

Brazil trek & kayak challenge



Brazil is the world's fifth-largest country, occupying almost half the South American continent and bordering every country on it except Chile and Ecuador. In its 8.5 million square kilometers Brazil possesses fantastic landscapes and cultural diversity.

This exciting challenge combines trekking in the Serra da Bocaina National Park and kayaking in the Bay of Paraty around the substantial rainforest between Rio and São Paulo, close to the Tropics.

Serra da Bocaina National Park, home to the Sea Mountain Range (Serra do Mar), is located between the Northern coast of São Paulo and the Southern coast of Rio de Janeiro. In the Tupi-Guarani language, Bocaina means "paths to the heights". Access to the "heights" remains difficult, preserving the natural integrity of the land where you find yourself surrounded by the lush Atlantic Rainforest. More than 50% of its trees are endemic and do not grow anywhere else. This in turn makes it the forest with the biggest biodiversity on the planet; a larger diversity than the Amazon! Animal species common to this area are forest deer, wild pigs, ant-eater, monkeys, sabiá-cica bird – which in fact is a parrot, green beaked toucan, and the rare jacutinga bird, among others.

After finishing your trek you will head to Paraty, on the border between Rio de Janeiro and São Paulo states. Founded in 1531, Paraty was a busy port in the 1700's, exporting gold from the mines of Minas Gerais. Paraty contains beautifully preserved colonial architecture and was declared a Historical Heritage Site in 1958.

Over the next three days, you will kayak from the Bay of Paraty, to the Saco do Mamangua. The Bay of Paraty offers you a tropical forest, more than 60 islands, 300 beaches and unforgettable marine sceneries. The bay is a very calm part of Brazil's coastline.



You will celebrate the completion of your challenge in Rio de Janeiro, stretching among mountains and the Atlantic Ocean. On an inlet of tropical vegetation Rio is considered by many to be among the most beautiful cities in the world. Brazil's 2nd largest city after Sao Paulo, Rio is perhaps most famous for its Christ the Redeemer statue which overlooks the city on Corcovado mountain. You will have the chance to visit this famous statue, deservedly elected by the city's population as the "Wonder of Rio"

Day 1: International Travel - UK to Brazil

Your flight departs from London to Sao Paulo. A Charity Challenge representative will be at the airport to assist you with the check-in and any last minute questions.

Day 2: Arrive São Paulo and transfer to Cunha

Arrival into São Paulo where you will be met at the airport by a Charity Challenge local agent who will transfer you (approx 3hrs) by private van or minibus from the airport to main town where the trek starts, Cunha (950m altitude). Dinner and overnight will be spent at a local pousada (guest house). This evening you will have a full briefing about the trekking section of the challenge.



Day 3: Bocaina Trekking - 25kms

Your challenge begins today with breakfast at around 0800hrs. You will then receive your lunch to carry in your day pack and from here you will take a local transfer 14km to the beginning of the trek (1,300m) in the Bocaina region. The trek will descend from 1,300m to 700m at Rancho Mameluco, one of the most challenging days of your expedition. Most of the time you are trekking next to or crossing the Guaripu River, stopping to swim as you go. This route was once used by local traders when exporting gold from Minas Gerais. As it was an *unofficial* path it ensured the miners did not pay the taxes from Portuguese Government! The terrain is rocky and uneven today and the trekking is challenging due to humid conditions making the ground muddy and you hot. Just before arriving at your home for the night, you will glimpse the impressive Cachoeira dos Veados waterfall (200m), a teaser for tomorrow! Tonight will be spent at a local 'Rancho' with shared rooms, toilets and showers.

Day 4: Trek around Cachoeira dos Veados - 5km+ and afternoon optional trek or swim

After yesterday's tough trek, you will begin with a hearty breakfast before extensively exploring the Cachoeira dos Veados from all sides. This spectacular waterfall is made up of three falls with pools at the bottom of each one. This amazing experience culminates in the centre of this waterfall where you can swim in its second pool beneath the tumbling falls and its spray. You will then return to the Rancho for lunch. In the afternoon you can continue to swim if you wish in the Mambucaba River or take an optional trek. This afternoon's optional trek is on a steep, local path and will last from 2-3 hours. Tonight will be spent at a local Rancho.

Day 5: Trek from Bocaina to Paraty - 18kms

After breakfast you will resume your trekking descending 700m to sea level. The trail for today is the *official* path used to export the mined gold. This route is almost untouched by adventurers. You will stop for a swim at Mambucaba River along the trail. At the end of the trail you will be transferred by minibus to Paraty, a colonial city and a natural port used during the 'Golden Age'. Lunch and dinner will be eaten in Paraty and you will receive a full briefing about the kayak challenge ahead. After dinner you will have time to see the town at its best - by night, as you stroll around the small streets of the village. Overnight in a pousada with shared rooms for up to 4 people per room with private facilities.

Day 6: Paraty - Saco do Mamanguá Kayaking - 4-6 hrs kayaking

This morning you will leave most of your luggage at the pousada and just take your kayaking essentials. You will return here on Day 8 to collect the rest of your luggage. You will then transfer by car to Paraty Mirim where you will pick up your 2-man inflatable sea kayaks and start to paddle to Saco do Mamanguá. You will stop throughout the day for a picnic lunch and to swim and even snorkel. You will complete the day camping at a deserted beach along the coast.



Day 7: Saco do Mamanguá to Paraty Bay - 4-6 hrs kayaking

After breakfast you will start to paddle to the entrance of Paraty Bay passing between Ilha dos Cocos and Ilha dos Meros, two excellent points to snorkel and to have a relaxing lunch. You will end the day at Saco da Velha for dinner and overnight camping at the beach with shared facilities.

Day 8: Paraty - 5 hrs kayaking

After breakfast you will start the last challenge day of your expedition. Today you will see the colonial town of Paraty from the sea, a spectacular view. You will arrive in Paraty and have time to take a shower, and explore the town of Paraty before dinner. Overnight in a hotel in shared rooms with ensuite facilities.

Day 9: Free day in Rio

After an early breakfast you will transfer 3 1/2hrs to Rio on the scenic route. In the afternoon there is a visit to Christ the Redeemer or you may choose to explore the Copacabana or Ipanema beach's which are close to the hotel. Tonight you will have your celebration meal and overnight in hotel.

Day 10: Morning in Rio. Transfer to airport

After breakfast you will have some more free time to explore Rio, you will then transfer out to Rio de Janeiro Airport for your return flight.

Day 11: Arrive home

Arrival back to London.

N.B. The itinerary is there as a guide and may change due to unusual weather patterns, wildlife movements, the strength of the group and so on. We will do our very best to keep to the set itinerary however we cannot be held responsible for any last minute changes that might occur. In all such circumstances, your expedition leader will have the final say.

Optional Extension

Rio de Janeiro, Sugar Loaf Mountain, Tijuca National Park (3 days, 2 nights)

- Visit of Rio's Christ Redeemer statue, short hike along the forest trail.
- Take a cable car up to Sugar Loaf summit and admire the breathtaking view.
- Drive to the Tijuca National Park. Take a 2½hr trek. Visit the Chinese View and take a rest at the summit.
- Free day to relax on the beach.

To find out more information, visit the Brazil trek and kayak challenge page on our website or click on "extensions" in your member's area.