

San Martín

A practical guide for visitors

Hike to Ahuashiyacu waterfall © Alex Bryce / PROMPERÚ



San Martín



Location

The northeastern Amazon jungle of Peru



Capital

Moyobamba (860 meters)



Elevation

Min.: **190** meters (Pelejo)

Max.: **4500** meters (Cordillera Oriental)



Climate

Temperature

Max.: **30** °C

Min.: **22** °C



Dec - Mar



Jun - Sept



Mar - Jun



Sept - Dec

Arriving



By land

Lima-Moyobamba: 1250 km / **26** hr.

Lima-Tarapoto: 1363 km / **28** hr.

Chiclayo-Tarapoto: 656 km / **14** hr.

Trujillo-Tarapoto: 885 km / **17** hr.

Chachapoyas-Tarapoto: 353 km / **8** hr.

Tingo María-Tarapoto: 476 km / **8** hr.



By air

Lima-Tarapoto: **1 hr. 15 min**

Iquitos -Tarapoto: **50 min**



From Iquitos to Yurimaguas

Via the Amazon, Marañon, and Huallaga rivers: **2.5-3** days
and then 136 km towards Tarapoto: **2** hr. by car



Artisan from Lamas © Juan Puelles / PROMPERÚ



Lamas is considered the folkloric capital of the Peruvian Amazon, where nature, folklore and culture intertwine.



San Martín

- Departmental capital
- Provincial capital
- District capital
- Tourist attraction

----- Provincial border

==== Main road

— Asphalted road

— Non-asphalted road

✈ Airport

■ Natural Protected Area

— River



to Iquitos

Control Post

Arena Blanca Ecological Reserve

LORETO

Tingana Ecological Reserve

YOBAMBA

Santa Elena Ecological Reserve

Pier Port of Tahuishco

Punta de San Juan and Tahuishco lookouts

Amazonian Orchids Nursery-garden

San Martin Departmental Museum

Yurimaguas

Yuracayacu

Rioja

Moyobamba

LAMAS

Jepelacio Hot Springs

Lejiayacu waterfall

Chapawanki waterfall

Carpishuyacu waterfall / San José hot springs

Yarina hot springs

Mateo hot springs

Paccha waterfalls

San Roque de Cumbaza

Lamas

Cordillera Escalera Regional Conservation Area

Huacamallo waterfall

Tarapoto

Ahuashiyacu waterfall

Wayra Sacha (the Wind Forest)

San José de Sisa

EL DORADO

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

Chazuta

Wayra Sacha

Pucayaquillo waterfall

Sauce

El Sauce Lagoon

HUALLAGA

Huallabamba River

waterfalls

Alto El Sol plantation

Huicungo

San Pablo

PICOTA

Picota

Shamboayacu

Saposoa

San Pablo

Bellavista

Juanjui

Huallaga River

SCAL CÁCERES

Shinguro - Shingural Circuit

Campanilla

BELLAVISTA

Rio Abiseo National Park

Cordillera Azul National Park

Pátvora

San Juan-Ishanga waterfall

Tonache

Atusparia waterfall

Atusparia lookout

TOCACHE

Nuevo Bambamarca Cocoa Production Center

Tambo de Paja

Uchiza

Nuevo Progreso

Velo de Plata waterfall

CONDORCANQUI

HUÁNUCO

to Tingo María

Cartografía INKAFOTOS



Graphic scale


0 20 40 60

Distances


By car from the city of Moyobamba to the towns of:

DESTINATION	DISTANCE	TIME
Rioja (Rioja)	24 km	25 min
Tarapoto (San Martín Province)	116 km	2 hr.
Lamas (Lamas Province)	116 km	2 hr. 15 min
San José de Sisa (El Dorado Province)	149 km	2 hr. 45 min
Bellavista (Bellavista Province)	214 km	3 hr. 30 min
Picota (Picota Province)	176 km	3 hr. 40 min
Juanjuí (Mariscal Cáceres Province)	253 km	4 hr.
Saposoá (Huallaga Province)	254 km	4 hr.
Tocache (Tocache Province)	398 km	8 hr.



