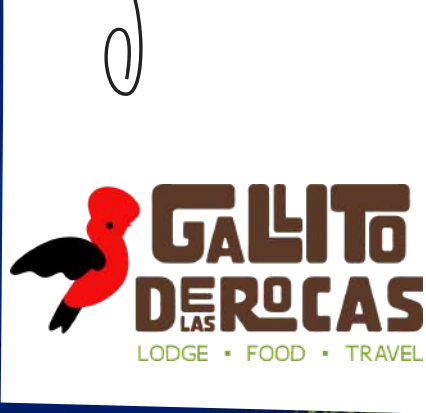


# KOSÑIPATA

MAIN DOOR TO ACCESS MANU PARADISE

Admired paradise of the world

 KOSÑIPATA - PAUCARTAMBO - CUSCO - PERU



# Nuestra Historia Our History

#manugallitodelasrocas

## *Teodocio Gilahuanco & Francisca Huamansulca*

In 1984, Don Teodocio was the first Gilahuanco to set foot in the Pillcopata forest, east of Cusco. He had bold visions for his new life in this land that offered few alternatives. Doña Francisca, his wife and life companion, shared his vision and joined him along this difficult but rewarding journey.

Before embarking on this journey, Don Teodocio was a businessman in the tourism sector. He was deeply committed to caring for nature and had fresh ideas that he wanted to realise. Like most of the early settlers who came to Pillcopata to escape the economic hardship and violence that was widely prevalent in the south of Peru in the 80's, Teodocio was a man of many skills; he was a farmer, a miner, a logger and a merchant, a bit of everything.

When the fine wood ran out and the forest began to show colossal signs of exhaustion, workers of the vulnerable logging industry had no choice but to change their trade or trace their way back home.

The Gilahuancos, however, with stubbornness and audacity, became hoteliers around 1997 and since 2010, with Resolution No. 105-2016 SERFOR, became guardians of the conservation grant "Gallito de las Rocas", a primary forest of 9907.28 hectares in the highlands of Huaysampilla Chico and Chontachaka, the water source that gave birth to these valleys.

- Wili Reaño



## *Kosñipata Land of Clouds*

Manu Gallito de las Rocas is located in 'Ceja de Selva' (eyebrow of the jungle), between the Andes and the Amazon Basin. We are a locally owned and operated Manu Gallito de las Rocas offering the comforts of a home in the jungle. From here you can enjoy:

- Bird watching.
- Butterfly watching.
- Hiking.
- Cycling.
- Motorcycling.

If you enjoy bird watching and nature photography, there are different routes you can take from Manu Gallito de las Rocas:

- Foothills.
- Bamboo forest.
- Transition zone to the lower jungle.
- Streams and rivers with clear waters.
- Navigate the Upper Mother of God River.
- \*\*\*Visit the Wachipaeris and Machiguengas native communities.

With prior reservation, you can make expeditions to these fascinating and extraordinary places with natural and cultural diversity.

Tours of 3 or 4 days in the Manu Biosphere Reserve Buffer and Transition Zone, and 7 or 9 days in the Manu National Park are available.





## Exciting Jungle Tours!

Departures from Manu Gallito de las Rocas – minimum 4 people, maximum 6 people.

### Mysterious Hinkiori Petroglyphs (Half day)

The path we will take has a panoramic view of the Andes. The petroglyphs include 22 symbolic figures and are deeply respected by the Wachiperi people. These are found on a huge rock in the middle of the forest on the left bank of the Pillcopata River, where we can take a swim (optional) and then have lunch. All surrounded by beautiful landscape and wildlife.

By car, moderate hike and BL

### \*\*\* Huacaria Native Community (Full Day)

The visit to the Huacaria Native Community means learning how to live in harmony with nature. They have always been doing it! They will share with us their ancestral knowledge about medicinal plants, artisanal crafts, and their typical foods during the hike in the forest. If the weather is nice, we can swim in the Huacaria River. Then we return to Manu Gallito de las Rocas to change clothes and continue our journey in search of a spectacular sunset. (Night walk optional)

By car, moderate hike and BL

### Jungle Safari Looking for Monkeys (Full Day)

MACAWS AND HOATZINS

We will take a boat into the magnificent Manu Biosphere Reserve in search of exotic Amazon birds and other wildlife; and hike the trails to appreciate the fauna in the area; finally take a raft to explore an oxbow lake.

