

desde 1986  
realizando seus sonhos!



## TREK BRAZIL'S ATLANTIC FOREST

Across the Bocaina National Park, from São José do Barreiro – SP, to Mambucaba – Angra dos Reis – RJ. A centennial route made in stones by the slaves at the end of the XVIII Century. Originally used by the Guaianazes Indians and after by the stones paved route passed the donkeys troops filled with the gold from Minas Gerais and with coffee from the "vale paraibano". That's why the name GOLD ROUTE. "TRILHA DO OURO".

Today only the trekking people, coming from all over Brazil and the world, do it, attracted by the beauty of the ATLANTIC FOREST, with it's beautiful waterfalls, some with over 100mts high, where we can take a very cold swim.

### **FIRST DAY: RIO DE JANEIRO / SÃO JOSÉ DO BARREIRO / BOCAINA**

Transfer to São José do Barreiro/Bocaina.

Our vehicle will take us up to the first Pousada,. During this transfer we will be able to see some gorgeous landscape, like the Mantiqueira Mountains, The Funil Dam, The Take the Hat Out Peak, etc.

We will be arriving at the Pousada around 14:00am, we will leave the luggage, and will start a trek of 12k. In the way we will see the historical ruins of Stone House, see some beautiful high field landscape and Beautiful view Mountain.

Back to the Pousada at 18:00hs. At the Pousada we have, bath, dinner and fire.

Overnight at a Pousada at Bocaina. Dinner included.



**TODAY GROUND TURISMO LTDA.**

EMBRATUR Nº 042590041.1 – ABAV Nº 409 – IATA Nº 5767844.5

RUA VISCONDE DE PIRAJÁ, Nº 82 – Grp. 1012

IPANEMA – CEP 22410-000 – RIO DE JANEIRO – RJ

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### **SECOND DAY: BOCAINA NATIONAL PARK**

After breakfast, around 08:00am, we begin our trek on a 27k route.

In this route we will see the "Cachoeira do Paredão" waterfall, the Park's entrance, where we will stop briefly to hand over the parks permits. Already inside of the park we will see the "Cachoeira Santo Isidro" waterfall, (2k from the parks entrance). This really beautiful waterfall is 80mts high, forms a natural pool of around 30mts in diameter. Going on, on our route we will reach the next waterfall, "Cachoeira das Posses", 20mts high, where we will rest and eat our lunch.

After 16k on our route, we will reach the second Pousada. Pousada Sitio Olaria, it is a farmhand house. In this route we passed through "Vale Bonito", beautiful valley, the name is very appropriate.

We will be arriving at Pousada Sítio Olaria, around 17:00h.

### **THIRD DAY: BOCAINA**

After breakfast, around 08:00am, we will begin our today's journey. We will climb to the Gavião Peak, 1600mts high.

If the weather is clear, we will be able to see the sea at Angra dos Reis.

After this, we will go to the Ventosa Waterfall, 15mts high, at the waterfall we will have a nice cold swim.

Return to the Pousada, we will arrive around 17:00hs.

Today we walked 18km.



### **FOURTH DAY: BOCAINA**

After breakfast, around 07:00am, we will start our day. We will see the Cave Waterfall (Cachoeira da Gruta), Jaguar Cave (Gruta da Onça) and the Limeira Valey. We will be arriving at our next Pousada, Pousada do Moinho, around 17:00pm.

Today walk; 25km.

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#### **FIFTH DAY: BOCAINA / MAMBUCABA / RIO DE JANEIRO**

After breakfast, around 07:00am, we will start towards one of most beautiful of the Brazilian waterfalls, and the highest of the São Paulo state, Do Veado Waterfall. Its two falls reach up to 200mts.

After enjoying this unforgettable waterfall, we will walk 17kms inside of the luxurious Atlantic Forest. This last part of the trek is almost all made of stones, built by the slaves. This is a very slippery portion, and in some parts the stones are spread out, which requires lots a attention in order to avoid accidents.

We will make three stops and a rest for lunch, and a stop at Santo Antonio River for a quick swim.

We will be arriving at the end of the trail around 15:00hs.

At this point we will board a truck to take us to Mambucaba, were there is a place for a bath and lunch. (lunch not included).

Transfer Mambucaba to Rio de Janeiro. Arrival and check in at the Hotel in Rio.

#### **SIXTH DAY: RIO DE JANEIRO**

Breakfast at the hotel.

Free day to enjoy the city.

#### **SEVENTH DAY: RIO DE JANEIRO/OUT**

Breakfast at the hotel.

Transfer out

#### **During the whole trek:**

- Security service, conduction and ambiental service of the group by a specialized guide.

#### **Difficult grade:** Medium

Program recommended to people that already have done trek before, and for beginners with good physical condition.

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**Program including:**

- Today Tours guide.
  - Today Tours doctor
  - Local guides
  - Transfers Rio/Bocaina / / Mambucaba / Rio
  - 04 nights at very simple pousadas during the trek
  - All meals during the trek. (No drinks)
  - Mules and horses during the trek
  - Truck from the end of the trail to Mambucaba
  - 01 + 02 nights at hotel in Rio with breakfast
- 
- For more information, please contact us!

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