

Adventures

in Protected Natural Areas



Huascarán National Park © Julio Maguina



Become an explorer as you travel along paths that reveal their stories.

Living unique experiences in these **six protected natural areas** will help you find your inner strength.





Rafting on Bahuaja Sonene National Park © José Mamani

Bahuaja Sonene National Park

A tour to discover misty forests, the Amazon basin, and the Beni savannas.

For unique adventures the Tambopata River awaits: habitat of an impressive variety of flora, and creatures such as alligators, river wolves, monkeys, otters, jaguars, tapirs, macaws, maned wolves, and marsh deer.

! Plan your trip well and keep in mind that while the Heath sector is suitable for visiting all year round, tours of the Alto Tambopata sector are best made between May and October. It is also important to use a professional tour company authorized to operate in the park.

Activities

	With a tour guide	Independent	Special permit required
Kayaking High	●		
Rafting High	●		
Trekking Medium / low		●	

Manu National Park

A place to feel the jungle's vibration. The excursions and walks are the perfect excuse for getting to know the Amazon forest and its incredible biodiversity. And don't miss a boat ride, from which you will be able to observe impressive river animals like the alligator.

! When taking these tours be sure to pack your non-water resistant belongings in a bag to protect them from the rain and the river. And don't forget to bring binoculars to get the most out of your enjoyment of the scenery. Before you arrive you must obtain a vaccination against yellow fever.

Activities

	With a tour guide	Independent	Special permit required
Trekking Medium / medium to high	●	●	
Boat and catamaran trips low / medium	●		





Kayaking in the Tambopata National Reserve © Fernando López / PROMPERÚ

Tambopata National Reserve

The hikes through the reserve will take your breath away. You will cross bridges that hang several meters above the water. During walks and kayak or boat rides you will observe some of the many species the reserve houses: 632 bird species, 205 fish species, 169 mammal species, 112 diurnal butterfly species, 103 amphibian species, and 103 species of reptile.



Pack rubber boots, light clothes that blend with the environment—so as not to scare the animals away—and a water-proof poncho to protect yourself from the occasional rain. During your stay apply repellent several times a day and always protect yourself with long pants and a shirt.

Activities

	With a tour guide	Independent	Special permit required
Trekking <small>Low</small>	●		
Kayaking <small>Medium low</small>	●		
Sport fishing <small>Low</small>	●		
Boat trips <small>Low</small>	●		



Huascarán National Park

A paradise for mountain sport enthusiasts. The park is located in the White Mountain Range (Cordillera Blanca), the highest tropical range in the world. It is perfect for mountaineering: on a tour of the park you will see some of its 434 lagoons as well as the most imposing of its 712 glaciers. You can climb snow-capped Alpamayo, which is considered the most beautiful mountain in the world. Reaching its summit takes an average of six to eight days; you need to be experienced. There are, however, easier snow-covered mountains that are also able to be climbed. The optimal time to undertake this sport is between May and September.



To avoid the effects of altitude, climb slowly and use the first day to rest and acclimate. Take plenty of water and eat light meals.

Activities

	With a tour guide	Independent	Special permit required
Trekking Medium / Medium high / High	●	●	
Cycling Only where there are roads. Cycling is prohibited on walking trails Medium / Medium to High		●	
Mountaineering High	●		





Trekking in the Machupicchu Historic Sanctuary © Christian Quispe

Machupicchu Historic Sanctuary

Imposing sites full of history. With two world-renowned tourist destinations—the Inca Citadel and the Inca Trail network—this natural and world heritage region is recognized for its 12 ecological systems and varied micro-climates. Venture along one of the six trekking routes—33 km in length—while observing the emblematic flora and fauna of this protected area.



Remember to use an authorized tour company to undertake an excursion along the network of Inca roads. Entry from Monday to Sunday is between 5:30 am and 2:00 pm. For the citadel of Machupicchu, there are two daily shifts to choose from: 6:00 am to 12:00 pm or 12:00 pm to 5:30 pm.

Activities

	With a tour guide	Independent	Special permit required
Trekking Medium / High	●		
Camping	●		

Paracas National Reserve

The ideal setting for a wide variety of sports. Start the day at the seaside, letting yourself be carried away by the wind or the ocean's waves. It is a perfect place for activities such as kitesurfing and paragliding. The beaches are ideal for surfing, diving, and other nautical activities.

! Keep in mind that the reserve is very large: for your safety and that of your companions, inform the park rangers before you set out on adventure activities. Remember too that it is important to always protect yourself with sunscreen and sunglasses.

