

Brazil Trek

Trek from the rainforest to the coast



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Brazil, trek from the rainforest to the coast

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 Sierra 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. From the rainforest we will trek towards the coast and our last few days we will enjoy trekking along spectacular trails following the coast line. At night we sleep in basic homes.

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 São Paulo

Depart London for flight to São Paulo. On arrival we will be met by our guides and transferred to São José do Barreiro. Welcome Dinner and overnight at Pousada

Day 2: Bocaina Mountain Range

Distance: 18km

Hours: 7 hours trekking

After breakfast we depart to the start of our trek in the National Park, Serra da Bocaina (1500m). The park is dotted with a myriad of waterfalls and views of many spectacular peaks. After Santo Isidro fall we reach the Paredão and Cachoeirinha waterfalls before finally reaching Posses fall. This afternoon our final trail leads up to Casa Pintada a small farm where we will overnight at a simple homestay.



Day 3: Atlantic Forest Trekking

Distance: 14km

Hours: 5 hours trekking

Today we trek in the Atlantic Forest along the Gold Trail. We are now in an area of drovers where the dirt tracks are replaced by narrow paths that sink gradually into the forest. Along the route today we will come across tiny hamlets with local farmers. Our finish point today is Veados' waterfall, where we will have the opportunity to take a dip! Overnight at simple guest house.

Day 4: Trek to the coast

Distance: 18km

Hours: 7 hours trekking

After an early breakfast, we begin our descent to the coast enjoying spectacular views over the surrounding area. Most of today we follow the road of Gold. We plunge into the dense vegetation, typical of the Mata Atlantica, cross rivers via makeshift bridges which adds to our adventure. When we arrive at the coast we will transfer to Angra dos Reis where we will get a boat to Ilha Grande. Overnight Pousada.

Day 5: Trek to Jaconema

Distance: 14km

Hours: 5 hours trekking

Today's trekking is along the spectacular coastline with some gentle ascents and descents. Overnight on the coast in Jaconema.

Day 6: Jaconema to Japariz

Distance: 8km

Hours: 4 hours trekking

The final day of our amazing Brazilian trek! Today we trek along the coast line from Jaconema to Japariz our finish point. From here we enjoy a boat transfer to Angra dos Reis where we meet our vehicles for our transfer back to Rio de Janeiro. Tonight we will have an evening of celebrations. Overnight hotel.



Detailed itinerary

Day 7: Depart Rio de Janeiro

Subject to flight times we will 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 8: Arrive UK

Challenge grade

Moderate to Tough

Best time of year

April, May, September, October, November

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This itinerary is complex and subject to change

