



TRAVEL LOGISTICS, COVID, AND PLANNING YOUR TRIP: ALL YOU NEED TO KNOW

We are so honored that you're joining us for an immersive experience in nature, community, and beautiful medicine in Tarapoto, Peru!

As you prepare, please **thoroughly read** this document and the other documents attached to your registration email. They contain important information to help you make the most out of your experience, including recommendations for the diet, medications, resources, and holistic preparation.

We look forward to healing with you!

Summary of Travel Requirements

- ✓ Traveler's medical insurance
- ✓ Return ticket/proof of onward travel within allowable tourist stay (ranges from 30 – 180 days, dependent on immigrations)
- ✓ Passport **valid for 6 months beyond arrival date**, & visa if necessary (most countries in the Americas and Western Europe do not require a visa, [check here for complete list](#))
- ✓ Complete [Soltara arrival information form](#) (also sent via email 2 weeks before your retreat)
- ✓ Bring remaining balance in like-new, USD bills

PLEASE NOTE: Our Amazon center is entirely off-grid, there is no WiFi on the property. Participants will enjoy a deep digital detox during the retreat.

Travel Requirements

Traveler's Medical insurance covering the dates of your travel. **Health insurance in your home country is not sufficient**

- **Soltara requires travel insurance** for your safety - it can be any travel medical insurance that suits your needs.
- We suggest a plan that covers all possible medical expenses and accommodations in case of COVID-19 infection.
- We **do not** read and approve insurance plans. If you are unsure if you have the appropriate plan, please contact your insurance company directly.

Proof of Onward Travel

Peru also requires a return ticket or proof of onward travel within allowable tourist stay (ranges from 30 – 180 days, dependent on immigrations)

Passport Validity

Passport **valid for 6 months beyond arrival date**, & visa if necessary (most countries in the Americas and Western Europe do not require a visa, [check here for complete list](#))

TRAVEL

Group Hotel Shuttle: Arriving and Departing from Your Retreat

- To catch the shuttle to Soltara, book your flight to the **Tarapoto Airport (TPP)** which will **most likely fly via Lima Airport (LIM)**
 - Note: When flying domestically within Peru, liquids must be carried in your carry-on luggage. If you have packed liquids in your checked luggage coming into Lima, you will need to move the liquids to your carry-on luggage before boarding your flight to Tarapoto.
 - If you are traveling internationally, you will need to pick up your luggage in Lima and re-check for your domestic flight
 - Due to frequent last-minute cancellations, we do not recommend booking with Star Peru Airlines.
- **We offer free group pickup on Day 1 of your retreat at 11:00 AM** from [Tucan Suites Hotel](#) which is 7 minutes from TPP Airport
 - If you plan to fly in on Day 1, your flight must land **by 9 AM** on Day 1 for enough time to ensure you arrive to the Tucan Suites Hotel for the **11 AM** meet-up
 - We highly recommend arriving the day before, to ensure smooth arrival
 - **If you experience flight delays or issues**, due to limited cell service at our Amazon center, please send an email to peru@soltara.co with your updated arrival information. Our staff will check this email on the morning of pickup and support with any separate pickup arrangements.
- **Dropoff, after your retreat, is on the last day at 10:30 am at the Tucan Suites Hotel**
 - Check out at the center will be 10 am on the last day – if you will be flying out or staying in Tarapoto after, you can ride with our shuttle back to the hotel and take a taxi from there if needed.
 - **We *highly* recommend departing at least 1 day after your retreat ends**, but if you must depart the same day, plan to depart after 2 pm, **or longer if you need to wait for COVID test results**. Otherwise, you may miss your flight.

HOTELS

Staying in Tarapoto Before/After

- **Recommended Hotel Choice:** [Tucan Suites Hotel](#)

Located 7 min from the Tarapoto Airport and offers shared airport pick-up for an additional cost of 20 Peruvian Soles (approximately USD \$5). Pick-up must be confirmed with the hotel at least 48 hours prior to flight arrival and needs to include the flight information and flight number.

