

EXPLORE!



Family Brazil Adventure Holiday

BRAZIL - TRIP CODE FBR

FAMILY

Why book this trip?

The largest country in Latin America, Brazil has attractions that dwarf most of its neighbours. Home to the planet's largest rainforest, the world's most impressive waterfalls and some of its finest beaches, Brazil is a spectacular holiday destination for an unforgettable family adventure.

- Our incredible journey begins in Salvador. Learn the ancient martial art of Capoeira, head out to the palm lined beach at Praia do Forte on the Pacific coast and visit TAMAR sea turtle project. Travel into the Amazon interior to learn jungle survival skills, sleeping out in a hammock on the banks of the river and take a motorised canoe to spot Caiman after dark. Marvel at the awe inspiring Iguazu Falls, four times the width of Niagara Falls and end our grand tour of Brazil in the iconic city of Rio de Janeiro, where we stay opposite Copacabana beach. This is a truly astonishing journey through some of Brazil's most captivating landscapes, where adventure, fun and unforgettable memories just seem to keep on coming.



INCLUDED MEALS
 Breakfast: 12
 Lunch: 2
 Dinner: 2

TRIP STAFF
 Explore Tour
 Leader
 Driver(s)
 Local Guide(s)
 Naturalist(s)

TRANSPORT
 Bus
 Boat
 Cable Car
 Flight
 Truck

ACCOMMODATION
 9 nights standard
 hotel
 3 nights standard
 lodge

TRIP PACE:
 Full on

GROUP SIZE:
 10 - 16

Itinerary

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

DAY 1 - Join tour in Salvador

Join trip in Salvador, Brazil's oldest city. Previously Brazil's capital city, Salvador is an eclectic mix of Indian, Portuguese and African cultures that makes it one of the most absorbing cities in the country. Filled with churches, brightly coloured squares it has some of the most impressive colonial architecture in Brazil.

There are no activities planned for today. On arrival, transfer to our hotel just 10 minutes from Salvador's historic centre.



ACCOMMODATION:
 Grande Hotel da Barra (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: NONE

DAY 2 - Full day exploring the historic centre of Salvador including a Capoeira martial arts class

This morning we have a guided orientation tour of the city. Starting at the Farol da Barra, a lighthouse that now houses the city's nautical museum; we head to the port of Barra, where you can see the forts of Santa Maria and São Diogo. Despite its Portuguese architecture, the spirit, cuisine, culture and people are predominantly African. The area's riches were originally based on sugar cane and tobacco, with the majority of the workforce coming from the west coast of Africa - for over 300 years Salvador was the centre of a thriving slave trade. The modern day population is mostly of African descent - this can be heard in the rhythms of the music and in the dance, the cuisine and Candomblé, a mixture of African and Christian deities and rites.

From Barra, we pass through Salvador's more traditional neighbourhoods, ending up at the Pelourinho district, a jumble of centuries old churches, narrow cobbled streets clinging to the steep hillsides and spacious plazas bordered by once elegant but now gently decaying mansions. The natural setting is magnificent overlooking the Todos os Santos Bay. Lunch is included at a local restaurant in Pelourinho.

This afternoon head to the Mestre Bimba Capoeira School for a one hour introduction to this Afro-Brazilian art form. Capoeira is classed as a martial art that combines music, power kicks and quick leg sweeps with some ground and aerial acrobatics that is still strong the Brazilian state of Bahia. The day ends with a visit to the Mercado Modelo, a popular historical market selling arts, crafts, souvenirs and several restaurants.



ACCOMMODATION:

Grande Hotel da Barra (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST & LUNCH

DAY 3 - Head to the palm lined beach at Praia do Forte, visit TAMAR sea turtle project. Free afternoon on the beach

After breakfast transfer to the resort town of Praia do Forte, making a stop at the TAMAR sea turtle project. Set up by the Brazilian environmental agency in 1980, the sea turtle project was created to save the turtles from extinction. The project's name derives from the Brazilian Portuguese word for sea turtles - Tartaruga Marinha, and our visit allows us to learn more about the conservation efforts and see for ourselves work being undertaken to conserve the turtle population for future generations.

Praia do Forte began its life as a small fishing community, but today its stunning beaches, mangroves and coconut palms afford a spectacular backdrop to an ecotourism resort that is home to some rare tropical wildlife, including four of the planet's seven species of sea turtle. The rest of the day is free to enjoy the

town's fine white sand beaches, cafes, bars and restaurants.



