



TRIP NOTES

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# BELIEVE ACHIEVE INSPIRE

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THE LEWIS MOODY EXTREME  
AMAZON SURVIVOR CHALLENGE  
BRAZIL

Fri 09 Sep - Sun 18 Sep 2022





## In aid of The Lewis Moody Foundation

09 Sep - 18 Sep 2022



### 10 DAYS | BRAZIL | TOUGH

With temperatures over 25 degrees Celsius and 95% humidity, looking after yourself and your kit will be essential to survival. During the challenge you will discover more about this remarkable environment, gain new skills and experience how physically and psychologically challenging the rainforest can be. With a mixture of trekking many kilometres of dense jungle and canoeing the Amazon river, each day will take you on a steep learning curve.

As you start the challenge, the guides will be your life support, however, as new skills are learned, you will perform these duties and become a self-sufficient team of jungle survivors, setting up camp and preparing your meals each day.

With just 15 places available to join Lewis Moody and Tom Croft, this really is a once in a lifetime opportunity to experience something unique, take a break from everyday life and push yourself out of your comfort zone. This is your chance to achieve something special not only for yourself but for those affected by the brutal reality of living with a brain tumour.

- Join Rugby Legends Lewis Moody and Tom Croft for this once in a lifetime experience
- Trek and canoe through the Amazon - the ultimate way to explore the world's largest tropical rainforest
- Learn new survival skills from indigenous tribes; making shelters, hammocks and A- Frames, fires, foraging, fishing, navigation, tracking and traps
- Meet a local riverine community who will demonstrate how to produce food, catch and prepare fish and make canoes
- Experience three different ecologies, with their range of flora, fauna and wildlife, throughout your time in the Amazon

## YOUR CHALLENGE DAY BY DAY

### DAY 1 Fri 09 Sep

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#### International departure from London

Your fundraising and training are about to pay off, the big day has finally arrived. Wave goodbye to family and friends, before you board the overnight flight to São Paulo and then on to Manaus, Brazil.

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### DAY 2 Sat 10 Sep

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#### Arrival in Manaus

Arrive in Manaus and transfer to your hotel in the state capital of Amazona, the gateway into the Brazilian Amazon. In the evening, you will meet the leaders and guides for dinner.

Meals: D

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### DAY 3 Sun 11 Sep

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#### Preparation and acclimatisation in Manaus

Today we will make sure your equipment is good to go, you will receive a welcome brief from your leader and guides, and we will head out to explore Saint Sebastian Square which is host to the famous Opera House. More importantly, becoming accustomed to the heat and humidity before going into the rainforest are essential, and time is limited, so use this time well. Preparing yourself physically before the challenge is all-important.

Meals: B

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### DAY 4 Mon 12 Sep

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#### Transfer to the Amazon Jungle and Trek to your campsite

After a good breakfast, you leave civilisation and the real challenge begins. After a 1-hour journey to our roadside drop off point, you will literally step into the Rainforest. Keeping your wits about you, as you will enter the Amazonian jungle realm, with its incredible bio-diversity from live supporting food supplies to giant snakes and poisonous frogs; get ready to test your survival skills. The pace will be steady today, and there will be regular breaks as your guides point out the various flora and fauna that makes up your outdoor pantry.

We will reach our first campsite after a 3-4-hour trek. Fires will be burning, dinner will be in the pot, and your hammocks will be set up and ready. Tomorrow you will start learning to perform all these tasks yourself.

Enjoy your first night under the jungle canopy listening to the sounds of the forest. Overnight in jungle campsite.

Meals: B, L, D

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### DAY 5 Tue 13 Sep

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#### Amazon Jungle Trek

Following an early breakfast, we will begin our first full day's trek, heading deeper into the jungle through the lush greenery of the humid rainforest. Keeping hydrated in the heat and humidity is key as you push through the vegetation, the ultimate way to explore the world's largest tropical rainforest.



We will stop for lunch, which you will see being prepared in the forest, and whilst it is cooking we will learn how to set up our own hammocks, build shelters and beds from the various palms and make Envira (rope) from the vines. We will make camp before dusk giving you plenty of time to set up your own hammock before dinner. The evening is free to get to know your fellow challengers, forging friendships, then and relax in your hammock and enjoy a well-deserved night's sleep after another tough day.

Meals: B, L, D

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#### **DAY 6** *Wed 14 Sep*

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##### **Trek to the River**

Day 3 in the jungle and we continue to build on your jungle survival skills as we navigate our way towards the Rio Negro. During today's lunch stop, we will learn how to build fires with the natural resources around us, further develop our knowledge of the rainforests abundant food supply by foraging for nuts, fruits and Babasu (grubs), and we will learn how to set traps for prey of all kinds. In the afternoon, the team will be given the responsibility of navigating us to our riverside campsite.

Once established in the campsite, there will be the option of going out on a nighttime adventure to track and observe the Alligators as they hunt.