 Juanes in the San Juan Festival © Flor Ruiz / PROMPERÚ

Tours

 **2 days** (the minimum recommended stay)

1/2 day Moyobamba Province: San Mateo hot springs, Punta de San Juan and Tahuishco lookouts.

Rioja Province: source of the Tioyacu River.

San Martín Province, from Tarapoto: Ahuashiyacu and Carpishuyacu waterfalls.

Tocache Province: San Juan Ishanga waterfall and Nueva Bambamarca cacao production center.

1 day Moyobamba Province: Tingana Ecological Reserve and Morro de Calzada.

Rioja Province: Palestina cave and the Santa Elena Ecological Reserve.

San Martín Province, from Tarapoto: El Sauce Lagoon.

Lamas Province: De la Cruz lookout, Lamas Castle, Chanka Museum, and San Roque de Cumbaza.

Mariscal Cáceres Province: El Breo waterfalls.



Calendar

Feb-Mar	Rioja Carnival
June	Moyobamba tourism week and San Juan Festival
Aug	Santa Rosa de Raymi (Lamas)
8 sept	Virgin of the Nativity (Tabalosos - Lamas)
Oct-Nov	Orchid Festival (Moyobamba)



What to eat?

The juane, a typical dish across the entire Amazon, comes in regional varieties unique to San Martín: avispa juane (pork, garlic, and spices, mixed with flour and eggs and then wrapped in bijao leaves), chunchullijuane (kneaded cassava and coriander filled with innards), chontajuane (mashed palm hearts and paiche fish), hen inchicapi (hen soup with peanut and cassava), and sarajuane (mashed corn and peanut filled with pork meat). Traditional beverages include masato (cassava cooked and fermented with sweet potato or sugar) and chuchuhuasi (brandy prepared with a bitter of the same name).



What to buy?

Handcrafts are sold in commercial centers in the cities and can also be found in visits to communities. The use of bombonaje straw to make hats, baskets, and even necklaces is traditional. Woodcarvings and jewelry pieces made with roots and seeds are also popular. At the Waska Waska Warmi Wasi craft center in Lamas the visitor can purchase ceramics and garments made by women from the community. The Wasichay Cultural Center in Chazuta also offers valuable ceramics pieces declared National Cultural Heritage.



What to see?

Moyobamba Province

San Martín Departmental Museum

572 m to the north of Moyobamba's main square on Jirón Benavides 380.

Opening hours: Mon-Fri 8:00 am - 1:00 pm / 2:30 pm - 5:30 pm /

Sun 8:00 am - 1:00 pm - first. Ticket entry, except the first Sunday of the month.

This museum exhibits icons of the region's culture from the Gran Saposoa and the Gran Pajatén ruins, as well as funeral urns from Chazuta. It also houses a paleontology hall which exhibits fossils of prehistoric fauna and collections of ceramics, stone artifacts, textiles, and wooden items.

Puntas de San Juan and Tahuishco Lookouts

1.6 km to the northeast of the main square of Moyobamba in the Zaragoza neighborhood (20 min. on foot).

From these natural lookouts located on Moyobamba's outskirts, the visitor can appreciate the city's valley in all its splendor. Dusk is the best time to make the trip.

San Mateo Hot Springs

4 km to the south of the city of Moyobamba (8 min. by car). Opening hours:

Mon-Sun 5:00 am - 9:00 pm. Ticket entry.

These waters, whose temperatures oscillate between 32 °C and 40 °C, are frequented by people seeking alternative treatments to combat arthritis, muscle aches, and stress.

Oromina Hot Springs

7 km to the southwest of the city of Moyobamba (20 min. by car / 1 hr. on foot).

Opening hours: Mon-Sun 8:00 am - 5:00 pm. Ticket entry.

A source of sulfurous water gushes from the foot of the Oromina mountain and feeds these baths known for their medicinal properties.

Morro de Calzada

14 km to the north of the city of Moyobamba towards Calzada district (20 min by car), and then 1 hr. 20 min. on foot to the summit. Opening hours: Mon-Sun 8:00 am - 4:00 pm. Ticket entry.

After a walk through almond trees, orchids, and bromeliads, among other species of flora, the visitor reaches the summit of this hill that rises 600 meters above the valley and forms a natural lookout. The area is home to a large variety of birds.

