

# ACEER

F O U N D A T I O N

## **ACEER Botanical Medicine Workshop 2010**

### **Itinerary**

**Friday, Oct. 7 – Sunday, Oct. 17, 2010**

With trip leaders Steven Foster and Amanda McQuade

**Cost –\$3,890 (From Lima)**

### **Optional Extension to Wayqecha Research Station**

**And the Manu Cloud Forest Canopy Walkway**

**Saturday, Oct. 16 – Tuesday, Oct. 19, 2010**

**Cost - \$400**

**Sponsored by: The American Botanical Council,  
The ACEER Foundation, and West Chester University of PA**  
(DailyActivities/Lecture Topics are Tentative)

#### **Day 01**

**Thursday, October 7**

**USA TO LIMA**

Meals – On flight

Evening arrival in Lima, welcome and transfer to our hotel.

Overnight – Lima – Casa Andina Miraflores Centro

#### **Day 02**

**Friday, October 8**

**LIMA/RESERVA AMAZONICA**

**Please Note: The schedule of activities at Reserva Amazonica may be subject to change.**

**Activity 1: During early breakfast (7 a.m.), there will be introductions and an orientation session, led by Steven Foster.**

After breakfast, we are transferred to the Lima airport at 7:30 a.m. for a two-hour flight to Puerto Maldonado via Cusco. Puerto Maldonado, with a population of approximately 60,000, is the capital of the Madre de Dios region and is located at the confluence of the Tambopata and Madre de Dios Rivers. This small frontier town has a history of resource extraction beginning with the rubber boom, logging and gold prospecting, and more recently oil exploration. Despite this activity, 98% of the region is composed of primary rainforest. There are three national parks and reserves in the area that together comprise

more than 3.5 million hectares of protected forest ecosystems. They are: The Manu Biosphere Reserve, Tambopata-Candamo Reserve, and the Bahuaja Sonene National Park.

**Activity 2:**

**We begin our experience in the region with a visit to the local market, led by Steven Foster, and our local guide, where everything from produce, harvested from the surrounding forest, to live chickens and other animals, to motorcycle parts, and plastics are sold. Of particular interest are the medicinal herb stands, where we will have the opportunity to talk with local *curanderos* and discuss the preparation and use of traditional remedies.**

Soon we get our first glimpse of the Madre de Dios River where we board our boat for the one-hour ride to Reserva Amazonica Lodge. A light lunch (the Amazonian version of a box lunch, called “juanes” - rice dough stuffed with chicken or egg and wrapped in banana leaves) will be served during the boat ride to the lodge.

After a brief orientation to the lodge and reserve by Inkaterra staff, there will be an optional walk on the Anaconda trail, passing across the 200-meter wooden bridge over the Aguajales palm swamps. The 10,000 ha Inkaterra Ecological reserve is located in mature floodplain forest and provides excellent opportunity for wildlife observation. The Inkaterra Reserve provided a research base for E.O. Wilson’s seminal work on ant ecology, and is said to contain one of the world’s largest concentration of ant species.

**Activity 3**

**Where appropriate, we will begin explaining the diversity of plants that form the basis for medicines from the rainforest.**

There will be a presentation at 6 p.m. before dinner.

**Activity 4:**

**Evening presentation and discussion: "*Medicinal Plant Conservation*" with Steven Foster**

**CMEs awarded for the day’s activities: 4**

Breakfast – Lima – Casa Andina Miraflores Centro

Lunch- Juanes on boat to Reserva Amazonica

Dinner – Reserva Amazonica

Overnight – Reserva Amazonica

**Day 03**  
**Saturday, October 9**

**RESERVA AMAZONICA**

After an early breakfast (6:30 a.m.), we depart by boat to the access point for the Inkaterra Canopy Walkway. Animal and bird life are best viewed early in the morning.

