



Adventurebug Worldwide Ltd

Bespoke adventure travel & events since 2000

REAT Tourism License AT/MA/00022 Company Registration B93050763
Apto. Correos 1031, 29680 Estepona, Malaga, SPAIN TEL (34) 635 817 819

PANORAMIC BRAZIL Eco Adventure

12 Nights – Rio (3 nights) – Iguacu Falls (2 nights) – Manaus (4 nights – 3 in Amazon – 1 in city) – Salvador (3 nights) – Salvador Departure (late check out)



Welcome to Brazil!



One of the world's most captivating places, Brazil is a giant, dazzling country of powdery white-sand beaches, pristine rain forests and wild, rhythm-filled metropolises. Brazil's attractions extend from enchanting, frozen-in-time colonial towns to dramatic landscapes of red-rock canyons, thundering waterfalls and idyllic tropical islands. Add to that, Brazil's biodiversity: legendary in scope, its diverse ecosystems boast the greatest collection of plant and animal species found anywhere on earth.

Adventurebug's **Brazil Eco Adventure** is aimed to whet your appetite to the nation's finest natural, cultural and historical elements. We travel to all 4 corners of this great country to do so – ensuring that we capture a vast array of its finest features!

From Rio's Sugar Loaf Mountain and Copacabana to the impressive Iguacu Falls, the pristine Amazonian Jungle and the African flavors and rhythms of Salvador, you will come away moving to the sounds of Samba and feeling the intensive vibe that Brazil generates in all its visitors! **Bem-vindo ao Brasil!**





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ITINERARY

Day 1 – Rio de Janeiro

RIO DE JANEIRO – Upon arrival at the airport, you will be met as a group and transferred to HOTEL. Afternoon free and acclimatization / rest time. Overnight at Hotel, dinner included. Hotel: *Olinda Rio 4 Stars, Copacabana Beach Front* <http://www.olindariohotel.com.br/site/index.php/br/> .

Day 2 – Rio Visits / Corcovado Christ Statue / Freitas Lagoon



Today is a cultural visit of Rio with visits to Corcovado – The Christ Statue, recently elected as one of the seven modern wonders of the world, which sits 2,300 above sea level, atop Corcovado Hill. Following a scenic drive along the Rodrigo de Freitas Lagoon, we will arrive at the foot of the hill from where we will embark on a small train ride which climbs the beautiful mountain. Upon reaching the top, visitors will experience a panoramic view of Rio de Janeiro and discover why it is known as the “Marvelous City”! Tour also includes a drive along Rio’s famous beaches. Duration: 4–5 hours with our

local guide. Afternoon at leisure for a stroll, some shopping or relaxing on the beach or at the pool. Overnight at same hotel. Breakfast and Dinner included.

Day 3 – Rio Visits / Sugar Loaf Mtn & Santa Teresa Bohemian Quarter

Over a million tourists every year visit the world famous Pão de Açúcar (Sugar Loaf Mountain), which has become an iconic symbol of the city of Rio de Janeiro. Rising up from a small peninsula at the entrance of Guanabara Bay, its name is said to refer to its resemblance to the traditional shape of concentrated refined sugar loaf. The first cable-car takes passengers to the top of Urca Hill, which rises 215 meters above sea level and offers spectacular views of the entire bay and its islands. From Urca Hill, passengers continue in a second cable car to the top of Sugar Loaf which rises 395 meters above sea level and offers a 360 degree view of the entire city including Botafogo and Copacabana Beaches, Corcovado and downtown Rio.

From here we travel to Santa Teresa Barrio. This quaint bohemian neighborhood of Rio with colonial buildings and cobblestone streets steep on a hillside overlooking the city is earning the interest of tourists wishing to see an alternate Rio away from the beach scene.

Art galleries and restaurants add to the local culture of Santa Teresa. Duration: approximately 6 hours. Overnight at Same hotel – Breakfast and Dinner included.



Day 4 – Transfer to Iguassu Falls

Bird Park and town visits

Check out and transfer to the airport for flight to Iguassu Falls (**flight departure 10:08 am – arriving at 12:28**). After arrival we transfer to Hotel. Check-in for 2-night stay.



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This afternoon we enjoy a visit to The Bird Park – The Bird Park provides tourists with the opportunity to experience the native flora and fauna of the region up-close. Visitors can walk along the trails through the forest and have the opportunity to get close to some wonderful bird species native to Brazil, some of which are classified as endangered. *Duration: approximately 2 hours. Breakfast and dinner included.