Activities

	With a tour guide	Independent	Special permit required
Trekking Low / Medium / High	●	●	
Kayaking Low / Medium / High	●		
Cycling Low / Medium	●	●	
Paragliding Medium / High	●		
Diving Low / Medium	●		●
Kitesurf Low / Medium / High	●	●	
Sport fishing Medium / High	●		●
Other: Catamaran sailing, stand up paddle boarding, non-motorized water sports	●	●	



Prepare for your trip ● ---

- **Get fit.** Remember that travel is a unique experience and often requires a lot of energy; start getting ready ahead of time.
- **Pack your bag.** Make a list of everything that you will need considering the place and the type of activity. Essentials: repellent, sunscreen, waterproof headgear, UV glasses to protect you from the sun, and other suitable clothing and footwear. For mountain adventure activities remember to bring the necessary equipment and to climb gradually.
- **Gather your documents and coordinate.** Be sure to pack all the documentation you may need and place it in a waterproof bag. Also, before setting out on your trip, engage tour operators authorized by the PNA (Protected Natural Area).
- **Leave pets at home** because they can disturb wildlife and spread diseases.

When you travel ● ---

- **Register yourself.** It is important to record your trip at the control points.
- **Follow the instructions.** The park rangers have been trained to provide you with the best information. Listen to them and follow the trails that are approved and marked. In this way you can help conserve the habitat and keep yourself safe.
- **Care for the place you visit.** For everyone to enjoy the journey it is important to protect the infrastructure and services provided by the PNA (Protected Natural Area).
Remember to hang on to your rubbish until you find a bin (or take it with you). Do not pull out flora or disturb wildlife.
- **Live the experience the full.** Enjoy every step you take along the way because everything you experience will make your trip unique.

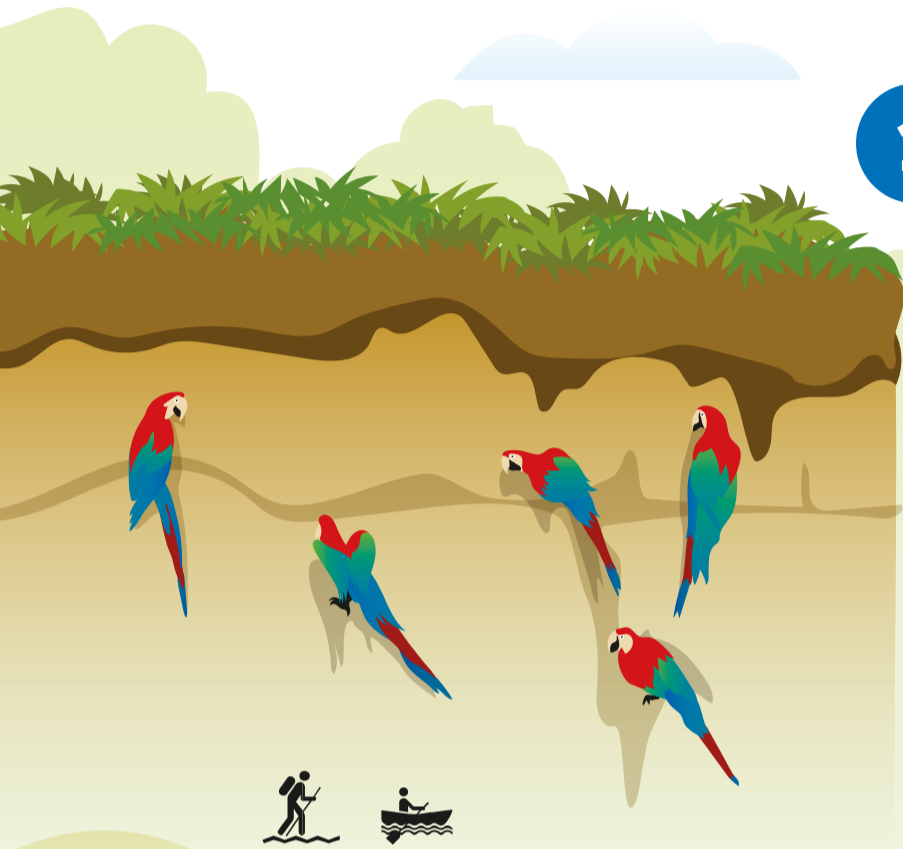
After your trip ● ---

- **Share.** Life is made up of special moments and these are never so memorable as when we share them with others. So open your favorite social network and begin to tell your story. Next time maybe more people will join your adventure.
- **Start planning again.** One journey might have finished, but many more await you; it is time to think about the next destination.
- **Spread the PNAs' natural and cultural values** as unique conservation areas, promoting their care through responsible tourism.
- **For more information:**

Adventures

in Protected Natural Areas

Adventures in Peru make your body and soul quiver. They raise your pulse and your spirit too. Come to Peru and experience adventures that enrich you inside and out. Live the adventure in these Protected Natural Areas 365 days of the year.