ACCOMMODATION:
Hotel Via dos Corais (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 4 - Free morning to relax on the beach. Afternoon flight to Manaus gateway to the Amazon

Free morning to relax by the hotel pool or spend time on the beach. Head back to Salvador airport early afternoon for a flight to Manaus, gateway to the Amazon. Manaus is one of Brazil's fastest growing urban communities, built in the midst of vast tracts of pristine jungle. On arrival transfer to our hotel in the heart of the city, close to its famous opera house.



ACCOMMODATION:
Hotel Saint Paul (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 5 - Walking tour of Manaus. Boat, bus and speedboat journey into the Amazon to jungle lodge

Head out after breakfast to explore Manaus including its famous grand opera house and the bustling market where the produce of the Amazon is traded. Head to the historic city centre, which developed as a result of the wealth generated by the rubber boom at the end of the nineteenth century.

Early afternoon travel 80km into the Amazon to our jungle lodge located in the heart of a preserved jungle setting on the Maçarico River, a tributary of the Amazon. The journey crosses the famous 'Meeting of the Waters', one of the region's most incredible natural phenomenon, where the rich dark waters of the Negro meet the lighter shades of the Rio Solimoes and flow side by side for some four miles, separated by a unique combination of temperature, density and flow, before they finally merge and become part of the Amazon itself. We continue by road and later by speedboat to reach the lodge itself, arriving around 5pm to a welcome drink followed by dinner.

Our lodge is the perfect base from which to explore this unique and fascinating region. With an extensive

network of trails, lakes and creeks, we get close to the wildlife and explore the rain forest, making our stay here a highlight of our Brazilian adventure.



ACCOMMODATION:
Amazon Eco Lodge (or similar)

Grade: Standard Lodge



MEALS PROVIDED: BREAKFAST & DINNER

DAY 6 - Amazon activities. Canoe trips, wildlife spotting and fishing. Visit an Amazon community, try caiman spotting after dark

Over the next two days we enjoy some spectacular wildlife encounters and discoveries amidst the pristine jungle wilderness. Following breakfast on our first day we set out by motorized wooden canoe to explore the network of channels and lakes that radiate from the lodge, searching out wildlife along the way.

The Amazon rainforest currently holds some 50% of all the known species of animals on the planet, including some 200 different varieties of mammals, nearly 4,000 species of birds and countless numbers of reptiles, insects and amphibians. The canopies around us are filled with primates, sloths, toucans, parrots and colourful songbirds of every shade. During the morning there will be the opportunity to try your hand at fishing for piranha. Incredibly there are actually 25 different species of piranha, and not all are voracious killers! Some piranha are even vegetarian. Whilst the reputation of these much-maligned fish is mainly the product of Hollywood, the red-bellied piranha does have something of a reputation as the world's most dangerous freshwater fish. They have been known to strip a carcass, but not during an average daily feed. These feats of prodigious feasting generally only occur during lean times and with sufficient numbers, but probably best not to dangle your fingers in the water.

After lunch, taken back at the lodge we head out once again by motorized canoe to visit a local family and learn something of family life in these remote and pristine regions.



ACCOMMODATION:
Amazon Eco Lodge (or similar)

Grade: Standard Lodge



MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Full day jungle survival techniques. Overnight sleep in a riverside hut in hammocks

Our second day sees us heading deeper into the jungle with a local guide to learn about jungle survival techniques.

During the course of the day we will walk along jungle paths, seeking out plants used in traditional medicine and that are edible as well as learning which species to stay away from. Our foray into the rainforest also enables us to get closer to the vast array of birdlife in the jungle including macaws and toucan.

Later in the day we take to the river to go fishing, which we will later cook over an open fire. We camp out in the forest in protective and well secured hammocks in a hut close to the banks of the river, enabling us to experience a feeling of true immersion into the mighty Amazon jungle.



ACCOMMODATION:

Amazon Eco Lodge (or similar)



Grade: Standard Lodge



MEALS PROVIDED: BREAKFAST

DAY 8 - Return to jungle lodge. Boat back to Manaus, flight to Foz do Iguacu. Free afternoon

Rising early we make our way back to the lodge to freshen up and enjoy a hearty breakfast. Checking out of the lodge we take to the river once again, travelling along the Maçarico River back to Manaus. The Amazon tributary is home to a vast array of marine life including turtles and pink river dolphins.

Upon disembarking in Manaus Ceasa harbour, head directly to the airport and a flight to Foz do Iguacu in the far south of the country. On arrival transfer to our family friendly hotel complete with water park.



