

Cycle The Coast To Rio



Duration: 10 days

This exciting cycle challenge takes us along the beautiful coastline towards Brazil's most famous city, Rio de Janeiro. Undulating roads take us past hidden bays and fishing villages, with beautiful sandy beaches and blue sea to one side, and green mountain slopes thick with rainforest to the other. It is one of the most scenic cycling destinations you could hope for without climbing mountains!

Although most of the hills we encounter are fairly gentle, we have some long hot days in the saddle, and will be glad to reach Paraty, a beautiful small town tucked away at the end of the historic Gold Trail. After time to enjoy this little gem, we head to Rio, the most famous city in South America, where we have time to celebrate and explore.

DETAILED ITINERARY

Day 1: Depart London for São Paulo

Day 2: Arrive São Paulo – Guarujá

Arrive São Paulo, Brazil's largest city, and transfer straight to the coast. Guarujá is a popular coastal resort with lots of beach-front restaurants, giving you plenty of choice for lunch, and wonderful beaches, which we can enjoy this afternoon. We also ensure our bikes are comfortable and prepare our kit for tomorrow, before dinner and a full trip briefing. Night hotel. *(Lunch not included)*

Drive approx 1 hour

Day 3: Guarujá – Juquehy

After a good breakfast, we get our bikes and set off! Guarujá is set on one of the many small islands dotted along this stretch of coast, and we cross the short distance to the mainland by ferry. We then ride east along the coast, our roads quickly becoming quieter as we pass through the small town of Bertioga, with its white sandy beaches stretching into the distance. We can see the steep green slopes of the Serro do Mar Mountains rising inland. Atlantic Forest used to cover much of the continent, but it is now limited to these sea-facing slopes stretching along the east coast of South America. The forest is protected, and home to many endemic species, such as lion tamarins and woolly spider monkeys. As the day progresses the scenery becomes more impressive, with inspiring views of mountains inland and green islands off the coast. We cross several rivers which wind from their source up in the mountains through lush forest down to the sea. After a stretch that runs closer to the sea, we come to our pousada, within a stone's throw of a lovely white sandy beach. Night pousada.

Cycle approx. 5-6 hours / 85km

Day 4: Juquehy – São Sebastião

Today is a spectacularly beautiful day, as we ride towards the thickly forested mountain peaks ahead. . It's perhaps the most challenging day in terms of hills, but one of the shortest. After a flattish stretch along the coast, we start to climb, twisting through dense rainforest over a headland, with fabulous views over the lush green interior and blue sea. This is the toughest climb of the trip, gaining 350m elevation in around 3.5km. An exhilarating descent awaits us once over the top, and we continue on undulating roads to Maresias, a well-known surf beach. The mountains are situated much closer to the coast here, with thickly forested ridges jutting out into the sea; we ride over these unspoilt headlands, surrounded by lush vegetation – look out for macaws and other exotic birdlife. The road often emerges from the forests at small bays or villages with brightly-painted houses and red roof tiles. We finally come to São Sebastião, with lovely views across the water to Ilhabela. Night pousada.

Cycle approx. 5-6 hours / 50km

Day 5: São Sebastião – Maranduba

We set off through São Sebastião and head on to Caraguatatuba, a town spread out along its many beaches. Travelling by bike is a great way to get a feel for a culture, and these more populated areas give us a great insight into how people live in this part of Brazil. After the towns the terrain becomes hillier and wilder again, with the forest coming right to the edge of the roads again, and more headlands to cross. There are more hills today, though none of them as challenging as yesterday's climb. Towards the end of the day we have longer stretches riding next to the sea, and can enjoy the more open roads lined with palm-trees with views of the surf pounding on the white sands. Night pousada.

Cycle approx. 5-6 hours / 50km

Day 6: Maranduba – Picinguaba

Another scenic day beckons as we head northwest along the coast, cycling past small secluded bays hidden between headlands. We follow the coast around to the town of Ubatuba, which lies on the Tropic of Capricorn and is an international surf mecca, and then ride past more white sandy beaches with the green rolling hills in view as always. We are headed for Picinguaba, a conservation area which also preserves the way of life of the caiçaras, the

traditional inhabitants of this coastal area. We stay overnight in this protected area. Night shared bungalows / camp.

