

BAREFOOT TREKKING AT SAND DUNES LENÇÓIS MARANHENSES AND SÃO LUIS 6 DAYS / 5 NIGHTS

SÃO LUIS

São Luis do Maranhão is called "Brazilian Jamaica" and it's the only place in the whole world where people dance reggae together. It has been declared as a Unesco World Heritage site. It was founded in 1612, by the French, who ruled over some of Brazil. Later, it was also occupied by the Dutch, until the Portuguese colonizers took over. A great number of Brazilian folkloric traditions as well as cultural expressions peculiar to Maranhão are alive and well in São Luis. The most important among them is *bumba-meu-boi*, a festive pantomime which takes place during June Festivals.



LENÇÓIS MARANHENSES

Composed of large, white, sweeping dunes, the place looks like an archetypal desert, lying just outside the Amazon basin, the region is subject to a regular rain season during the beginning of the year. Located in eastern Maranhão, 3-4 hours from São Luis, it is a vast expanse of sand dunes separating land and sea. The rains cause a peculiar phenomenon: fresh water sits in the valleys between sand dunes, painting the desert with blue and green lagoons. The sand and the rain become a perfect match.



DAY 1 – IN / SÃO LUIS

Arrive in São Luis, reception by your guide at airport and transfer to your Hotel. Overnight in São Luis.

DAY 2 – SÃO LUIS / BARREIRINHAS / ATINS (B/L)

Early morning private transfer to Barreirinhas (260km on paved road-around 4h) and stop in Morros for snacks (not included). Upon arrival in Barreirinhas, receive instructions* for the following days, then embark on a private speedboat to Atins, down the River Preguiça (around 1 hour). During the route there are stops in Vassouras (fishing Village) for lunch (included), Caburé (small dunes) and Mandacaru

(the oldest fishing Village). Upon arrival in Atins, private transfer to the accommodation. Dinner (not included) and night at leisure.

**Time to pack a small bag with the minimum items that will be taken during the trekking at the mules (a dry bag, maximum 30L, will be given to each person). The rest of the luggage will be kept at the local office in Barreirinhas and will be dropped in Santo Amaro on Day 5.*

***For the dry bag (max 30L/12kg) it's suggest to pack only 5 change of clothes (we recommend shorts/ long trousers, long-sleeve shirts or tshirts, light fleece/jumper, light rain/wind jacket); bathing costume; personal care products (toothbrush/paste, soap, etc); towel; insect repellent; flashlight, personal medicament; camera; hat (essential); sunglass (it's suggest glasses instead of contact lenses); sunscreen (above SPF 20) and water.*

****Any extra luggage cannot overload the mules, therefore it is the own person responsibility to carry.*

*****It's important to know that the mule won't walk side by side the passengers all the way, therefore it's recommended for each person to bring and carry their own bag (max 20L) –we recommend keeping in here important items that requires constant use.*

DAY 3 – ATINS / BAIXA GRANDE – 3-4 hours (B/L/D)

After early breakfast, private transfer at 6am to river mouth of the Rio Negro (20km by the coast). Then, start the walk through the dunes towards Baixa Grande (8km-4h), an oasis inside the National Park. During the trekking, made barefoot or only with socks, you'll visit more isolated lagoons with plenty of photo opportunities and moments to swim. A local lunch and dinner will be served in Baixa Grande. Enjoy the sunset nearby and spend the free night with locals. Overnight in hammocks in Baixa Grande.

*One snack box will be given to each person at the beginning of the day (fruit, cereal bar, juice).

The village provides one hammock and one sheet per person. There is also one bathroom and cold shower. **The place might accommodate other agencies as well.

DAY 4 – BAIXA GRANDE / QUEIMADA DOS BRITOS – 4-5 hours (B/L/D)

After early breakfast leave at 6am for our second day of trekking. This route has 9km for approximately 5 hours towards Queimada dos Britos. On the way you'll explore the best lagoons. Upon arrival in Queimada, another oasis inside the National Park, lunch and dinner will be prepared by locals. Overnight in hammocks in Queimada dos Britos.

*One snack box will be given to each person at the beginning of the day (fruit, cereal bar, juice).