**Activity 1:**

**The high point, literally, of the morning, will be a visit to the Inkaterra Canopy Walkway – a series of seven suspended walkways 100 feet above the forest floor and providing an unparalleled opportunity to study the vertical structure of the forest and life in the canopy, led by workshop leader and our Inkaterra guide.**

After our visit to the canopy walkway, we depart for the 45-minute boat ride to Hacienda Concepcion(HC). In partnership with The National Geographic Society, and Peruvian partners, The Amazon Center for Environmental Education and Research (ACEER) Foundation developed this comprehensive international education and research center. The facility is located on a 340-hectare private reserve that joins the pristine Tambopata National Reserve and Lake Sandoval, a huge oxbow lake known for its concentrations of birds and butterflies and a long-term research project on the endangered giant river otter.

The Hacienda Concepcion includes:

- A Nature Interpretation Center
- Meeting and classrooms
- Laboratory
- A medicinal plants garden
- A children's rainforest garden, and
- A 3.5 km Useful Plants Trail

**Activity 2:**

**At the HC we will begin at the Nature Interpretation Center, and its exhibit: *Madre de Dios—River of Change*, designed by the National Geographic Society. The exhibit describes the climate, geography, history, ecosystems, and culture of the tropical rainforest in the Madre de Dios region.**

**Activity 3:**

**Presentation and discussion: *History of Herbs in Medicine and Pharmacy*, with Amanda McQuade.**

Lunch will be served at HC. After lunch, we will explore the site further.

**Activity 4:**

**Field exercises and demonstrations at the Jardín de Plantas Medicinales, the Children's Rainforest Garden and the Useful Plants Trail. Sessions will be led by workshop leaders and our local shaman. Topics will include: *Medicinal Plants of the***

*Amazon; and Plants of Economic and Health Value.* Plant diversity, ecological processes, and adaptations will be discussed.

**Activity 5:**

**Our studies at Hacienda Concepción will include *Amazonian Shamanic Traditions*, with our shaman, and will conclude with a special “Bath of Tranquility”.**

**CMEs awarded for the day’s activities: 5**

Breakfast at Reserva Amazonica

Lunch at ATI

Dinner: Reserva Amazonica

Overnight: Reserva Amazonica

**Day 04**

**Sunday, October 10**

**SANDOVAL LAKE**

After an early breakfast we depart for the 15 minute boat ride to the entrance to Lake Sandoval. There will be a one hour walk to reach the lake, where we will board canoes for an exploration of the lake.

**Activity 1:**

**The trail to the lake passes through a mix of successional forest types. Along the way there will be excellent opportunities to see small animals such as anteaters, agouties, capybaras, and monkeys, as well as numerous bird species. Here we will continue our discussions on the diversity of plants that form the basis for medicines from the rainforest.**

Sandoval Lake is an exceptional "oxbow lake" formed generations ago by the shifting waters of the Madre de Dios River. It is located adjacent to Hacienda Concepción and is within hiking distance of the center. Sandoval with its clear, calm waters has evolved into a mature lake environment attracting a wide variety of wildlife and flora. Sandoval is home to the endangered giant river otter and is an exceptional place to observe small parrots, herons, kingfishers, hoatzins, caimans, and turtles. Brown capuchin, Bolivian squirrel, red howler, saddle-backed tamarin, and night monkeys live in the forests surrounding the lake.

We will return to Reserva Amazonica for lunch. There will be time for relaxation before activity 2 and the tour of the demonstration farm.