ACCOMMODATION:

Vivaz Cataratas Resort (or similar)



Grade: Standard Hotel



SWIMMING POOL AVAILABLE



DAY 9 - Visit the Brazilian side of the falls, optional helicopter ride or Macuco boat safari

Spend this morning visiting the Falls on the Brazilian side, when the light is best for photography. Viewed from the Brazilian side the Falls present themselves in all their majestic and powerful glory and the noise is tremendous, with huge clouds of soaking mist being churned up by the cascade. The surrounding spray-soaked forest is a rich haven for some spectacular flora and fauna, with over 2,000 plant species and over 400 different types of birds being recorded here. The canopy is alive with a rich array of brightly plumage toucans, parrots, humming birds and colourful butterflies, whilst the forest floor boasts tapirs and capuchin monkeys.

This afternoon there is the option to visit the Parque des Aves bird park, where gigantic aviaries hold a colourful collection of birds and butterflies, or alternatively visit the Itaipu Hydroelectric Plant, where we learn about the creation of this huge dam complex and its vast 1350sq km reservoir. Alternatively return to the hotel to enjoy its collection of swimming pools, waterslides and a lazy river.



ACCOMMODATION:
Vivaz Cataratas Resort (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 10 - Full day exploring the Argentinean side of Iguazu Falls

Today we will visit the Argentinean side of the Falls, where we can see an altogether more extensive view of this incredible cascade, with the added bonus of generally fewer tourists. Driving across the Tancredo bridge that separates Brazil from Argentina, enter the park and take a walk to the churning caldron of the Garganta del Diablo (the Devil's Throat) that offers magnificent views as a series of 14 separate falls merge into one, to produce a spectacular torrent. There is also the chance to take a close up view of the falls in a zodiac (optional).

This afternoon take in the upper and lower trails of the falls. There are several opportunities for other optional activities. Choose to take a train ride through the forest, watching out for toucans and colourful butterflies along the way or raft along the creek in search of some of the more elusive wildlife. Returning to the Brazilian side of the falls, head back to our hotel mid afternoon.



ACCOMMODATION:
Vivaz Cataratas Resort (or similar)

Grade: Standard Hotel



SWIMMING POOL AVAILABLE



MEALS PROVIDED: BREAKFAST

DAY 11 - Fly to Rio de Janeiro; Free afternoon to enjoy the roof top pool overlooking the Copacabana shoreline

This morning we take a flight to Rio de Janeiro.

The spectacular setting of Rio de Janeiro presents us with one of the most magnificent city scapes on the planet, with 120 km of golden beaches and a mountain backdrop that makes it an ideal ending point to this incredible journey.

This afternoon is free to relax and unwind. Enjoy a swim in the hotel pool overlooking the Copacabana shoreline or take a walk along the famous beach.



ACCOMMODATION:
Arena Leme (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 12 - Full day in Rio. Corcovado tour to see the statue of Christ the Redeemer, the Maracanã stadium and Sugar Loaf Mountain at sunset

Take a tour of the city, riding the rack railway to the summit of Corcovado Mountain, topped by the immense statue of Christ the Redeemer, probably Rio's most iconic image. Towering some 30m above the surrounding landscape and weighing in at a mighty 1000 tonnes, a visit to the statue can present you with some quite spectacular views across the city, bay and outlying areas on a clear day.

On our way back to the hotel we make a photo stop at the impressive Maracana Stadium, the largest of its kind in the world and capable of holding up to 200,000 people. Originally built to host the 1950 World Cup Finals it saw Brazil lose to Uruguay in the final, before an incredible 199,854 spectators, and even today home matches will regularly see over 100,000 cram into the stadium. In a city and a country obsessed with the 'Beautiful Game', this venue is something close to a shrine for Brazilians.

This evening a cable car will take us to the majestic slopes of Sugar Loaf Mountain, rising out of the waters of Guanabara Bay. The summit the views across the city are spectacular, with the famed beaches of Copacabana and Ipanema laid out below us, and the peaks of the Tijuca National Park to our rear. Returning to the hotel there will be time to relax before our last dinner of the trip.



ACCOMMODATION:
Arena Leme (or similar)

Grade: Standard Hotel



MEALS PROVIDED: BREAKFAST

DAY 13 - Morning on Carioca Beach.Trip ends Rio de Janeiro in the afternoon

The trip ends in Rio de Janeiro after breakfast. For those with flights in the afternoon we head to Carioca beach.



MEALS PROVIDED: BREAKFAST

Trip information

Country information

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	Plugs	Religion	Language
-3	2 Pin Round	Predominantly Roman Catholic.	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 Family 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.