By car, motorized boat, handmade raft, moderate hiking and BL



## ...To be Considered

### Services Included

Naturalist guide.  
Transportation for the tours.  
All meals indicated in the itinerary.  
B = Breakfast  
BL = Box lunch  
D = Dinner (Soup, main course and dessert)

No additional charge for vegetarians.  
Basic first-aid kit

### Services not included

Personal items and medications (for example, equipment, clothing, laundry, phone calls etc.)

### Important

- Check the list of items to bring during your tour
- Make reservation for your trip with a 25% deposit
- Deposit is non-refundable.



## Why choice Manu Gallito de las Rocas?

**Manu Gallito de las Rocas**, has the following infrastructure:

10 rooms with private bathrooms, towels, organic soap, hot water and TV. (20 people capacity).

\* 5 single/double rooms with shared bathrooms (8 people capacity).

The lodge is constructed with concrete foundations for moisture isolation. Wooden walls with large mesh windows to keep mosquitos out.

One night minimum stay is required. Children under 5 years old can stay for free in their parents' room. Children under 13 get a discount.

The Lodge has several dynamic outdoor seating areas for you to relax and enjoy a cold beverage to cool off in the afternoon sun.

Phones are available for international calls if needed for a low rate.

\*\* We have a large dining room with a capacity of 28 people. It is beautifully constructed of concrete, wood and bamboo. Large windows offer panoramic views while you dine and internet access is available inside the room.

Ingredients for the meals come from the local fruit and vegetable market. The chef's creations are inspired by both nature and Amazon culture. If you have dietary restrictions (vegetarian, vegan or gluten free etc.) please inform us when you make your reservation. Far from Cusco, it can be difficult to obtain some ingredients to accommodate your special dietary preference.

In addition, we have an original cocktail menu for our guests if needed.