Lejiayacu Waterfall

25 km to the southwest of the city of Moyobamba, in the populated center of Pacaypite (1 hr by car and then 50 min on foot).

It has three falls of crystalline waters, the first of 60 meters, the second of 8 meters and the third of approximately 60 meters.

Tingana Ecological Reserve

63.7 km to the northeast of the city of Moyobamba at Yantalo district, at the entrance to the port town of Huascayacu on the Mayo River (40 min by car), then 45 min. by motor boat to Tingana (the Avisado River). Ticket entry. Visits are undertaken with registered travel agencies.

This humid ecosystem with plentiful aguaje palms and renaco is unique. On a guided tour you will see animals in their natural habitat such as sloths, river wolves, squirrel monkeys, pichicos monkeys, and the large-headed capuchin monkey.



 Paccha waterfalls © Ronald Hinostroga / PROMPERÚ

Paccha Waterfall

28 km to the southeast of the city of Moyobamba (1 hr. by car / 10 min on foot).

Opening hours: Mon-Sun 8:00 am - 4:00 pm. Ticket entry.

Along their course the waters of the Paccha ravine fall at three points, approximately 30 meters each time.

.....

Rioja Province

Santa Elena Ecological Reserve

11 km to the northwest of the city of Rioja (20 min. by car and then 5 min. on foot). Ticket entry. Visits with local guides from the Association for the conservation of Aguaje Palm and Renaco, Romero River.

On the boat ride through this marshy and flood-prone area (between December and April) the visitor can see natural forest and mirrors of water. The aguaje palm and renaco are the most plentiful species.

Source of the Tioyacu River

16 km to the northwest of the city of Rioja (20 min. by car and then 10 min. on foot). Ticket entry.

Cold and crystalline waters begin their journey here at 898 meters in the foothills of a mountain.

Palestina Cave

30 km to the northwest of the city of Rioja (50 min. by car and then 10 min. on foot). Ticket entry.

A guide is necessary for the visit to this cave which entails a walk of 800 meters to its interior. The service can be obtained in the hamlet of Palestina. It is formed of limestones, the same material that gives origin to the varied forms of stalactites and stalagmites in the grotto, so that some form striking pillars or columns providing a touch of embellishment to the place, ending in a spring of crystal clear water.

Alto Mayo Protection Forest Lookout

375 km along the Fernando Belaunde Terry Highway.

At an elevation of 1928 meters this lookout is the perfect place to find a panoramic view of the cloud forest and the density of its vegetation.

San Martín Province

Cordillera Escalera Regional Conservation Area

The Alto Shilcayo route. Visits are undertaken with guides from the Flora and Fauna Protection Association. Ticket entry.

This visit can be undertaken in a single day choosing one of two different routes. The first begins 600 meters from the Tarapoto main square and covers 3 km (by car or on foot). Along the way El Achual and El Fondero waterholes can be viewed, as well as the Takiwasi Medicinal Plants Center, Amazonic Orchids and the Hampichicuy center.

The second route means entering the Cordillera Escalera buffer zone and undertaking an impressive hike through immense trees. On the tour the visitor can see birds, frogs, ants, and other insects.

Wayra Sacha (the Wind Forest)

11 km to the northeast of the city of Tarapoto on the Tarapoto-Yurimaguas highway, in the Urahuasha region (30 min. by car). Note: advance notice to Stephanie Gallusser (942-486-026 or email wayrasacha2@gmail.com) is necessary. Ticket entry.

This is an Amazon forest inhabited by butterflies, the agouti rodent, the lowland paca, and the collared peccary, among several other species of fauna that feed on the fruits of its trees.

Ahuashiyacu Waterfall

15 km to the northeast of the city of Tarapoto (20 min. by car and then 15 min. on foot). Opening hours: Mon-Sun 6:00 am - 5:00 pm. Ticket entry.

A trekking route of approximately 15 minutes through the Cordillera Escalera Regional Conservation Area in the midst of high jungle flora and fauna leads to this 40-meter fall of water. It is surrounded by ferns, orchids, and various tree species.

Carpishuyacu Waterfalls

34 km to the northeast of Tarapoto (1 hr. by car), inside the Cordillera Escalera Regional Conservation Area, in the hamlet of San José.

