Day 15 Santarem to Manaus

After a good breakfast we disembark our cosy vessel *Amazon Dream*, saying goodbye to our wonderful Captain and crew.

There is an option to visit the fish market. Lunch will be at one of the local restaurants, before our transfer to the airport for the flight back to Manaus.

On arrival back in Manaus we say our goodbyes and head off in our separate directions, whether



Anaconda abode

it be back home or continuing on another adventure! **B,L**

Please note: The Proposed itinerary is just a guide; this is an expedition voyage into remote places of the Amazon River. Possible changes could occur due to water levels and nautical situations.



SHIP DETAILS

B/M AMAZON DREAM Expedition Vessel

B/M Amazon Dream is a traditional Brazilian Amazon riverboat. Built in 2007 from Ipe and Itauba woods offering modern conveniences with old-world charm. Amazon Dream provides a relaxed atmosphere allowing you to unwind in style.

There are 9 air-conditioned cabins with either twin or double beds, designed in a traditional Amazon style. Each cabin has its own individual touches that makes it easy to call your own when you step on board. All cabins come with a wardrobe for storage, bedside tables, a desk and chair. The private bathrooms come with all the basic amenities. Some cabins feature access to spacious shared balconies perfect for relaxing and enjoying the beautiful Amazon River views.

B/M Amazon Dream has 3 main decks:

- The sun deck, has the wheelhouse, 1 superior passenger cabin, a covered bar with plenty of deckchairs and a relaxing solarium.
- The upper deck features 4 superior passenger cabins with balconies, the restaurant and galley.
- The main deck has 4 standard passenger cabins with access to the outer deck.



Ship's upper deck

The vessel is equipped with two comfortable motorised boats for daily excursions.

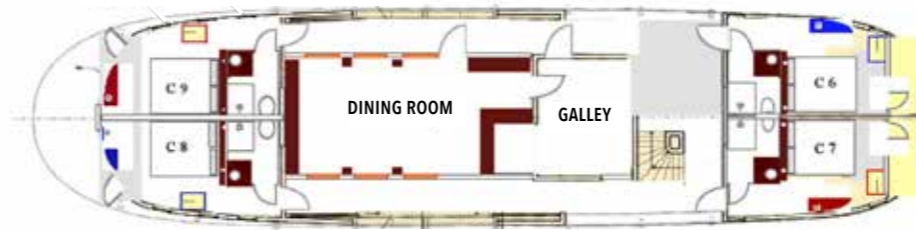
B/M AMAZON DREAM SPECIFICATIONS

| | |
|-----------------|--------------------------|
| FLAG: Brazil | LENGTH OVERALL: 28m |
| BUILT: May 2007 | BEAM: 7m |
| PASSENGERS: 18 | MAXIMUM DRAFT: 1.2m |
| CREW: 9 | CRUISING SPEED: 11 knots |

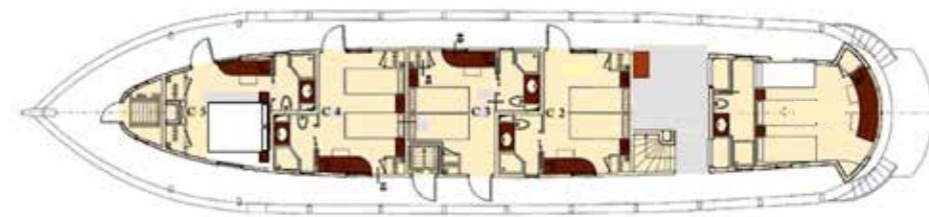
B/M AMAZON DREAM DECK PLAN



SUN DECK



UPPER DECK



MAIN DECK



Standard double cabin



En-suite bathroom



Superior cabin with balcony



Dining room



GENERAL INFORMATION AND FACILITIES ON BOARD

BRIDGE: You are welcome to visit the wheelhouse at any time unless notified otherwise. You might even be offered to steer the vessel for a while...!

CABINS: There are nine cosy cabins all differently decorated, each measuring between 12 and 14 m². The cabins have either a double bed or twin beds, individual air conditioning, a private bathroom with shower, toilet and hairdryer. Cabins on the upper deck have balconies.

COMMUNICATION: WIFI is available on board for the duration of the cruise by StarLink. However, depending on our position this network can be lost.