Meals: B, L, D

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#### **DAY 7** *Thu 15 Sep*

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##### **The Riverine Phase**

It's a very early start this morning as we leave the forest and enter the canoes for the riverine phase. It's a 0400 shake with coffee, and we're on the water by 0445. We paddle steadily to spot the exotic birdlife, caimans, and enjoy the amazing sunset that has eluded us whilst we were under the jungle canopy. We will arrive at Recanto De Boto, an indigenous village community on the river, an hour later where you will get the opportunity to swim with the rare pink dolphins and fish for Pirarucu. Afterwards, we will share breakfast with the locals before continuing our way up the river taking in this special environment, observing the wildlife and perhaps stopping to share a snack with the squirrel monkeys.

Lunch today will be shared with another indigenous community. However, it will be you with your newfound skills, who will be preparing the catch of the day, and building the fires. Whilst lunch is cooking, we will experience the warmth and generosity of our hosts as they give us an introduction to the traditional flour making process and demonstrate traditional fish catching techniques and equipment.

After sharing our lunch with the community, we will paddle the rest of our way to our last night stop at Big Tree camp.

Meals: B, L, D

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#### **DAY 8** *Fri 16 Sep*

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##### **Amazon Trekking, Community visit and transfer to Manaus**

After breakfast, we continue to trek on foot through our third ecosystem of the week. We've experienced Rainforest that remains above water level during the wet season, we've spent time on the river system, and now we navigate our way through a part of the Rainforest that is underwater for 6 months of the year. The flora and fauna present a whole new experience and also some new challenges.

After a morning's trek, we will arrive at the beach on the Rio Negro. The Amazon is approximately 350km across at

its widest point, and although our crossing to meet the Tucuya Tribe on their private island will be a much shorter transit on the motorboats that will accompany us throughout, you will get an appreciation of the true vastness of the Amazonian river system.

Once we arrive at the Tucuya Tribe's island and we are granted permission to step on to land by the Passon, (the Mayor of the Forest), we will swim and have lunch in paradise. Afterwards, we will be hosted by the Passon and his tribe who will show us some traditional dancing in their Maloca. We will exchange gifts with the Tucuya before recovering to the motorboats and make our way back to the civilization of Manaus for a much-deserved celebration dinner.

Meals: B, L, D

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#### **DAY 9** Sat 17 Sep

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#### **Farewell to Manaus and Brazil**

After breakfast, you will have a free morning to do your last bit of shopping, before departing Manaus for our return flight to the UK.

Meals: B

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#### **DAY 10** Sun 18 Sep

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#### **Arrive London Heathrow**

Today you arrive back in the UK and familiar civilisation, feeling proud that we have survived one of the most remote jungle challenges in the World, and all in aid of this fantastic cause.

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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 might occur. In all such circumstances, your expedition leader will have the final say.

B = Breakfast, L = Lunch, D = Dinner.

**SELF FUNDER**

Pay a registration fee of **£520** when you book.

Then a balance of **£3,430**  
(10 weeks before your challenge).

Raise a minimum of **£4,000** for The Lewis Moody Foundation.

The cost for the trip is **£3,950**, and this price includes set flights from London to Brazil, in-country transfers, professional Expedition Doctor on the challenge, experienced UK challenge guides, in-country guides, meals as outlined in the itinerary and accommodation whilst on the challenge itself and The Foundation branded performance top and hoody.

Lewis Moody and Tom Croft will be part of your challenge team. The Foundation will also organise a pre-challenge team meet up to meet the rest of the team and support you with kit preparation, training and fundraising.

We ask that each participant raises a minimum of **£4,000** in sponsorship and we hope that some will be able to smash this target! **Together, we aim to raise over £60,000 for The Foundation.**

This is a self-funded trip which means that each participant will cover the cost of the trip themselves so that every penny raised through sponsorship can go directly to the work of The Foundation.

**WHAT'S INCLUDED?****BEFORE YOU GO**

- Support materials (itinerary, kit list, visa information, health notes, travel tips, responsible travel policy and guidance)
- 15% off Cotswold Outdoor, Cycle Surgery, Snow and Rock, and Runners Need
- Access to training weekends (optional and at additional expense)
- Fitness training notes

**ON YOUR CHALLENGE**

- International flights to and from London and Brazil (including all known UK air taxes, and fuel surcharges, at the time of costing)
- Internal transfers
- Professional Expedition Doctor on the challenge
- Experienced UK challenge guides
- In-country local guides
- Three meals a day (unless otherwise stated in the itinerary)
- Accommodation during the challenge (usually in twin-share)
- UK-based 24-hour emergency support line
- Equipment as per the challenge activity

- Full back-up support including first-aid qualified staff and first-aid supplies
- Entrance fees to national parks or other places of interest visited on the itinerary
- Drinking water on challenge days
- The Foundation branded performance top and hoody.
- A contribution towards funding the reduction of carbon emissions through Climate Care's portfolio of award-winning projects

### WHAT'S NOT INCLUDED?

#### **BEFORE YOU GO**

- Visa (if required)
- Travel to and from the UK airport of departure
- Vaccinations (please check Trip Notes for requirements)

#### **ON YOUR CHALLENGE**

- Tips
- Departure Tax (if applicable)

### THE DETAILS

#### **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 including your UK leaders and doctor is 18 - 20 participants.

