INTO THE ATLANTIC RAINFOREST: RIO DE JANEIRO & BRAZIL’S COSTA VERDE

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Emerald green mountains dropping into a translucent sea, colorful towns with colonial architecture, white-sand beaches, dolphin-filled bays, and even a tropical fjord – the dazzling stretch of Brazil’s Atlantic Coast from São Paulo to Rio de Janeiro is one of the most spectacular spots in a gorgeous country. Our adventure is an active discovery of Brazil’s vibrant cultural and natural wonders. We witness traditional lifestyles in remote fishing villages, paddle kayaks along secluded beaches, search for wildlife in mangrove forests, hike to hidden waterfalls, explore the stunning colonial City of Paraty, and succumb to the enticing charms of Rio – samba dancing included! For more time in Brazil, consider an extension to the wildlife-rich Pantanal, renowned for its fabulous birdlife and unique mammals.

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Itinerary in Detail

**DAY 1: SÃO PAULO / PICINGUABA**
Arrival at the International Airport of São Paulo and transfer to Picinguaba (4 hours). On the way, you can appreciate the fantastic views of the Atlantic Rainforest (Mata Atlantica), an area of enormous biological richness that has been designated a World Biosphere Reserve. Stretching along Brazil’s eastern coast, the Atlantic Rainforest holds 5% of the earth’s vertebrates, including 200 endemic bird species, and it is considered a “hotspot” of biodiversity by Conservation International. Stop for lunch at a local restaurant en route before arriving in Picinguaba, a beautiful stretch of the coast and peaceful fishing community where the rich forest meets the sand. Welcome dinner and overnight at Pousada Santa Martha das Pedras, an intimate retreat up in the tropical hills, just a five-minute walk from the beach. [B]

**DAY 2: PICINGUABA**
Enjoy the majority of the morning at your leisure; read a book on your private balcony and listen to the birds or take a walk down to the beach. Picinguaba means “the fishes’ refuge” in the indigenous Tupi-Guarani language, spoken by the Tupi people who first inhabited the area. Their culture and traditions are still well preserved here today.

Picinguaba is home to traditional Caiçaras who are descended from the intermingling of indigenous tribes, Portuguese colonizers, and African slaves. To understand more about their unique culture, we visit the historic Casa de Farinha, a traditional flour mill, and a Quilombo, a settlement for escaped slaves and other individuals who were oppressed during the days of colonization. Today, the Quilombo celebrates and preserves the culture of the region and here we learn traditional dances, meet local artisans and craftpeople and savor a lunch of Feijoada, Brazil’s national dish consisting of a bean stew with beef and pork. Return to Picinguaba for dinner and overnight at Pousada Santa Martha das Pedras. [BLD]

**DAY 3: PICINGUABA**
Today we explore Parque Estadual da Serra do Mar, the largest park in São Paulo state at over 42,000 acres. Established in 1977 to help curb the destruction of the rainforest and establish ‘green corridors’ for wildlife to safely travel through populated areas, Serro do Mar State Park only recently began receiving human visitors. Board boats and discover the rich mangroves of the Atlantic Rainforest, a habitat for endangered species such as the Wooly Spider Monkey and stunning birds like the Chennel-billed Toucan and Red-billed Curassow.

After exploring the mangroves, visit Núcleo Picinguaba, an important environmental project that oversees the conservation efforts for this extraordinary ecosystem. Back in Picinguaba, we have a variety of options for the afternoon, including a hike in the tropical rainforest or through villages along the coast. Dinner included. Overnight at Pousada Santa Martha das Pedras. [BD]

**DAY 4: SACO DO MAMANGUÁ**
Transfer to the nearby town of Paraty Mirim to board sturdy ocean kayaks and paddle to Saco do Mamanguá, a five-mile-long turquoise-hued fjord, the only one in Brazil. (No previous kayaking experience is necessary. Safety briefing and paddling instruction will be provided). While we paddle towards this the tropical fjord, surrounded by green mountains, we’ll stop for a snack along a secluded beach and enjoy a swim. Continue paddling to our lodge, set in a wonderfully remote location on a private white-sand beach and surrounded by the rainforest. It’s the perfect spot to relax and enjoy a caipirinha or glass of mango juice beside a pool naturally fed by mountain waters. Later, we can hike (two hours round trip) to the top of Pão de Açúcar for an incredible sunset view of the area. Dinner included. Overnight at Mamangua Eco-Lodge. [B,Snack,D]