DAILY PROGRAM/LANDINGS: Information about daily activities and general information will be discussed during recaps on the sun deck. Any changes will be announced. There will be some lovely walks through small villages and in the jungle to observe the fauna and flora. There will also be some nocturnal outings.

DINING & BAR: All meals are served in the air-conditioned dining room with large windows or on the sun deck. There is a bar on the sun deck where

you can taste delicious fruit cocktails and other caipirinhas...

LAUNDRY: There is a laundry service on board.

LIBRARY: The on board library has a small selection of guides, picture books and reference books.

MEALS & DIET: Meals are prepared every day from freshly bought ingredients of the Amazon region. Special dietary requirements are taken into account as far as possible. Once on board you will be able to speak to our chef personally.

PAYMENTS: Personal expenses are paid for at the end of the voyage in Euros, US Dollars or Reais (in cash). Credit cards are also accepted on board.

POWER SUPPLY: European plug system: it is good to bring an adapter but in general, there is no problem to connect electronic devices such as mobiles, tablets or computers. The electric current is 220 volts.

TIPS/GRATUITIES: Tips are already included in the voyage price. An additional recognition of particularly good service is left to each guest.



Go with the Flow

RESPECT FOR THE ENVIRONMENT

Amazon Dream Expedition Cruises, have been designed according to an ecological and ethical charter whose objective is the preservation of the sites visited and respect for the populations who welcome us.

The unique character of these cruises benefits us by the special relationships established over several years with various village leaders. ADEC contribute financially to support local projects and to give back to the Amazon a little of what it gives us as travellers!

Below are some rules which protect local communities, the environment and ensure that the sites visited remain the same after our visit:

- We suggest that you purchase crafts and regional products from the villages visited to help support local families.
- At some of the more remote landing sites, the crew like to clean the surrounding area and take away any rubbish: like pieces of old fishing nets, bottles, plastic bags, cans etc... you are welcome to join them.
- On board, we ask that your towels or sheets are not replaced every day unless necessary; in order to



Family of capybara

conserve water, detergent and electricity. Linen will be changed every three days.

- During our walks in the forests to observe the fauna, silence is essential, as these animals are kings in the art of camouflage.
- Our meetings with local communities will give us a better understanding of their customs, traditions and knowledge about the inhabitants of the flooded forest.
- To reduce our carbon footprint, the speed of the vessel is limited to 8 nautical miles per hour, which allows for optimisation of fuel consumption.



Every tree tells a story, embrace their whispers

GENERAL TRAVEL INFORMATION

TRAVEL INSURANCE

Our expedition travels to a remote corner of the globe where medical evacuation may be difficult and very expensive.

We strongly advise you purchase travel insurance that covers you for emergency evacuation, full medical cover, trip cancellation and lost luggage.

If you are arranging your own travel insurance please check that your policy (particularly if it is issued by your credit card provider) covers you for the destination that you are visiting and covers any pre-existing medical conditions.

Adventure Associates can provide you a quote with our recommended travel insurance partner.

MEDICAL CARE & CHECKS

Given the remote areas we are travelling to, we ask you to visit your doctor for a medical clearance. We also advise to have a dental check and a visit to the TM+VC travel doctor for all your required inoculations <https://www.traveldoctor.com.au>

A **yellow fever** certificate is required for entry into Brazil. It is advisable to have tetanus and hepatitis A.

The Amazon is considered a malaria zone with low risk. It is recommended to take sufficient medicine with you. There is an emergency kit on board, but no doctor or medical facility.

In the event of a medical emergency, the vessel will sail to the nearest local doctors clinic or hospital.

VISA

Currently, Australian passport holders don't need a visa to enter Brazil for tourism. You can stay in Brazil for 90 days over a 12-month period. This will be counted

from the date of your first entry to Brazil. However this could change so for the most updated info <https://www.smarttraveller.gov.au/destinations/americas/brazil>

MONEY MATTERS

US Dollars are useful in most tourist areas. The best place to change money is at the airport or at branches of Banco do Brazil. ATM's are common in Manaus, but they do not always work and sometimes don't accept non-Brazilian cards.

1 AUD = approx. 3 Brazilian Real

1 USD = approx. 4.5 Brazilian Real

Every traveller is different and therefore spending money requirements will vary, so consider your own spending habits when it comes to allowing for drinks, shopping and tipping.

