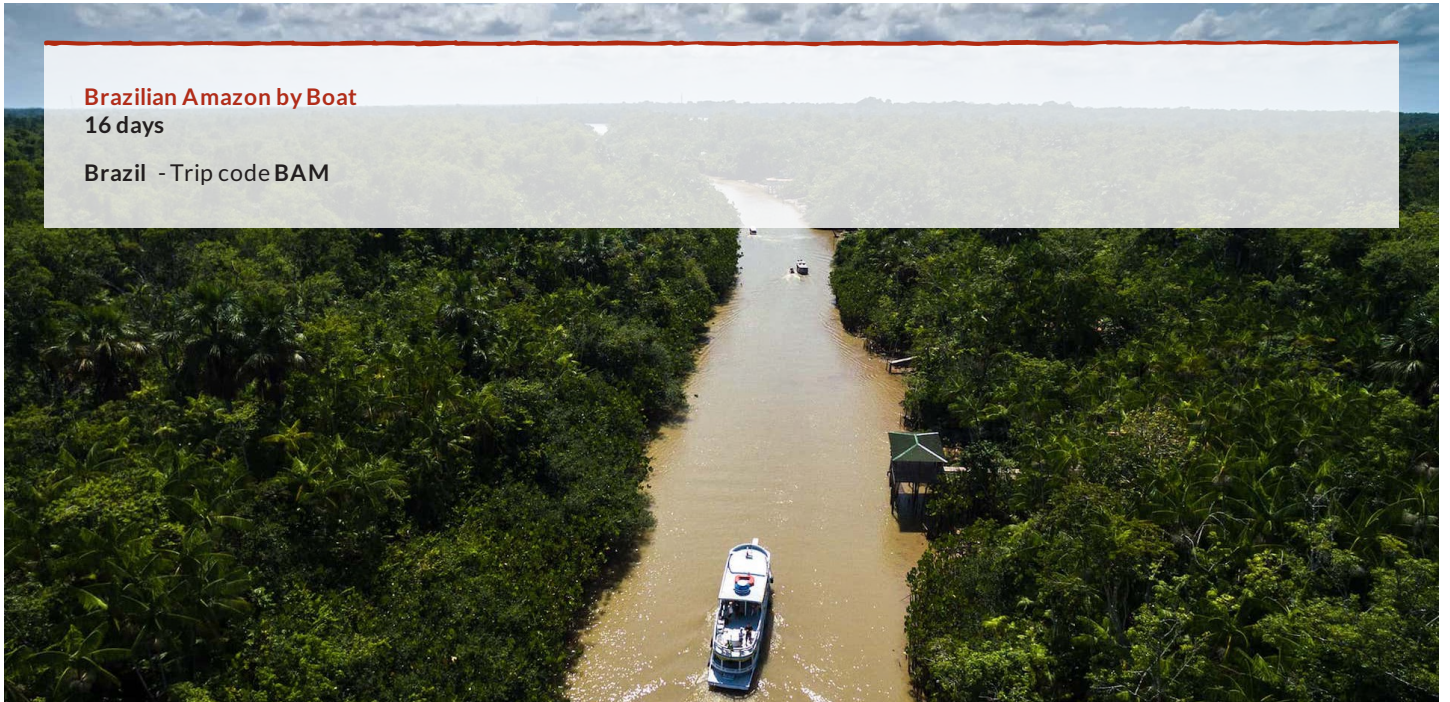


EXPLORE!

Brazilian Amazon by Boat

16 days

Brazil - Trip code BAM



Brazilian Amazon by Boat

Join us on this exploration of the vast Amazon River, as we journey from the city of Belem to Manaus, the capital of Brazil's Amazonas region. On different styles of boats, we sail along the unimaginably wide Amazon River, exploring the thriving indigenous and caboclo communities living near the banks, hopefully catching sight of the pink Amazon River dolphin playing alongside us.

Trip highlights

- ★ **Amazon Rainforest** - Explore this incredible ecosystem by boat and spot wildlife including the pink Amazon dolphin
- ★ **Jungle communities** - Visit caboclo (mixed white and indigenous) and indigenous villages
- ★ **Marajo Island** - Spot wildlife on this vast and biodiverse island
- ★ **Alter do Chao** - Swim off the white-sand beaches of this laidback village
- ★ **Belem** - Discover the gateway to the Amazon

ACCOMMODATION GRADE:

Standard

Our standard, mid-range accommodation offers a good level of service, often with other amenities such as a restaurant, bar, garden or swimming pool. Generally rooms will be comfortable with en suite facilities.