Cycle approx. 6-7 hours / 70km

Day 7: Picinguaba – Paraty

Today's ride is shorter, and takes us through dense tracts of rainforest as we cross an unspoilt peninsula to Paraty, forming a wonderful end to this very scenic cycle ride. The road is undulating and very beautiful, with a long, smooth, gradual weaving descent which is a real cycling highlight. As we approach Paraty we can see the wide curving bay, scattered with isolated beaches and green forested islands. Paraty itself is a beautiful colonial city with striking houses and churches; its wealth came from its position at the foot of the Gold Trail, a 1200km route which transported gold from mines far inland to Paraty and then via Rio de Janeiro to Portugal. It's a wonderful place to end our ride, and we should have plenty of time to explore its picturesque cobbled streets. We meet up again for dinner and celebrate our achievements this week. Night pousada.

Cycle approx. 3-4 hours / 40km

Day 8: Paraty – Rio de Janeiro

We have the morning free to enjoy Paraty before loading up and driving to the wonderful city of Rio de Janeiro. This iconic city is home to Carnival and the Maracanã football stadium, as well as world-famous beaches like Copacabana and Ipanema, and known for its larger-than-life party atmosphere and beautiful views. Night hotel. *(Dinner not included)*

Drive approx. 4 hours

Day 9: Free time Rio; depart

Today we have plenty of time to enjoy Rio. Highlights include the Corcovado – one of the new Seven Wonders of the World – where the statue of Christ the Redeemer towers high over the hills of the city, and Sugarloaf Mountain, with its famous cable car, which dominates the bay. Spend some time relaxing at one of the many beaches with a caipirinha, the national cocktail – watch the locals taking part in beach volleyball or capoeira, a graceful and fascinating blend of dance and martial arts which is a real symbol of Brazilian culture. We meet later to transfer to the airport. *(Lunch and Dinner not included)*

Day 10: Arrive London

WHAT'S INCLUDED

- All transport from London to Sao Paulo / Rio return
- All meals except where specified, and guesthouse/hotel accommodation
- Discover Adventure leaders/mechanics; doctor with a group of 15 or more participants; local guides & drivers
- Local support and back-up equipment

- Entrance to Reserves and any sites visited as part of the itinerary
- Bike with front suspension (Trek or equivalent)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Cycle helmet (compulsory)
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Fees for any optional sites, attractions and activities
- Airline taxes: we cap these so that £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | CHALLENGING (1)



Trip grades range from Challenging (1) to Extreme (5).

CHALLENGING trips involve full days of activity, and are designed to be challenging for those of good health and fitness, but are achievable for most people with a commitment to training and a can-do attitude.

See [Trip Grading Explained](#).

CHALLENGE INFORMATION

DETAILED INFORMATION

Leaders & Trip Support

Your trip will be led by experienced Discover Adventure leaders. Our leaders are selected for their experience in harsh wilderness environments, knowledge of travel in remote areas, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They are also trained in expedition first aid. You are in very safe hands with a Discover Adventure leader. Usually leaders are based in the UK or other English-speaking countries and lead for us regularly throughout the year in many different countries. In some instances, trips are led by in-country guides with a wealth of knowledge about the region; they have been trained by us to provide the level of support expected on a Discover Adventure trip.

Trip Doctor

An expedition doctor or medic accompanies the group (dependent on group size.) Their role is to look after the well-being of the whole group and deal with any medical incidents. They help the crew to ensure the trip runs smoothly, and

encourage you when things get tough. The total number of crew looking after you will depend on the final size of your group.

Local Support Crew

Our local support crew is made up of local guides, assisted by drivers, porters, cooks and other support staff, depending on the type of trip. Local guides know the area well, and are a great source of knowledge about local customs and lifestyles. Not all support crew will speak English well, but are very friendly and approachable. The Discover Adventure crew work closely with the local crew to ensure your trip runs smoothly and safely.

