

## Trek Ilha Grande To Rio



Duration: 10 days

Ilha Grande, south-west of Rio de Janeiro, is an unspoilt island of virgin rainforest, with over a hundred pristine golden beaches.

The island's isolation has made it home to pirates, lepers, and prisoners; as a result this island of jungle-clad peaks has remained largely undeveloped, though such a short distance from Rio. Traffic-free, the only way around is by boat or on foot – making it a mecca for discerning trekkers.

We trek from beach to beach on jungle trails that undulate through the rare Atlantic rainforest, home to wildlife such as howler monkeys and toucans. We take in caves, waterfalls and tiny villages and enjoy incredible vistas from the highest point on the island, Pico do Papagaio, or Parrot's Peak.

With time to explore iconic Rio, this is a memorable adventure offering two contrasting highlights of Brazil.

## DETAILED ITINERARY

### Day 1: Depart London for São Paulo

### Day 2: São Paulo – Paraty

Arrive São Paulo, Brazil's largest city, and transfer straight to the beautiful colonial city of Paraty. As we approach we can see the wide curving bay, scattered with isolated beaches and green forested islands, which whets our appetite for the scenery we will be trekking through. Paraty itself is a wonderful place to start our adventure, with its picturesque cobbled streets and 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. We should have plenty of time to wander before meeting for dinner and a trip briefing. Night hotel.

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### Day 3: Paraty – Ilha Grande; Orientation Hike

An early start sees us transferring east to the small port at Angra dos Reis, where we take a boat across the clear water to Ilha Grande. As we near we can see the dense rainforest cloaking the 400m-high headlands that slope down to the sheltered beach where we land. As our bags are whisked off to our guesthouse by boat, we set off on our hike, a relatively short stretch along the island's northern coast. Weaving our way through hilly rainforest and across tiny golden beaches gives us a good feel for the island trails and our very scenic surroundings. At the end of our hike at the wide curving bay of Bananal, we meet our boat and transfer by sea to our guesthouse at Jaconema Beach. Night guesthouse.

**Trek approx. 3-4 hours (8km)**

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### Day 4: Acaia Grotto – Longa Beach

After breakfast we board our boat once more and head to the westernmost tip of the island, Acaia Point. After a short walk along the coast, we make time to explore Acaia Grotto, a fascinating cave where the sunlight shining through a hole above reflects off the clear water and white sand, creating beautiful turquoise light. We continue trekking eastwards, over headlands on narrow trails through dense forest, and along flat golden palm-fringed beaches, until we reach Longa Beach. Our boat whisks us back to Jaconema. Night guesthouse.

**Trek approx. 5-6 hours (8km)**

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### Day 5: Bananal – Japariz – Abraão

Our boat drops us at Bananal Bay, where we pick up the route where we left it previously and head across the northern point of the island, dotted with bays, peninsulas and offshore islands. It's very beautiful, though the walking is hilly. We cross Freguesia de Santana, where an old colonial church marks the remnants of an old sugarcane estate, and continue along the coast. Here we can look across to the Blue Lagoon, a particularly scenic area of sandy beaches, small islands and swaying palm-trees, and a popular place for boat-trips. Having completed the western half of the island, our boat meets us at Japariz and takes us to Abraão in the east. This is the main gateway to the island and, though quiet by resort standards, will feel quite busy after our tranquillity. There's time to explore the village with its variety of restaurants and cafés; you can choose your own dinner venue tonight. Night guesthouse.

*(Dinner not included)*

**Trek approx. 5-6 hours (8km)**

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### Day 6: Abraão – Parrot's Peak – Abraão

Our big day today, as we head inland through rainforest on overgrown narrow trails, and wind our way gradually up to Pico do Papagaio, the island's highest point at 880m. Having started at sea-level, that's a significant height gain on this tiring day. The last section is on smooth bare granite rising out of the rainforest, giving us panoramic views

above the canopy and across the whole wide sweep of the island. This is a long day, on challenging trails, and we return to our guesthouse tired but buzzing with achievement. Night guesthouse.

*(Dinner not included)*

**Trek approx. 8-9 hours (19km)**

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### Day 7: Abraão – Lopes Mendes – Abraão

Our last day of trekking takes us to Lopes Mendes Beach – a real treat after yesterday's efforts. Lopes Mendes beach stretches across a perfect semi-circular bay on the easternmost peninsula of the island. Its powdery white sand, fringe of palm trees and pristine blue waters have seen it listed among the top ten beaches in the world. After time to enjoy our surroundings we head back to Abraão, where we celebrate the week's achievements. Night guesthouse.

**Trek approx. 5-6 hours (10km)**

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### Day 8: Abraão – Rio de Janeiro

This morning we pack up and say goodbye to this trekker's paradise. A short boat trip takes us back to the mainland, where our transport awaits for the drive 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. We check into our central hotel and have time this afternoon to wander and enjoy. Night hotel.

*(Lunch and Dinner not included)*

**Drive approx 3.5 hours**

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### 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)*

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### Day 10: Arrive UK

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## WHAT'S INCLUDED

- All transport from London to Sao Paulo / Rio return

- All meals except where specified, and guesthouse/hotel accommodation
- Discover Adventure leaders; doctor with a group of 15 or more participants; local guides & drivers
- Local support and back-up equipment
- Entry to reserves and any other sites included in the itinerary

## WHAT'S EXCLUDED

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

### GRADE | YELLOW

Trips are graded Yellow, Orange or Red, in increasing level of challenge. This trip lies within the **YELLOW** range.



The grade is determined by factors such as terrain, distance, climate, altitude, etc. Each colour grade has a **spectrum** which reflects the difficulty of these factors; trip duration, accommodation and living conditions (see icon) are also taken into account.

[Trip grading explained](#)



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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 28 Mar 2024, and the challenge is subject to change.