SAFETY & VALUABLES

Make photocopies of all your important documents (passport, visa, airline ticket, credit cards, emergency contacts, travel insurance policy with emergency hotline numbers etc.) Leave one set of copies with a friend or relative at home and keep another in your main luggage, in case your hand luggage with the originals goes missing.

Please leave any non-essential valuables at home (jewelry, expensive watch etc.) Money belts worn underneath clothing are useful. Don't take all your money with you when out sightseeing. We advise utmost caution at popular tourist spots and especially at airports – don't leave luggage unattended.



Adventure Associates is not to be held responsible for the loss or theft of any valuables. Bring with you only what you consider necessary.

SHOPPING & SOUVENIRS

To remind you of your Amazon adventure, you will find some really interesting items to purchase including handmade goods from local artisans. By buying locally you will be supporting these isolated communities, as well as taking home a unique and quality souvenir.

DO– Buy from the Artisan: For many local artisans this is often their only means of income, so instead of buying from one of the “tourist shops” try to buy directly from the artisan.

DO– Carry cash in small denominations: Make sure you have small denominations so you don't have to ask for change from the vendor.

DON'T– Try not to haggle too much: While haggling may be common place in most of Latin America be mindful and support the local communities you are visiting, don't do them an injustice by offering them too little for their unique product.

DON'T– Buy animals or anything made from animals: By buying animals, dead or alive, or souvenirs made with animal teeth, fur, or other body parts you are supporting and encouraging the illegal trade of killing and selling endangered species in the region

DON'T– Just purchase from one vendor: If there are a number of vendors on the same street, try not to purchase all of your souvenirs from just one. You may get a better deal by buying your items in bulk, but you will not be supporting the other independent sellers. Share the wealth and browse all of the options.

GIFTS TO THE LOCALS

Please do not give money, presents, or sweets to

children. If you wish to make a contribution we suggest bringing along: educational material (pens, markers, note-books, coloured pencils, rubbers and chalks), soccer balls and children's clothes. In consultation with our Captain and guides, we will organise where best to distribute these items.

TIME CONVERSION

Amazon Standard Time: Time zone in Manaus, Brazil, is (GMT/UTC -4) and Australian Eastern Daylight time AEDT = (UTC +11) Manaus +15 hours.

RESPONSIBLE TRAVEL

We are committed to offering low-impact tours that benefit traveller and host alike. We work with local communities, businesses and individuals to develop sustainable tourism opportunities that help local economies, while minimising negative environmental and cultural impacts.

Things you can do:

- Bring rechargeable batteries, a battery charger (and plug adapter if necessary). Batteries are very toxic and there are no proper disposal facilities. Rechargeable are best but if this is not possible we recommend that you bring any used batteries back home with you for proper disposal.
- Do not hand out anything to children along the river.
- Please ask before taking pictures.

TRAVELLER'S TIP: Start your adventure with an open mind and resolve to take any itinerary changes in your stride – relax, enjoy your opportunity to visit this fascinating river and its people and understand that delays and variations to the itinerary may occur.



PACKING HINTS & CLOTHING SUGGESTIONS

We recommend you keep your baggage to a comfortable minimum. Pack simply and lightly. Clothing that you can layer will prepare you for all kinds of weather. In packing your carry-on bag for the flight, we suggest you pack essential toiletries (no bigger than 100 ml), medicines, and a change of clothing in the event you reach your destination without some of your checked luggage.

Shorts and lightweight shirts are most comfortable during the day. In the evening it is best to wear light, long-sleeved shirts and long pants in a natural, lightweight fabric (e.g. cotton, linen). They offer protection against the sun and insects. For women, a loose cotton dress (or cotton skirt/top) is comfortable and cool. Dress on board is casual for the entire voyage!

CHECK LIST

In general, one should dress conservatively. It does cool down a little in the evenings, so bring something that's light and warm to put on. Do not bring a lot of clothes, just three or four outfits.