Your leader will arrange a collection of tips for the local support crew at the end of your trek, and you will be provided with a guideline amount in advance. Tipping is not obligatory, but once you see how hard they work on your behalf you will be happy to donate something! All our local crew are paid wages, but bear in mind that the average wage in many countries may be less than you would spend on an average night out.

Trip Safety

Your safety, and that of the rest of the group, is our highest priority. Our trips are designed and planned with safety in mind. Your crew will be equipped with communication devices (eg phones, radios and/or emergency satellite phones), medical kit and other safety apparatus appropriate to the destination. Our leaders always have access to our 24-hour emergency UK back-up. They are responsible for safety on the trip, and will make any changes to the itinerary they deem necessary, should local conditions dictate. Pre-trip administration - such as medical questionnaires and travel insurance as appropriate - is all done with your safety in mind.

Foreign Travel Advice

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information, check www.gov.uk/foreign-travel-advice.

Flight Information

Group flights usually leave from London Heathrow or Gatwick on scheduled airlines and are booked through Discover Adventure Ltd under ATOL licence 5636. By travelling with Discover Adventure you are protected by the Civil Aviation Authority (CAA).

Your journey may involve a transit en route; details of route and flight times will be confirmed several months before departure. We do not always use the same airline for each destination; if you wish to know the probable carrier and flight times, please call for details. You will usually receive confirmed flight details several months before departure. Our itineraries are always based on current flight schedules and are therefore subject to change by the airline. If you prefer to book your own flights please ask us for a land-only cost.

Accommodation

We stay in a variety of hotels/lodges ranging from quite simple, friendly guesthouse-style to more international-style

hotels in larger towns or cities. Standards are generally good, in great locations, but there may be a night or two where facilities are more basic, as you'd expect in very remote, untouristed or rural areas.

Roomshare Arrangements

Accommodation is usually on a twin-share basis. Occasionally we may use hostel-style accommodation. Please tell us if you know somebody else on the trip that you would like to share with and we will try our best to accommodate your request. If you don't know anyone else in the group don't worry, we always pair you up with someone of the same gender, and a similar age where possible. We do not charge a single supplement if you are a solo traveller in a shared room.

Group Size

Your booking is part of a group challenge, and the tour costs and fundraising targets listed on our website are based on a minimum number of participants which is shown on the challenge. Our typical groups run with approximately 15-25 participants; however you may find your group is smaller or larger than this.

We will confirm at least 12 weeks prior to departure that your challenge is guaranteed to run. Occasionally it may be possible to still run the challenge with less than the minimum numbers, subject to a small group supplement. If we think a small group supplement may be necessary, we will discuss this with you as soon as possible, usually 5 months before your departure date.

Minimum numbers and groups sizes may vary on Bespoke Charity challenges. If you are booked onto a bespoke challenge please contact your charity for full details.

Food & Dietary Requirements

The food provided is plentiful, often local in style and freshly-cooked, and will give you plenty of energy. Sometimes we enjoy a buffet-style lunch-stop, other times we might have packed lunches. On some trips we stop at small local restaurants. Dinners are generally eaten at our accommodation each evening. In some regions there may be less variety than you are used to, and in others fresh meat or produce can be harder to come by. Any meals not included are listed in the itinerary and are generally on travel / free days, giving you the opportunity to explore and try other culinary experiences! There is always something to suit different budgets.

Being vegetarian or having other dietary requirements is not usually a problem provided you let us know well in advance. Please do not expect as much variety as you would have access to at home – we may be in very rural or remote areas, or among people of a different culture who may not understand your requirements, however willing they are to help. If you know there are plenty of foods you cannot eat we strongly recommend you bring extra snacks from home so you can top up your energy supply. Please feel free to ask us for advice.

Luggage

Your luggage, food, water and equipment is transported for you from one night-stop to the next. If there is easy road access this is done by vehicle; if not porters, mules or even camels might carry your bags, depending on the terrain.