TRIP PACE:**Relaxed**

You can enjoy easy-going activities and experiences on these Relaxed pace tours, with opportunities to absorb the sights and immerse yourself in the local surroundings, but still come home feeling relaxed and refreshed.

GROUP SIZE:**12 - 18**

Maximum group size ranges from between 6 to 20 people, depending on the type of trip, the transport and accommodation used and activities included. We rarely have groups that are smaller than five or six people and the average is 12 people plus an Explore leader.

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

DAY 1 - Join trip in Belem

We arrive today in Belem and check-in to our centrally located hotel.



Accommodation: Hotel Grao Para (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - Walking tour of Belem; chance to visit the Goeldi Museum

Our journey begins in the port city of Belem, situated at the Guaraja Bay in the eastern part of the vast Amazon delta. In the late 1800s, the city owed much of its wealth to the burgeoning rubber trade, and we see this history played out in the number of colonial-era buildings found within Belem's downtown district. There are Portuguese-tiled houses, a fortress and beautiful baroque churches to visit, and this morning our Explore Leader will navigate us through some of the city's main sights. One of the most noteworthy is certainly the Ver-o-Peso market with its distinctive steeple towers and central position on the docks of the city. This huge public market stocks everything imaginable from meat, fish, and medicinal plants, to arts and crafts and even a specialised market selling only the endemic acai berry, a staple of the Brazilian Amazon populations. The afternoon is at our leisure to wander around the shady streets of Belem. A visit to the Museu Goeldi is a perfect introduction to the culture, fauna and flora of the Amazon region, or alternatively a trip up to the fortress is a great place to watch the sunset over the city. Belem is also the Amazon's culinary capital, using many indigenous plants and fruits, as well as plenty of fresh seafood. Our Explore Leader will recommend one of the city's many excellent traditional restaurants to sample a typical dinner, washed down with an obligatory caipirinha.



Accommodation: Hotel Grao Para (or similar)



Standard Hotel



Single room available

DAY 3 - Public boat to Marajo Island; explore the village and beach

Rising early this morning we head to the port to catch our public boat across to Marajo Island, a land mass in the Amazon River Delta that is bigger than the Netherlands. The boat journey takes approximately 3.5 hrs, and is somewhat an experience in itself as we follow the lush banks of the island, hopefully spotting monkeys up in the tree branches. Upon arrival we will drive to our pousada (local inn), situated on a cliff overlooking Joanes Beach, a deserted stretch of Atlantic coastline harbouring fresh water, the influence of the mouth of the Amazon. This afternoon we may take the opportunity to take a canoe trip on the Rio Limao, or walk along the miles of deserted beaches.



Accommodation: Pousada Ventania (or similar)



Standard Lodge



Single room available

DAY 4 - Full day on Marajo Island; wildlife tour

The open grasslands of Marajo Island flood during the rainy months, creating a year-round wetland habitat that is excellent for wildlife spotting. It is particularly well known for its water buffalo - the story goes that some 150 years ago, a ship heading for the West Indies, carrying a herd of Indian water buffalo, sank off the Marajo coast. Most of the cattle were adept swimmers, and eventually reached the shore, making their home on the island, where they proliferate today in both a wild and domestic setting. They are used commonly in agriculture as well as being the most common form of transport around the island. The diverse landscape of the island, with its rainforests, savannas, wetlands, beaches and mangroves, has developed a thriving eco system. There are all kinds of birds, including the red ibis, macaws, parrots and the 'missing link' hoatzin (the only bird with claws on its wings), as well as capybara, monkeys, and sloths hidden in the trees. We experience this wild setting today. Returning first to the port, we board a motorized canoe to take us upriver to a buffalo farm. The journey lasts 45 minutes but may be longer if we find any animals along the way. At the farm we enjoy a regional lunch with items produced on the farm - buffalo meat and cheese is a definite. We can head through the farm pastures looking for wildlife, and take a river journey to search for alligators, sloths and birds etc, before returning to the port and our lodge. This excursion will be the best place to view wildlife throughout the entire trip due to the island's open landscape - although the Amazon rainforest is full of animals, it is difficult to see them.



