

EXPLORE!



Buenos Aires to Rio

14 days

Argentina, Brazil - Trip code QBR

Buenos Aires to Rio

Connecting two of South America's most captivating cities, this trip takes us from the tango-filled streets of Buenos Aires to the samba rhythms in Rio de Janeiro. The thundering road of the Iguazu Falls has created possibly the best border crossing in the Americas, and this trip explores both the Argentinian and Brazilian side before heading to the cobbled streets and colonial architecture of Paraty. The tropical island of Ilha Grande with its white-sand beaches is a stunning place to relax before heading to the carnival city of Rio de Janeiro.

Trip highlights

- ★ **Buenos Aires** - Tango capital of the world, elegant and seductive
- ★ **Iguazu Falls** - South America's most beautiful waterfalls, view from both the Brazilian and Argentinean sides
- ★ **Paraty** - Jewel of Portuguese colonial architecture
- ★ **Ilha Grande** - Verdant island with great beaches and opportunities for walks
- ★ **Rio De Janeiro** - South America's most stunning and vibrant city including Christ the Redeemer, one of the New Seven Wonders of the World

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:

Full on

Full on paced trips are for travellers who like their holidays packed with activities and experiences, moving on quickly from place to place with lots of early starts and long, busy days. Some may find them tiring, but others get a buzz from packing their precious holiday-time as chock-a-block full of new experiences as possible!

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 tour in Buenos Aires

Join tour in Buenos Aires and check-in at the hotel. Argentina's vibrant capital is located on the southern shores of the Rio de la Plata. Since its founding by Pedro de Mendoza in 1536, the city has thrived on trade and its bustling streets are filled with an eclectic mix of European architectural styles, with Spanish, French and Italian classicism rubbing shoulders with remnants of Victorian grandeur. Gaining independence from its Spanish overlords in 1816 the city grew to rival the great cities of Europe, its wide avenues and elegant squares earning it the title of the Paris of the South.



Accommodation: Dora Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: None

DAY 2 - In Buenos Aires; walking tour of the Argentinian capital

Today we plan to explore some of the city on foot with our Local guide, especially the major landmarks around the Plaza de Mayo, site of the famous mass demonstrations by supporters of Juan Domingo Peron in 1945, organised by his wife Eva. This afternoon has been left free for more sightseeing. Sunday is also the day of the famous San Telmo Market where local people dance tango on street corners and the stalls laden with their brightly coloured wares line the plaza.



Accommodation: Dora Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 3 - Free Day; options include the Recoleta Cemetery

Today is free to further explore Argentina's vibrant capital. You can also visit the elaborate mausoleums of the famous Recoleta Cemetery, the final resting place of some of Argentina's most revered figures, including Eva Peron herself or also take the opportunity to visit Palermo Park. This evening you can enjoy Buenos Aires' dazzling nightlife and soak up the pulsating rhythms of one of South America's most captivating cities, perhaps taking the opportunity to enjoy a tango show (optional).



Accommodation: Dora Hotel (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 4 - Morning free to explore Buenos Aires, overnight bus to Iguazu

This morning has been left free for you to catch up on any sightseeing you couldn't do yesterday. Perhaps take a guided tour to other parts of the city including the colourful vibrancy of La Caminito in the La Boca district of the city. Make sure you're back in time this afternoon though as we board our bus for the overnight journey to Iguazu, arriving after lunch the following day. The buses are modern and comfortable with reclining seats, some snacks and drinks are available and there is a toilet on board also.



Accommodation: Overnight Bus to Foz de Iguacu



Simple Bus



Meals Provided: Breakfast

DAY 5 - Arrive Puerto Iguazu, view Iguazu Falls from the Argentinian side

Waking up this morning, the landscape outside will have changed radically from the flat agricultural plains around Buenos Aires to the lush, tropical forests surrounding Iguazu Falls. We arrive this morning in Puerto Iguazu (Argentina) where we will have an included visit to the Argentinean side of the falls. Later today we will cross over to Brazil where we will spend the first of two nights at Foz de Iguacu.