Hotel: *Hotel Falls Gali* <http://www.gallipalacehotel.com.br/> 4 star.

Day 5 – Visit to Iguassu Falls / Jungle walk and boat tour



In the morning, we depart for the Falls themselves and our Safari & Rafting Tour. The trip begins at the Iguazu National Park in Brazil. En route to the falls, we will drive through the lush, subtropical vegetation of the park. After arrival, we will take a descending trail of the canyon, from where we can enjoy panoramic views of more than 240 falls. We will board a glass elevator, which takes us to a platform where more exquisite views will be revealed. Along with its “sister” park in Argentina, The Iguazu National Park forms the most significant remaining rainforest in the southern cone of South America, which along with the waterfalls have

been declared a National Heritage Site by UNESCO. We will end the tour with a visit to the artisans fair.

The big adventure begins at the Macuco Safari entrance gates, located at kilometer 25 on the Cataratas Highway, inside the Iguazu National Park. We will embark in open (electric) safari wagons offering a free view of the scenery along the trail. During the three kilometers stretch through the jungle, multi-lingual guides point out and explain the flora and fauna of the Park. Second stage of the tour is an optional hike of 600 meters, which leads us to the waterfall baptized Macuco Falls. The Macuco Falls, perfect for a refreshing dip on days of intense heat, spill down from a height of approximately 20 meters. Access is via a stairway carved into an ancient rock. The last stop is the Macuco Safari dock on the Brazilian side of the Iguazu River. In the water the inflatable bi-motor boats are secure and efficient vessels, especially constructed to withstand the rigors of the excursion. Before embarking, passengers receive life-vests and plastic containers made to protect photographic and filming equipment. Rock formations, indigenous animals and a spectacular green landscape complete the scenery until we reach the great horseshoe known as the Devil's Throat. We recommend that passengers bring a change of clothes, due to the constant spray from the falls, and to not bring anything that you don't want soaked! Lockers are available at the pier before boarding. Duration: approximately 5 hours. Overnight at same hotel. All meals included.



Iguassu is taller than Niagara Falls – and twice as wide – and consists of 275 cascading falls spread out over nearly 2 miles (3.2 km) in a horseshoe shape. The average flow of the waterfalls amounts to approximately 2.6 million gallons (10 million liters) per second. One of Iguassu's most famous features, Devil's Throat is the largest waterfall in the region and is best seen from the Brazilian side. Here, you'll watch as 14 falls drop 350 feet (107



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meters) with such force that a 100-foot (30-meter) tall cloud of mist stays permanently suspended overhead. This is the area famous for rainbows, and great photo opportunities abound! For a close-up view of the falls, you can walk through the subtropical forest of Iguacu National Park to the base of Salto Floriano.

Day 6 – Iguassu Falls / AM flight to Manaus and enter the Amazonia!

Breakfast at Hotel. This morning we have an early flight to Manaus (**normally departs at 06:45**). We are scheduled to arrive to Manaus around 11:30 and we normally do a stopover of approximately 1 hour in Brasilia on route. Upon arrival, we will be met by our contact from the Juma Lodge and transferred directly to our Jungle base. This exciting journey involves vehicle and boat transfers to take ourselves into the back waters of the Amazon.



During this trip we might encounter some pink dolphins on the way and we will stop to see the amazing Meeting of the Waters, the spot where the muddy waters of the Solimões River and the black waters of the Negro River run side by side, without mixing, to form the great Amazonas River. It's even possible to feel the difference in temperature between the two rivers, which is about 8°C. Enjoy your first contact with the jungle and observe the giant water lilies. Arriving at our Lodge in the afternoon, a welcome

juice prepared with exotics fruits awaits you. The afternoon activity is a canoe tour around 3pm through the igarapés (Amazonian creeks) and the igapós (flooded forest) in canoes. Along the way you may see some river dolphins. Return to the Lodge and have dinner around 7pm. After dinner, go out in a canoe for alligator spotting. Alligators are spotted because their eyes shine like small red lights. (no harm is done to any of the animals). Overnight at the lodge. All meals included. Hotel / Jungle Lodge: **JUMA JUNGLE LODGE** <http://jumalodge.com/>

