

CH>RITY  
CH>LLENGE



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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**BRAZILIAN TREK AND KAYAK  
CHALLENGE CANX  
BRAZIL**

Fri 10 May - Mon 20 May 2019





## In aid of your choice of charity

10 May - 20 May 2019

### 11 DAYS | BRAZIL | MODERATE

Brazil needs no introduction. Its 8.5 million square kms are home to fantastic landscapes and immense cultural diversity. Your challenge takes you beyond the beach and into tropical forest and Serra da Bocaina National Park. Once you've conquered the trekking challenge, it's into your sea kayak to paddle between the Bay of Paraty and Saco do Mamangua. The Bay is dotted with more than 60 islands, as well as some 300 picture perfect beaches which will provide your accommodation at night. Once the hard work is over, you head to the party city of Rio to soak up the sun and the sights, including Christ the Redeemer.

- Trek through Brazil's wonderfully biodiverse rainforest
- Camp under a blanket of Brazilian stars
- Sea kayak around the enchanting Bay of Paraty
- Finish in Rio where you will visit Christ the Redeemer

## YOUR CHALLENGE DAY BY DAY

### DAY 1 *Fri 10 May*

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#### **International departure from London. Arrive in Brazil**

It's finally time for your long-awaited departure to Brazil. Wave goodbye to friends and family, before you board the flight and embark upon your challenge!

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### DAY 2 *Sat 11 May*

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#### **To Sao Jose do Barreiro**

Today the challenge begins! You will have a 227km transfer to Sao Jose do Barreiro. There will be a box lunch en route and you arrive at your pousada in the evening for a proper night's rest.

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### DAY 3 *Sun 12 May*

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#### **Bocaina trek (approximately 12kms + optional 2kms)**

After breakfast you depart for our first day of hiking in the National Park, Serra da Bocaina, dotted with waterfalls and mountain views. After a hard day's trek you will arrive at your accommodation for the night, Casa Pintada, a small farm in the middle of the forest

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### DAY 4 *Mon 13 May*

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#### **Trek the Atlantic Forest (approximately 18kms)**

After breakfast you head off for our day's trek in the Atlantic Forest, along the Gold Trail. You will discover many tiny farming hamlets. Now it's time to swim at Veados's waterfall, near the farm where you stay for the night.

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### DAY 5 *Tue 14 May*

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#### **Trek the Atlantic Forest to Paraty (approximately 18kms)**

You will start your descent to the coast between broad pastures and beautiful views of the area. You plunge into the dense vegetation, typical of the Mata Atlantica, where the air gets more humid and much warmer. At the end of this day you are transferred to the enchanting town of Paraty for your overnight and a briefing about the kayaking section ahead.

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### DAY 6 *Wed 15 May*

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#### **Paraty to Saco do Mamanguá Kayaking (approximately 4 to 6 hours kayak)**

It's a short journey to Paraty Mirim from where you start paddling towards Saco do Mamanguá along the coast. This deserted beach is the perfect place for a picnic, after which you can swim and relax. Your efforts are rewarded with an evening in the village of Cruzeiro, where a local artisan will teach you how to carve a wooden boat. Camp beneath the stars.

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**DAY 7** *Thu 16 May*

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**Saco do Mamangá to Paraty Bay (approximately 4 hours kayak)**

The hike up to Paraty Pao de Acucar Peak, otherwise known as Sugar Loaf Mountain, is incredibly steep but the sweeping views are awe-inspiring. Afterwards it's time to kayak to the entrance of Paraty Bay. Be sure to dive in for some world-class snorkeling. After a picnic lunch, you paddle on through to Saco de Velha where you enjoy a team dinner and another night of stargazing.

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**DAY 8** *Fri 17 May*

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**Paraty (approximately 5 hours kayak)**

The best way to explore Paraty is from the water, so you are straight out in the kayaks to continue your expedition at sea. There is a pitstop and an extra dose of snorkeling at Jurumirim Beach, after which it's time to paddle back to Paraty. Spend the rest of the day exploring, before celebratory team dinner this evening. Overnight at hotel.

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**DAY 9** *Sat 18 May*

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**Transfer to Rio for a day of sightseeing**

Leaving Paraty behind, you take the scenic route back to Rio. After lunch, you visit Christ the Redeemer, one of the new Seven Wonders of the World. Situated at the top of Corcovado Mountain, the views are spectacular. There is also the chance to chill out on the famous Copacabana and Ipanema beaches. Overnight at a hotel following a final team dinner.

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**DAY 10** *Sun 19 May*

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**Free day in Rio. Transfer to airport**

There is still time to explore and pick up some last minute souvenirs before heading to the airport for your overnight flight back to the UK.

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**DAY 11** *Mon 20 May*

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**Arrive UK**

With amazing memories and a massive sense of achievement, it's time to say goodbye to everyone, before heading home.