**DAY 5: SACO DO MAMANGUÁ/PARATY**
After breakfast, we hop back in our kayaks to paddle across the fjord to a local fisherman’s home. Over coffee, learn about his world and lifestyle, including a lesson in making small wooden boats, a
traditional local craft. Then kayak to the mangroves, about an hour’s paddle away. The mangroves are a special place — very tranquil, - and from here we beach the kayaks and take a short hike inland to a hidden waterfall and a natural swimming hole (bring your swimsuit!). Another paddle reveals the transition from mangrove habitat to that of the Atlantic Forest as we navigate to a remote village for a delicious lunch of the best fresh seafood in the region. After lunch, we board a boat that cruises to a jutting peninsula, passing around small bay islands and a sea of leaping dolphins before arriving at the vibrant colonial town of Paraty. Dinner at a local restaurant and overnight at Pousada do Sandi, centrally located in the heart of the Old Town. [BLD]

**DAY 6: PARATY**

Today’s adventure keeps us on land as we explore in and around Paraty on the Serra da Bocaina, an imposing mountain range with myriad waterfalls. We begin with a stop at the Gold Trail exhibit, where we learn the story of how gold from the mountainous state of Minas Gerais was transported along the cobbled paths to Paraty, where ships waited to take the treasure to Lisbon, Portugal. The trail, built by slaves in the early 18th century, was a major link between the interior and the coast. Our explorations include hikes to lovely waterfalls, a visit to a cachaca distillery (the major potent ingredient in caipirinhas – Paraty is deservedly renowned for its excellent cachaca), and a look at a collection of some 300 different species of bromeliads. In Paraty, we explore the city’s historical downtown area, a UNESCO World Heritage Site, with its traditional colonial architecture, beautiful churches, and irregular cobblestone streets. In its heyday in the 18th century, Paraty was an obligatory stopover for those traveling to the newly discovered gold mines in Minas Gerais, and it rapidly became a wealthy port town. Rich slave-owners built lavish churches and mansions along the waterfront. Surrounded by pristine jungle-clad mountains, Paraty was virtually abandoned when easier access to the gold mines was discovered. The coffee boom in the 1800s and roads built in the mid-20th century across the Serra do Mar and from Rio ensured its revival. Enjoy some free time on the town this evening and dinner on your own. Overnight at Pousada do Sandi. [BL]

**DAY 7: PARATY/RIO DE JANEIRO**

After breakfast we depart Paraty for a 3.5 hour drive to Rio de Janeiro, the “Marvelous City”, renowned for its vibrant culture, samba and Bossa Nova Music, landmark beaches, and absolutely stunning Guanabara Bay. Our base is the atmospheric hilltop Santa Teresa neighborhood, a favorite haunt of writers and artists. After exploring its narrow, winding streets and enjoying some free time for lunch (on your own) or shopping, we continue our exploration with visit to Sugar Loaf Mountain, with dazzling views at all Rio at our feet. Time permitting; we can take a short hike in the forest from the Morro da Urca. Dinner at a local restaurant and overnight at Hotel Santa Teresa, a beautiful boutique hotel with wonderful views of the city. [BD]

**DAY 8: RIO DE JANEIRO**

This morning we have a fascinating visit to a social and cultural project in a local favela, working to improve the local community as well as challenge the popular perceptions of Brazil’s impoverished neighborhoods. We then visit Christ the Redeemer – one of the new Seven Wonders of the World, set high atop Corcovado Mountain, with it panoramic view of Rio, and stroll the famous sweeping sands of Copacabana and Ipanema beaches. In the evening, we gather for a festive farewell dinner at a restaurant featuring live Brazilian music including Samba and Chorinho – put on your dancing shoes! Overnight at Santa Teresa Hotel. [BD]

**DAY 9: RIO DE JANEIRO**

The morning is free to continue exploring Rio on your own. Late day transfer to the airport and depart on homeward-bound flights or join our extension into the Brazilian Pantanal, one of the most wildlife-rich areas on the planet. [B]

**END OF SERVICES**

Actual routes and activities may vary. Local trip coordinators reserve the right to change accommodations to similar quality alternatives.
Pricing and Dates:
For current pricing please click here: Pricing
For scheduled departure dates please click here: Dates

INCLUDED SERVICES

- All private transfers
- Accommodation for 8 nights in boutique lodges and hotels
- Meals and snacks as indicated
- Tours as outlined
- Entrance fees
- Kayaking gear for two days of paddling
- Bilingual lead guide from days 1-9

NOT INCLUDED SERVICES

- International or internal airfare (listed separately)
- Tips, gratuities and service charges
- Airport departure taxes
- Drinks, alcoholic beverages, and meals other than listed above
- Personal expenses for extra services, optional activities, or changes in your itinerary for reasons beyond our control
- Travel insurance for trip cancellation, medical services, or evacuation
- Any other items not mentioned above
Accommodations

**Pousada Santa Martha das Pedra, Picinguaba**
A charming lodge located in the middle of the Brazilian Atlantic Forest above the town of Picinguaba - a fisher’s village within the Serra do Mar State Park. There are 9 apartments and 2 larger flats surrounded by the forest. All rooms have balconies and the lodge is only a five minute walk to the beach. Accommodations are spacious and airy with historical pieces of furniture.