Accommodation: Pousada Ventania (or similar)



Standard Lodge



Single room available

DAY 5 - Return to Belem; begin 2 night boat trip from Belem to Monte Alegre

Heading back to Belem this morning we arrive in time for lunch at one of the restaurants in town. We are able to take a leisurely lunch before returning to the port to board our second boat of the trip for the journey to Monte Alegre. This public boat is well equipped with comfortable twin cabins with air conditioning, a shower and WC, and buffet-style meals are all served on the boat. You will need to bring a lightweight sleeping bag liner (a sheet or two will also suffice) and a towel, as not all bedding is provided. You will be certain to taste feijoada during your boat journey, Brazil's leading national dish of beans with meat and various other ingredients. This first evening we watch the vanishing lights of Belem as we set off on our way to Monte Alegre.



Accommodation: Overnight boat from Belem to Mont Alegre (or similar)



Standard Cabins



Single room available



Meals Provided: Breakfast & Dinner

DAY 6 - On the boat; watch life on the Amazon pass by; stargazing

This first day on board takes us through narrow waterways with abundant rainforest, and typical 'caboclo' dwellings on stilts, built to cope with the fluctuating water levels. Caboclo communities are descended from the mixture of the indigenous populations and the white adventurers, such as rubber tappers and prospectors. We have a look into their lives on the riverbank as we travel, seeing them wash clothes, fish and travel to school by canoe or boat. Throughout our journey from Belem to Monte Alegre, we will be stopping in various locations in the Amazon Basin to see the busy ports and the loading and unloading of cargo, taking in the colourful atmosphere. The towns and cities of Breves, Gurupa, Almeirim, and Prainha are usually frequented depending on the shipping needs. If the stop is long enough we can descend the boat for a local beer, or to buy souvenirs or necessities for the trip.



Accommodation: Overnight boat from Belem to Mont Alegre (or similar)



Standard Cabins



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 7 - On the boat; watch life on the Amazon pass by; stargazing

This morning we awake on the mighty Amazon proper, 10-15km wide in parts, finding ourselves observing both banks at a distance and taking in the atmosphere of this incredible place. One of the highlights of this trip is the sky at night - away from city lights, we have unparalleled stargazing opportunities. The bar on the upper deck is the best place to watch the sunset, and also gives us the perfect chance to mingle with our fellow travellers, enjoying a game of cards or chatting about our mutual travel experiences. Some of the other travellers may be sleeping out on the hammock deck - if you buy a souvenir hammock in Belem you are more than welcome to leave your cabin and sleep out on deck as well. This evening we arrive late into the town, somewhere between 8pm and midnight.



Accommodation: Hotel Panorama (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast, Lunch & Dinner

DAY 8 - Option to discover ancient rock paintings; drive to Vale do Paraiso

For those who want to rise early, we have the chance to travel to the Serra do Erere - a spot of great anthropological and historical importance. It was here that the anthropologist Anna Roosevelt (granddaughter of the former US president) studied the petroglyphs and rock paintings found on the jagged peaks protruding through the jungle, and sparked her belief that the native people in this area could not have been descendants of the original indigenous people who populated North America across the

Bering Strait. In the present-day Serra do Erere, not only can we witness these important caves and petroglyphs, but we also take a short hike to be rewarded by stunning views over the vast Amazon floodplains. Those who have opted to remain in Monte Alegre will enjoy a relaxed morning discovering this 400 year old town and its typical Portuguese-style buildings. Before lunch we set off via dusty red dirt roads for the hidden rainforest paradise of Vale do Paraiso. Along the way we pass simple huts and rickety wooden bridges through the Amazon region. We arrive in the late afternoon to our cabins, and can spend the rest of the afternoon walking the trails and exploring the forest.



Accommodation: Pousada Vale do Paraiso (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 9 - Free day in Vale do Paraiso; options include waterfall swimming and local farm visit

Vale do Paraiso is situated in a leafy valley, its river carving a path through the steep forest walls. It is known best for its three waterfalls, between 12-35m high, with dark pools that are perfect for swimming. A path connects the three falls, making it a wonderful place to cool off after walking in the humidity. The first fall is near to the pousada and easy enough to take a dip there on our own steam. A local guide will take us to the second and third falls, which are located at 30 minute intervals from each other, through dense jungle and along the river bed. These beautiful waterfalls are great for swimming, surrounded by the rainforest. Upstream, a small settlement of subsistence farmers survives off the land. In the afternoon we visit their community to learn more about their crops and way of live, before returning to the lodge for our overnight stay.