Web | [LINK](#)

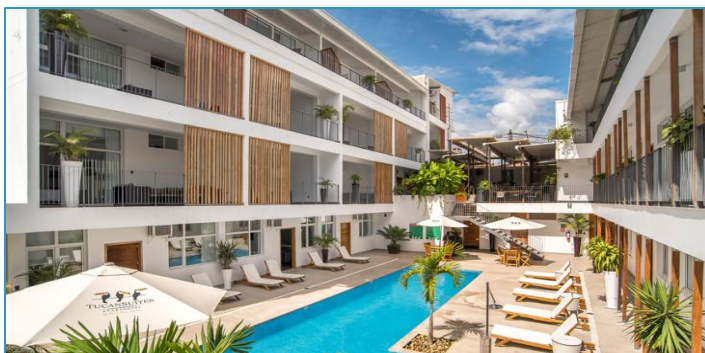
Phone # | +51 999 450883

Email | info@tucansuites.com

Address | Jr. 01 de abril 315,
La Banda de Shilcayo - San Martín Perú

Check-In | 3:00 pm

Check-Out | 1:00 pm



How to book

Soltara's Guests will get a discounted rate when reserving via WhatsApp or email through the contacts above. It is also possible to book your room directly via this [link](#).

Average Pricing **Prices include breakfast, use of the pool, & free Wifi

- Suite - 295 Peruvian Soles or \$78 USD
- Executive Suite - 341 or \$90
- Apartment - 396 or \$104
- Panoramic - 451 or \$119

- **Recommended B&B Choice:** [Green House](#)

Located 10 min from the Tarapoto Airport and offers airport pick-up included in the price. Pick-up must be confirmed with the hotel at least 48 hours prior to flight arrival and needs to include the flight information and flight number.

Instagram | [LINK](#)

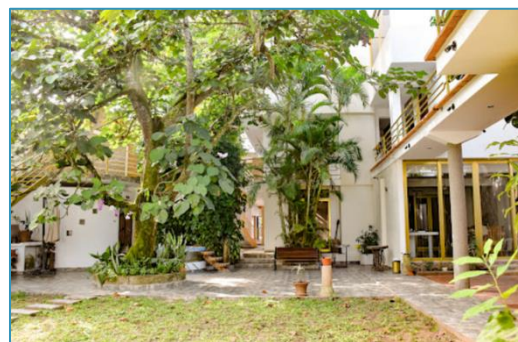
Phone # | +51 958157588/ +51 942472156

Email | contacto@greenhousetarapoto.com

Address | Pasaje Abelardo Ramirez N 263- Banda de
Shilcayo

Check-In | 2:00 pm

Check-Out | 12:00 pm



How to book

Soltara's Guests will get a discounted rate when reserving via WhatsApp or email through the contacts above.

Average Pricing **Prices include breakfast, airport pick-up, the use of the kitchen & free Wifi.

- Single Room - 80 Peruvian Soles or \$21 USD
- Superior Double Room - 112 Peruvian Soles or \$30
- Special Double Room - 144 Peruvian Soles or \$38
- Executive Suite – 176 Peruvian Soles or \$47

Laundry service is available at extra cost.

Note: this B&B also has 2 little dogs & 1 cat as permanent residents!

- **Recommended Local Restaurants**

[La Patarashca](#) – Typical Peruvian Restaurant

[Mantra Alimentacion Cosciente](#) – Vegan/Vegetarian Restaurant

PACKING

The weather in Tarapoto tends to be warm and humid. We are in the high jungle and average temperatures reach 26 - 28 C (80 - 83 F) with high humidity (65 - 70% average relative humidity). You'll want to wear light and breathable clothing. We recommend you bring light and loose long-sleeved shirts and long pants as there are likely to be mosquitos. The land is surrounded by a national park and has a high water table that eventually feeds into the drinking water for the surrounding area. Due to this fact, it is **very important** that you do not use any toiletries or products that are not natural and biodegradable while you are at the center.

