Routes of trekking and biodiversity in San Martin
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**Altitude**

Min.: 190 masl (Pelejo)  
Max.: 4500 masl (Cordillera Oriental)

**Weather**

**Temperature**

- **Rainy season** (Nov - Abr)
  - Max.: 34 ºC
  - Min.: 18 ºC

- **Dry and sunny season** (May - Oct)

**How to get there?**

**Terrestrial**

- Lima - Chiclayo - Olmos - Bagua - Rioja - Moyobamba: 1 250 km / 26 hours by bus
- Lima - Huánuco - Tingo María - Tocache - Juanjuí - Tarapoto - Moyobamba: 1 134 km / 22 hours by automobile

**Aerial**

- **Cadet FAP Guillermo del Castillo Paredes Airport - Tarapoto**
  - Lima - Tarapoto: 1 hour and 15 minutes
  - Iquitos - Tarapoto: 1 hour
  - Arequipa - Tarapoto: 2 hours
This route is located in San Roque of Cumbaga, 18.4 Km from Tarapoto city (a 45 minute drive on a paved road). There are great restaurants and lodges in the village to enjoy your stay, as well as Wellness & Yoga retreats.

Social Enterprise Ecoaldeas Peru has developed different Hikes & Trekking Experiences where local villagers are the main hosts. Each Trek has different themes and highlights. You can either Hike to various Amazonian Mountains viewpoints, visit organic coffee plantations, practice traditional weaving with indigenous women, camp among the Rainforest Mountains on the way to giant waterfalls, and also practice softer activities like birdwatching and a Biodiversity Trail.

Enjoy the views and landscapes of the Regional Conservancy Area Cordillera Escalera, climbing to 1100 meters to watch the mountain range known as Cahuapayas, a habitat of different flora and fauna species typical of this ecosystem. The most common birds that can be found on the way are tanagers, hummingbirds, kites, falcons, and honeycreepers.

Toroyacu waterfall is the main attraction, located at 1 230 m.a.s.l. This 100-meter fall is nestled in a small gorge, within the Protected Forest of Chirikyacu Indigenous Community. Before you arrive, you will hear the roar of the waters crashing in its pool, as the sky thunders before a heavy rain. The Campsites of this Trekking are run by the Chirikyacu Indigenous Community, as well as the food. You can experience it in two, three, or more days!
Activities you can do
- Hiking
- Trekking
- Camping
- Birdwatching
- Flora & Fauna Observation
- Photography and filming

Services you can take
Accommodation, restaurants & food services, tours (Hikes & Treks)

Office hours
From 8:00 a.m. to 8:00 p.m.

Type of Entry
Previous reservation

Contact information for reservations
Mobile number:
940 172 690 / 935 530 796

E-mail:
ecoaldeas.peru@gmail.com

Instagram:
https://www.instagram.com/ecoaldeasperu

Facebook:
https://es-la.facebook.com/ecoaldeasperu/

Website:
www.ecoaldeas.pe
It is located in the Regional Preservation Area Cordillera Escalera at 2.2 Km or 20 minutes from the city of Tarapoto. It is managed by the association of protection of flora y fauna Alto Shilcayo (APFF) and involves 03 touristic attractions: Waterfall of the bride, Waterfall of Tamushal and Natural Viewpoint Alto Shilcayo:

**Waterfall of Tamushal** located at a height of 671 m.a.s.l. The waterfall has a fall of water in two times, 40 meters height over a rock wall, and it breaks in a pool of 02 meters depth, where visitors could enjoy of its cold water natural pool. By the location of the fall of water, it is easy to observe from the Viewpoint Alto Shilcayo (located at 1095 m.a.s.l.).

**Natural Viewpoint Alto Shilcayo** with a height of 1095 m.a.s.l. The viewpoint is formed by a rock outcrop, from where you can observe impressive mountains, leafy trees and the cities of the Banda de Shilcayo, Tarapoto and Morales. During the tour to the viewpoint you’ll be able to see flora and fauna typical of the forest.
Activities you can do
- Walking / Trekking
- Camping (previous coordination)
- Birdwatching
- Flora and fauna observation

Services you can take
Food, touristic Orientation

Office hours
From 8:00 a.m. to 4:00 p.m.

Type of Entry
Previous presentation of ticket

Contact information for reservations
Mobile number:
942902852 / 937 436 433

E-mail:
asociacionflorayfauna@gmail.com

Social media:
https://es-es.facebook.com/APFFPeru

Webpage:
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Foto: Heinz Plenge