Accommodation: Pousada Vale do Paraiso (or similar)



Standard Hotel



Meals Provided: Breakfast

DAY 10 - Travel to the river beaches of Alter do Chao

Leaving our rainforest paradise this morning, we drive to Alenquer, where a speedboat awaits us to take us through the narrow Amazon creeks across to the town of Santarem. We head immediately 35km south to the laid-back town of Alter do Chao. Best known for its beautiful white-sandy beach and transparent waters (an unusual site for anyone expecting the muddy brown Amazon), it is also idyllically situated on a blue lagoon and flanked by forest reserves. The town has attracted many beachside dwellers, and there is a lively feel to the town with Carimbo (Amazonian folk music) being played by many of the small local bars. This afternoon is free to explore, swim and relax in these surroundings. You may wish to head to one of the open-air restaurants, where chairs and tables are placed in the warm water of the lagoon, with only the tabledesk above the water level, and fish swim around you as you eat.



Accommodation: Pousada Agualinda (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - Free day in Alter do Chao; chance to visit local communities or rubber tree plantation

Today is free to enjoy the lush green surroundings and white sand beaches of Alter do Chao. There are many options here, including the opportunity to visit the nearby caboclo community (the descendants of indigenous people and Portuguese colonists) where we can observe life in a typical Amazon village. Alternatively, visit a former Ford rubber plantation and learn about the boom and bust of the rubber industry in Brazil, head to the FLONA nature reserve, or get active with canoeing or stand-up paddle boarding on the Tapajos River.



Accommodation: Pousada Agualinda (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Fly to Manaus and board private boat

This morning is free to enjoy the final hours along the river at Alter do Chao. In the afternoon we transfer to Santarem airport and fly to Manaus (taking into account the time zone change, this journey takes a mere 10 minutes!). There is not a great deal in this jungle city to hold us here, but we take a quick visit to the impressive Teatro Amazonas, a 19th Century neo-classical style opera house that is frankly a work of art, before heading to the port to board our private boat. This really is the climax of our Amazon journey as we cruise down the Rio Negro for 3 nights, sleeping in hammocks under the stars. On board our boat is a galley, a small bar and basic washing facilities. We will be sleeping on deck, so be prepared for a certain lack of privacy. Hammocks are of course provided, but they are also found in abundance in Belem, and many people like to buy one as a souvenir and use it on the boat. Alternatively, sleeping mats on deck can be provided if you request one before travelling. Your Explore Leader can tell you the right way to sleep in a hammock (diagonally) in order to get the best night's sleep!



Accommodation: Overnight Boat on Rio Negro (or similar)



Simple Boat



Meals Provided: Breakfast & Dinner

DAY 13 - Rio Negro boat trip; visit indigenous communities

Near the city of Manaus is the 'Meeting of the Waters' - the point at which the black Rio Negro and the brown Solimoes come together and continue towards the coast under the name of the Amazon. The rivers run separately for several miles, and we will see this curious colour split as we sail. During the course of the 3 days on board the boat, we will be seeing the huge Victoria Regia water lily, birdwatching and spotting the pink Amazon river dolphins playing alongside the boat. We have motorised canoes on the boat with us and will be using them to explore the riverbanks and jungle trails off the boat. We visit another caboclo family as well as an indigenous community in order to learn more about how they live in this rainforest environment. One of the most interesting parts is learning about how they use the plants and trees around them - each one of them has a meaning and a use. We will be exploring jungle trails with our guides and Explore Leader, as well as discovering the huge river archipelago of Anavilhanas, which has more than 1000 islands and abundant aquatic life, including crocodiles and dolphins. In the evening we can do night outings to spot dark caiman and alligators, or catch a piranha supper. This trip gives us a real expedition feeling while still travelling in the relative luxury of our boat.



Accommodation: Overnight Boat on Rio Negro (or similar)



Simple Boat

DAY 14 - Rio Negro boat trip; sail through the Anavilhanas archipelago of 1000 islands

Our final full day on the boat brings our Amazon exploration to an end, and hopefully we will have caught a glimpse of 'the real thing'. Our ideas of the Amazon are so often glamorised - weird and wonderful birds flying overhead, animals popping out of the forest canopy every two minutes and spear-toting indigenous tribes behind each tree. This journey is dedicated to discovering this incredible world region, and should defy some of the myths whilst giving us a sense of understanding and appreciation for this amazing ecosystem. Our guides and crew will make this part of the trip unforgettable.



