

GOLD TRAIL / PARATY / MAMANGUÁ / RIO DE JANEIRO

9 Days / 8 Nights

GOLD TRAIL

The region of Serra da Bocaina has been exploited by different ways since the beginning of the colonization. The most relevant historic period has been the cycle of gold and diamonds in the eighteenth century, when their paths were used for the transmission of wealth to Portugal. Some tracks were extended and received paving done by slaves, to allow the production displacement. But it was not just the tracks sidewalks that these riches passed. Many travelers to escape the taxation imposed by Portugal on the extracted ore, used alternative and more dangerous tracks to reach the beach, outlined in the virgin forest by Indians Guaianás. You will feel exactly the same feeling as the adventurers when crossing these trails almost virgin in deep and fantastic Atlantic forest that extend from the Serra do Mar depressions to the coast of Mambucaba in Rio de Janeiro.



PARATY

Paraty is a beautiful colonial city, considered a World Heritage Site. Its natural and architectural charm is well preserved - walking through the Historic Center of Paraty is like entering into another era. The construction of its houses and churches reflect a period style and the mysterious masonry symbols which decorate its walls lead our imagination back to a different time. In the eighteenth century it was an important port through which gold and precious stones were taken from the Gerais mines to be shipped to Portugal. However constant assaults from pirates, who took refuge in nearby beaches, forced traders to change the gold route, thereby leaving the city in economic isolation.



SACO DO MAMANGUÁ

Saco do Mamanguá, a tropical *fjord*, is located in Paraty area, has 8 km of extension and 33 beaches, with the greenish tones and the fabulous mangrove. The place also has different views with the mountains of Atlantic Forest and the soul of *Caiçara* culture. Its calm water is a perfect place for stand up, sea kayak and canoe. Or just to relax with no connection. It also covers an area that has been registered in 2019 as a Mixed Heritage Site by UNESCO.



RIO DE JANEIRO

Rio de Janeiro is the cultural capital of Brazil. Over its nearly 500 years of history, it has been the springboard for all the country's principal cultural exports, and the port of entry for major international art exhibitions or musical events bringing top names from the classical to the contemporary. Rio's architecture embraces churches and buildings dating from the 16th to the 19th centuries, blending with the world-renowned designs of the 20th. In the South Zone, along the sea front, the city preserves the memory of names such as Tom Jobim and João Gilberto, who wrote the first chords of the Bossa Nova.



DAY 1 – RIO DE JANEIRO - SAO JOSE DO BARREIRO (D)

Arrive in Rio de Janeiro Airport be welcomed by your guide and transfer to São José do Barreiro. Welcome dinner at the pousada and overnight São José do Barreiro.

DAY 2 – SERRA DA BOCAINA – Bocaina Mountain Range Trekking (BLbD)

After breakfast, depart by 4x4 to the entrance of the National Park. From there we start hiking in the Serra da Bocaina National Park often above 1500m altitude, dotted with a myriad of waterfalls and views of many peaks. After Santo Isidro fall, we reach the Paredão waterfall, and Cachoeirinha waterfall, the Marrecos Well and finally, Posses fall. Under the eye of Bocaina, Tira Chapéu, Gavião Peaks and Morro Boa Vista. Lunchbox is included. The stage of day is a small farm at the end of the runway, where we stay for the night. Dinner and overnight at pousada.



DAY 3 – ATLANTIC FOREST – Atlantic Forest Trekking (BLbD)

After breakfast we go hiking in the Atlantic Forest, along the Gold Trail. We are now in an environment of drovers and our bags being carried by mules (instead of being routed through 4x4). The dirt track is replaced by a narrow path that sinks gradually into the forest. Lunchbox is included. We will meet along the way tiny hamlets of farmers. Now it's time to swim at Veados's waterfall, near a farm of some buildings where we stay for the night. Dinner and overnight.