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**NB**

The itinerary is there as a guide and may change due to unusual weather patterns, condition of the sea, 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 expedition 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 £495.00 when you book

Then a balance of £2450.00 (8 weeks before your challenge)

Raise as much as you can for your charity.

### MINIMUM SPONSORSHIP

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Registration fee of £495.00 when you book

Raise a minimum of £4995.00 for your charity.

### FLEXI

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Registration fee of £495.00 when you book

Then £590.00 towards challenge costs (8 weeks before your challenge)

Raise a minimum of £3795.00 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.
- Access to your own password protected account including support materials and training schedules

### 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)
- All internal transfers
- A Charity Challenge T-Shirt
- 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
- Entrance fees to national parks or other places of interest visited on the itinerary
- Accommodation during the challenge (usually in twin share)
- Three meals a day (unless otherwise stated in the itinerary)

## WHAT'S NOT INCLUDED

### Before you go

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- Travel to and from the UK airport of departure
- Visa
- Vaccinations (please check Trip Notes for requirements)
- Travel Insurance (you can buy at time of booking or in your Account Area, or provide your own)

### On your challenge

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- Tips
- Departure Tax (if applicable)

policy details)

## 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 01/03/2019), and the remaining 20% within 4 weeks of completing the challenge (by 17/06/2019). 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 - 16 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 10-12 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.

### Optional extras

Extensions at end of trip\*  
Single room supplements\*  
Business class upgrades\*  
(\*subject to availability)

### 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 Brazil and Kayak Trek challenge is graded as Moderate. This is the perfect challenge for participants who are of an adventurous spirit and an open mind, but perhaps haven't taken on a strenuous challenge event before and are hoping to push themselves out of their comfort zone.

You could tell your supporters that during the Challenge you will be:

- Trekking between and kayaking 5-6 hours a day.
- Trekking through undulating and uneven terrain.
- Experiencing high temperatures and humid conditions.
- Staying in local houses and camping at the beach with no electricity.

### Typical day

As described in the itinerary each day is quite different. Most days will begin at around 8.30am. During the trekking & kayaking days, there will be ample stops for briefings on local culture, rests and lunch, in order to ensure that everyone can reach the end point. During the day you should carry only what is strictly necessary in your daypack. There will be support mules to carry your luggage on the trekking days and support kayaks during the kayaking. For both parts you will need to protect your bag and keep it dry.

### Safety

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 Brazil Trek and Kayak Challenge, there are a couple of important points that you should be aware of:

- The weather conditions are hot and humid.
- The terrain is uneven and undulating through trekking days.
- You will be kayaking between 5-6 hours a day.
- You will be staying in shared accommodation (up to 4 people) with shared facilities.
- Some nights you will be camping by the beach with no electricity.

### 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 section.

### Extension

If an extension is available for your itinerary, this info will be included on the respective expedition website. If you wish to book an extension, you will need to do so no later than 4 months prior to departure.

### Flights

Flights depart London and arrive in Rio de Janeiro the same day. The total flight time is approximately 12 hours including transit times. Your flight tickets will be e-mailed to you before departure. 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).

### 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, plus your booking confirmation from your Account will be helpful just in case you are asked any questions at customs. Tourists will be admitted for a stay of up to 90 days.

### 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 (emergency, evacuation and repatriation) arrangements, 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 you can fill out a disclaimer online so that we have a record of your details.

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

### Vaccinations & medication

#### Vaccinations

For up to date vaccination information please check the Travel Health Pro website:

<https://travelhealthpro.org.uk/countries>

Charity Challenge team are not medical experts and we would encourage you to visit your GP or travel nurse to discuss vaccination requirements. Your GP may ask questions about the specific locations that you are visiting so it

may be useful to take a copy of your itinerary with you.

A yellow fever certificate is required if within the three months prior to your arrival in Brazil, you have visited or been in transit through certain countries. These are specified in the Fit for Travel website above. 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.

NB: Requirements change and these are recommendations only.

### Medication

- carry medicines (including those bought over the counter) in their correctly labelled container, as issued by the pharmacist, in hand luggage
- consider packing a spare supply of medication in the hold luggage in case of loss of hand luggage
- a letter from the prescriber detailing the medicines with the generic names for the medications can be helpful for border control checks, and in case medicines have to be replaced or medical help is required
- carry a note from the prescribing physician on letterhead stationery for controlled substances and injection medications
- take out an appropriate level of travel health insurance including repatriation and specific cover for any pre-existing illnesses

N.B. Some medications are banned abroad so please check you can find further information at <https://travelhealthpro.org.uk/factsheet/43/medicines-abroad>

### Climate and Terrain

#### Climate

The climate is tropical, and semi-humid. In June it is the dry season but also the start of their 'winter', and you can expect temperatures of 23-28C, dropping to around 9-12C in the evenings. Rainfall is generally low during this season, and so light waterproofs as a precaution should be all that is necessary, but you will need warm clothes for the evening. In the city of Rio & whilst trekking, the temperature will feel more humid than while kayaking on the open sea. In October is a bit warmer but can be slightly wetter, so you will still need warm clothes for the evening and waterproof bags to keep all of your clothes dry.