The following list covers everything you may need to ensure your journey is as pleasurable as possible!

Important Note: We do not allow any chemical shampoos, conditioners, body, face wash, or other toiletries at our center, due to its location inside a High Protection Zone of the Cordillera Escalera National Park. Protecting the groundwater is very important here and only natural, biodegradable, organic items can be used. We will provide natural soap for you during your stay.

- **Digital/printed copies of your travel insurance**
- **Sun hat/scarf/bandana to cover head** (important for after last ceremony/arcana)
- **Flashlight(s)** (Important! One bright white light for the jungle + one dim [LED RED LIGHT](#) for ceremonies - [here](#) is an example)
- **Lighter(s)** (for Mapacho, a sacred jungle tobacco sometimes smoked in ceremony)
 - No commercial cigarettes or vaporizers please. Natural jungle tobacco (mapachos) will be provided for use in ceremony
- **Face covering/mask** (if desired for travel - not worn on your retreat)

- Reusable water bottle
- Hand sanitizer (for travel)
- Sneakers/walking shoes and socks
- Sturdy sandals
- Enough clothes for your entire stay (no laundry service is available on site. Some hand washing is possible with the natural soaps provided)
 - 1 pair swimming gear for flower baths
 - Loose fitting, breathable long pants
 - Loose-fitting, breathable long-sleeved shirts
 - Light-colored shirts for ceremonies (to help facilitators see you in the dark)
 - Casual/active attire for warm weather (enough for your entire stay)
 - Underwear/undergarments
 - 1 Warm sweatshirt or jacket (just in case, sometimes nights can be chilly and body temperature can fluctuate in ceremony)
 - 1 Rain jacket or poncho/small foldable umbrella (December - May - rainy season)
- Insect repellant (natural and biodegradable only, please – no DEET, natural repellant is available on-site for purchase)
- Sunscreen (natural and biodegradable only)
- Small, foldable umbrella
- Natural ingredient toiletries (natural and biodegradable only, we provide a line of shampoos, conditioners, and soaps in each bathroom)
- Personal watch (so you don't have to use your phone for the time)
- Small first-aid kit for scrapes, cuts, and bug bites
- Power adaptor if necessary (for hotel, no charging of electronics is available at the center as we are off-grid and power is limited)
 - Peru uses 220 volt electricity, so visitors will need a converter for 110 volt devices. Most plugs in Peru are the two-pronged flat type found in the US.
- It is not necessary to bring electronics such as laptops unless you will use them outside of the retreat while visiting Peru
- Necessary medications (**that have been approved during intake process – please consult with a facilitator before taking any while on your retreat**)
- Spanish/English Dictionary
- Notebook / Journal & pens
- Art supplies if you are creative
- Passport + 2 photocopies of passport
- Money belt/passport wallet
- Bank card with “Plus” or “Visa/MC/AMEX” logo
- Credit card with cash withdrawal option
- Travel/medical insurance information
- **USD \$500-\$1000** (for souvenirs, Shipibo market, meals when not at Soltara, etc.)
- **Remaining balance due for retreat in crisp, like-new USD bills** (no tears please, thank you for your understanding!)
- Notify financial institution of travel plans

Preparation Support

Additional preparation support is available via [this link](#) with our therapist Sharon Slate, or [this link](#) with our therapist Sean Chiddy. These can help clarify intentions, address anxieties, and set the foundation for the work you will do here. Many guests have found this to be highly beneficial in their preparation for medicine work.

We also have monthly preparation circles with therapist Sharon Slate through our private community platform [The Maloca!](#)

Check out our [Events section](#) to register for a preparation circle.

For other questions, please see our [FAQ page](#) 😊

We look forward to journeying with you!

*In grateful service,
The Soltara Team*