Opening hours: Mon-Sun 8:00 am - 3:00 pm. Ticket entry.

Located in a natural setting and surrounded by extensive vegetation and leafy trees, these waterfalls consist of two cascades each of approximately six meters. They form a four-meter deep pool which is suitable for swimming and resting.

Huacamaillo Waterfall

12 km to the northwest of the city of Tarapoto (25 min. by car / 1 hr. (4 km) on foot). Opening hours: Mon-Sun 8:00 am - 3:00 pm. Ticket entry.


This is a crystalline waterfall that flows between thick vegetation and drops 20 meters to a pool with a depth of two meters. The vegetation is exuberant and typical of tropical rainforests with a range of ferns and orchids. A variety of birds and butterflies can be easily seen.

Pucayaquillo Waterfall

22 km to the northeast of Tarapoto, in the district of Shapaja, entering to the right of the Colombia Bridge by the highway towards Chazuta. Opening hours: Mon-Sun 9:00 am - 3:00 pm. Ticket entry.

The fall is 20 meters in height and there is a pool of one meter in depth. The waters pass through dense vegetation. The visitor arrives after passing through an area of secondary bush home to timber species, including the screw, the cedar, the ishpingo, the capirona, the pashaca, the liana and the copal.



 Dusk on the El Sauce Lagoon © Gihan Tubbeh / PROMPERÚ

Wasichay Cultural Center in Chazuta

50 km south of Tarapoto (1 hr by car) along the Fernando Belaunde Terry Sur highway until the detour near the Colombia bridge towards the district of Shapaja. Opening hours: Mon-Fri 8:00 am - 12:00 m, 2:00 pm - 3:00 pm / Sat-Sun prior coordination at 957-628-222. Ticket entry.

Here you can visit the Ethnographic Chamber of Ceramics where hand-made pots protected as a model for future artisans are exhibited. Also, the Traditional Ceramic Workshop where the skill of the chazutina artisans, their way of using colors and designs in the form of jars, pots, mocahuas and other objects can be appreciated. The visitor can make their own vessel and buy the products already made.

El Sauce Lagoon (or Blue Lagoon)

53 km to the southeast of Tarapoto (2 hr. and 30 min) to the village of Sauce, at 800 meters. Opening hours: Mon-Sun 6:00 am - 5:00 pm.

This beautiful 350-hectares lagoon resembles a mirror of water. It has a pleasant temperature and is surrounded by vegetation on most of its banks. Its color varies between greens and blues. It is the habitat of herons, kingfishers, Muscovy ducks, eagles, and fish. The visitor can try water sports such as fishing, and inflatable and outboard motor boat rides.

.....

Tocache Province

San Juan Ishanga Waterfall

16 km to the southwest of the city of Tocache (1 hr. on foot). Opening hours: Mon-Sun 8:00 am - 3:00 pm.

Here six cascades of water form refreshing pools amidst an abundant flora of many orchid species. In Tocache the visitor can also visit the Nueva Bambamarca Cacao Production Center.

Lamas Province

Lamas City

22 km to the northwest of the city of Tarapoto (30 min. by car).

Founded in 1656, it is one of the oldest cities in the Peruvian Amazon which characterizes for its steep streets and terraced layout. At Wayku neighborhood live the descendants of the Chancas, the only Quechua-speaking community of the entire Peruvian Amazon. Also in the neighborhood is the Waska Waska Warmi Wasi craft center. In addition, it is essential to visit the Mirador de la Cruz, the Castle of Lamas and the Chanka Museum.

Chapawanki Waterfall

5 km to the north of the city of Lamas (20 min. by car) and then 200 meters to the fall (15 min. on foot). Opening hours: Mon-Sun 8:30 am - 5:00 pm.

Ticket entry.

This fall of four meters forms a perfect pool for bathers. The scenery includes trees such as pashacas, urucuri palms, quinillas, and renacos, as well as orchids and ferns. The visitor will find a large variety of birds, butterflies, and insects.

San Roque de Cumbaza

17 km to the northwest of the city of Tarapoto (45 min. by car).

In this village perfect pools have formed that are refreshing for visitors. The surrounding mountains of dense vegetation make for a spectacular landscape.

.....