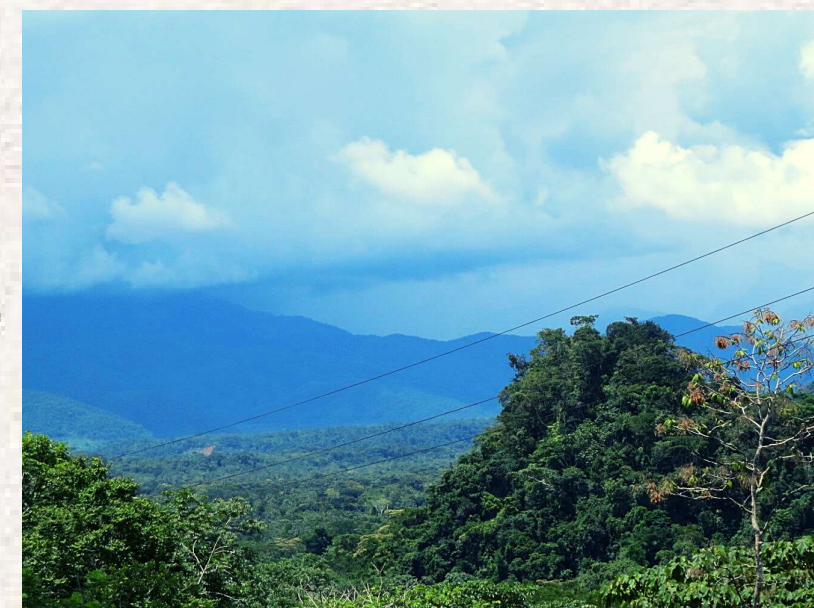
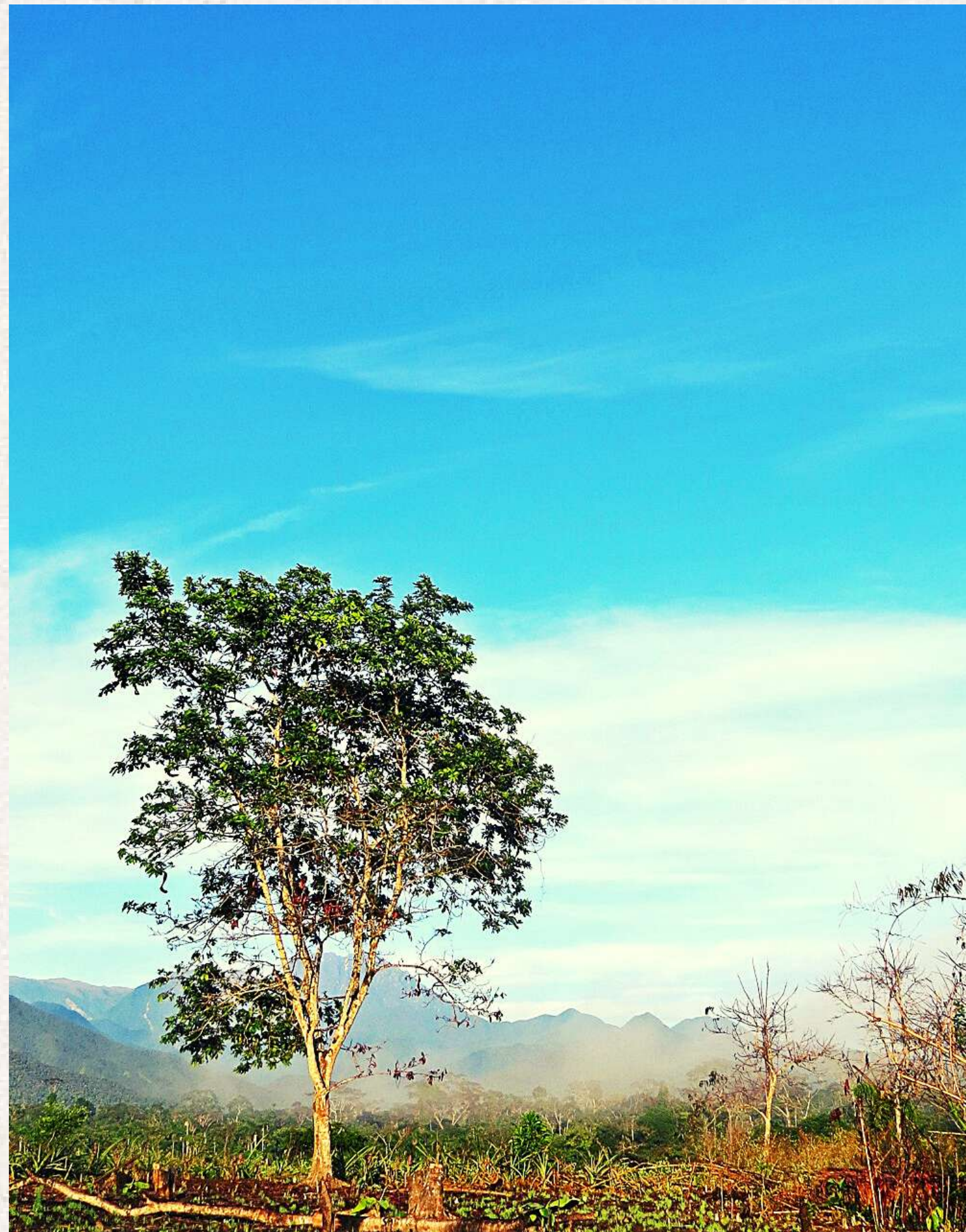
## *About the Journey...*

**Manu Gallito de las Rocas**, Rocas is located in the heart of Pillcopata on Avenida Cusco. It is about 7 hours from Cusco on the Cusco road. The road is paved for the first two hours of the drive, then a smooth dirt road starts for the remainder of the trip. The drive is accompanied by panoramic views of mountains, forests and flocks of birds.

If you prefer, we can organize a private car with a very experienced driver for your visit. If you have altitude sickness, we suggest that you take some medication prior to the trip (ie. Dramamine), or better, consult your doctor for professional advice.

Manu Gallito de las Rocas is 650 meters above sea level. Cusco, where the drive starts, sits at 3400 meters above sea level. To lessen the effects of altitude sickness, we recommend that you hydrate, rest well and eat healthy before the trip.