**Activity 2: An exploration of aquatic ecosystems at Sandoval Lake. Swimming in the lake is permitted.**

**Activity 3 (Optional): A late afternoon Visit to Inkaterra’s demonstration farm with discussion about the typical farm and Amazonian diet, and properties of plants**

**grown by local farmers that are used for medicinal purposes. Led by our guide and Steven Foster.**

**CMEs awarded for the day's activities: 3**

Breakfast/Lunch/Dinner – Reserva Amazonica  
Overnight – Reserva Amazonica

**Day 05**

**Monday, October 11**

**RESERVA AMAZONICA/AGUAS CALIENTES  
TRAVEL DAY**

After an early breakfast, departure by boat for Puerto Maldonado, where we transfer to the airport for our flight back across the snow-capped Andes Mountains to the heart of the Inca Empire. Nestled in a high valley at nearly 11,000 feet, Cusco is surrounded by some of the highest peaks in the Andes. As we descend into Cusco, the oldest continuously inhabited city in the western hemisphere, we glimpse the red tiled roofs of this colonial capital that was built on the massive foundations created by the Inca Empire. We make our way by bus out of the city and into the historic Urubamba Valley – *The Valley of the Incas* and there we transfer to the train for Machu Picchu, recently selected as one of the *New 7 Wonders of the World*. After the hour and a half ride we arrive at Aguas Calientes (Machu Picchu Village). Dinner at a local restaurant and overnight at a hotel in Aguas Calientes.

Breakfast– Reserva Amazonica  
Lunch – Box Lunch on bus  
Dinner – Pueblo Viejo in Aguas Calientes  
Overnight – Hatun IntiHotel or similar

**Day 06**

**Tuesday, October 12**

**MACHU PICCHU**

After breakfast at the hotel, we board our bus for the journey to Machu Picchu for the day. The topography, geology and hydrology of Machu Picchu create nine life zones and contain a wide diversity of flora and fauna species. There are more than 1000 species of orchids within the Sanctuary, as well as a wide variety of ferns, begonias, palms, and bromeliads. The Sanctuary has many species of fauna as well including the solitary eagle, the Andean condor, the ocelot, spectacled bear, and a great variety of birds including the Golden-headed Quetzal and the Cock-of-the-Rock, Peru's national bird.

**Activity 1: Led by our Andean guide, Odon Medina, the group will ascend to a point above the ruins and will be led in a short meditation by Odon.**

**Activity 2: Exploration of Machu Picchu's architectural remains of plazas, palaces, temples, homes, cemeteries and more than 100 irrigated terraces that formed the structure for the Incan agricultural system. The visit includes an introduction to the medicinal plants used by the Incas, and viewing of the small medicinal plant garden in the ruins. The day will provide an ongoing opportunity for discussions of Incan cultural traditions including their agricultural and medicinal practices. Led by our local guide.**

The guided portion of our day will last approximately two hours and the remainder of the day you will have to explore the ruins on your own. Activities include an optional climb up "Huaynu Picchu", the peak overlooking the city, or a hike to the "Sun Gate" where the Inca Trail enters Machu Picchu.

**CMEs awarded for the day's activities: 2**

Breakfast – Hatun Inti Hotel  
Lunch – Sanctuary Lodge  
Dinner – On your own  
Overnight – Hatun Inti Hotel or similar

**Day 07**

**Wednesday, October 13**

**AGUAS CALIENTES/OLLANTAYTAMBO**

After early breakfast, we board the train for Ollantaytambo. Our morning will include a visit to a local village to see medicinal plant gardens, and the local market where medicinal plant stands can be seen. Our guide, Odon Medina, will take us to local gardens where medicinal plants of the mountain regions can be seen.

**Activity 1: A visit to the local markets and local medicinal plant gardens, where Odon Medina will discuss traditional healing practices in the Andes.**

**Activity 2: The day will include a visit with a Shaman in the Sacred Valley to learn about shamanic traditions in the Andean region. Led by the Shaman and our local guide.**

We arrive at our hotel in the late afternoon with time to relax.

**CMEs awarded for the day's activities: 2**

Breakfast – Hatun Inti Hotel  
Lunch – Sol y Luna Restaurant  
Dinner – Restaurant at Hotel Pakareqtampu  
Overnight – Hotel Pakareqtampu

**Day 08****Thursday, October 14****OLLANTAYTAMBO/CUSCO**

After breakfast, board bus for Cusco. Along the way will include stops at a Weaving Arts Gallery and the Incan ceremonial ruins at Sacsayhuaman. We will arrive in Cusco by noon, and after a light lunch on your own, we will have an afternoon activity scheduled. We will check into the hotel and you will have the evening to explore Cusco on your own, including dinner.