Mariscal Cáceres Province

Archaeological Ethno Museum of Pachiza

18 km to the south of Juanjui, district of Pachiza (30 min. by car). Opening hours: Mon-Fri 7:30 am - 1:00 pm / 2:00 pm - 5:30 pm.

It is located just a few steps from the main square of Pachiza, one of the oldest towns in the province. In this museum you can see fossil remains of mastodons and ammonites. In addition, lithic objects of the first inhabitants called the ethnicity of the hibitos and cholones are exhibited.

El Breo Waterfalls

20 km to the south of Juanjui towards the locality of Huicungo (40 min. by car) and then 58 km to the falls (3 hr. by motorboat) / 8 km using the Juanjui-2 de Mayo-waterfalls route (3 hr. by speedboat). Visits are undertaken with registered travel agencies.

The Huayabamba River falls at four points along its course, a total drop of 140 meters. Its surroundings display vegetation typical of the primary forest, such as ferns, orchids, and giant epiphytes. There are also trees of whose branches hold the nests of the yellow-rumped cacique.

Rio Abiseo National Park

To the southwest of the district of Juanjui (6 hr. by boat). Visits are undertaken with registered travel agencies.

With 274 520 hectares in which cultural resources and great scenic beauty are preserved, it is an excellent platform to promote the research of our natural and cultural resources. Options include visits to the Churo-Shiringal circuit—along which you can take the El Shiringal interpretative trail—the mouth of the Churo gorge, Timón and Catarata Oso waterfalls, the San Geronimo rapids, and the Franceses and Otorongo caves. It was declared Cultural and Natural Heritage for Humanity by Unesco in 1990.