#### Terrain

The terrain is very undulating, and often takes people by surprise. There is very little vehicle access and so trekkers need to be capable of taking on the steep ascents and descents. Expect humid and warm conditions. You will be undertaking the kayaking section on bay within a bay, and the conditions are remarkably clear, with very few waves or rough movement in the water.

#### Training

Training and fitness are definitely required. Anyone who leads a fairly active and moderately healthy lifestyle should be OK as long as you train regularly over a period of at least three months leading up to the expedition. Don't forget that the temperature and terrain is totally 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).

We use sit-on-top kayaks in Brazil, and although no training is really necessary, you will certainly find it easier to get used to paddling if you have tried it in your nearest water sports centre or on the beach. A familiarity with holding and manoeuvring the paddle is very useful, in order to be more efficient and adept when you get on the water in Brazil.

### 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](#)

### 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 support mule. Whilst kayaking your dry bags will be stored in the front and back sections of your kayaks. You will carry a daypack 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.

### Leadership

Charity Challenge employ a number of first aid and rescue qualified challenge leaders, and a tour leader who will speak fluent English. There will be at least 1 guide for each 8 participants during the kayaking days. They will be ultimately responsible for the running of the itinerary and the safety of your group.

### Group Size

The group size is intended to be around 11-16 people. We will be able to run this challenge for 7-10 people by charging a small group supplement of £75 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.

### 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 gore-tex waterproof and windproof jackets and trousers, and technical/wicking t-shirts rather than cotton shirts. A full kit list for this challenge can be found [here](#), once you book you will have access to kit discounts with our partners The Outdoor Shop, Outdoorhire and Cotswold Outdoor.

### Accommodation and Toilets

#### Accommodation

We will use hotels in Rio. We use basic but comfortable local homes and tents throughout the challenge. Accommodation at the local homes is in shared rooms, limited to 20 people, with up to 8 people in bunk beds per room. For more than 20 people we will provide tents. There will not be electricity at most of the local homes and campsites. Where we use tents on the challenge they are for two people. There will be communal bathrooms for all at the local homes. If you are travelling with a friend or partner who you wish to share with, please let Charity Challenge know in advance.

#### Toilets

The hotels and ranchos have regular western toilets and hot running water. During the camping night whilst on the kayaking part of your challenge, you will use chemical toilets and bathe in the stream so don't forget your bio-degradable soap!

### Food & Drink

During the day a typical packed lunch provided might consist of fruit juice, fruit, sandwiches, cake and nuts. The evening meal at the campsite will be beef, chicken or fish, salad, rice, potatoes and vegetables. Dinners will vary from day-to-day. Drinks other than water are not included with every meal, there may be a range of options on offer including tropical fruit juices, beer and soft drinks (Guarana being as popular as Cola).

### Phone and WiFi

Apart from when in Rio de Janeiro and Paraty, there will be no phone and WIFI signal. On some days, you might get the odd phone reception for a few minutes.

## Money

**Currency:** The Brazilian monetary unit is the Real (plural, Reais). Pounds Sterling are not easy to change so if you plan to bring cash to change in Brazil, it is better to buy US dollars 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, the official exchange rate having been taken into consideration. Credit card fraud can be a problem in Brazil. You should always ensure you retain your copy of the transaction slip.

**ATMs:** There is an extensive network of ATMs at which visitors can use their cash cards. Check charges with your bank prior to travel.

**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 & drink, gifts & souvenirs. There are a wide range of things to spend money on including hammocks, gemstones, jewellery and so on. We would advise around US\$350.

**Tipping:** 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 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 porters.

## 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. In the event of an emergency, all guides and leaders are maintaining contact via radio, and the backup vehicle will not be far away. If somebody is unable to walk at all, then we can transport him or her from one location to the next.



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This challenge far exceeded my expectations - with the split between trekking and kayaking you are privileged so see different parts of the beautiful country of Brazil i.e. the rainforest and the amazing coastline, the challenge then finishes in Rio with a visit to Christ the Redeemer statue which is breath taking. I have met people who I will remain friends with for life and I am already thinking about the next challenge I would like to embark upon!

Heather Traivs

“

The challenge of the trek/kayak was well worth it when we reached Rio and saw Christ the Redeemer.

Emily King

“

Great experience and Rio was a great finale! The restaurants we were taken to were really good. The statue of Christ the Redeemer was amazing as was Sugarloaf Mountain and the cable cars.

Jan White Spinner

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## Any more questions?

Contact us:

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