Accommodation: Taroba Express Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: None

DAY 6 - Optional visit to the Brazilian side of the falls

Today you will have a free day with the opportunity to visit the Brazilian side of the falls (optional) which gives a panoramic view of these mighty cataracts. Four times wider than Niagara, the falls hurtle over high cliffs into a marvellous curved amphitheatre several miles wide - a breathtaking sight. The noise is tremendous and huge clouds of mist are churned up by the cascade. The surrounding spray-soaked forest is alive with brightly plumaged toucans, parrots, hummingbirds and colourful butterflies. This afternoon there are a number of optional trips, for a more spectacular view of the falls you may like to take a 10 minute helicopter flight. Or you could always visit the Tropicana Bird Park lying in the rainforest near the entrance gate - this is a must for ornithologists and anyone interested in local wildlife. Another option this afternoon is an excursion to the 65 stories high Itaipu Dam, the largest hydroelectric plant in the world, with an 8km long dam and a reservoir that covers 1400 square kilometres. The output from the plant, supplies some 80% of Paraguay's electricity and 25% of Brazil's.



Accommodation: Taroba Express Hotel (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 7 - Fly to Sao Paulo, transfer to Paraty

Depending on flight availability we will either fly to Sao Paulo or Rio today, and transfer to the pretty town of Paraty. With its secluded beaches and backdrop of jungled mountains, Paraty has a superb location, and the cobblestoned colonial centre is a wonderful place to relax and people watch.



Accommodation: Pousada do Principe (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 8 - Discover the pretty town of Paraty

This is a free day to explore Paraty. You can take a boat trip out to some of the outlying islands and tropical beaches in the bay, with the chance to stop off and swim and snorkel in the clear, lukewarm Atlantic waters. Another option is to take a trip back in time and explore the trail through the mountains once used by the miners to bring their gold. Alternatively, hiring a bike and exploring the

local area is a popular choice.



Accommodation: Pousada do Principe (or similar)



Standard Hotel



Swimming pool available



Single room available



Meals Provided: Breakfast

DAY 9 - Drive and ferry to Ilha Grande

After a final chance to stroll through the atmospheric cobbled streets of Paraty, we take a bus down the Atlantic coast to Angra dos Reis. This will be our gateway out to Ilha Grande, a beautiful island preserve of spectacular scenery, unspoilt beaches and atmospheric ruins. The island is car free which adds to its relaxed ambience. We take a public boat from Angra dos Reis later this afternoon, travelling the short distance to the colonial port of Vila Do Abraão (about 1.5 hours), a picturesque coastal town lying beneath the shadow of towering mountains. On arrival, we will walk to our hotel with luggage transported in a baggage cart.



Accommodation: Pousada Pedacinho (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 10 - Free day on Ilha Grande Island; optional walks or relax on the beach

Enjoy a free day on this lush island paradise affords us some opportunities to explore in more depth this remarkable landscape. The island covers nearly 200 square kilometres and a number of trails lead off into the rich interior of the island, offering some quite spectacular walking. The jungle canopies are alive with the sights and sounds of squawking parrots, colourful butterflies and playful monkeys, making for an idyllic setting in which to spend your day. A more adventurous trek will take you to the mountainous summit of Bico do Papagaio (the Parrot's Beak), whilst closer to home are the ruins of the Antigo Presidio, a once infamous prison for political detainees. Alternatively you may prefer simply to relax on the unspoilt beaches, taking a boat trip out to enjoy some snorkelling in the Atlantic waters off the coast. Your Tour Leader will be able to offer advice and help with any optional trips you wish to try.



