

# brazilian waterfalls expedition, q&a



## how big is the group?

The group is intended to be no more than 35 people because of the wilderness environment in which this expedition takes place and the unique home-stay accommodation used during the trek.

## who do we fly with?

Reckitt Benkiser will be booking your flights to arrive on the 04 June 2011. You will spend your first night in Salvador, Bahia, Brazil.

## what's the luggage allowance?

As no formal clothes are needed, luggage should be kept to the absolute minimum – details on what to pack are provided in your kit list. Your rucksack/soft bag (suitcases are not appropriate) must not exceed 15kgs in weight. Each day, your personal kit will be transported to the next stop by vehicle or horses. You will carry a daypack for your daily needs such as sun cream, water, camera, lightweight waterproofs and lunch box.

## what will the accommodation be like?

We will use small basic but comfortable, native houses and 'pousada's' (meaning lodging house or inn). At natives houses the rooms will be shared by 3 to 4 people, dependent upon the group size and the bathrooms will be shared between a few rooms. In pousadas you may have to share twin, triple or quad rooms. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

## do we need to take our own sleeping bags and mats?

No, they are provided.

## what are the toilet/washing facilities like?

At native houses the toilets are western and the "shower" is a pipe with cold water only. In the pousada's bathroom and toilet facilities are normal.

## will my valuables be safe?

While we will do everything to provide adequate safety for the group and security for your possessions, the general rule is that if you don't need it, don't bring it. This includes jewellery, necklaces, rings and even watches. Your passport and money should be kept on you at all times.

## what is the food and drink like?

All meals are home made with local ingredients such as rice, beans, salad and chicken or meat. Packed lunches will include dry fruits, bread, cheese, nuts, cereal bars. Please let Charity Challenge know prior to departure if you have any specific dietary requirements or allergies.

## who will be leading the group?

We employ a number of first aid and rescue qualified expedition leaders, all of whom speak English. They will be ultimately responsible for the running of the itinerary and the safety of your group.

## what is a typical day?

As described in the itinerary each day is quite different. Most days will begin at around 0800hrs. During the challenge days, there will be ample stops for sharing local information, rests and lunch to ensure that everyone can reach the end point. During the day you need only carry what is strictly necessary in a daypack, too much will weigh you down and make the journey tougher. The terrain will be steep and rocky and due to humidity, probably slippery. There will be support mules to carry your luggage.

## how fit do I need to be?

Training and a good level of fitness is definitely required, as this is not for the faint-hearted. Anyone who leads a fairly active and moderately healthy lifestyle should be OK but the more you exercise before the expedition, the more you will get out of it. Don't forget that the temperature is different to the UK and that you will be exercising constantly for a number of days. Also see the Fitness Training Advice notes.

## what happens if I fall ill, can't keep up or there is an emergency?

The mules will be used to remove anyone in case of emergency. The event is not run as a race and there is always a large discrepancy in people's walking abilities, which are catered for. There will always be a staff member at the back of the group to ensure you are not left behind and can take things at your own pace.

## what is included in the cost of the expedition?

The following items are included in your expedition internal flights in Brazil, internal transfers, all meals and drinking water unless otherwise stated in the itinerary, all accommodation, group first aid supplies, an English-speaking expedition leader and full local support team, backup, a Charity Challenge T-Shirt, US\$20 to the local community project, and discount from Nomad Travellers Stores for personal equipment. We also make a contribution through Climate Care to offset the equivalent CO2 emissions of your international flight.

## what is not included in the cost of the expedition?

The following items are not included in your expedition and will be at your own expense - tips for the local support team, activities not mentioned in the itinerary, personal spending money, travel to and from your home departure airport and any required vaccinations.

## what shall I do about spending money?

You will not need large amounts of money during the trip and other than at the start and end of the trip, you will be in the Pati Valley, away from any foreign exchanges or banks. Approximately £200-250 is recommended for gifts, souvenirs, alcohol & tipping. You are advised to take a sufficient amount of cash that you can change at the airport or in Salvador into Reais or USD\$ that are also acceptable. NB: by changing at the airport while some of the group collect the luggage you will save time.

### how much would you recommend for tips?

Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approx. US\$10 per person per trekking-day and this should be given to the expedition leader at the end of the expedition who will distribute it among the support team.

### should I take gifts or clothes for the locals?

Generally we advise against giving small gifts to children as it can encourage begging. However, if you have any small items or clothing, balloons, toys, pens, stickers that you would like to donate, your expedition leader can advise you on how to ensure they are distributed where they are most needed. Please do not bring any sweets for the children.

### what is the weather likely to be like?

Average yearly temperatures of 24-26C can be expected. The temperature can range from a minimum of 12-14C at night and reaching a maximum of 40-42C. Trekking in Chapada Diamantina valley will be very hot and humid and outside of the valley dry and hot.

### what do you do to protect the environment?

We are keeping to a small group so that we limit the impact we have on the surrounding environment. We will ensure that all rubbish is disposed of responsibly (burnt, buried or carried out). Batteries should be brought back to the UK. We follow the local guidelines on cultural and environmental protection and respect. We will also be donating US\$20 per participant towards a local community project, which you will be informed about after your expedition (educational, health or environmental) to enhance local living conditions. Also see Responsible Tourism notes.

### can you recommend any literature about the region?

- Brazil – Lonely Planet
- The Rough Guide to Brazil

### english

Hello  
Goodbye  
Good morning  
Good evening/night  
Please  
Thank you  
How are you?  
You're welcome  
Excuse me  
I'm sorry!  
I understand  
I don't understand  
Yes  
No  
How much?  
Toilet  
Do you speak English?  
I don't speak Spanish  
Zero  
One  
Two  
Three  
Four  
Five  
Six  
Seven  
Eight  
Nine  
Ten

### portuguese

Oi  
Ciao  
Bom dia  
Boa noite  
Por favor  
Obrigado  
Como você esta?  
De nada  
Com licença  
Desculpe  
Entendi  
Não entendi  
Sim  
Não  
Quanto custa ?  
Banheiro  
Você fala ingles?  
Não falo Espanhol  
Zero  
Um  
Dois  
Tres  
Quatro  
Cinco  
Seis  
Sete  
Oito  
Nove  
Dez

NB: The information provided above was correct at the time of going to print