At certain destinations along the way there may be several options to choose from and it may not be possible to fit all the activities in; your Explore Leader will be able to give advice on which are the most suitable for your family.

Day 9: Foz do Iguacu

Tropicana Bird Park - with more than 900 birds of 150 different species on display, stroll through the beautiful Atlantic Rainforest, seeing spectacular native and exotic birds. 1 hour duration. \$31 per person

Visit to Itaipu Dam from Brazilian side of the falls. Situated on the Paraná River bordering Brazil and Paraguay, the Itaipu Hydroelectric Power Plant is the world's single largest power station. 2.5 hours duration. \$26 per person

Macuco Boat Safari - board a specially-equipped, powerful, 25-seat motor launch that takes you right up to the thundering waters of the falls. 2 hours duration. \$100 per person

Helicopter flight - a fantastic flight over the Iguassu National Park and Iguassu Falls with observation of one of the most beautiful Falls in the world with the Devil's Throat as the main attraction. 10 minutes duration. \$221 per person

Clothing

Pack for hot conditions but bear in mind that several different climatic zones will be experienced. For Brazil lightweight clothing is necessary for mostly warm and humid daytime conditions. Evenings can be cooler, in particular further south in Iguacu and Rio de Janeiro. Lightweight raingear is essential any any time of year. For early morning boat trips a fleece/windproof is recommended. Bring lightweight long sleeved tops and long trousers in neutral colours to protect from the sun and insects.

Footwear

Comfortable shoes, trainers and sandals. Footwear may get wet when travelling in the wooden canoes in the Amazon.

Luggage

20kg

Luggage: On tour

Please allow yourself one main piece of luggage and a daysac. Remember, you are expected to carry your own baggage, so don't overload yourself, a soft wheely bag may be easier to manage than a suit case.

Equipment

Insect repellent, sunscreen and a torch.

Tipping

Explore leader

Tipping isn't compulsory, and we work hard to ensure that our leaders all receive a fair wage. However, you might want to recognise a leader that's done a great job or really added to your trip by giving them a tip. We're often asked about the recommended amount. It's a tricky one, and down to personal preference, but we'd recommend between £15 to £20 per person per week as a guideline

Local crew

Although entirely voluntary, tipping is a recognized 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. In order to make things easier for you, your leader may organise a group's tips kitty for included activities and meals and if this is the case, they will account for it throughout the tour.

Accordingly, you should allow US\$ 35, approx. 150 Reales per family member for group tipping

For all non-included services and meals on your trip please tip independently at your discretion.

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	Dinner price	Beer price	Water price
£10	£17	£2.1	£1

Foreign Exchange

Local currency

Real (BRL)

Recommended Currency For Exchange

You can choose to either change your money in advance or on arrival at the airport. Here you will find both ATMs and Bureau de Change. The exchange rate with the BRL is approximately BRL 5 to the British Pound. We recommend you take some emergency cash in USD as the GBP exchange rate isn't very good. Notes should be in good condition otherwise they might be difficult to exchange. Please check on line for up to date information

Where To Exchange

Your Tour Leader will advise you on arrival.

ATM Availability

ATMs can also be found in the major towns and cities for cash withdrawals in BRL. Always have some cash back up as they are not always reliable

Credit Card Acceptance

Credit card are widely accepted in many shops and restaurants but some may be subject to a service charge

Travellers Cheques

We do not recommend Travellers Cheques

Transport, Accommodation & Meals

Transport Information

Bus, Boat, Cable Car, Flight, Truck

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

Brazil: Visas are not required for UK citizens. They are, however, required for Canadian, Australian and US citizens. 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/>

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.

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 complimentary transfers will be arranged from the Explore designated airport or train station to your trips joining point, and then back from the ending point to the designated airport or train station. Generally the airport or station that Explore have selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the joining point. It will be either an airport or train station but not both.

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.

Ability to swim

An ability to swim is essential for your safe enjoyment of the water based activities on this trip. If you wish to participate in these activities then we insist that you are able to swim. There are numerous swimming opportunities on this trip including Salvador, Praia do Forte, Manaus, Iguacu and Rio de Janeiro.

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.

Family information

Triple Rooms: This trip allows the option for triple rooms to be included within the booking on all night stops within the holiday with the exception of the Amazon lodge. If you would like this option, please ask our Sales team for further information.

Average Age: As a guide we have estimated the average age of the children who have travelled on similar trips over the the last 5 years, to help you decide whether it's the right one for your family. The projected average age on this trip is 15 years old, whilst this trip is suitable for children of all ages, there are some long travelling days.



**AWARD WINNING
EXPLORE LEADERS**



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