Accommodation: Pousada Pedacinho (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 11 - Travel to Rio de Janeiro

The spectacular setting of Rio de Janeiro brings us to the end of our journey today. Leaving Ilha Grande by ferry this morning we then travel by public bus from Angra to Rio, one of the world's most beautiful cities. Named from the Portuguese for River and the month of January, it is a hard location to beat. With 193 kilometers of marvellous beaches, and a mountain backdrop to die for, it is a city that lives up to its name - Cidade Marvihsa. We arrive late afternoon and the rest of the day is free to relax, perhaps sip a refreshing capirinha whilst overlooking Copacabana Beach.



Accommodation: Hotel Copa Sul (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast

DAY 12 - Free day in Rio. Optional walking tour of the city or Sugar Loaf Mountain visit

The next couple of days have been left free for you to choose from a number of optional trips. Highly recommended is a guided tour of the city, travelling by bus, metro and tram to visit, among other parts, the historical city centre and the picturesque barrio of Santa Teresa taking in real life in Rio. Alternatively take a trip out to Sugar Loaf Mountain, the giant rock at the entrance of Guanabara Bay where you can take a cable car up to the breathtaking views of Rio.



Accommodation: Hotel Copa Sul (or similar)



Standard Hotel



Single room available



Meals Provided: Breakfast


DAY 13 - Free day in Rio; optional Corcovado trip


Today is a free day to explore more of Rio. Your Tour Leader can also organise a visit to the towering summit of Corcovado (712m) topped by the immense statue

of Christ the Redeemer, or if it is possible you may prefer to watch a local football match in the giant 95,000 seat Maracana Stadium. England may be the home of 'soccer', but Brazil is still very much its temple and to experience a game is a memorable event. A visit to the old bohemian district of Lapa, where every night the authentic samba still can be enjoyed and is an ideal location for our final night on the town before saying our final goodbyes.



Accommodation: Hotel Copa Sul (or similar)

 Standard Hotel

 Single room available

 Meals Provided: Breakfast

DAY 14 - Tour ends Rio de Janeiro

The tour ends in Rio this morning after breakfast.

 Meals Provided: Breakfast



Why book this trip

This is a fast paced tour with plenty of free time so you can make the most of your trip, allowing you to make the choice to either explore as much as you want, or perhaps to relax and soak up the atmosphere if you prefer. There will be some long but rewarding journeys, allowing us to see much of the main highlights in under two weeks. In order to offer the most competitive prices, this tour uses a local bus on the overnight journey between Buenos Aires and Iguazu, as well as offering you the freedom to choose from a range of activities in country.

From our 2019 itinerary, we have removed the overnight bus trip and replaced it with a flight from Buenos Aires to Iguazu, and an additional hotel night.

What's included?



Included meals

Breakfast: 12



Transport

Ferry
Flight
Public Bus



Trip staff

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



Accommodation

1 nights simple bus
12 nights standard hotel

Trip information

Country information

Argentina

Climate

Argentina has a climate that ranges from subtropical in the north to cold in the temperate south. The Andes has erratic rainfall and flash floods from December to May. From June to September spring like sunny days temper the cold nights.

Time difference to GMT

-3

Plugs

3 Pin Flat

Religion

Predominantly Roman Catholic.

Language

Spanish is the main language throughout this region, along with a number of indigenous dialects, of

Brazil

Climate

Due to its continental size, Brazil has many different climatic zones. Temperatures rarely dip below 20° C, only in the mountains and the extreme South it can get quite cold during the winter (June to August). The main rainy season runs from January to April. The Amazon region is characterised by a hot and sticky equatorial climate and can experience rains throughout the year. In the vast central area as well as a large part of the coastline the climate can be described as tropical, with warm to hot temperatures and a clearly defined rainy season. In the South, the climate is subtropical, similar to the warmest parts of the Mediterranean, with colder winters and hot summers (December to March).

Time difference to GMT

-3

Plugs

2 Pin Round

Religion

Predominantly Roman Catholic.

Language

Portuguese

Budgeting and packing

Optional activities

The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

A selection of optional activities are listed below to help you budget for your adventure. Whilst the basic tour price you pay before you travel includes a great selection of highlights, we have also built in free time to allow you the flexibility to choose from a carefully selected range of additional excursions and activities, or take time to relax, the choice is yours.