The following clothing list is designed to assist you in preparing for your voyage:

- 2 pair of shorts/skirt, loose & comfortable
- 3 T-shirts or short sleeve shirts
- 2 long-sleeved quick dry shirts
- 2 pairs of comfortable travel pants
- A light sweater, light fleece jacket or a shawl
- A raincoat or poncho
- Socks, underwear etc.
- Sunhat with brim or a cap
- Bathing suit & a sarong
- Handkerchiefs
- Walking shoes with good soles
- Closed in sandals or slip-ons



Deep inside the Amazon jungle



The following items may come in handy during your adventure:

- Binoculars (essential for bird watching)
- Travel umbrella
- Small flashlight or head torch
- Travel alarm clock
- Traveller's clothes line
- Walking poles (if needed)
- Backpack suitable for carrying your photographic equipment and safety kit during the day.
- Spare set of prescription eye glasses or contact lenses for emergencies
- Sunglasses with a strap (and an extra pair in case you lose yours)
- Camera, camera bag, video camera
- Plenty of memory cards, batteries and chargers
- Notebook and pencil



- Personal water bottle
- Nail clippers, scissors, small sewing kit and safety pins – NB. Please remember that these "sharps" must be packed in your checked luggage on all flights for airport security reasons.
- An electrical adaptor for any appliances you wish to take and a power board can be handy for multiple charging.
- Battery power pack
- Waterproof dry bags – to protect your photo equipment during boat trips
- For protection against mosquitoes you may want to carry a mosquito head net



IMPORTANT: PLEASE KEEP ALL TRAVEL DOCUMENTS SUCH AS PASSPORT, AIRLINE TICKETS AND TRAVEL VOUCHERS, WITH YOU DURING YOUR FLIGHTS.

The water byways



PERSONAL FIRST-AID KIT

The following suggested supplies and medications are intended to handle the problems that happen most often on a trip. Please talk to your doctor to modify the kit for your individual preferences and allergies. We will carry a group first aid kit, but you should have your own supply of these frequently used items.

- Sunscreen factor 30 or above
- Lip Balm with sunscreen protection
- Insect repellent and insect-bite relief
- Throat lozenges such as Strepsils
- Assorted Band-Aids or similar plasters
- 1 course of broad-spectrum antibiotics: such as, Cephalexin, Noroxin or Ciprofloxacin. Should you have an allergy to a particular antibiotic please make sure you bring a course that is safe for you to take.
- Loperamide (Imodium) for diarrhoea
- Promethazine (Phenergan) 25 mg or other anti-nausea medication
- Decongestant (Actifed, or Drixoral)

- Anti-inflammatory drugs (such as ibuprofen)
- Paracetamol (acetaminophen)
- Cold & Flu tablets
- Alcohol hand sanitiser to disinfect your hands before eating & toileting
- Personal medications



Market Day



PHOTOGRAPHIC TIPS AND SUGGESTIONS



The Amazon is a paradise for photographers.

We expect that everyone will bring some kind of camera, be it a mobile phone or a professional SLR with all the bells and whistles. Remember to take extra memory cards and some spare camera batteries.