**Activity 1: To be determined.****CMEs awarded for the day's activities: 1**

Breakfast – Hotel Pakareqtampu

Lunch – on your own

Dinner – On your own

Overnight – Cusco Hotel – Casa Andina

**Day 09****Friday, October 15****CUSCO**

After breakfast there will be a presentation by a guest speaker. Lunch will be on your own, followed by a tour of the city, including a visit to the big local market, four blocks away from the main square. Dinner will be at a local restaurant and overnight at the Casa Andina.

**Activity 1: Presentation by guest speaker****CME's awarded for day's activities: 1**

Breakfast – Cusco Hotel - Casa Andina

Lunch – On own

Dinner – At a local restaurant

Overnight - - Cusco Hotel – Casa Andina

**Day 10****Saturday, October 16****CUSCO/LIMA/OVERNIGHT FLIGHT**

After breakfast there will be final presentations and some time for last minute shopping or exploring Cusco. Transfer to airport for flight to Lima. Upon arrival in Lima we will travel along the coast and arrive at Rosa Nautica, a restaurant on a pier in the Pacific, for our farewell dinner. We will later transfer to airport for overnight flight to US, as per your own arrangements.

**Activity 1: Final presentations by Steven and Amanda with time for discussion and questions, since this is the final group activity**

**CME's awarded for day's activities: 1**

Breakfast – Cusco Hotel - Casa Andina

Lunch – On Own

Dinner – Rosa Nautica

Overnight flight to US

**Day 11**

**Sunday, October 17**

**ARRIVE IN USA**

### **Optional Extension to Wayqecha**

**Day 10**

**Saturday, October 16**

**CUSCO/WAYQECHA**

After an early breakfast, we will depart by van for four hour journey that takes you from Cusco through the Andes Mountains, to Wayqecha. Upon arrival at the site, there will be a short orientation of the site before dinner. There will be a short lecture after dinner. The lecture will focus on medicinal plants of the cloud forest, with special attention to those found in the Wayqecha region.

Breakfast - Casa Andina

Box lunch along the way

Dinner and overnight at the Manu Cloud Forest - Wayqecha Lodge

**Day 11**

**Sunday, October 17**

**WAYQECHA RESEARCH STATION**

The day will be spent exploring the site and trails. This site, from top to bottom, straddles 7 climate zones. Where the Andes meet the Amazon, an avalanche of biodiversity marks the birthplace of the world's greatest river. It starts as a trickle of snowmelt on the 20,000 foot peaks of southeastern Peru, swells into a mountain torrent through the Altiplano and cloud forests, and reaches the sweltering lowlands as a great, meandering tributary of the Amazon. The site provides an unparalleled opportunity to see a wide variety of rare indigenous plants and animals in this cloud forest environment.

After breakfast, the morning will be spent with your guide, who will lead a fairly rugged hike from the lodge, along the Spectacled Bear Trail.

After lunch at the lodge, the group will go to the Manu Cloud Forest Canopy Walkway, the only canopy walkway system in the cloud forests of the Andes. This is a unique opportunity to view the forest canopy. Return will be at sunset.

Breakfast/Lunch/Dinner – Wayqecha Lodge  
Overnight – Wayqecha Lodge

**Day 12**

**Monday, October 18**

**WAYQECHA/CUSCO/LIMA**

After an early breakfast, we will make our return trip over the Andes and back into Cusco where we will be transferred to the airport for our return flight to Lima. Upon arrival in Lima, we will be met at the airport and transported to Rosa Nautica, a restaurant on a pier in the Pacific, for our farewell dinner. We will later transfer to airport for overnight flight to US, as per your own arrangements.

