

CH>RITY  
CH>LLENGE



TRIP NOTES

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**BELIEVE  
ACHIEVE  
INSPIRE**

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**AMAZON JUNGLE SURVIVOR  
CHALLENGE  
BRAZIL**

Sat 24 Mar - Sun 01 Apr 2018





## In aid of your choice of charity

24 Mar - 01 Apr 2018

### 9 DAYS | BRAZIL | EXTREME

The mythical Amazon can only be described in superlatives. As the largest rainforest in the world, it covers an area of more than five millions square kilometres and covers nine countries including Brazil, Venezuela, Peru, Colombia, Bolivia, Ecuador, Suriname, Guyana and French Guiana. Holding 20% of all fresh water in the world, the Amazon river is the largest by volume on the planet. This vast system contains an enormous variety of flora and fauna which makes any visit so memorable and such a unique experience.

- Trek through the Amazon - the ultimate way to explore the world's largest tropical rainforest
- Sleep in hammocks encompassed by the sounds of the jungle
- Encounter endemic wildlife on nocturnal excursions
- Learn the basics of jungle living
- Discover the rarest species of animals the rainforest host.

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Sat 24 Mar

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#### International departure from London

The fundraising and training is about to pay off as the big day has finally arrived. Having waved goodbye to family and friends, you will take an early morning flight to Manaus. On arrival in Manaus you will take a private transfer to your hotel where you will check-in and enjoy some free time, the perfect opportunity to rest before the challenge ahead. Dinner and overnight is in a 3 star hotel.

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### DAY 2 Sun 25 Mar

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#### Transfer to your campsite in the Amazon Jungle

Today you will leave civilization and your real challenge will start. You will need an extremely flexible mind-set to make the most of the journey ahead. After a 3 - 4 hour transfer by road and boat you will reach your campsite. On the way you will have a chance to spot many different species of birds and caimans. After setting up your hammocks, grabbing some lunch and rest you will go on a reconnaissance tour in a small canoe and return to your campsite for dinner. After dinner you have the opportunity to go on a nocturnal excursion to spot caimans, and listen to the fantastic sounds of the rainforest at night!

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### DAY 3 Mon 26 Mar

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#### Amazon Expedition

Today you will rise early for a 5.00am start to go on a sunrise tour taking in bird watching and trying to spot grey and pink dolphins. Following breakfast you will hike through the amazing rainforest. Following lunch you will then pack up and leave by canoe to your next campsite. That evening after dinner you will embark on a nocturnal excursion by canoe and under torch light to try to spot animals and nocturnal birds. Spend the second night sleeping to the sounds of the rainforest.

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### DAY 4 Tue 27 Mar

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#### Amazon Expedition

Rise early to catch the waking rainforest and spot the early activities of the fishermen. Experience the diversity of another rainforest hike. The Amazon rainforest is made up of multiple layers, each with their unique habitat and ecosystem which are home to different species of vegetation, animals, birds, and insects. These two hikes will reveal the wonders of the ecology and interconnectedness of the forest. After lunch you will go fishing for dinner, with hand lines and rods and learn the tricks of the trade from the local crew. Various species of fish are in the Amazon and your guide will give you the names and characteristics of any fish caught. After dinner you will have free time to continue fishing if you wish to do so or relax in your hammock to the sights and sounds of the jungle.

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### DAY 5 Wed 28 Mar

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#### Amazon Expedition

Grab another early start and go for a morning canoe! After breakfast there is a fabulous reconnaissance tour of the

Igapó, the vast areas of forest which are annually flooded by the Amazon river. In the afternoon there is an opportunity to experience the local community with a visit to a native's house, the Tracajá Maia Guest House. There is a chance for some free time before dinner and then another chance for a nocturnal hike.

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**DAY 6** *Thu 29 Mar*

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**Amazon Expedition**

Rise early for a morning canoe and fish for lunch! Today you will visit different indigenous families along the waterways of the Amazon. You will also visit a manioc farm, where your guide will explain agricultural methods used locally. After lunch you will go piranha fishing for the afternoon! Your catch of the day will be enjoyed at dinner time. You will have another optional nocturnal hike to immerse yourself in the night life of the jungle.