Pillcopata offers some other city amenities during your trip to Manu. The Health Centre is one block away from the Lodge. There are three pharmacies and a gas station in town. The Police Station is across the street from the Lodge.





## How to Get Here? *Transportation Options*

**1<sup>st</sup>**

### Option - PRIVATE CAR OR YOUR OWN CAR

It takes about 7 hours to reach Pillcopata from Cusco, passing the towns of Huancarani, Paucartambo, Abra Acjanaco (entrance of the Manu Biosphere Reserve), Chontachaka, Asuncion, Patria, and finally arriving in Pillcopata.

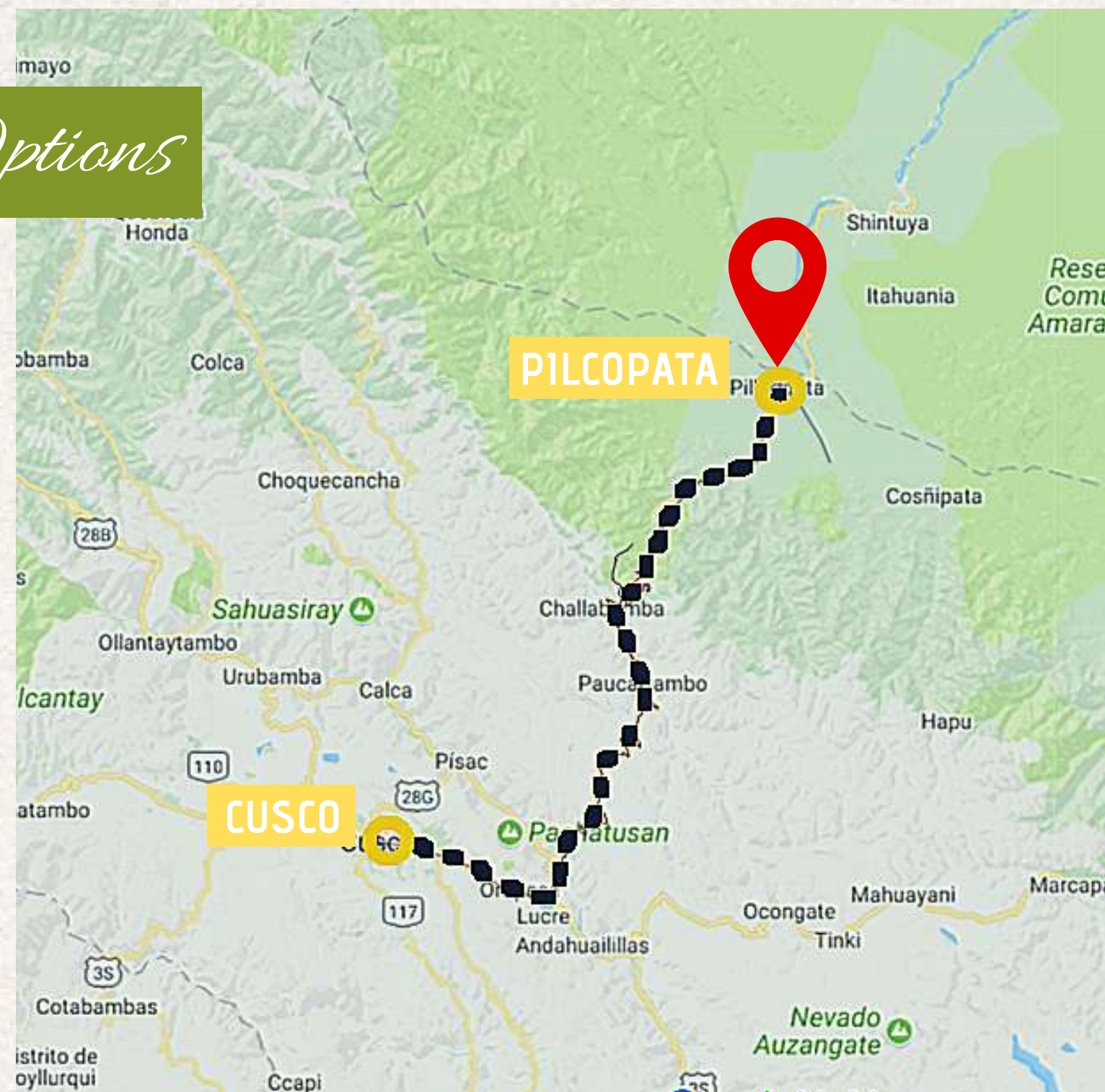
The cost for a private van (03 people) from Cusco to Manu Gallito de las Rocas is US\$180.