Buenos Aires - Tango show without dinner US\$ 130

Iguazu Falls - Visit the Brazilian falls US\$ 40 pp (min 4) plus entrance US\$ 26 pp; Bird Park US\$ 36; Helicopter flight over the falls

US\$135; Boat trip on the Argentina side US\$70; on Brazilian side US\$90
Paraty - Boat trip/snorkelling US\$ 53; Bike hire US\$ 25; Gold route US\$ 35
Ilha Grande - Boat trip and snorkelling US\$ 19; Guide to Pico Papagaio US\$ 40 min. 4 pers
Rio De Janeiro - Visit Corcovado US\$ 67 (min 4) ; Botanical Gardens US\$ 4 (entrance fee only): Football match US\$ 70-110. Samba show US\$ 85 (min 4).

Clothing

Bear in mind that several different climatic zones will be experienced - from June to September it can be quite cool in Buenos Aires and at night at Iguazu Falls. Generally speaking however, lightweight clothing is necessary for mostly warm and humid daytime conditions, though evenings can be cooler at certain places. Lightweight raingear is essential.

Footwear

Comfortable walking boots or shoes and trainers or sandals.

Luggage

20kg

Luggage: On tour

One main piece of luggage and a daypack. Remember, you are expected to carry your own luggage - don't overload yourself.

Equipment

A torch, water bottle, insect repellent, high factor sunscreen, waterproof bag for camera. Binoculars will be useful for bird watching.

Tipping

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\$ 60 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

Argentina

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

£11

Dinner price

£20

Beer price

£3-4

Water price

£2

Foreign Exchange

Local currency

Peso

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. You may wish to take extra cash as most optional excursions need to be paid in USD cash (not dispensed by ATMs in Argentina or Chile).

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

Available in Buenos Aires. In Patagonia some cards with Chip and Pin do not work in the ATM machines. 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 some places, but may be subject to a 10% service charge

Travellers Cheques

Travellers Cheques can be awkward or expensive to change

Brazil

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. RRC trip only – during Carnival it may be difficult to find an exchange in the first few days – we recommend you change enough for the first 2-3 days either before leaving home or at the airport on arrival.

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

Ferry, 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.

Price Guarantee

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 and Passport Information

Argentina: Visas are not required for UK, US, Canadian, Australian and New Zealand citizens. However US, Canadian and Australian citizens will need make a payment called the 'reciprocity fee' in advance of travel to enter Argentina. This currently costs 100USD for Australian citizens, 70USD for Canadian citizens and 131USD for US citizens. This payment needs to be made online at <http://www.migraciones.gov.ar/accesibleingles> The receipt generated at the time of online payment must be printed and given to local immigration authorities together with your passport.

Brazil: Visas are not required for UK citizens. They are, however, required for Canadian, Australian and US citizens. Other nationalities should consult the relevant consulate. Citizens from Canada, Australia and the US can now get their visa for Brazil online. Applications can be done here -<http://www.vfsglobal.com/brazil-evisa/>

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, Travcours. See www.travcours.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 Travcours. The Team at Travcours will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

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, Polar, 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. The cost of many of our Polar Voyages will exceed the capped amount covered by standard insurance premiums and you will be required to pay an additional premium to cover the full value of your trip. Please ensure that you are covered for the full amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. 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.

Argentina

Vaccinations

Nothing compulsory, we recommend protection against 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. Yellow fever is only recommended for those travelling to Iguazu falls. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

Brazil

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. There is currently an outbreak of Yellow Fever in Brazil. Yellow fever is recommended for those travelling to Rio de Janeiro, Sao Paulo, Bahia, Iguazu falls and inland cities such as Brasilia. Please check the latest requirements with your travel clinic or doctor prior to departure. 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 [Explore Travel Health](#) and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.