Day 7 – Manaus Amazonia Lodge



Early in the morning, before sunrise we will leave for an excursion, witnessing the transformation of the dark water of the Juma River into a mirror and listening to the sights and sounds of the waking birds (our guides have binoculars and are trained in bird watching). Breakfast will be served around 7am with typical fruits and regional food. Around 8:30am, leave for a jungle hike. Once inside the Amazon Forest feel its charm and greatness. All tours are led by a lodge guide with great knowledge of the area, who

will pass along important concepts about jungle survival. Return to the lodge for lunch around noon. After lunch, around 2:30pm, we'll go on a tour of the local region. Our lodge was built on stilts, and during this tour will be seen from another angle. This tour is by boat (during the rainy season) or on foot (during the dry season), subject to





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seasonal weather. After the tour, around 3pm, we will board a wooden boat, the same kind the local river dwellers use, to try catch the famous Piranha as well as other fish in the region. While enjoying the sunset, return to the lodge. Dinner will be complemented by the fish you caught earlier, cooked the Amazon way. Later, around 8pm, one of our guides will perform an informal talk about local life (our guides are all natives) and the customs and legends of the river dwellers. Overnight at the lodge and all meals included.

Day 8 – Manaus Jungle lodge / Morning

Nature Treks and Boat Safari

Breakfast around 7am, and then have a walk and mid morning picnic in the jungle. Lunch (regional cuisine made on the grill) will be served in the jungle after a walk. After lunch, tourists can rest in hammocks. Around 3pm we will have a visit to the house of a local native to learn more about their fascinating culture. The native will pass on his knowledge of medicinal plants and demonstrate how to make farinha de mandioca (cassava flour), the main economic activity of the region. We'll also have the opportunity to witness the extraction of latex from a rubber tree (responsible for Manaus' wealth in the late nineteenth century). Then we'll return to the lodge and have dinner around 7pm. Overnight at the lodge and all meals included.



Day 9 – Manaus City visits / Departure from the Jungle Lodge

Breakfast around 7am. Return to Manaus via river and road to arrive back at the city around mid day. We will be delivered to our hotel in Manaus city where we have a 1 night stay before moving on to Salvador. This afternoon we'll have some unguided time to visit Manaus center and historic quarter. Manaus Eco-Suites Hotel 3 Star (<http://www.ecosuites.com.br/o-hotel/ecosuites-manaus.htm>) Breakfast and Dinner included.

Day 10 – Transfer Flight to Salvador



Breakfast around 7am before transferring to the airport for our flight to Salvador – normally departing midday and after transfers, arriving to Salvador by early evening. Considered the most African city of Brazil, Salvador is a colorful and pulsing coastal city rich in history, culture and cuisine. Upon arrival, we will be transferred to the Hotel for our 3 nights stay. Arrival to hotel approximately 10 pm. Hotel: *Monte Pascoal* (sea side) 4 star <http://www.montepascoalpraiahotel.com.br/en-us/packages/reveillon.htm> . (travel time 6–7 hours total). Snacks on (flight) included.



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Day 11 – Salvador

Breakfast at Hotel. We then depart for a Historic city tour. This tour introduces us to Salvador City, showing how it has changed throughout the ages to become the Salvador of today. Starting out along the bay, the tour then works its way through Salvador's tree-lined streets up to Pelourinho, designated a UNESCO World Heritage Site due to its spectacular and well preserved colonial architecture. Leaving our vehicle behind in the Municipal Square, close to the Lacerda lift, we will continue on foot, giving visitors the opportunity to fully



appreciate the splendid buildings that take us back in time to the beginnings of this vibrant city. Along the way, we will stop off at the São Francisco Church, with its extravagant gold leaf baroque designs, from where we will continue our tour, heading towards the Largo do Pelourinho, at the heart of the traditional Salvador cultural center. Overnight at same hotel. Breakfast and Dinner included.



Day 12 – Salvador's Rural Communities

Breakfast at Hotel. We leave the city behind to explore the farming hinterland on the western side of the All Saints' bay. This is the land of sugar cane plantations, peaceful colonial towns and busy country markets, a day of insights

into the life in rural Brazil. We drive north out of the city and then head westwards, stopping at busy country market town of Santo Amaro. Agrarian reform is one of the most pressing problems in Brazil, where migrant workers seek employment in the major cities which are often already bursting at the seams. We visit a cocoa farm that, until recently, was in private hands but was confiscated and handed over to the national groundswell organization MST (Movement for Agrarian Reform). MST seeks to settle non-productive arable lands, forming productive agricultural cooperatives, thereby offering alternatives to the flight to the cities.