#### **SMALL GROUP SUPPLEMENT**

The costs and sponsorship levels on our website are based on a minimum of 18 participants. We can run this trip with 16-17 people, but there will be a small group supplement of £95. This is payable by yourself under 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\*
- Travel insurance
- 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 by [clicking here](#).



## Why take on this challenge?

### **Brain tumours are the biggest cancer killer of adults and children under 40.**

The Lewis Moody Foundation is dedicated to changing the story around brain tumours. This bespoke challenge has been developed by The Foundation with an aim to raise over £60,000 in the fight to defeat brain tumours.

But we need your help. We inspire people to take on bold challenges like the Amazon Jungle Survival Challenge to raise vital funds, as we know the challenges taken on every day by those living with a brain tumour.

By joining the team, you can raise money to help fund support to improve lives, fund pioneering research to save lives and raise awareness to change lives. We rely solely on the money raised through challenges like this to keep funding projects to change outcomes for those diagnosed with brain tumours in the future.

Together we can tackle brain tumours. #wecanyoucan

## 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 6am, with one morning being 4am. After breakfast and breaking down camp, you will start trekking and learning the survival skills in the jungle. Each day, the support team will do less and less as you will be expected to implement your newly learnt skills in jungle living. 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. On one of the days, you will paddle in the jungle canoes as you journey along the river.

## Level of Difficulty

The Amazon Survivor challenge is graded as "Tough" 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 experience 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 and canoeing in the middle of the Amazon Rainforest with high temperatures and humidity
- Setting up your own hammocks and shelters for sleeping in the middle of the Amazon Jungle
- Facing extremely basic facilities, no showers, and no proper toilets for five days
- Implementing newly learnt survival skills in the jungle
- Fishing for your own meals

## About the Amazon Rainforest

The mythical Amazon Rainforest can only be described in superlatives. It covers an area of more than 5 million square kilometres and nine countries; Brazil, Venezuela, Peru, Colombia, Bolivia, Ecuador, Suriname, Guiana and French Guiana, 80% of which is in Brazilian territory. The volume of water from its rivers, 20% of all freshwater in the world, with its variety of wildlife, flora, and fauna make this vast ecosystem the most memorable and unique experience.

## Leadership

The UK leader for the Extreme Amazon Survivor will be Alan Chambers, MBE. Alan is an extremely experienced leader and will be ultimately responsible for the running of the itinerary and the safety of your group. We employ a number of local challenge guides, all of whom speak fluent English.

### Alan Chambers, MBE

A former Royal Marine with 16 years service, Alan was a member of the first winter expedition to traverse Iceland by ski.

He led the first successful British unsupported expedition from Canada to the Geographic North Pole in 2000. He has since led over a dozen North Pole expeditions with top business leaders, helping them explore and reflect on their own leadership capabilities. In 2006, Alan led a team to complete the gruelling Yukon Arctic Ultra Challenge. In 2009, he led a team of senior executives and high achievers to the South Pole. Alan was awarded an MBE in 2000 for determination and leadership in constant adversity. He is a qualified diver, parachutist, paramedic and ski survival instructor.

## 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: Canoeing and 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 5 days.

## 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.

## Flights

Flights depart London and arrive in Manaus the next day. 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 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.

## Insurance

Your safety when travelling with Charity Challenges is our main concern which is why it is a booking condition that you have a suitable travel insurance policy that will cover you for the adventurous nature of your challenge. 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 by clicking [here](#). For more general travel insurance questions, please refer to our main [Q&As 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.

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\*.

### 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 & Terrain

### 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 and flooded forest. The paths may be muddy making the trek tougher to undertake.

## Training

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](#)

### Luggage Allowance & 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). You will be hiking and canoeing with all the personal kit and equipment you need for your time in jungle packed into your 50L Day pack. Any clothes or personal items that you don't need in the jungle will be locked away with your main baggage in the hotel in Manaus.

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.

### Group Size

The costs and sponsorship levels on our website are based on a minimum of 18 participants. We can run this trip with 16-17 people, but there will be a small group supplement of £95. This is payable by yourself under the Self Funder option. We will notify you 12 weeks before departure if this is necessary.

### Clothing & 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 daypack. 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.

### Accommodation & Toilets

#### 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. Your main bag will remain locked securely away in the hotel in Manaus whilst you hike and canoe with all you will need in your day pack.

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.

#### 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.

### 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).

### 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\$200 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.

### Phone & WiFi

Apart from when in Manaus, there will be no mobile phone and WiFi signal.

### Emergencies

The event is not run as a race and there is always a large discrepancy in people's walking and paddling 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.

# CH>RITY CH>LLENGE

## Any more questions?

Contact us:

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