**2<sup>nd</sup>**

### OPTION – PUBLIC BUS

Local transport companies operate out of San Jeronimo Central Bus Stop on Avenida los Jardines (terminal Paucartambo, Kosñipata). It is 20 to 25 minutes by taxi from the main square of Cusco.

**Warning:** As in all buses and terminals around the world, it is important to stay with your luggage at all times.



### Schedule

#### Cusco - Pillcopata

Monday to Saturday : 10:00 - 11:00 am / 4:00 pm  
 Sunday : 10:00 - 11:00 am / 4:00 pm  
 Holidays : 10:00 - 11:00 am / 4:00 pm

#### Pillcopata - Cusco

Monday to Saturday : 10:00 - 11:00 am / 4:00 pm  
 Sunday : 10:00 - 11:00 am / 4:00 pm  
 Holidays : 10:00 - 11:00 am / 4:00 pm

### Recommendation

Buy your ticket in advance to ensure a good seat with a better view. The seats near the Back are usually quite cramped.

### 3<sup>rd</sup> Option – RECOMMENDED

Arrive in private car and leave by bus. We recommend the option to hire a private van for 4 people from Cusco to Pillcopata for US\$180 or a private bus for more people (consult with us for cost). This way you can make stops and visit the beautiful colonial town of Paucartambo; and Abra Acjanco, which is the entrance to the Manu Biosphere Reserve, before arriving at the Manu Gallito de las Rocas.

At the end of your stay at Manu Gallito de las Rocas, we can check the schedule and make a reservation for you on a return bus to Cusco. This bus will drop you off on the main Avenue at San Sebastian stop where you can get a taxi to go to your hotel in Cusco.





## Before You Travel to Peru and the Amazon

The best time to travel is during the dry season between May and November; December to April is the rainy season. Temperature ranges between 25C to 38C in full sun (77F to 100F) here, but there are 'frijas' during which cold fronts arrive from Antarctica and temperature can drop to low teens.

### Specialized Guides

For the best experience, we recommend that you hire a guide during your visit. For those interested in bird watching, we can find a professional birding guide equipped with all the necessary equipment. If you are interested in butterflies, we can arrange a butterfly expert who will help you spot, ID and photograph the many hundreds of species of butterflies here. They will be invaluable in spotting wildlife for you and share with you their intimate knowledge about local plants and insects. Let us know in advance when you make your reservation to avoid difficulties of finding a guide last minute.

### Health Precautions

We suggest that you take serious precautions before your trip to the Amazon. It's recommended that you make an appointment with your doctor a month before your visit to have a consultation about potential medications you may wish to take with you. To minimize exposure to biting insects, we recommend you bring and wear long sleeve shirts and pants during your tours. Insect repellent is also effective. Although only one case of yellow fever has been registered in the Kosñipata Valley in the last 30 years, we suggest that you consider the respective vaccine in advance.

#### Do I Need a Vaccine?

We recommend that all travelers to the Amazon region have their standard vaccines taken in advance but we do not intend to provide you any medical advice. Any medical decisions should be made under the guidance of your physician, including those regarding vaccination.



## *How Do I Stay Healthy in the Jungle?*

Despite exaggerated tales from previous Amazon explorers, the tropical jungle is not as terrifying a place as many people think. However, we do take the safety of our guests very seriously, and offer recommendations to help ensure that you have a safe and pleasant stay. The biggest nuisance for visitors in this region is insect bites from mosquitos and sand flies. These are also vectors of various tropical diseases:

### **Malaria**

Malaria is a bigger problem in cities where the larger population makes up a constant transmission agent. Here in the southern region of Peru, Malaria is rare but it does occur. In the past 30 years, only one case has been recorded.

