



TREK BRAZIL – THE GOLD TRAIL



# ITINERARY – OUTLINE FOR BESPOKE TRIPS

The most famous of trails in Brazil is in a trekkers paradise and dates back hundreds of years. Used initially by the Guaianazes Indians and then properly paved by slaves 250 years ago to export gold from the mines, this trail starts at Minas Gerais and continues all the way to the coast where the gold would then be shipped back to Europe. This trek ensures that we see the very best in the Bocaina National Park.

## DAY 1 DEPART UK

## DAY 2 SAO JOSÉ DO BARREIRO

On arrival into Rio we are met by our guides and transferred into the mountains. Our journey takes us to the charming, mountainous village of Sao José do Barreiro, stopping for some great photos of Corcovado, the colonial rum producing village of Bananal and some of Brazils renowned and pristine beaches along the way. On arrival in the mountain village we check into our Pousada, where we have a welcome meal and briefing with our team and prepare ourselves for the challenge ahead.

## DAY 3 POUSADA RECANTO DA FLORESTA 18KM DISTANCE

After breakfast we begin our challenge with a tough day of trekking along the Paraiba Valley Trail through local farms and into some great forest. We gain height as we make our way up to Sobrado Hill, and the climb is rewarded with fantastic views over the Bocaina Mountain Range and the Paraiba Valley. We see the working fields, citrus and coffee plantations, lakes and undulating terrain we have walked through. We descend to our Pousada and arrive in time for dinner.

## DAY 4 SÃO IZIDRO WATERFALL TRAIL 20KM DISTANCE

The trail starts by crossing the “Enchanted Wood”, a forest of the twisted “Cambuí” tree and hundreds of different species of endemic plants. From the highest point of the trail 1800m there is a viewpoint where we have great vistas overlooking the entire Paraiba Valley. Where the Cliff Trail ends we hike into the Bocaina National Park to Santo Izidro Waterfall which is locally known as “The little Paradise”. It has a 80m high drop and a beautiful pool making it a great place to relax and even have a quick swim. From here we walk the last 5km to our next Pousada where we have a delicious countryside dinner made in wood stove.

**DAY 5**                      **BONITO VALLEY**                      **25KM DISTANCE**

Today's trek is a real treat as we start on the famous Gold Trail by walking past the san Izidro Waterfall and then to the Posses waterfall, continuing 23km through the Bonito Valley. We walk through forests having our packed-lunch on route and in the afternoon we are likely to see locals going about the business as we get closer to our accommodation. Today our day ends at Signor Joao's guest house which is basic but brings to life the difficulties of living in these remote places. We have a great local meal and relax as the Brazilian skies light up the Bonito valley.

**DAY 6**                      **THE GOLD TRAIL**                      **8KM DISTANCE**

This morning our mules load up our bags and head off whilst we have breakfast. We continue along the Gold Trail, along colonial cobbled paths that lead us into the Mata Atlantica or Atlantic Rainforest, and down to Ssão Gonçalo farm. here we have a number of low river crossings that cool us down and add to the fun. In the afternoon we trek to the wet and wonderful 'Veados' waterfall with 200m of falling water. We stay once again in true Brazilian rural-style in a local Pousada.

**DAY 7**                      **RIVER AND RAINFOREST**                      **18KM DISTANCE**

As we head for the coast we pass through the hot, humid, dense Atlantic rainforest. Before we reach the end of the Gold Trail we develop our wilderness techniques, negotiating river crossings and bridges made of wood and rope. Late afternoon we say goodbye to this incredible mountain area and transfer 4hrs along the Costa Verde to Rio. Tonight we have a celebratory meal to mark the end of an incredible challenge and party well into the night.

**DAY 8**                      **RIO DE JANEIRO – FREE DAY**

We have a free day to explore this incredible city or join one of the city tours that show the highlights of Rio.

**DAY 9**                      **GOODBYE RIO DE JANEIRO!**

Depending on the time of our return flight have some free time in Rio for any last minute shopping and then transfer to the airport in time for our flight home.

**DAY10**                      **ARRIVE HOME**





LOGISTICS

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## COSTS OF CHALLENGE

From £2195pp

For groups less than 15, please get in touch

## CHALLENGE COST INCLUSIONS

Pre-trip briefing by Action Challenge staff

International flights

Action Challenge Representative

Action Challenge medic

English-speaking local guides

All accommodation

All meals, except in free time

All participant and luggage transfers

All National Park fees

3 litres of water provided daily

All entrance fees as per the itinerary

Pre-event client support

## NOT INCLUDED

Alcoholic drinks

Travel insurance

Visas

Local departure tax

Fuel supplement

## RATING & FITNESS

This is a moderate/tough challenge and requires a good level of fitness.

## TOTAL DISTANCE TREKKED

Approximately 90km

## ACCOMMODATION

Our accommodation in Rio will be good clean Lodge/hostel and may be on a dorm basis. Accommodation on the Gold Trail is in basic local Pousadas, clean, and friendly! Split groups of up to 20. rooms can be on twin/triple/quad basis.

## FOOD

We will try and bring you appropriate food for the challenge and where possible include local flavours and cuisine, it will always be freshly prepared food that is nutritional and ultimately tasty. We hope that it exceeds peoples expectations given the circumstances. Three meals are provided throughout the challenge days apart from during free time.

## RIO WEATHER OCT - FEB

Temperature

27 -31degrees

Monthly rainfall

10-15mm

## 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.

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