Breakfast – Wayqecha Lodge  
Lunch – On own in airport  
Dinner – Rosa Nautica  
Overnight flight to USA

**Day 13**

**Tuesday, October 19**

**ARRIVE IN USA**

**For more information:**

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\$500 Deposit and registration forms are due by August 7, 2010. Final payment due August 23, 2010. Mail checks to:

The ACEER Foundation  
P. O. Box 2549 - WCU  
West Chester, PA 19383

CMEs and Continuing Education credits are available through West Chester University.

**Continuing Medical Education Statement**

The College of Health Sciences at West Chester University of Pennsylvania is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**CME Designation Statement**

The College of Health Sciences at West Chester University of Pennsylvania designates this educational activity for a maximum of 25 category AMA PRA Category 1 credits. Each physician should only claim credit commensurate with the extent of their participation in the activity.

## Instructors' Biographical Information

**Steven Foster**, Author, photographer, international consultant and lecturer, Steven Foster, has 35 years of comprehensive experience in the herbal field. His career began in Maine at the Sabbathday Lake Shaker's Herb Department; America's oldest herb business dating to 1799. He is the co-author of three Peterson Field Guides, the bibles for identifying North American herbs including *A Field Guide to Medicinal Plants—Eastern and Central North America* (with Jim Duke). Other books include *Tyler's Honest Herbal* and the award-winning *101 Medicinal Herbs*. He is co-author of National Geographic Book's *A Desk Reference to Nature's Medicine* (with Rebecca Johnson), a 2007 New York Public Library Best of Reference. Foster's medicinal and aromatic plant photographs appear in numerous books and magazines, and are regularly featured in *HerbalGram*, the Journal of the American Botanical Council. He serves as President of ABC's Board of Trustees. Eureka Springs Arkansas, in the heart of the medicinal plant-rich Ozarks, is where Steven makes his home.

**Amanda McQuade** Crawford is an herbalist encouraged by recent success foraging for signs of life in Los Angeles, California. A member of the Union of Concerned Scientists and United Plant Savers, Amanda experiences science as a spiritual discipline. After many years of balancing organic gardening in Ojai with private practice in Beverly Hills and beyond, Amanda took a year off in New Zealand to teach and learn more before returning to her native southern California. She is a Consultant Medical Herbalist to both the entertainment and natural product industries. She serves on many committees dedicated to quality of information and product, including the Advisory Board of the American Botanical Council.

Amanda has studied and taught traditional and modern plant medicine throughout the U.S., Canada, Australia, New Zealand, Europe, Russia, China, & the Amazon River in Brazil and Peru. There, she led a group of pharmacists and doctors looking for medicinal plants; meanwhile, she met a medicine man who taught her his way of seeing plants over the next three years. Amanda has learned from plants and healers, as well as physicians at home and abroad. She teaches in hospitals, medical schools, and in open meadows. An Adjunct Professor at the Massachusetts College of Pharmacy, Boston, she lectures for their Master degree program in Applied Natural Products. She is a Distinguished Lecturer for the Tai Sophia Institute in Laurel, Maryland. She earned her degree in Phytotherapy (Herbal Medicine) from Britain's College of Phytotherapy (Phyto, Greek for "plant"), and a BA in Medieval History from Vassar College.

She is the author of three popular books on women's health, *The Natural Menopause Handbook*, *Herbal Remedies for Women*, and *The Herbal Menopause Book*, based on her years in clinical practice. She contributes to texts on natural medicine, such as *Traditional Medicines for Modern Times: Antidiabetic Plants*, edited by Amala Soumyanath, CRC Press. Her most recent adventure is hosting "What a Relief," a television series dedicated to holistic health for Veria.com, available on DISH and Verizon FIOS. She is recognized internationally as one of the premier practicing herbalists who speak publicly on integrated health and herbal medicine.