**Mamangua Eco Lodge, Saco do Mamanguá**
Set in a wonderfully remote location at the mouth of Mamangua Fjord, on private white-sand beach and backed by the rainforest, this eco-lodge has to have one of the world’s best settings. Access is only via boat or helicopter. The lodge has 7 suites and 2 cabins that consist of screened, cabana-style rooms with solar lighting. Meals are served in a central dining room. Access to the hiking trail to ‘Sugarloaf Peak’ is right near the pousada and the best kayaking spots in the region are accessibly on day trips. Note that only one room has air conditioning. The rest rely on cooling ocean breezes.

**Pousada do Sandi, Paraty**
Pousada do Sandi is a charming 18th Century hotel located in the historical centre of Paraty, with 26 traditionally styled guest rooms and suites. There is a delightful swimming pool with a bar, sauna and steam room facilities, a library, a games room, a bar and a restaurant. Paraty’s dining is excellent and the hotel’s restaurant is no exception, with splendid dishes served up to the sounds of traditional Brazilian music.

**Santa Teresa Hotel, Rio de Janeiro**
The Hotel Santa Teresa occupies a nineteenth-century mansion perched high over Guanabara Bay, built during the golden age of coffee and cocoa plantations. Rooms are spacious and showcase the various regions of Brazil in their décor, from tropical linens to Portuguese ceramic tiles, and indigenous arts and crafts. Most rooms have balconies with views over Guanabara Bay, the Organ Mountains or Corcovado, and there are tranquil gardens where hummingbirds, toucans and monkeys feast on the fruits and flowers. A delightful pool area with sun-loungers is the perfect spot to relax and there is also a first class spa. The gourmet restaurant, run by French chef Damien Montecer, offers a fusion of cuisines from around the world and has become renowned across Rio. Nearby are wonderfully eclectic restaurants, bars and ateliers where you will gain an insight into bohemian Rio.
Booking your Wildland Adventure

**HOW TO RESERVE A TRIP**
You can book online using our Reserve a Trip form or by calling 1-800-345-4453. Your space on a trip is confirmed once we receive your reservation form and initial trip deposit. All travelers must sign and submit a Release of Liability.

Deposit requirements are as follows:*  
- $1000 per person for all trips in South America,

*Some trips require additional non-refundable deposits, especially when yachts have been chartered, or if permits to visit archaeological or wildlife sites have been purchased in advance.

**CUSTOM TRAVEL**
This trip isn’t exactly what you’re looking for? We are happy to design a private custom itinerary to accommodate your travel dates, interests and style of accommodations. Call us at 1-800-345-4453, send an email to info@wildland.com, or use the Ask The Program Director button on the trip itinerary page on our website.

**PAYMENTS, CANCELLATIONS AND REFUNDS**
Full payment of the trip balance is due 90 days prior to departure. If you must cancel before departure, money will be returned less the cancellation fees charged by WA Inc. plus any additional non-refundable cancellation fees and payments already advanced to airlines, hotels and local operators:

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<thead>
<tr>
<th>Days Prior to Departure</th>
<th>Fee per person</th>
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<tbody>
<tr>
<td>91 or more</td>
<td>$300</td>
</tr>
<tr>
<td>61-90 days</td>
<td>Initial deposit amount</td>
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<tr>
<td>31-60 days</td>
<td>50% of land cost</td>
</tr>
<tr>
<td>30 or less</td>
<td>100% of land cost</td>
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**PRE-DEPARTURE SERVICES**
Upon receipt of your deposit and completed reservation form, we will send you a comprehensive Pre-departure Dossier. This contains important information to help you prepare including immunizations, visas, trip insurance, packing checklist, reading list, maps, cross-cultural information, optional trip extensions and more. You will receive a final trip packet including Final Reminders and local contact information in your destination 2-3 weeks prior to departure.

**REFERENCES AND QUESTIONS**
Have any questions or concerns? Call us a 1-800-345-4453 or email info@wildland.com. We’re here to help and are happy to provide you with references from previous Wildland travelers.

**TERMS AND CONDITIONS:** Wildland Adventures, Inc. has arranged your trip utilizing the travel services of local in-country ground operators who are independent contractors. These local outfitters, lodges, hotels and other suppliers of your travel services will make every effort to conduct this trip as described in the itinerary. It is however possible that due to transportation schedule changes, weather, delays and unforeseeable acts of God, humans or nature, this itinerary may vary from what is described. Participants must assume all risks whether identified in advance or unforeseen. All optional activities are at your own risk. Extra costs due to unexpected changes in your itinerary for reasons beyond our control are not included. We highly recommend purchasing traveler’s insurance for trip delay, trip cancellation, baggage, accident or sickness. Representatives are available for assistance at any time during your trip. If preferred hotels are not available, every attempt will be made to reserve alternative accommodations of similar quality. (If upgrade is necessary, higher rates may apply.) All information and services provided are subject to our Terms and Conditions.