1

Bahuaja Sonene National Park

Lose your fear of speed by rafting in the Tambopata River, and walk in the midst of the Amazon forest where the combination of adrenaline and wildlife make for a real adventure.

- Region: Puno/ Madre de Dios
Province: Sandia, Carabaya, Tambopata
- From 200 meters to 2450 meters | 1,091,416 hectares
- From May to October in the Alto Tambopata sector; and all year round in the Heath sector
- 10 °C to 38 °C
Annual average: 26 °C | From November to March

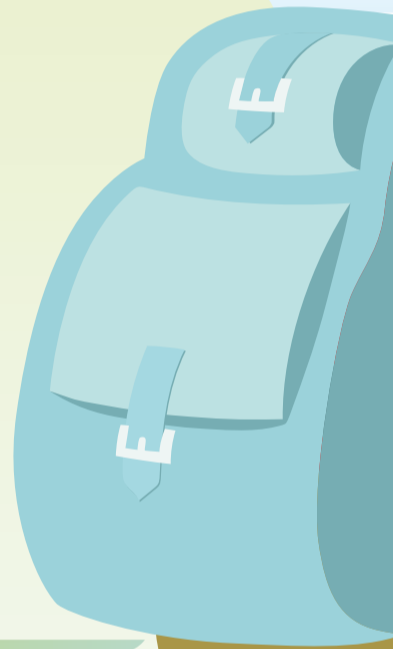


2

Manu National Park

Go deep into the jungle to find the most varied fauna: stealthy jaguars, restless river wolves, chattering monkeys, singing macaws, and mischievous butterflies. All this, and trees more than 40 meters tall.

- Region: Cusco / Madre Dios
Province: Paucartambo / Manu
District: Kosñipata / Manu y Fitzcarrald
- From 300 meters to 4000 meters | 1,716,295.22 hectares
- From December to March
- 5 °C to 35 °C | From December to March

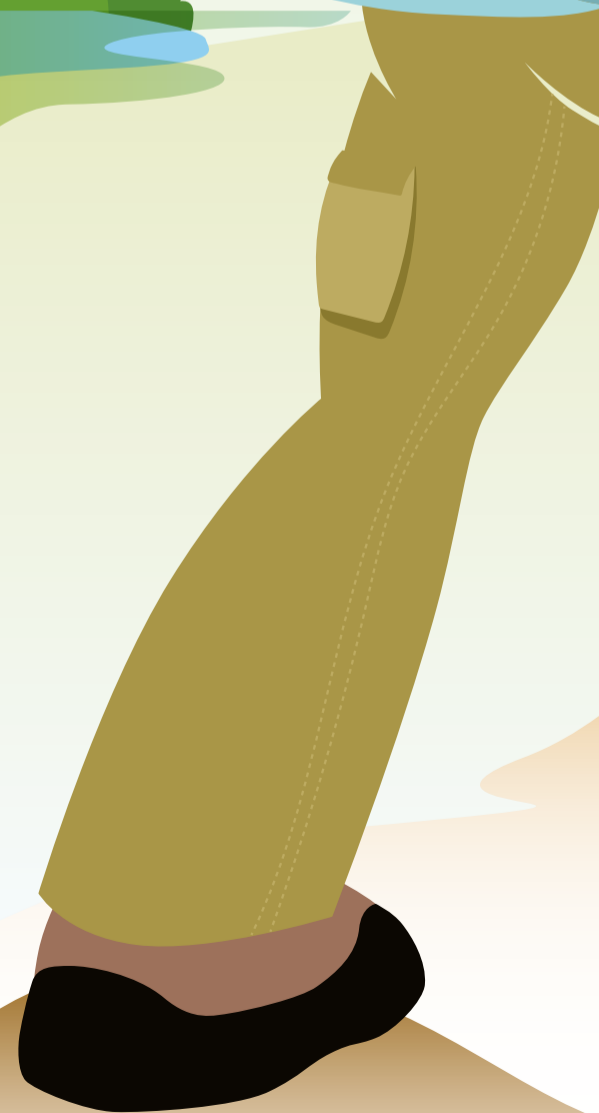


3


Tambopata National Reserve

Start a hike at dawn and enjoy an unforgettable show when you reach the large wall that is the macaw clay lick. Navigate by boat and kayak on the river and on lakes such as Cococochoa, Sachavacayac, and Condado. Take a walk in the midst of the jungle and enjoy Lake Sandoval.