The decision whether to take malaria prophylaxis is dependent on you and your doctor.

### **Dengue**

Dengue is a little more common in this region. Cases are more common in towns with pools of stagnant water which breed mosquitoes that transmit this disease.

Vaccines are not available for Dengue but there are treatments. As with all tropical diseases transmitted by insects, protection from insect bites is your best preventative measure.

### **Leishmaniasis**

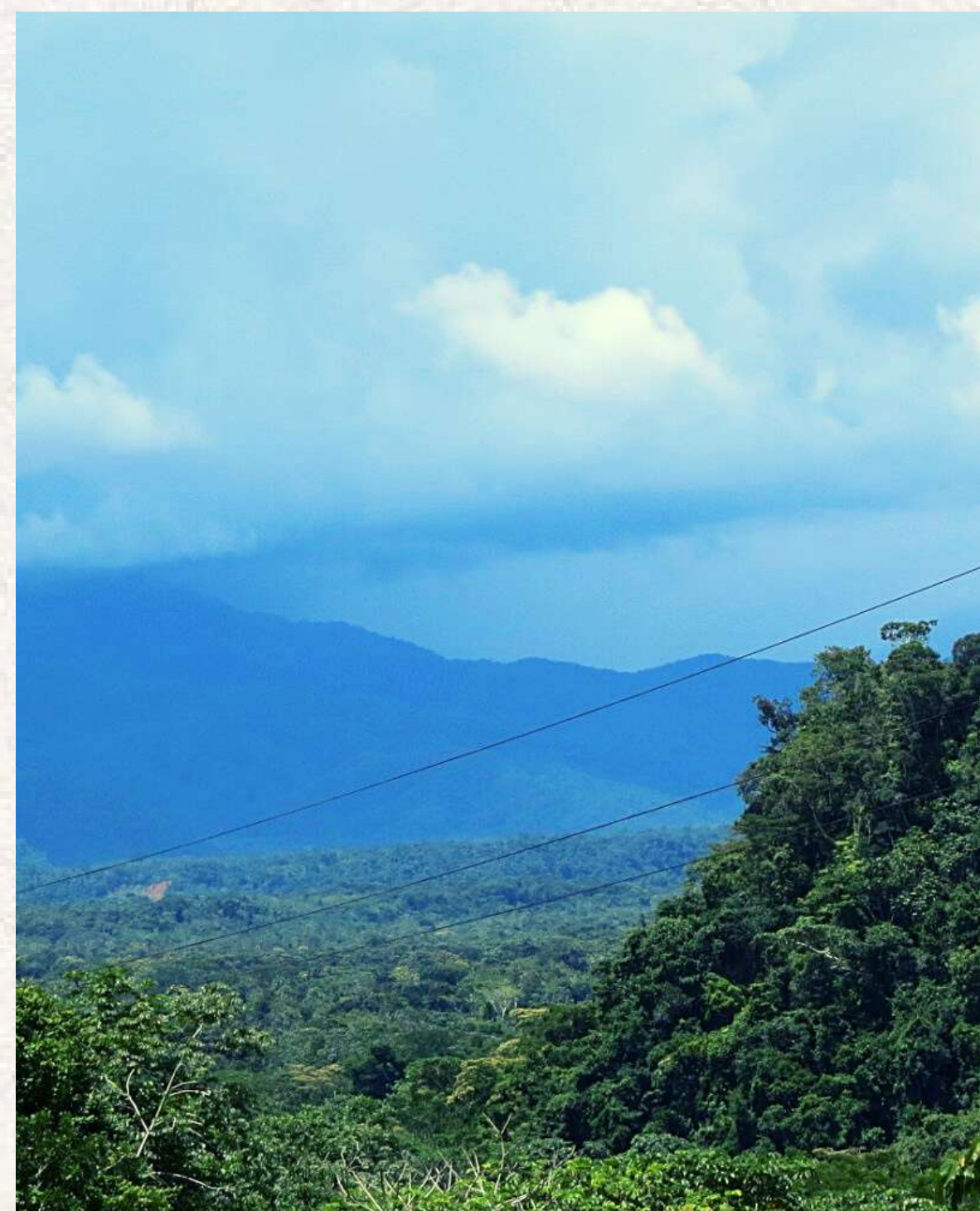
Leishmaniasis is endemic to our region. It is transmitted by small sand flies (Psychodidae family) that are mostly active at dawn, dusk and night. The disease itself is not painful, but can get severe if left untreated for a long time.

