

Brazil: Places of Power 2022

9 days/8 nights

Rio de Janeiro (2n)+ Foz do Iguaçu (2n)+ Visconde de Maua (2n)+ Paraty (2n)



Any voyage is at first a voyage inside oneself. When we travel we get a chance to look inside our true selves and open up for joy, total freedom and inspiration.

Feelings create our reality. In order to be able to feel new things we are ready to travel the whole world and feel our plentiful existence. Exactly when we do this we attract new unexpected opportunities into our lives.

Let's remember those feelings right now and awaken our desire to go on an amazing trip! All our itineraries and tours are injected with that special freedom consciousness. They lead us to places of power, places where we can reveal our potential and understand our true desires.

Discover new places, get energized and enjoy pure nature. All this is Brazil!

In this tour called Places of Power we visit Rio de Janeiro, with its green mountains, infinite beaches and joyful energy, the Iguazu Falls, where we are amazed at the power and greatness of nature, the hilly ecological region of Visconde de Maua with fruit trees and paradise waterfalls and the historical village of Paraty with amazing powerful natural pools of seawater between huge rocks.

What is a place of power? It is a place of concentration of energy that awakes feelings in us. This can be a portal where old civilizations decided to set up their settlement or city. It can also be a place where nature brightly self-expresses in creation. It can be a park or hotel or garden, the creators of which put a special consciousness and love into the creating and building of it. It can be the feeling of comfort or satisfaction that we feel around some people. As we know food prepared with love is more delicious, flowers grown with pleasure are more beautiful and things created with consciousness are nicer and more attractive.

Rio de Janeiro + Foz do Iguaçu + Visconde de Maua + Paraty		Total per pax		
4 *	Arena Copacabana (2n) + Viale Cataratas (2n) + Pousada Terras Altas (2n) + Pousada Apple House (2n)+ Services	SGL	DBL	TRP
		\$ 4583	\$ 2435	\$1988



Day 1. Rio de Janeiro

Arrival at the international airport of Rio de Janeiro! A driver will be waiting for you at the airport to transfer you to your hotel.

You can admire Rio de Janeiro 's green hills, blue sky, turquoise ocean, beautiful bays, and marvelous beaches. At nightfall magnificent Rio is lighted up by the lights of favelas, which are shimmering like precious stones that Brazil is so rich with! You will have a great time between the palm trees, sand and waves of the ocean!

The most popular beaches - Copacabana, Ipanema and Leblon, are famous for their black and white tiled promenade. Numerous open cafes at the beach will offer you refreshing coconut water, freshly squeezed juices and other drinks. You can fully enjoy all of it as you have arrived in paradise, you are in Rio de Janeiro, one of the most beautiful and exotic cities in the world!

Day 2. Rio de Janeiro

After breakfast at the hotel you will meet your yoga instructor at the lobby. Wear comfortable clothes as you are starting the date with a mindful yoga lesson.

He will take you to Praia Vermelha (the Red Beach) where you have a yoga class right on the beach! After soaking up energy from the powerful ocean and the rising sun, you will start for a very special place in Rio with your guide, Sugarloaf.

A cable car ride will take you up to Urca Mountain, the stop between ground level and Sugarloaf. Once arriving at the top of Sugarloaf mountain you will see the captivating beauty of Rio from a different angle. To your left you can see Copacabana beach stretching out into the distance, and on the horizon the faint outlines of Two Brothers and Gávea mountains. Below you is the intimate Red Beach, while to your right you can see across Guanabara Bay to Niterói and, nearer by, Botafogo and central neighborhoods, with the unmistakable silhouette of Christ the Redeemer casting its eternal gaze over the city. From this point we gain a different perspective on Rio, and can truly appreciate its beauty. After descending the mountain by cablecar, you will head into the Historical Center with its colonial architecture including many old churches still in use. The cobbled streets and bright colours are a stark contrast to the whitewashed, sunsoaked streets of Ipanema but in many ways are part of the authentic, nearly-forgotten historical Rio, and one can almost feel the hustle and bustle of hundreds of years ago when these streets were filled with merchants and citizens of the Portuguese Empire, locals, immigrants etc

Day 3. Rio de Janeiro - Foz de Iguacu

After breakfast your driver will drive you the airport in time for your flight to Foz de Iguacu where you will be welcomed and transferred to your hotel by a driver.

After that you will go on an adventurous guided tour to visit the amazing falls from the Brazilian side.

Foz de Iguacu Falls are located on the borders of Brazil, Argentina and Paraguay – there are over 260 large waterfalls, the widest on earth, tumbling down from the lazy Parana river. The Falls are located in the National Park that formed after a volcanic eruption, and the displacement of the earth plaques. The name Iguazu means "big water" in the local Indian dialect of the Tupi-Guarani tribe. The strongest waterfall is the "Gargante del Diablo" or "Devil's Throat" tumbling down 72 meters into the abyss.

There are two circuits: the Upper and the Lower Circuit.

The Upper circuit, a walk of 1,300 meters, provides a panoramic view above the waterfalls while the Lower Circuit brings you through the Jungle to the impressive Garganta del Diablo fall after walking on the 1.000 mts. footbridge.

Return to the hotel on the Brazilian side.

Day 4. Iguacu

Breakfast at the hotel. A guided tour to the Argentinian side of the Falls.

You will get to the Argentinian Side of the Falls by the bridge Tancredo Neves, built over the Iguacu river. The Argentinian side is different from the Brazilian one - here you will walk directly above and under the falls. The upper walkway lasts for about 1.5 hour and takes you for a walk with the falls directly under your feet (we walk over metallic see-through platforms). You will feel the power of the falling water very close to you and will be able to enjoy the national park around this astonishing beauty.