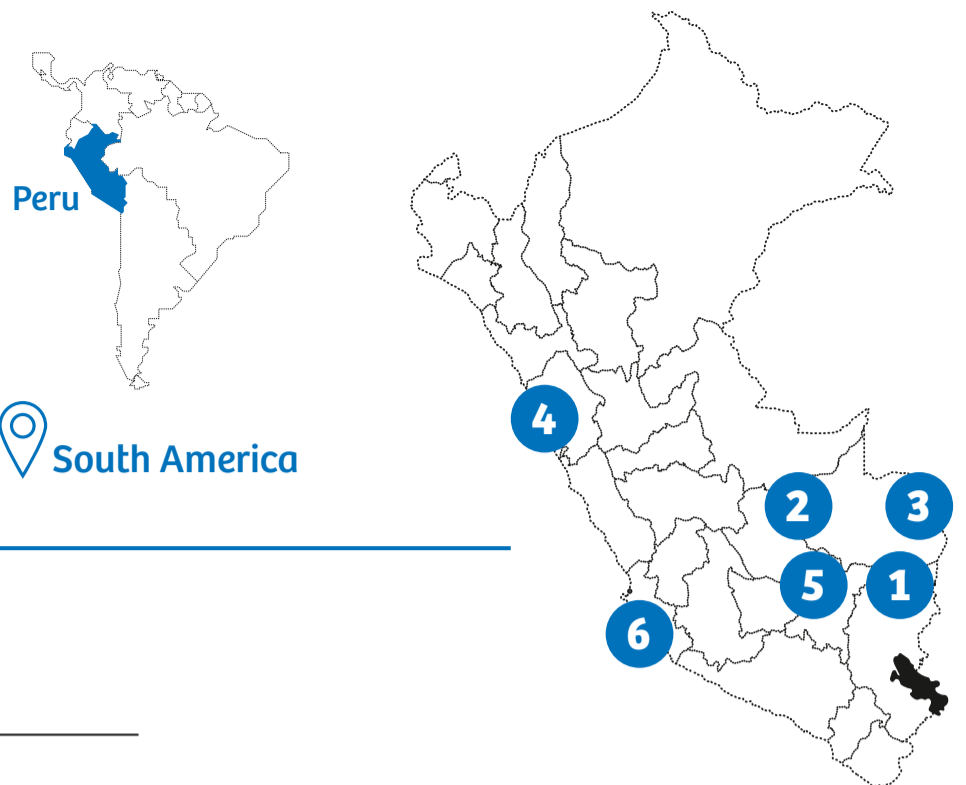
- Region: Madre de Dios
Province: Tambopata
- 180 meters | 274,690 hectares
- All year round
- 10 °C to 38 °C
Annual average: 26 °C | From December to March



Activities

- | | |
|---|---|
|  trekking |  rafting |
|  cycling |  diving |
|  paragliding |  sport fishing |
|  boating |  rock climbing |
|  camping | |






-  Geographic location
-  Elevation
-  Best time to visit
-  Temperature
-  Area
-  Rainy season



4 Huascarán National Park



Let yourself be carried by the wind over the turquoise water of a lagoon while contemplating the most incredible snow-capped mountains. This is the ideal place for sports such as trekking, mountain biking, and ice and rock climbing.







-  **Region:** Áncash
Province: Huaylas, Yungay, Carhuaz, Huaraz, Recuay, Bolognesi, Huari, Asunción, Mariscal Luzuriaga, and Pomabamba
-  De 2375 meters to 6768 meters  340,000 hectares
-  All year round / From May to September, adventure sports; from March to November, trekking; from May to September, ice climbing.
-  2 °C to 15 °C In the mountains from -15 °C a 25 °C  From October to April



5 Machupicchu Historic Sanctuary









Walk the Inca Trail network filled with history and a vast biodiversity until you arrive at one of the world's most important archaeological monuments: the citadel of Machupicchu.

-  **Region:** Cusco
Province: Urubamba
District: Machupicchu
-  From 1780 meters to 6000 meters  37,302.58 hectares
-  All year round (Machupicchu citadel)
From March to January (Inca Trail network)
-  12 °C to 24 °C  From December to March

6 Paracas National Reserve



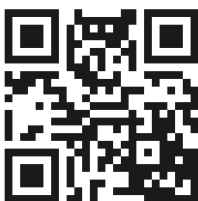
Cross the desert and its dunes until you find the perfect summit to enjoy the most awesome show of all: the sun setting behind the mountains of sand.

-  **Region:** Ica
Province: Ica and Pisco
District: Paracas
-  From 12 meters to 786 meters  335,000 hectares
-  All year round
-  15.5 °C to 32 °C
Annual average: 24 °C  —





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