The village provides one hammock and one sheet per person. There is also one bathroom and cold shower. **The place might accommodate other agencies as well.

DAY 5 – QUEIMADA DOS BRITOS / BETÂNIA / SANTO AMARO – 6-7 hours (B/Lb)

After early breakfast, depart at 4am to continue the trekking towards Betânia for 17km (approx. 7h). This route is known for having the largest lagoons. Arrive around 11am, and rest for about 30min. At the appropriate time, leave Betânia in a private 4x4 vehicle to Santo Amaro, where the trekking ends. Have lunch nearby (not included). At 3:30pm departure to visit the Gaivota Lagoon to swim and appreciate the sunset. Around 6pm return to Santo Amaro for dinner (not included) and free night. Overnight in Santo Amaro.

*One snack box will be given to each person at the beginning of the day (fruit, cereal bar, juice).

DAY 6 – SANTO AMARO / SÃO LUIS / NEXT DESTINATION (B)

After breakfast, private transfer to MA 402 (36km for 1 hour - sand and paved road), this road connects Barreirinhas near to São Luis. On the way it will be necessary to change the vehicle to continue to São Luis airport for more 200km, around 3 hours on paved road. If schedule permits, stop for lunch on the way (not included). It's important to book the flight out after 2pm.

– DAILY DEPARTURES – THE ITINERARY MAY CHANGE ACCORDING TO CLIMATE CONDITIONS –

PLEASE NOTE:

- This barefoot trekking requires medium physical strength. It's not advised for those with heart problem, hypertensives, or allergies to insect's sting.
- In Maranhão the voltage is 220v. In Baixa Grande and Queimada dos Britos, the energy is supported by a generator, which stays on according to the local families determined schedule. For night walks it's important to use a flashlight.
- In case of personal expenses, in Baixa Grande and Queimada dos Britos, only cash (R\$) is accepted.
 - The daily departures will be defined and confirmed locally by the guide.
 - **Best season April to October due to the amount of water in the lagoons**

REQUEST PRICING**PRICES ARE SUBJECT TO AVAILABILITY AND ON REQUEST DURING NATIONAL HOLIDAYS***

*CARNIVAL (FEB 21 to 25), EASTER (APR 10 to 12), TIRADENTES (APR 21 – Tuesday), LABOR DAY (MAY 1 – Friday), CORPUS CHRISTI (JUN 11 - Thursday), INDEPENDENCE DAY (SEP 7 - Monday), NOSSA SENHORA APARECIDA (OCT 12 – Monday), FINADOS (NOV 2 - Monday), REPUBLIC (NOV 15 - Sunday), CHRISTMAS (DEC 25 – Friday), NEW YEAR (JAN 1 – Friday).

ACCOMMODATION:**Option 1**

São Luis – [Grand Hotel São Luis](#) – DELUXE
 Atins – [Pousada Cajueiro](#) – SUITE
 Santo Amaro – [Rancho das Dunas](#) – CHALET

Option 2

São Luis – [Hotel Luzeiros](#) – DELUXE
 Atins – [Pousada Cajueiro](#) – SUITE
 Santo Amaro – [Rancho das Dunas](#) – CHALET

INCLUDED

3 nights accommodation with breakfast **(B)** according to the options;
 2 nights accommodation in hammocks during trekking (Baixa Grande and Queimada dos Britos);
 Private transfer Airport/São Luis/Airport;
 Private transfer São Luis/Barreirinhas;
 Private speedboat Barreirinhas/Atins (Vassouras, Caburé, Mandacaru);
 Private transfer Atins/Rio Negro (4x4 car);
 Private tour to Gaivota Lagoon in Santo Amaro;
 Private transfer Betânia/Santo Amaro/MA 402;
 Meals as mentioned – Breakfast **(B)** /Lunch **(L)** / Snack box **(Lb)** / Dinner **(D)**;
 Specialized local guide and English Speaking Guide.

NOT INCLUDED

Flights;
 Optional Tours;
 Travel insurance;
 Phone calls and personal expenses;
 Beverages and meals which are not specified;
 All other services stated as optional or not explicitly stated as included.