We continue our drive westwards through rolling hills to Cachoeira, the jewel of the Bahian hinterland nestled in the deep valley of the Paraguaçu River. After lunch we take a walking tour of the town, with an opportunity to browse in some local wood carvers stores'. Like Salvador, Candomblé plays an integral part in the life of the town, epitomised by the Sisterhood of the Boa Morte, a sorority which traces its origins back to the time of slavery. We cross to the western bank of the slow moving river and visit the Danemann Cultural Center where we can also see world class cigars being expertly rolled. A journey back in time to the Brazil of yester year. Breakfast, lunch and Dinner included.



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Day 13 – Departure from Salvador

Breakfast and (pending your final flight times), we make a guided morning tour where we visit a traditional Candomblé house of worship, established at the turn of the century, a long way from the then center of the city. The expansion of the city has meant that the temples grounds have been surrounding by the burgeoning metropolis but the temple maintains the traditional religious and social values of African daily life. Our visit will focus on the religious and social traditions of the temple. We visit the primary

school whose curriculum includes Yorubá language studies, the study of the spiritual and medicinal properties of sacred plants, as well as the normal academic studies. Mercado Modelo (main market), followed by the Fort of Saint Anthony de Barra and a visit to the maritime museum inside as well. LATE CHECK OUT offered today and we transfer the group to the airport for your onward flight connections home – *saying farewell to this enigmatic and larger than life nation!* Breakfast only included.

EXTENSIONS & OPTIONS (In close proximity to RIO)

Rio Area – Tijuca National Park Hiking or Safari Drive – Only minutes outside of Rio, a stunning tropical rainforest with plenty of options for driving, walking, viewpoints and nature observations.

Rio Area – Ilha Grande (Big Island) – A visit or stay on this tropical island right near Rio is very special. Nature lovers hike the endless jungle paths to remote beaches and enjoy the fresh seafood and sunsets.

Rio Area – Paraty – Once a booming gold town that exchanged this wealth for coffee and chocolate beans, it's a center for art and culture as well as some pristine nature and wonderful beaches.

Other Options:

Petropolis – an elegant town 60 minutes north of Rio set in green lush hills. Plenty of architecture and history. **Itaipava** – 53 miles from Rio and set in the hills, nature lovers come here on weekends for walks and stays in the fresh, natural air it provides.



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TRAVEL IN BRAZIL

Visas & Documents

Brazil has a reciprocal visa system, so if your home country requires Brazilian nationals to secure a visa, then you will need one to enter Brazil. At this time, American, Canadian, Australian and New Zealand citizens need visas, but citizens of the UK, Ireland and most other EU countries as well as South Africa do not. Check with the Brazilian embassy or consulate in your home country.

Tourist visas are issued by Brazilian diplomatic offices. They are valid from the date you arrive in Brazil for a 90-day stay. You will normally need to present a passport valid for at least six months beyond your intended arrival date, a passport photograph, and a round-trip or onward ticket or a photocopy of it or a statement from a travel agent that you have it. If you don't have the ticketing requirements, proof of means of support – such as credit cards or bank statements – may be acceptable. If you decide to return to Brazil, your visa is valid for five years.

The fee for visas is also reciprocal. For most nationalities, a visa costs between US\$40 and US\$60, though for US citizens it's US\$100 (which is what the US charges Brazilians for visas).

Money (subject to change)

1 Euro	= 4.45 Brasilanos	1 Dollar (USA)	=3.98 Brasilanos
1 Brasiliano	= .23 Centimos	1 Brasiliano	= .25 Cents USA

Internal Flights

Brazil's leading national air carrier is TAM Airlines: <http://www.tam.com.br/>. We will be making all 3 of our internal group flights with them. Adventurebug has secured bookings with TAM via their group reservations department. At the time of print, we are instructed that each passenger, per flight, may check 1 piece @ 23 Kg (50 pounds) and take on 1 carry on piece according to international standards. Please pack according to this policy as any additional weight charges must be carried by you personally.

Brazil Time Zones

Rio is 3 hours ahead of Boston and 3 hours behind central Europe. Once we are travelling in Brazil, Rio is on the same time zone as our second destination (Foz de Iguazu). We then travel to Manaus which is 2 hours behind Rio / Iguazu (at this time, it will be just 1 hour ahead of Boston). When we go to Salvador, the time difference from Manaus is 1 hour forward.