So, if you notice a bite or wound that does not heal over a week's time, it's best to get tested locally.

### **Zika**

This virus has received a lot of attention in the news lately, and has infected a large number of people in Latin America.

Symptoms of this virus are quite mild including fever and rash.



## Traveling In Peru

### How do I get here?

The tour begins and ends in the city of Cusco, located in the Andes in Peru. You can get to Cusco from Lima either by land or by air. A bus from Lima to Cusco takes 20 to 25 hours while a direct flight is approximately 1 hour. Cusco Airport (CUZ) is home to Latam, Avianca and Star Peru.

Each airline offers daily flights to Cusco and tickets can be purchased from international operators. It might be cheaper and more convenient to buy a flight from your home country to Lima and a separate flight to Cusco. Keep in mind that Latam and Avianca are the more reliable airlines, but charge a higher rate for foreign travelers. If you choose to come by bus, we recommend Cruz del Sur or Tepsa. These are the most reliable companies and both have an excellent record for safety.

### Do I need a visa to enter Peru?

United States and Canadian citizens do not need a visa to enter Peru for up to 90 days. Requirements for citizens of other countries vary. You can check the website of your country's embassy in Peru for the most-up-to date information.

### What about money in Peru?

Peru's currency is the Sol (plural Soles). The exchange rate as is USD1 to S/3.40 as of May 2020 which hasn't fluctuated much since the global virus crisis. ATMs are widely available in most of the major Peruvian cities including Cusco.

Many machines have both a Soles option and a Dollar option. You will receive a slightly better exchange rate at a money changer in Cusco than an ATM. Exchange rates given at airports are also low. The amount of money you will need depends on your tastes and habits. As a rule of thumb, you can eat in an elegant restaurant in Cusco for around \$15-25 (S/50-85).



## Traveling in Peru

### What is the climate in the Andes and the Amazon?

The expedition begins in the city of Cusco where temperatures are generally mild during the day and cooler at night (high average in January is 11C/52F, and low average in July is 7C/45F). During the summer months (which is winter in Peru) of June to August, temperatures can drop to below freezing, especially at night. So be sure to bring some warm clothes to keep warm before heading to the jungle.

Manu Gallito de las Rocas is located between the Andes mountains and the Amazon jungle. The days can be hot or cool depending on if it's sunny, raining or cloudy; nights are generally colder. Summer also brings 'frijajes' which are cold fronts from Patagonia that move north along the Andes mountain range. Temperatures can drop to below 10C/40F during friajes, and they are sometimes short and sometimes last much longer. So it is wise to have your Cusco clothing handy just in case.

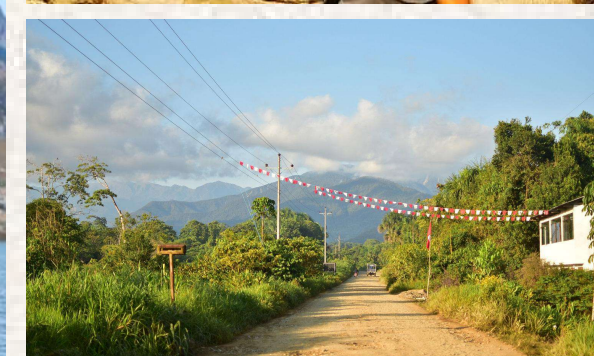
Although you will likely be visiting Manu during the dry season, torrential rain can hit any day of the year, so always be prepared with your rain gear. See the packing list in the next section.

### How to stay safe in Peru?

As with traveling anywhere in the world, you should practice caution and common sense while traveling in Peru. Don't walk alone late at night in large towns and cities, and don't ingest substances from strangers. Try to take only official taxis as unofficial taxis (unmarked private cars) have been implicated with theft. Violent crimes targeting foreigners is relatively rare but not non-existent. Being cautious will help you avoid unnecessary problems.