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**DAY 7** *Fri 30 Mar*

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**Amazon to Manaus**

An early start for a bird watching tour and swim in the in the fresh waters of the Amazon. After breakfast you will visit an area to see rubber trees. Your guide will explain about the rubber boom in the Amazon, and also how rubber was harvested and processed. Return to Manaus for a well-deserved shower, celebratory meal and proper bed!

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**DAY 8** *Sat 31 Mar*

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**Good Bye Brazil**

After a good nights rest followed by breakfast, you will have some free time before your midday transfer to the airport for your return flight to London.

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**DAY 9** *Sun 01 Apr*

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**Arrive Home**

You will arrive back in London, filled with pride, equipped with skills of living in the jungle, some wonderful memories to share and of course some new found friends.

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**NB**

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 may occur. In all such circumstances, your challenge leader will have the final say.



## HOW TO FUND YOUR CHALLENGE

This page provides you details of the costs of your challenge.

The costs below are per person.

### SELF FUNDER

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*Pay a registration fee of £475.00 when you book*

*Then a balance of £1936.00 (8 weeks before your challenge)*

*Raise as much as you can for your charity.*

### MINIMUM SPONSORSHIP

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*Registration fee of £475.00 when you book*

*Raise a minimum of £3950.00 for your charity.*

### FLEXI

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*Registration fee of £475.00 when you book*

*Then £475.00 towards challenge costs (8 weeks before your challenge)*

*Raise a minimum of £2980.00 for your charity.*

## WHAT'S INCLUDED

### Before you go

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- Members only benefits and discounts at a wide range of clothing and equipment suppliers including Outdoorhire, Cotswold Outdoor, Runners Needs, Snow + Rock, Water to Go, The Altitude Centre, Sporttape and Nomad & MASTA.
- A-Z of fundraising ideas
- Fitness training notes
- Access to training weekends (optional and at additional expense)
- Access to "ask the expert" re your kit requirements
- Discount on personal equipment from The Outdoor Shop, Outdoorhire, Cotswold Outdoor and Nomad & MASTA

### On your challenge

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- International flights to and from the UK (including all known UK air taxes, and fuel surcharges, at the time of costing)
- An English speaking first aid trained challenge leader and full local support team (assistant, drivers, mechanic, medic)
- All challenge management before, during and post event
- A Charity Challenge T-Shirt
- A donation to a community project in one of the countries in which we operate
- Activity equipment such as bikes, tents and rafts as per the challenge activity
- Full back-up support including first-aid qualified staff and first-aid supplies
- All ground staff including English speaking guide, drivers, cooks, and porters
- Internal road and air transfers as per the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)
- Drinking water on challenge days
- Entrance fees to national parks or other places of interest visited on the itinerary

## WHAT'S NOT INCLUDED

**Before you go**

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**On your challenge**

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**THE DETAILS****Fundraising deadlines**

You will need to send your sponsorship money to the charity as you raise it. At least 80% of the minimum sponsorship required must be sent to the charity 10 weeks before departure (by 13/01/2018), and the remaining 20% within 4 weeks of completing the challenge (by 29/04/2018). If you have raised the necessary funds, the charity will then pay the balance of your challenge costs. The charity benefits by keeping the remaining sponsorship money and every pound over and above that you raise.

**Prices include all known air taxes**

We include ALL known air taxes (including fuel) at the time of costing. Many companies do not include air taxes at all, and clients are therefore hit with a surcharge of three or four hundreds of pounds just before departure. Our aim is to provide you with transparent pricing and clear instructions as to what is included in our prices and if applicable what isn't.

