



TREK BRAZIL THE FISHERMANS TREK



ITINERARY- OUTLINE FOR BESPOKE TRIPS

This challenge is unique amongst treks, as it takes us along idyllic beaches, through fishing villages with panoramic views, and dense coastal tropical forest, whilst always in earshot of a samba rhythm. With this off-the-beaten-track challenge, we not only share moments in the lives of the local people, but also have an overnight in Rio to party! What more could we want from a Brazilian adventure?

DAY 1 DEPARTURE

We depart on an overnight flight from London, via Paris, bound for the Brazilian city.

DAY 2 PARATY

On arrival into Rio we are met by our guides and transferred by bus to the colonial village of Paraty. On the way we cross the Niteroi bridge for our first view of the unmistakable statue of Christ the Redeemer, towering over the city. We arrive at our pousada and have time to freshen up before our welcome meal and briefing.

DAY 3 FISHERMAN'S TREK 4 HRS TREKKING

We make our way to Laranjeiras, where we start our challenge, entering the Atlantic Rainforest (Mata Atlantica) in the heart of the Joatinga ecological preserve. For lunch we reach the village of Sono, on the edge of one of the region's most beautiful beaches, Praia do Sono (sleepy beach). In the afternoon we continue walking along Praia dos Antiguos, to the peaceful village by the sea of Ponta Negra, far, far away from it all. We spend the night in chalets by the beach.

DAY 4 PONTA NEGRA 5/6 HRS TREKKING

We leave Antiguos village and trek towards the Saco Bravo waterfall. This is an incredible sight where the river falls to the sea, passing through a large rock and into a natural swimming pool, just perfect for an afternoon bathe. We come back to the village at the end of the afternoon in time for dinner.

DAY 5 MARTIN DE SA 8 HRS TREKKING

The day starts with a tough climb in the midst of dense tropical nature. From our highpoint we have an easier descent and arrive a few hours later at the hamlet of Cairucu, where several families of fishermen live. The path often crosses areas that overlook the beach, as a contrast to our previous days walk. We end the day in Martins de Sa, a superb beach in a protected bay where we spend the night in local houses.

DAY 6**CAJAIBA – PRAIA GRANDE****6/7 HRS TREKKING**

We leave the coast and trek through the village of Pouso de Cajaiba, to explore deep in the heart of the Joatinga ecological reserve. After lunch we have a coastal trek from village to village until our final stop at Praia Grande, a full kilometre of fine sand and turquoise waters. We end with a climb of the hill at the far end of the Joatinga beach, with its great views of the Saco da Mamangua. Tonight will be spent in chalets.

DAY 7**MAMANGUA****2/3 HRS TREKKING**

The ecological reserve of Mamangua is rarely visited and today we are treated to its unspoilt beauty. For a real taste of adventure we walk through the undergrowth, along narrow paths that wind through dense forest and descend to Saco de Mamangua, where a boat awaits, to take us around the mountains of Mamangua and Bocaina. Our challenge finishes as we take a bus back to Paraty and our final pousada.

DAY 8**RIO DE JANEIRO**

After breakfast we take an early departure to Rio where we have the afternoon free to explore the city before regrouping for our gala meal and a night of partying in one of South America's liveliest cities.

DAY 9**DEPART RIO**

We transfer to the airport in time for our flight home.

DAY 10**ARRIVE HOME**

LOGISTICS



COSTS OF CHALLENGE

From £1795 per participant
For groups less than 15, please get in touch

CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff
International flights
Action Challenge representative
Expedition medic
Luggage Transfer by boat
All accommodation
Full communications
All meals, except in free time
All transfers
3 litres of purified water provided daily
Full UK office support and management

NOT INCLUDED

Alcoholic drinks
Travel insurance
Fuel supplement
Single supplement
Visas
Departure Tax
Tips for local staff

ABOUT ACTION CHALLENGE

As our name suggests, Action Challenge specialises in the creation of challenging, travel-based activities the world over. Since 1999, we have worked with many blue chip companies, over 600 national and regional charities, schools, sports clubs, groups of friends and individuals on both UK and overseas events. With over 160 itineraries in some of the most unexplored places on the globe, we are proud of lengths we go to, to bring our clients experiences they would be unable to find elsewhere.

ACCOMMODATION

The hotel in Rio is a good 3-4 star hotel near Copacabana. Accommodation on the trek will be basic local Pousadas, clean, and friendly!

FOOD

We always try to have freshly prepared food that is nutritional, appropriate and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days unless during free time.

RATING & FITNESS

This is a moderate challenge and requires a good level of fitness. The total distance trekked is approximately 60km.

WEATHER

The best time of year for this trek is May to September when it is slightly cooler. On the 'Green Coast' it rains at any time of year and therefore wet weather gear and sturdy footwear is advised.