Minor crimes, especially theft, are more common than violent crimes in Peru. Do not leave valuables (cash, cell phone, wallet, tablets etc.) in visible and easily accessible places and hotels. Instead, check them with your hotel if the service is available or keep them in a locker. Be careful where you put your bag while traveling by long distance buses. Bags placed on the above-head shelf compartment can be lost while you nap! A wallet in the back-pocket of your jeans always make an easy target for pickpockets, especially in big cities.

You can always ask your hotel staff which parts of the city to avoid. The vast majority of the travelers to Peru have a safe and healthy trip, and if you use good judgment, you will have the same experience, also during the jungle expedition with your tour operator.



## Traveling in Peru

### What is a typical day in the forest like?

We believe enjoying the biodiversity of the jungle is for people passionate about life in all its senses. Most days start with an early breakfast at 6 or 7am. This is for making the most of the 'magic hour' to observing fauna in the tropical forest. Bird watchers will generally be earlier since bird activity peaks just after first light; whereas those who enjoy herpetology will stay out late most of the nights. So, hours of activity will depend on your chosen activity of that day. Lunch and dinner are usually taken together with the group, around 1pm and 6pm respectively (we take our meals very seriously).

### How's the food?

In Cusco City, there is a wide selection of restaurants to choose from, ranging from local Andean and Peruvian cuisine to international food, and covering all budgets. Here at the Lodge, during the tour and expedition days, we will have three healthy meals daily. Meals are always prepared on site with fresh local ingredients by the chef. Some of the ingredients come directly from farms just outside Pillcopata. Hot water for coffee or tea, as well as snacks, is always available.

We are happy to accommodate any special dietary restrictions with advance notice.

### How is the telephone and internet service?

Cell phone coverage is good in Cusco and you can check with local operators for rates and international plans. Reception is limited here at the Lodge. WI FI is available at Manu Gallito de las Rocas but service can be spotty during rain storms.



## Traveling in Peru

### Lista de Viaje

- A photocopy of your passport
- Small backpack / day pack
- Hiking boots
- Sweater
- Light jacket
- Rain gear
- Long sleeve cotton shirt
- Hat
- Swimwear
- Sports sandals
- Sunscreen and sun-glasses
- Insect repellent
- Razor
- Headlamp
- Camera, batteries and memory cards
- Battery charger (22v)
- Binoculars for wildlife viewing (8x or 10x)
- Ziploc bags and garbage bags to keep you clothing and other items dry during river crossings and forest excursions
- Book on Peruvian birds (or phone app)

### Advantages of staying at Manu Gallito de las Rocas

- Located in the Manu Biosphere Reserve
- Bird diversity in the immediate region (Manu Road)
- It is a convenient access point for the bird trails
- It is a convenient access point for the butterfly trails
- Bathrooms with hot shower! (limited)
- Warm and gentle hosts
- Fresh Peruvian food with jungle flavours
- \*\*\* Visit to native Amazonian communities
- You will be able to stay in Madre de Dios Region and Cusco Region.



## *PREVENTION is our PRIORITY for COVID-19*

We care about our visitors and our community

### Reglas del Gobierno Local

High recommendation: Please before your trip to Manu Biosphere Reserve take a test for COVID-19, it will be many gates in the way please show them your test and be responsible traveler.

- \* Rooms with shared bathroom are not available until COVID-19 ends.
- \*\* Our restaurant it will be closed these season for Covid-19, sorry for inconvenience.
- \*\*\* Tours and visits to communities it is prohibit until sanitary emergency ends and the vaccinations are available for COVID-19 they are very sensitive even a simple flu can kill them.
- \*\*\*\* Manu Gallito de las Rocas has restricted these areas.



## COVID19 | CORONAVIRUS PREVENTION 2019 - n CoV



Wear mask



Wash hands



Boil your food



Avoid contact



Use soap &  
Antibacterial gel



Cough on  
your elbow



Keep your  
distance



Regular  
sleep