

Brazil Rainforest Trek

Brazil, trek from the rainforests to Rio de Janeiro



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For centuries, Brazil has symbolized the great escape into a primordial, tropical paradise, igniting the Western imagination like no other South American country. From the sophisticated pleasures and carnival city of Rio de Janeiro to the immensity of the dark Amazon, Brazil is a country of mythic proportions. All the while, the people of Brazil delight visitors with their energy, natural passion and culture. Linking together Brazil's two largest cities, Rio de Janeiro and São Paulo, lays the Serra da Bocaina mountain range. In the Tupi-Guarani language, Bocaina means "paths to the heights". Since the early seventies over 110 thousand hectares of the region has become a stunning national park famous for its gloriously lush Atlantic Rainforest.



This stunning trekking challenge takes place on a mixture of jeep tracks, narrow jungle trails and on the principal path through the park, which is known as the Trilha do Ouro, or the Gold Trail which was originally built by slaves to transport gold to the coast. The area is one of a real wilderness with spectacular biodiversity, rocky outcrop mountains of over 2000m with hidden waterfalls and rainforest pools. At night we sleep in basic homes listening to the sound of the forest.

Our challenge finishes at the famous carnival city of Rio de Janeiro for a celebration party not to be forgotten!



Detailed itinerary

Day 1: Depart UK to Rio de Janeiro

Depart London for flight to Rio. We arrive into Rio in the evening and transfer to a hotel not far from the infamous Copacabana beach.

Day 2: São José do Barreiro to Bocaina

This morning we transfer by road (approx. 4 hours) to the City of São José do Barreiro (510m). We will have lunch in a local restaurant on arrival followed by a trek briefing and a chance to meet our local guides. There will also be opportunity for people to wander around the old town, with a nice square and a beautiful old church. Transfer to Serra da Bocaina and overnight at Pousada Recanto da Floresta where we will enjoy a delicious traditional Brazilian dinner.



Day 3: Bocaina, Bacia Peak Trail, 6-8hrs

Today we trek up Bacia Peak, standing at 2050m it is the second highest peak of the Bocaina Mountains. From the top we will be rewarded with striking views of the Paraiba Valley below us – a sight not to be missed! Tonight we stay overnight at Pousada Recanto da Floresta.

Day 4: Bocaina National Park, 8-10hrs

The first part of the hike will be on a jeep track and is one of the best preserved sections of the forest. We visit an impressive waterfall and then begin walking on some of the many undulating hiking trails, crossing bridges, passing pine forests and patches of Atlantic Rainforest. If we have time, we will be able to swim in the various pools, streams or under waterfalls. After a long day, we trek back to our Pousada Recanto da Floresta for a well-earned Brazilian dinner!

Day 5: Bocaina National Park, 5-8hrs

From the pousada we trek to the entrance of Bocaina National Park. We pass through meadows and by waterfalls where there are more fantastic opportunities to swim in the many natural pools. Overnight in a local guesthouse.

Day 6: Bocaina National Park, 6-7hrs

We leave our guest house early and continue our trek through bamboo vegetation, beautiful tall trees with some steep downhill following the Mambucamba River. After a picnic lunch and a swim with stunning views, we continue through undulating terrain and through dense rainforest to our overnight accommodation at a local guesthouse.



Detailed itinerary

Day 7: Bocaina National Park, 6-8hrs

The last day of our amazing Brazilian trek! Today will lead us through the most impressive parts of the Atlantic Rainforest, with unforgettable waterfalls, including Do Veado, the highest in Sao Paulo State at 200m. This part of the trail is one of the principal 'Gold Trails' built by slaves; it is almost entirely made of stone. The trail can be a little slippery, so we'll need to take our time and have plenty of rest stops!

This is prime rainforest with lots of very beautiful trees and plants. We will have our final picnic lunch at the Rio Antonio, before reaching our finishing point of the trek at the Mambucamba River. From here, we will be met by vehicles and transferred to the small port of Mambucamba before transferring back to Rio. Transfer to Rio de Janeiro (approx. 3 hours).

Tonight we will celebrate our achievements with a special gala dinner at a local restaurant within walking distance of the beach. We then discover how Brazilians like to party with a little Samba thrown in - an experience not to be forgotten!

Day 8: Depart Rio de Janeiro

We have most of the day to enjoy the sights of Rio until we transfer to the airport for overnight flight back to the UK (no lunch included today). With its built-up areas nestled between a magnificent bay and dazzling beaches on one side and an abruptly rising mountain range, covered by a luxuriant tropical forest, on the other.

Rio is the only city on earth with a tropical rain forest inside the city limits. This unique landscape makes Rio one of the most beautiful cities in the world, justifying its title of "Marvellous City". With its world famous beaches, its splendid bay, and its wonderful climate, a blend of summer and springtime, Rio de Janeiro is a city that lives in and for the sun.

Day 9: Arrive UK

Arrive back into London.

Challenge grade

Moderate to Tough

Best time of year

April to October

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This itinerary is complex and subject to change