Space is limited and hard-sided luggage is not suitable, so it is essential that your kit is packed in a soft bag, rucksack or

expedition kitbag. Ask us about our specially-designed low-cost kitbags if you don't have one already. You should also bring a small daypack to carry for items needed during the day as you will not have access to your main luggage until the evening.

PREPARING FOR THE CHALLENGE

Fitness Levels

This is designed to be a challenge, and it is vital that you train sufficiently for it. We will supply you with a thorough training guide once you have registered. We expect all participants to train hard in advance, but we respect everyone's limits and do not expect everyone to maintain the same pace. Inadequate training is likely to have an impact not just on your chances of completing the challenge, but enjoying it too - and we want you to have the time of your life!

Our challenges attract people of all levels of experience, fitness and ability as well as all ages and backgrounds. We design our challenges so that everyone can go at their own pace: this is not a race. If you have concerns about your fitness or if you have reduced mobility please do contact us for a confidential chat about whether this challenge is appropriate for you.

For logistical and safety reasons we sometimes need to re-group, so the front-runners may find themselves waiting for the slower ones. Please relax, and remember that this is a team effort that enables people to achieve their personal goals and earn sponsorship.

Passport & Visa / Vaccinations

Entry requirements vary depending on your destination and nationality. It is your responsibility to ensure your passport is valid, and any visas are obtained in good time. Check the [FCO's advice](#) on entry requirements for your destination to be sure. Please ensure you allow plenty of time to apply for your visa; we will provide you with all necessary information 6 weeks prior to departure to assist with your application.

Your routine UK schedule of vaccinations should be up-to-date (especially tetanus). We recommend you check [Fit For Travel](#) for further details. You should always check with a GP or travel clinic for up-to-date travel health advice as it does change.

Clothing & Kit

We plan our trips around the optimal weather conditions, but could still be exposed to bad weather at any time. It is vital you are prepared for all conditions. We provide you with a detailed packing kit-list on registration, with plenty of information, and we are always available if you need advice.

Travel Insurance

Travel Insurance is compulsory on all of our challenges outside of the UK; we strongly suggest that you arrange insurance cover as soon as your booking with us is confirmed, or as soon as you're able to purchase some, and at least 8

months prior to travel. Should you need to cancel prior to departure, you will need insurance to cover the costs involved (registration fee and any trip costs depending on cancellation date).

We all hope never to need it, and thankfully most of the time we don't, but on those rare occasions when you do, you want it to cover you as best it can. Whilst it's a fairly boring admin task relating to your trip of a lifetime, it is really important you ensure that you have adequate cover for the type of challenge you are taking part in as well as medical emergencies, evacuation and repatriation, so make sure you're happy with the level of cover. There are lots of suppliers out there, with a wide range in levels of cover; generally speaking, you get what you pay for! Get and pay for the right level of cover and then you can go on your adventure not having to worry about the what-if's. For more details click [here](#).

Once your travel insurance is arranged, just remember to let us know the policy number and 24-hr medical emergency phone number provided by your insurers.