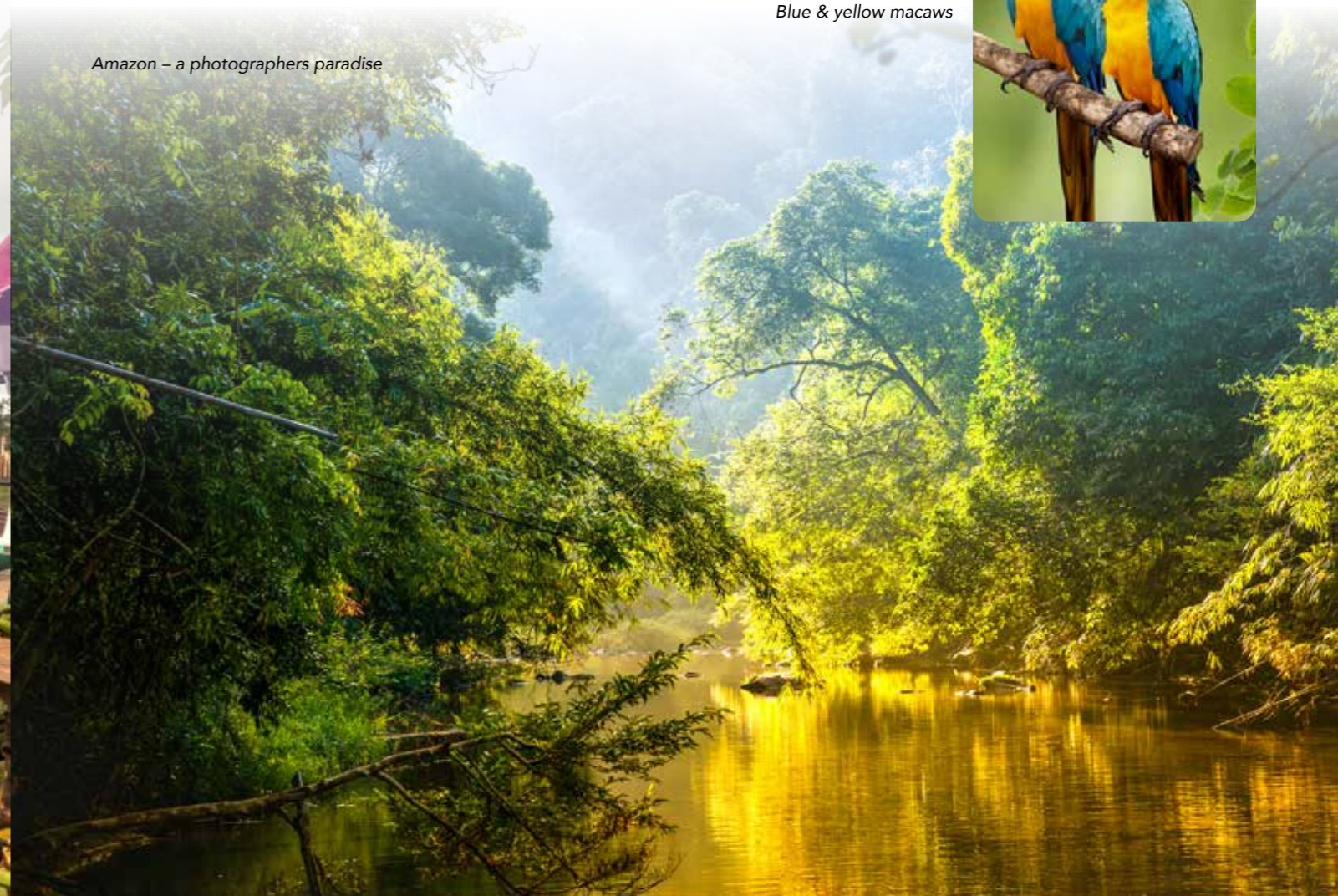
Be careful with photographs or video recordings. Ask your local guide first if it is appropriate to take photographs or to make video recordings in communities. Photographs should not be taken of military or strategic buildings or airports. Avoid close up shots, and never remunerate people with money for a photograph.

Below are a few simple tips and suggestions that may help you get sorted before you go. Whatever camera you bring it is possible to get good images.

- Get to know your camera, make sure it is working correctly and that you understand all its main functions
- Read and bring the instructions manual. Download an electronic version onto your laptop
- Remember to pack the battery charger

- Have some way of keeping your camera equipment dry and safe from dust. Lightweight nylon dry bags work well and are available in many sizes
- Tripod and Monopod: A quality tripod is invaluable for the serious photographer. However they can be big, heavy and cumbersome to carry during our walks. A monopod is lighter and can be used as a walking stick for support
- If you bring an SLR camera, a good zoom lens for wildlife photography will be handy. 200mm – 300mm is a good focal length. (Remember that on an SLR camera with a 1.5 crop-factor sensor a 200mm lens is equivalent to a 300mm lens on full frame sensor)
- We recommend that you carry all photography equipment, cords, chargers and storage devices in your carry-on luggage in case your main luggage is left behind somewhere

Amazon – a photographers paradise



Blue & yellow macaws

SUGGESTED READING LIST

NATURAL HISTORY

The Naturalist on the River Amazons:

This is a first-hand account of Henry Walter Bates' eleven-year expedition to the river Amazon in 1848, during which he discovered some eight thousand species unknown to the natural sciences. Author: Henry Walter Bates

The Rivers Amazon: The author reports on the world of nature and man in the Amazon Basin region, interweaving his personal adventures discovering the Amazon with his understanding of its wildlife, vegetation, and social history. Author: Alex Shoumatoff