Accommodation: Overnight Boat on Rio Negro (or similar)



Simple Boat

DAY 15 - Arrival in Manaus; fly to Rio de Janeiro; free afternoon

This morning we disembark in Manaus before flying to Rio in the afternoon. We arrive in the late evening, and transfer to our hotel.



Accommodation: Hotel Copa Sul (or similar)



Standard Hotel



Single room available

DAY 16 - Trip ends in Rio

Your tour ends this morning in Rio. For those people flying out on an evening flight, this is the perfect opportunity to spend a day in Rio. The Christ the Redeemer statue is well worth the visit for a first timer, otherwise, for an alternative experience of Rio, the bohemian neighbourhood of Santa Teresa is full of cafes, art galleries and bars, and an excellent place to spend an afternoon. Time permitting, we recommend booking post-tour accommodation in Rio so that you can explore a little more of the city.



Why book this trip

This is one of the only trips dedicated solely to the vast Amazon rainforest, and the fact that we are travelling by boat allows us to discover so much more of the area than the standard 3 nights in a jungle lodge.

What's included?



Included meals

Breakfast: 15
Lunch: 4
Dinner: 6



Transport

Bus
Boat
Flight



Trip staff

Explore Tour Leader
Boat Crew
Driver(s)
Local Guide(s)



Accommodation

3 nights simple boat
2 nights standard cabins
8 nights standard hotel
2 nights standard lodge

Trip information

Country information

Brazil Holidays & Tours

Climate

As befits such a large landmass, there are several distinct regional variations. Rio's and Paraty's average maximum is 25°C May-October, the rains falling December to March. On this tour, rain should be expected at some time - and if travelling in July and August, temperatures will be cool at night in the area around Iguazu.

Time difference to GMT

-3

Plugs

2 Pin Round

Religion

Predominantly Roman Catholic.

Language

Spanish is the main language throughout this region, along with a number of indigenous dialects, of which Quechua, Aymara, Quichua and Guarani are the most popular. In Brazil Portuguese is the main language, with Spanish, English and French also being spoken.

Optional activities

Belem - Goeldi Museum US\$8; Boat tour US\$25; Marajo Island - Canoe trip on the Rio Limao US\$20 Monte Alegre - Serra do Erere US\$45 (based on 4 ppl); US\$30 (based on 6ppl) Altar do Chao - Flona Nature reserve 130US\$ (min 6 ppl) Ford Company rubber plantation visit - Canoe and Stand up Paddles

Clothing

Lightweight clothing is essential for this trip. The air is humid and muggy, so you may wish to change your clothes more than usual. We recommend clothes that cover legs and arms in the evening and on any walks, in order to protect your legs against scratches from trees and biting insects.

Footwear

Good shoes or walking boots are essential for the jungle walks, which can be muddy and slippery. A pair of sandals or comfortable shoes will be useful for walking around the boat.

Luggage

20kg

Luggage: On tour

One main piece of baggage and a daypack. A soft holdall is the best option as on the Belem to Monte Alegre boat, luggage is stored under the beds in the cabins. Remember you are expected to carry your own baggage - so don't overload yourself. Bring plastic bags to keep things dry.

Equipment

Headtorch with spare batteries, water bottle, high factor sunscreen, insect repellent, binoculars and large plastic bags or dry bags to keep personal equipment dry. Mosquito nets are not necessary on the Rio Negro, but if you are particularly sensitive to insect bites then you may wish to bring one, or simply put some insect repellent on your face and hands before sleeping. A lightweight raincoat, or even better a plastic cape or poncho, is also essential for the jungle walks. In addition, you may also wish to bring a game, book or pack of cards with you for the evenings on the boat, a small travel wash if you would like to wash clothes by hand, and a lightweight travel towel for the Belem to Monte Alegre journey.

Tipping

Explore leader

At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

Local crew

Although entirely voluntary, tipping is a recognised part of life in this region of the world. Some local staff will look to members of the group for personal recognition of particular services provided. Accordingly, you should allow US\$ 80 for tipping. In order to make things easier for you, the Tour Leaders may organise a group's tips kitty and if this is the case, they will account for it throughout the tour.

Country Information

Brazil Holidays & Tours

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

Lunch price

£10

Dinner price

£17

Beer price

£2.1

Water price

£1

Foreign Exchange

Local currency

Real.

Recommended Currency For Exchange

Carry all your funds in US cash NOT Sterling or Travellers Cheques which are more difficult to exchange. We recommend to take a minimum of US\$400-\$500 of your total spending money in cash, in mixed denominations. Notes should be in good condition otherwise they might be difficult to exchange.