**Typical group size**

The typical group size is 12 - 15 participants

**Small group supplement**

The costs and sponsorship levels on our website are based on a minimum of 12 participants. We can run this trip with 8-11 people, but there will be a small group supplement of £95. This is payable by your charity if you book under the Minimum Sponsorship or Flexi options, and by yourself if you choose the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### Travel insurance

Your safety when travelling with Charity Challenge is our main concern, which is why it is a booking condition that you have a suitable travel insurance policy, which covers you for the adventurous nature of your challenge, the activities you are undertaking, and the altitudes. We have chosen to partner with specialist travel insurance providers Campbell Irvine, who offer cover for an extensive number of adventurous activities. Cover is available directly from Campbell Irvine for most European residents and includes cover for emergency medical and repatriation and for your cancellation or curtailment of the challenge. Full details including costs may be found at <https://www.campbellirvine.com/charitychallenge>.

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### Level of Difficulty

The Amazon Survivor challenge is graded as "Extreme" due to the remoteness of the locations and the extremely basic facilities encountered. This is the perfect challenge for participants who are of an adventurous spirit and an open mind. You will need to be extremely flexible if participating in this challenge and don't expect things to go like clockwork! This trek will challenge you physically and mentally and it will push you completely out of your comfort zone. You could tell your supporters that during the Amazon Survivor Challenge you will be:

- Trekking in the middle of the Amazon Rainforest with high temperatures and humidity.
- Sleeping in Hammocks in the middle of the Amazon Jungle
- Fishing for your own dinner.
- Facing extremely basic facilities, no showers, and no proper toilets for six days.

### Money

**Currency:** The Brazilian monetary unit is the Real (plural, Reais). There are 100 Centavos to the real (R\$). Sterling is less easy to change, so if you plan to bring cash in small denominations it is better to buy US dollar or Euros. For up to date currency exchange, go to: <http://www.xe.com>.

**Credit Cards:** Most major international credit cards are accepted in Brazil. Credit card receipts from stores and restaurants will be priced in Reais although you will be billed in the currency of your own country with the official exchange rate having been taken into consideration. Credit card fraud can be a problem in Brazil and you should always ensure you retain your copy of the transaction slip.

### Travellers Cheques

Travellers' cheques are not widely accepted outside major cities so cash should also be taken. The best option is to use credit / debit cards at ATM machines.

**ATMs:** There is an extensive network of ATMs where visitors can use. You should check with your bank before departure that your card can be used overseas and what the charges will be, as UK cash cards are not always accepted by Brazilian cash machines. It is wise to take sufficient funds in cash for periods away from the major cities.

**How much to bring:** You will not need large amounts of money during this trip, and other than at the start and end of the challenge, you will be in rural areas away from any foreign exchanges or banks. You will only need money for tips,



additional food and drink, gifts and souvenirs. There are a wide range of things to spend money on including hammocks, gemstones, jewellery and so on. An approximation would be around US\$350 if you wanted to buy a few gifts.

**Tipping:** Tipping is personal and at your sole discretion. You should only tip if you feel that you have received good service. We recommend approximately US\$10 per person per challenge-day, and this should be given to the challenge leader at the end of the challenge who will distribute it among the support team, including guides, assistant guides, cooks, and any others staff such as porters.

### Visa

UK passport holders do not require a visa to enter Brazil. However, passports must be valid for at least six months and a return ticket and proof of sufficient funds may be requested on arrival – a bank statement with evidence of around \$50 per day available and explaining that you are on an all inclusive tour to highlight why you do not need much money will be useful. Tourists will be admitted for a stay of up to 90 days, which is extendable, at the discretion of the Federal Police, for a further 90 days. Tourists are not permitted to work.

### Vaccinations

A yellow fever certificate is required if within the three months prior to their arrival in Brazil, you have visited or been in transit through certain countries – please see <http://www.fitfortravel.nhs.uk/home.aspx> for details. Please note that yellow fever vaccinations take approximately 10 days to become effective. Malaria precautions are essential in Amazon regions all year round. There is very little risk in Rio de Janeiro and Sao Paulo. Avoid mosquito bites by covering up with clothing such as long sleeves and long trousers especially after sunset, using insect repellents on exposed skin and, when necessary, sleeping under a mosquito net. Also see Health notes. \*Requirements change and these are only recommendations \*.