A Minstrel and the Amazon: A Musical Biologist Moves to Manaus. A story of John Harwood's study of music, social spectrum, forest and rivers in the Amazon. Author: John Harwood

Naturalists in Paradise: Wallace, Bates and Spruce in the Amazon. Author: John Hemming

Tree of Rivers:
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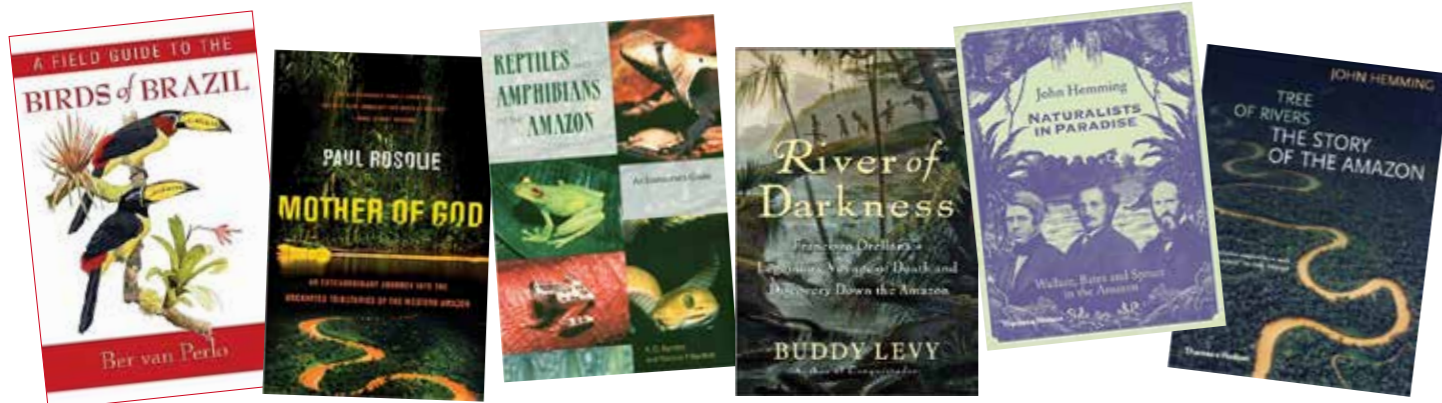
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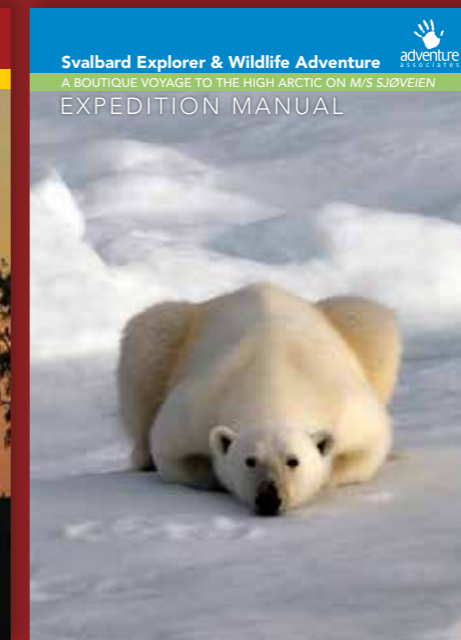
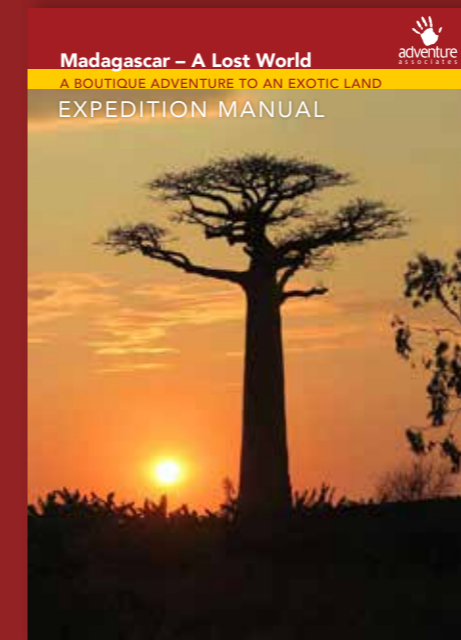
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