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Major towns. Always have some cash as back-up as they are not always reliable

Credit Card Acceptance

Credit cards are useful and can be used in many places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Flight

Essential information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

Under 18 immigration guidance

Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if this applies to your party.

Essential Information

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information. [Booking Conditions](#)

Visa Information

Brazil: Visas are not required for UK citizens. They are, however, required for Canadian, Australian and US citizens. You should also check if you need a visa for Argentina, though this is only necessary if you wish to visit the Argentinean side of the Iguazu falls. Argentinian visas are not required for UK, US, Canadian, Australian and New Zealand citizens. Other nationalities should consult the relevant consulate. USA: (including those in transit) Citizens of the UK, New Zealand, Australia, Canada and passport holders from several EU countries can enter the United States without a visa under the Visa Waiver Program (VWP) - where you apply for an ESTA (Electronic System for Travel Authorisation), which applies if you enter the country by sea or by air. This must be done on line - <https://esta.cbp.dhs.gov> no later than 72 hours prior to travel. Travellers who have not registered before their trip are likely be refused boarding. You must have an electronic passport with a digital chip containing biometric information about the passport

owner. UK passports which are biometric feature a small gold symbol (camera) at the bottom of the front cover. If you have visited Iraq, Syria, Iran or Sudan since 2011 or are dual nationals of these countries, you cannot travel with an ESTA and instead you will need to apply for a visa from the nearest US Embassy or Consulate. If you are unable to provide a valid visa before boarding flights to the US, or entering via another method, you may not be permitted to travel. Please note for your ESTA application you will be required to supply Point of Contact information. Explore's USA contact information will be listed on your final documentation which you will receive approximately 3-4 weeks before departure. If you are leaving for the USA before this, please call the Explore team to get this information. (Not necessary if in transit) For further information please check out the US embassy website. Visa applications - <http://london.usembassy.gov/niv/apply.html> Canada: An electronic travel authorisation (ETA) is required by British citizens transiting via Canada. For more information see the official Canadian government website: <http://www.cic.gc.ca/english/visit/eta.asp> Other nationalities should consult their local embassy or consular office.

If you do require assistance in obtaining a visa then you may consider applying through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

[Find out more about Trip Transfer Terms and Conditions before you book.](#)

Booking a land only package with Explore

Customers who have chosen to book on the 'Land Only' arrangements of our tour, please ensure that you have checked your tour specific 'Joining Instructions' prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the 'Land Only' arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The transfers will be from the Explore designated airport or train station to the joining point of your tour, and then back from the ending point to the designated airport or train station. The exception to this rule is customers who are booked on a tour where the joining and ending point is at the designated airport or train station.

Free transfers are not available for Self-Guided, Tailormade or Tours for Churches customers.

If you are not eligible for the Free Transfer then you will need to make your own way through to the joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer [click here](#)

Insurance

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your responsibility to arrange appropriate travel insurance and ensure you have read and understood the full terms and conditions of your travel insurance policy to ensure that you are covered for all activities you intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully cover you for medical expenses and emergency repatriation to your home country. Please ensure your policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper altitude limit which may limit or exclude cover for your trip. Medical and repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the United Kingdom.

[Read more information about what travel insurance is required.](#)

Flight information

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. [Read more about them here.](#)

Flight Information

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

Booking a flight inclusive package with Explore

We have a good selection of flights not only from London but from many regional airports around the UK allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London departure. To avoid paying supplements or to secure your preferred flight option, we recommend booking as early as possible, especially for peak travel dates.

Non refundable permits

Brazil Holidays & Tours

Vaccinations

Nothing compulsory, we recommend protection against malaria, typhoid, tetanus, polio and hepatitis A. Please consult your travel clinic for the latest advice on Malaria, Dengue and Zika Virus. Please take preventative measures to avoid mosquito bites - these include mosquito repellent as well as long trousers and long sleeve shirts to cover up when necessary. Please note many countries in Central America, South America and the Caribbean require a yellow fever vaccination certificates if travelling from infected areas. A detailed list of these countries can be found on the NaTHNaC website - <http://travelhealthpro.org.uk/countries>. Also on the NaTHNaC site there is a list of Countries (and specific areas within a country) which are at risk of infection and a vaccination is therefore recommended.. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at <http://www.explore.co.uk/Travelhealth/> and from your local healthcare provider.