DAY 4 – ATLANTIC FOREST / PARATY – Trekking to the Shore – Mambucaba (BLbD)

After having breakfast, we keep moving on. Descent to the coast between broad pastures and beautiful views over the area. We travel a great part of the day in the cobblestone pavement of the road of Gold. We plunge into the dense vegetation, exuberant, typical of the Mata Atlantica. Soon the air is more humid and warmer. Crossing rivers to suit the way, wading or on makeshift bridges. The latter becomes narrow, before getting to the coast at Mambucaba Village. Transfer to Paraty. Dinner and briefing on the kayaking for the next days. Overnight in Paraty.



DAY 5 – PARATY / PARATY MIRIM / SEA KAYAKING AT MAMANGUÁ BAY (BLD)

This morning you will leave most of your luggage at the pousada and just take your kayaking essentials for 3 days. You will return to Paraty on Day 8 to collect your main luggage. Drive by van for 50min until Paraty Mirim where we get the sea kayaks to start paddling to Saco do Mamanguá, one of the most remote spots of this coast, where the local culture and kindness are still preserved. Instructions/training before start paddling. We will visit Cotia Island, then Saco do Fundão, and explore the Mamanguá area. Total distance paddling is around 12km and duration approximate 3h of paddling, multiple stops are made during the way. Snacks, water and fruits are included. Our destination is Refugio Mamanguá, where we have dinner and relax the rest of the day before overnight.



DAY 6 – SEA KAYAKING AT MAMANGUÁ BAY (BLD)

After breakfast we will hike to Sugarloaf Peak (optional), a 1h15 in a steep hike, into the rainforest, to have beautiful and unique views of Saco do Mamanguá. The breathtaking view is the reward for the nice and challenging hike up. Then, we kayak through the clear and still waters to explore Mamanguá bay. Lunch at a local (*Caiçara*) restaurant and afterwards we paddle a little more to explore a mangrove area. We'll have a hand craft workshop with a local artisan, who builds little traditional wooden canoes, paddles and souvenirs. Approximate distance is 8 km and around 2h paddling. We return to the same accommodation for free evening, dinner and overnight.



DAY 7 – SEA KAYAKING AT MAMANGUÁ BAY / PARATY (BLD)

After breakfast we take the final challenge paddling all the way from Mamanguá bay to Paraty. Approx 20 km / 5h paddling – there is a support boat on this day. Multiple stops are done in the way to visit different places and explore Paraty Bay. Local lunch is included. We'll be slowly regressing to the civilization and the untouched rainforest begins to mix with fancy holiday houses. Soon after, we'll have a very particular view from the colonial churches of Paraty, spotted from the sea, like in the ancient times. Arrive at Paraty and have a celebratory drink at the beach. Walk to the Pousada (about 500 m). The luggage will be transferred by car to the Pousada. Pack up for early departure on next day to Rio. Dinner is included at Paraty. Overnight.



Very Important : As a Sea Expedition we do not have any control about weather changes, so the program could be changed locally if necessary. We endeavour to keep the original schedule.

DAY 8 – PARATY / RIO DE JANEIRO – CORCOVADO (BLD)

After breakfast leave from Paraty to Rio de Janeiro (4h30 transfer approximately). Arrive in time to have lunch (included) and then visit Corcovado in the afternoon. Christ the Redeemer is one of the main symbols of the country and offers a privileged view of the city of Rio de Janeiro. In 2003 the works were completed with installation of elevators and escalators. Before that, you had to Walk 220 steps to enjoy the scenery. On July 7, 2007, the statue of Christ the Redeemer was elected in a vote of the New 7 Wonders of the World. The Corcovado Mountain is 710m high and is located in Tijuca National Park. Corcovado is located west of the city center, but still can be seen from long distances. Return to the Hotel to check-in and then depart for the last and celebratory dinner meal. Overnight in Rio.



DAY 9 – RIO DE JANEIRO / OUT (B)

Breakfast. Free morning. Check out should be done no later than 12:00pm. Private transfer out to the Airport.
(Please let us know if you need to include a late check out).

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