Cultural Differences

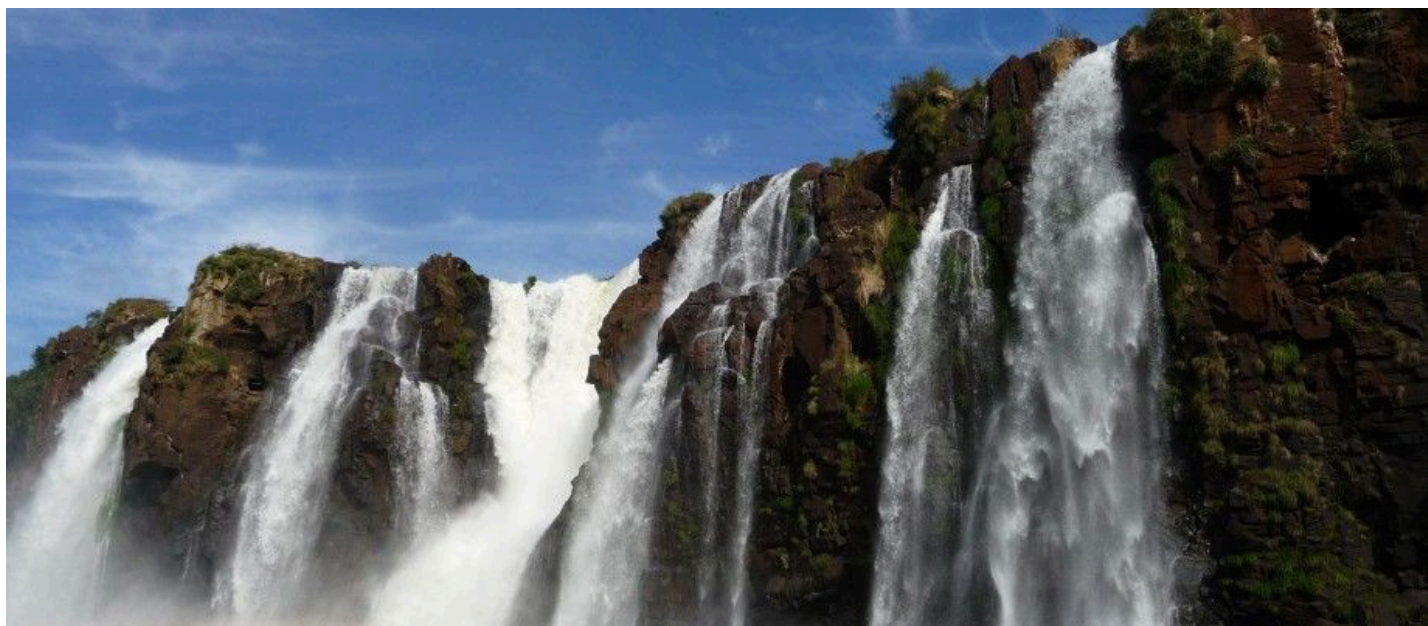
For most people, the main attraction of travelling to a different country is to see new sights and enjoy new experiences. Sometimes those new experiences can make life harder or more inconvenient than you may like, such as toilet hygiene or different food, or simply a different attitude to solving problems. This is all part of the challenge you are signing up for! We are very privileged to live in a country with a high standard of living, and travelling exposes us to different challenges – all of which help broaden our horizons. We can guarantee that coming face-to-face with experiences outside your normal 'comfort zone' will help you bond with your fellow participants and provide you with plenty of things to laugh about! A sense of humour and sense of adventure are two of the most important things to bring with you!

Cancelling your booking

In the unfortunate circumstance that you need to cancel your booking, we would ask that you notify us in writing either by post or email. Your cancellation will be considered effective from the date the notice is received. Registration fees and amendment fees are non refundable and, depending on your payment option and how close it is to your challenge departure date, you may be liable for a cancellation charge.

Full details of all cancellation charges may be found in the Terms and Conditions of booking.

CHALLENGE EXTENSIONS



IGUASSU FALLS

The largest sequence of waterfalls in the world, the mighty Iguassu Falls lie on the border of Brazil and Argentina, and are simply breath-taking. A UNESCO World Heritage Site, Iguassu Falls are also listed among the New Wonders of the World.

Set among lush green rainforest, the horseshoe-shaped falls are at points 82m tall and stretch 2.7km wide – twice that of Niagara. As the force of the water plunges down into the long chasm of Devil's Throat, it's impossible not to be awed by the beauty and sheer power of nature. We discover the spectacle of Iguassu from both countries, exploring this natural wonder by a series of walkways which bring you very close to some of the cascades.

The lush tropical rainforest around Iguassu is home to a great diversity of wildlife, including the raccoon-like coati, toucans and other birdlife, and an amazing array of butterflies and other insects. Additional boat trips are available to heighten your Iguassu experience; you can book and pay for these locally if you wish.

This is a great adventure, and an unforgettable way to round off your experience in Brazil!



Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 26 Apr 2024, and the challenge is subject to change.