Moyobamba

City Center



Urban area



Main river



Cathedral



San Martín Departmental Museum



Punta de Tahuisco lookout



Punta de San Juan lookout



Medical attention



Police

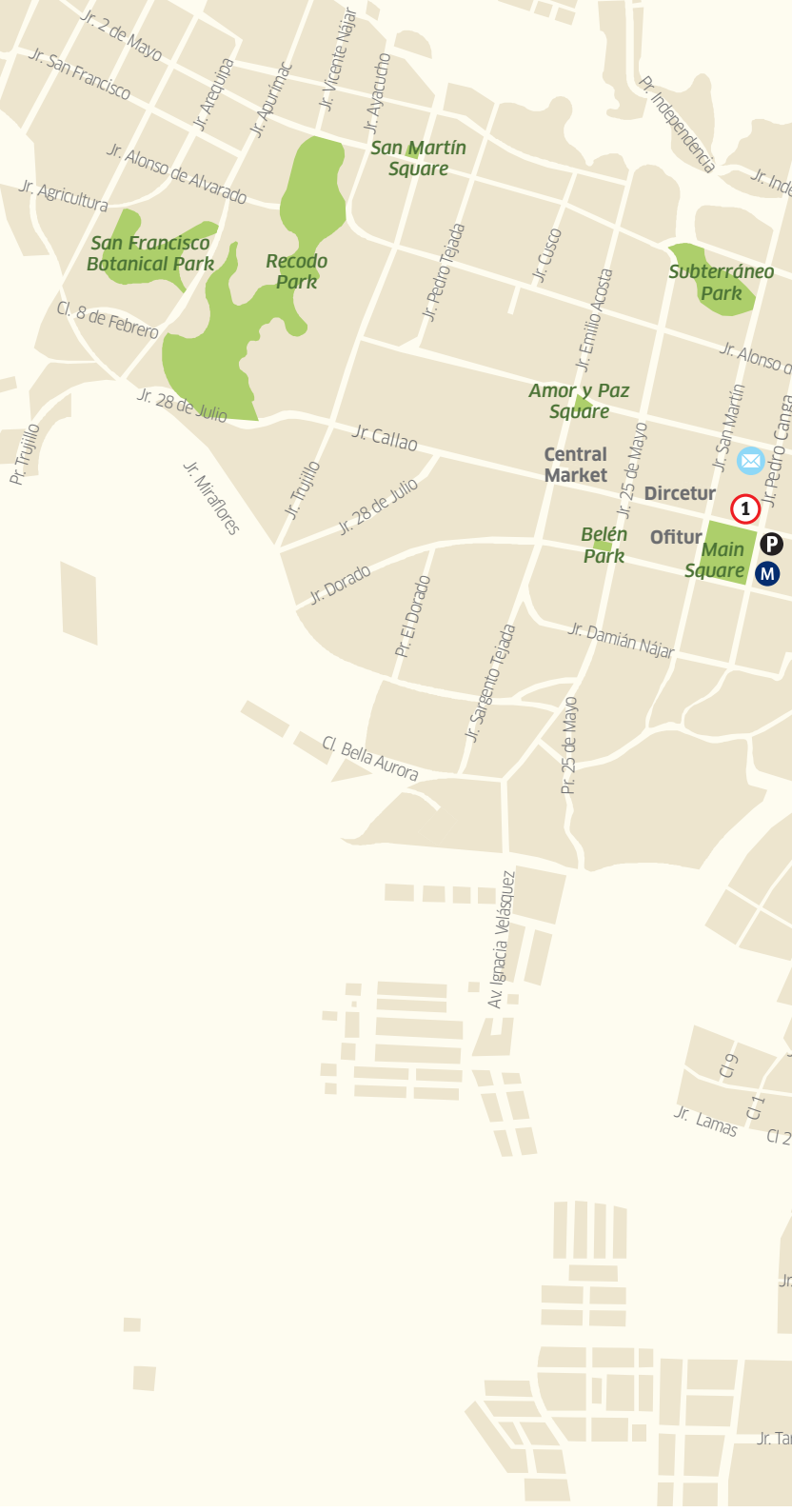


City Hall



Post Office





San Martín Square

San Francisco Botanical Park

Recodo Park

Subterráneo Park

Amor y Paz Square

Central Market

Dircetur

Belén Park

Ofitur

Main Square

1

X

P

M

Jr. 2 de Mayo

Jr. San Francisco

Jr. Arequipa

Jr. Aburimac

Jr. Vicente Nájjar

Jr. Ayacucho

Pr. Independencia

Jr. Ind

Jr. Alonso de Alvarado

Jr. Agricultura

Cl. 8 de Febrero

Jr. 28 de Julio

Pr. Trujillo

Jr. Miraflores

Jr. Trujillo

Jr. Callao

Jr. 28 de Julio

Jr. Dorado

Pr. El Dorado

Jr. Sargento Tejada

Jr. Damián Nájjar

Cl. Bella Aurora

Pr. 25 de Mayo

Av. Ignacia Velásquez

Jr. Lamas

Cl. 9

Cl. 1

Cl. 2

Jr. Ta



Mayo River

Libertad Square

Bolognesi Square

Ayaymama Market

Bus Station

Highway to Tarapoto



0 200 400 meters

Altitude: 861 meters



Información y Asistencia al Turista
Tourist Information and Assistance

TARAPOTO
San Martín
Airport

(+51) 979-981-425
Cadete FAP Guillermo del Castillo
Paredes Airport - Arrivals hall
Mon - Fri 9:00-13:00 h
and 14:00-18:00 h
iperutarapoto@promperu.gob.pe

Contáctanos:

24 horas

 **(+51-1) 574-8000**

 **(+51) 944-492-314**

iperu@promperu.gob.pe

VisitPeru



www.peru.travel
www.ytuqueplanes.com



The information in this brochure was updated in November 2019.

In developing it, PROMPERU has used official information sources, and the San Martín Regional Directorate of Foreign Trade and Tourism (DIRCETUR).

Opening hours and telephones are subject to variation by each tourist attraction. Confirm times and phones with IPERÚ.

A publication by the Peru Export and Tourism Promotion Board - PROMPERU
Calle Uno Oeste n.º 50, piso 14, urb. Córpac, San Isidro, Lima - Perú
Telephone: (+51-1) 616-7300
www.promperu.gob.pe
© PROMPERÚ. All rights reserved.

Hecho el Depósito Legal en la Biblioteca Nacional del Perú n.º xxxxxx
Printing: Quad/Graphics Perú S.A. (Av. Los Frutales No. 344, Ate Vitarte-Lima)
Lima, October 2019

FREE DISTRIBUTION. NOT FOR SALE.



PERÚ

Ministerio
de Comercio Exterior
y Turismo