By a little train the guide takes you to the platforms leading to the birthplace of the "Devil's Throat". You can stand for hours without stopping, watching this show and thinking about the magnificence of the universe and eternity.

For the hiking fans we can also walk the 3.5 hour lower walkway for a close-up experience of the falls and the possibility to cross to a little island in the middle of the falls. (subject to weather conditions)

Day 5. Iguacu – Rio de Janeiro - Visconde de Maua

Transfer to the airport in time for your flight to Rio. After arriving in Rio you will meet your driver that will accompany you on your adventure in Visconde de Maua. We drive into the mountains of the spectacular Serra Dos Orgaos national park located above Rio. After a scenic road over the mountain tops our car climbs a little sideroad to our destination.

The village of Visconde de Maua is located in a fertile valley full of fruit trees, vegetable plantations, amazing waterfalls and clean air. We offer you to stay in pousadas, traditional cottages, located in the pure nature of the Atlantic Forest. Pousar in Portuguese means "to land, to relax".

Pousada Terras Altas is a beautiful chalet complex in Visconde de Maua's mountains located 2 km from the Aguas Claras waterfall. It features a pool with fresh river water and a panoramic hot tub. Enjoy bird singing at dawn, swim in the crystal-clear mountain river or just relax!

Day 6. Visconde de Maua

Breakfast at the hotel. The Visconde de Maua region is famous for hiking, beautiful rivers, waterfalls and natural pools with crystal clear water.

The village of Maringa is the main shopping center of the region, and if you want to go to a restaurant or just walk along a noisy street, don't forget this name.

Vila da Maromba is known as the village of waterfalls, which are the most beautiful and popular in the region.

Our driver is taking us into a natural protected area where we can discover 12 waterfalls in 1 easy hike. This place looks like the Garden of Eden. The beautiful falling water, surrounded by untouched nature and flowers, the amazing trees that form a complicated communication system with their roots and their main mother tree, the softly falling water and birds chirping around create an atmosphere that cleanses and inspires. Brazilians believe that bathing in waterfalls cleanses not only the body but also the soul. You will find moments of solitude with mother nature! You can hike further up to see all 12 waterfalls in this system, and bathe in as many as you like.

The most popular waterfall in the region is Escorrega. In addition to the beautiful natural pool, the waterfall has a natural slide. If you are courageous enough you can experience sliding down or even jumping from a 7-meter cliff, but you can just walk along the bottom of the waterfall with a beautiful natural pool.

Various optional activities can be done in this region: climbing mountains, horseback riding, bathing in a natural pool, hiking and more!

Day 7. Visconde de Maua -Paraty

After breakfast at the hotel you will be transferred through the mountainous roads to the coastal town of Paraty.

The historical village of Paraty with its cobblestone streets and churches in a beautiful surrounding countryside was founded in 1667. Paraty grew in the 18th century as a strategically important port for exporting the gold mined in Minas Gerais. When shipments in nearby Rio began to attract the attention and ambition of pirates and privateers from rival European powers, the Portuguese began using Paraty as their safe port for getting their gold to Lisbon. Together with Ouro Preto, the town was part of the Royal Road (Caminho Real or Caminho do Ouro, Gold Road), a route used to export gold in colonial times. It was also an obligatory sleep-over stop for travelers between Rio and São Paulo until the late 1800s, when the inner road was opened. This caused Paraty to be forgotten, stalled in time, away from "progress" and disfiguration and helped it preserve its old city as it was in the past.

Backed by steep, jungled mountains plunging into an island-studded bay, Paraty enjoys one of Brazil's most spectacular settings and an exquisitely preserved colonial center, recognized as a National Historic Site by UNESCO since 1966. The town's pedestrianized streets are lined with elegant white buildings adorned with fanciful multihued borders and latticed windows that blend harmoniously with the natural beauty that envelops the town – it's a joy to explore.

Brazilian Bohemia- artists, sculptors, poets and writers, started to admire the historical city in a tropical paradise. Paraty is truly an open-air museum!

In the afternoon you will have a guided tour in the historical center of Paraty.

Day 8. Paraty

Breakfast at the hotel. Today we will visit the nearby Village of Trinidad. This fishing village located 25 km far from Paraty, is famous for its white sand beaches, charming ocean views and clear water. You will visit the 3 most famous beaches, do a short trek over the sand with the surrounding tropical trees, and take a refreshing dip in a oceanwater pool, surrounded by a mystic circle of huge rocks laid there many hundred thousands of years ago by mother nature. This is a unique natural wonder! In this place of power you can relax in the water, look at the sky and feel full harmony with nature! Come out with new original ideas.

On the way to the hotel, stop at a local restaurant (not included).

Day 9. Paraty –Rio de Janeiro

Breakfast at the hotel. Transfer to the airport of Rio de Janeiro.

The price of the program includes:

- ✓ Accommodation at hotels and pousadas with breakfast (except when breakfast is not possible because of flight times)
- ✓ Guided excursions according to the program (Rio city tour, Iguazu Brazilian and Argentina side of falls) with a guide in your language (when available)
- ✓ Transfers airport/hotels/ airport with a driver, Visconde de Maua and Trindade with your Brazilian driver.
- ✓ Paraty city tour with English speaking guide

The price of the program does not include:

- o International flights
- o Additional excursions
- o Meals & Beverages not mentioned in program during transfers



- o Domestic flight: Rio – Iguacu – Rio de Janeiro starting from 300 U\$

Ada Tours

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