### Flights

Flights depart London and arrive in Manaus on the same day. Flight time via São Paulo and Rio is approximately 15 hours including transit times. Your flight tickets will be issued to you upon departure at the airport. If you choose to book your own flights you must confirm with the Charity Challenge office before paying otherwise you may be liable for your included group flights (please contact [flights@charitychallenge.com](mailto:flights@charitychallenge.com) for further assistance).

### Insurance

It is a condition of booking that you have a suitable travel insurance policy whilst participating on the challenge. We have a special policy which covers among other things, medical arrangements (emergency, evacuation and repatriation), cancellation and curtailment of the challenge, and more specifically for the adventurous activities undertaken on this challenge. If you have your own travel insurance policy, you must ensure that it provides at least the same level of cover as our recommended policy, including protecting the charity in the event of your cancellation 56

days or less prior to departure. If you choose not to purchase our recommended policy when you book we will send you a disclaimer which you should complete and return.

For more general travel insurance questions, please refer to our [main Q&As page](#).

### Group Size

The group size is intended to be around 12-15 people. We will be able to run this challenge for 8-11 people by charging a small group supplement of £95 which will be added to your final balance invoice (self-funders) or charged to your charity (minimum sponsorship or flexi) unless you would like to pay this yourself.

### Climate

The climate is tropical and humid. From May through till October you can consider it the dry season. However, there is always the chance of rain as you are in the rainforest. High temperatures will be above 30oC with the lowest not dropping below 25oC in the evening. Expect to be very hot and sticky, the joys of life in the jungle.

### Terrain

The terrain is undulating through the jungle. The paths may be muddy making the trek tougher to undertake.

### Luggage allowance and valuables

Try to keep luggage to an absolute minimum – details of what to pack are provided in your kit list. Your rucksack/holdall (suitcases are not appropriate) must not exceed the maximum weight limit of the airline you are flying with (usually 20kg, however do check this with the airline or contact our flights team if in doubt). Each trekking day, your personal kit will be transported to the next stop by a boat. You will have to carry your day pack for your daily needs such as sun cream, lunch, water, camera and lightweight waterproofs.

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.

### Responsible Tourism

At Charity Challenge we are committed to sustainable and responsible tourism, and work closely with bodies such as the [International Porter Protection Group](#) and [Climate Care](#) to ensure that our challenges benefit the local environments and communities in which they take place. We ensure that all rubbish is disposed of responsibly, and following local guidelines on cultural and environmental protection and respect, we aim to limit our impact on the

natural environment. In addition to taking these practical steps to ensure that our challenges are sustainable, we also make a contribution each year to a number of local community projects, so as to give something back directly to the communities that we visit. Since 2000 we have donated almost £200,000 to such projects, supporting a range of initiatives, including schooling for children in Africa, shelter for street children in Brazil, and Orang-utan conservation in Indonesia. We recommend that any gifts brought over for children are given to the UK challenge leader and distributed where needed by them and our local Ground Agent. If you wish to do more, you should consider buying drinks, postcards and souvenirs from the local vendors. For many, it is their sole source of income. For more information, please visit our [Responsible Tourism](#) pages, where you will be able to view a list of the projects that we currently support.

### Typical day

As described in the itinerary each day you will be waking up in the early morning to experience the incredible wildlife. Most days will begin around 4.30am - 5.00am. After your morning excursion, you will return to your campsite for breakfast and some rest. During the day you should carry only what is necessary in your daypack, as too much kit will weigh you down and make the journey tougher.

### Accommodation

You will stay in a 3 star hotel in Manaus, on a twin share basis. Please let us know if you are travelling with a friend or someone you wish to share with.

During the trek you will be sleeping in hammocks (with mosquito nets) which you will set up with the help of the local crew. The campsites are designated locations previously identified by the local team. You will experience proper jungle living with no access to electricity or mobile phone reception.

### Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fresh fruit, sandwiches, etc. The evening meal at the campsite will be beef, chicken or fish, salad, rice, potatoes and vegetables. Depending on your fishing skills you may also be eating some of your catch at mealtimes! Dinners will vary from day-to-day and so not all will include soft drinks. Local drinks options include tropical fruit juices, beer and soft drinks (Guarana being as popular as Cola).

### Clothing and equipment

Good quality, durable kit could mean the difference between a fantastic challenge experience and an uncomfortable one. For this challenge, waterproof, well-worn in boots will be indispensable, particularly coupled with some really good quality walking socks. You don't need a clean pair every day, but enough to make sure you have dry socks each morning. The benefits of a comfortable day sack cannot be underestimated, so make sure that you train with this. Other essentials are high quality waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. Walking poles are also recommended, as a preventative as well as for anyone with any pre-existing leg

injuries or niggles. Plus with being in a rainforest, it is often a challenge to keep kit dry. Make sure you pack your gear in dry sacks and potentially have a rain cover for your backpack. A full kit list for this challenge can be found in your Account Area once you book on this challenge. Plus you will have access to kit discounts with our partners The Outdoor Shop, Outdoor Hire and Cotswold Outdoor.

### Toilets

There will be a toilet tent set up at campsites with a small portable toilet. During the excursions, you will need to use the forest as your "natural toilet" keeping any toilet paper with you in "nappy bag" until you return to your campsite.

### Phone and WiFi

Apart from when in Manaus, there will be no mobile phone and WIFI signal. There will be a satellite phone for emergencies only.

### Safety advice for Amazon Survivor Challenge

Charity Challenge considers the safety of all of its participants and staff to be a top priority, and as such we have set up one of the most advanced and thorough safety management systems in the industry. In a nutshell, Our Challenge Safe brand formalises our ethos when it comes to safety, and brings together the procedures and risk management strategies that we use to audit all aspects of our challenges, from vehicles to accommodation to the activity itself. Your welfare is paramount!

In terms of your Amazon Survivor Challenge, there are a couple of important points that you should be aware of:

- Trekking in the middle of the Amazon Rainforest with high temperatures and humidity.
- Sleeping in hammocks in the middle of the Amazon Jungle
- Fishing for your own dinner.
- Facing extremely basic facilities, no showers, and no proper toilets for 6 days.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking abilities. This is allowed for. There will be a staff member at the back of the group at all times to ensure that you are not left behind and can take things at your own pace.

### Training general

Training and fitness are definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be OK 'as long as they train regularly over a period of at least three months' leading up to the expedition. Don't forget that the temperature and the altitudes are different from the UK. While strength is important, endurance training should be

your primary focus. Walking up hills and climbing stairs are both ways to condition your lower body. Begin slowly, without the weight of a pack, eventually adding weight as you increase your training pace. Take a long hike (6-8 hours) several times with a weighted pack, up and down hills or on small mountains (weigh your pack with water containers and pour out the water before your descent to minimise knee stress). Also see Fitness Training Advice notes.

### Challenge Training

If you would like to get a feel for our challenges ahead of your departure, why not consider booking on a 1 or 2 day UK Challenge?

We have a variety of challenges, covering all levels of difficulty, taking place in stunning National Parks across the UK that are led by highly qualified and experienced expedition and mountain leaders. These challenges will give you the perfect opportunity to monitor fitness levels, test out your kit, meet people in the great outdoors, share fundraising stories and gain valuable advice and support for the challenge ahead. We encourage participants to make use of our highly knowledgeable leaders and ask them any questions you may have about clothing and equipment, expedition health and wellbeing, trekking skills, walking techniques and teamwork!

We are offering all participants **50% off** the registration fee when you book on one of the UK challenges listed via the link below. Just use the code **TRAINING** when booking. T&C's – you must have an active booking on a challenge to avail of this offer. Discount cannot be used in conjunction with any other offer. Find out more [here](#)



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## Any more questions?

Contact us:

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