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Health

Generally speaking, Brazil is modernizing quickly and providing an infrastructure of improved health services. At the state level there is much work to do – given that population has likely exceeded 200,000 000 people. At the private level, there are many top notch services available. Tap water is not recommended for drinking and use all normal precautions with food (in the developing world) when travelling in more remote / rural areas.

Recommended vaccinations

Since most vaccines don't produce immunity until at least two weeks after they're given, visit a physician four to eight weeks before departure. Due the wide range of geography and climate this itinerary covers, Hep A, Hep B, Typhoid, Yellow Fever, Malaria prophylactics and measles, mumps, rubella, dyptheria (boosters) **are all recommended**. For a concise idea, please visit <http://www.mdtravelhealth.com/destinations/samerica/brazil.php> , which provides free, complete travel-health recommendations for every country and is updated daily. Ultimately, a doctor specializing in travel vaccinations is highly recommended.

Medical checklist

Bring medications in their original containers, clearly labeled. A signed, dated letter from your doctor describing your medical conditions and medications (including their generic names) is a good idea. If carrying syringes or needles, take a physician's letter documenting their medical necessity.

Security

Brazil receives a lot of bad press about its violence and high crime rate. While undoubtedly sensationalized by the media, many tourists do get robbed while in Brazil, and you'll want to minimize the risks of becoming a victim. Don't start your trip by wandering around touristy areas in a jet-lagged state soon after arrival: you'll be an obvious target. Accept the fact that you might be mugged, pick pocketed or have your bag snatched while you're in the country. If you carry only the minimum needed for the day (neither too much nor too little), and don't try to resist thieves, you're unlikely to come to any real harm.

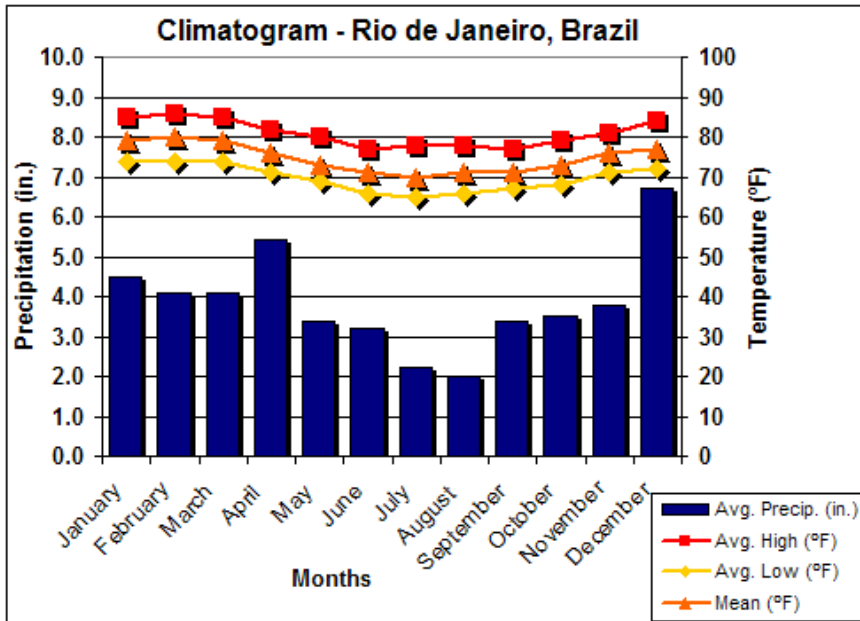


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Weather



During the summer, which runs from December to February (school holidays coinciding), Rio and the Northeast have temperatures in the 100 F range. The rest of the year temperatures are generally in the mid-70s to low 90s.

The Amazon region rarely gets hotter than 85°F, but it is humid

there, with considerable rainfall over tropical Amazonia. In some parts of the North, December to March is considered winter, since that's the rainiest season.

Statistics

Total population (2012)	199,000,000
Gross national income per capita (PPP international \$, 2012)	11,530
Life expectancy at birth m/f (years, 2011)	71/78
Probability of dying under five (per 1 000 live births, 2012)	14
Probability of dying between 15 and 60 years m/f (per 1 000 population, 2011)	202/100
Total expenditure on health per capita (Intl \$, 2011)	1,043
Total expenditure on health as % of GDP (2011)	8.9