



## Chapada dos Guimarães

### 1st Day - Cuiabá / Chapada dos Guimarães {transfer in}

Arrival at Marechal Rondon airport, 75 kilometers trip to the city of Chapada dos Guimarães, passing alongside beautiful rock formations, check-in at the hotel, evening free.



### 2nd Day - Chapada dos Guimarães

#### {Aroe Jari Cave, Blue Lake and Almésçar waterfall, transfer out}

After breakfast (9 a.m.) a 46-kilometer trip as far as Fazenda Água Fria, site of **Aroe Jari Cave**, largest sandstone cave in Brazil ! The tour proceeds with a walk across forest and savanna to the entrance of the cave. Visit to the first saloon inside the cave... A waterfall drops from the roof of the cave and the experience becomes more fascinating as your eyes get accustomed to the dark, enabling exploration of the cave's formation details. The walk proceeds along the outside of the cave, passing 'Pedra das Três Pontas - **Three Point Rock** - , a giant boulder balanced upon three points, on the way to 'Boca do Buritizal' - Buriti Palm Mouth -, the cave's other entrance. Arrival at **Blue Lake**, a nice place to rest for some minutes. Countless geologic signs and marks help tell the history of the place. The walk continuous to return to the beginning of the excursion, from where the group may proceed by car as far as **Almésçar waterfall** for a refreshing bath. Possibility of a **hillbilly lunch** (suggestion only, not included) in the late afternoon. Return to Chapada dos Guimarães with a visit to the **outlook point of South America's Geodesic Center**. Trip back into Chapada dos Guimarães, arriving at the end of the day. Evening free and overnight.

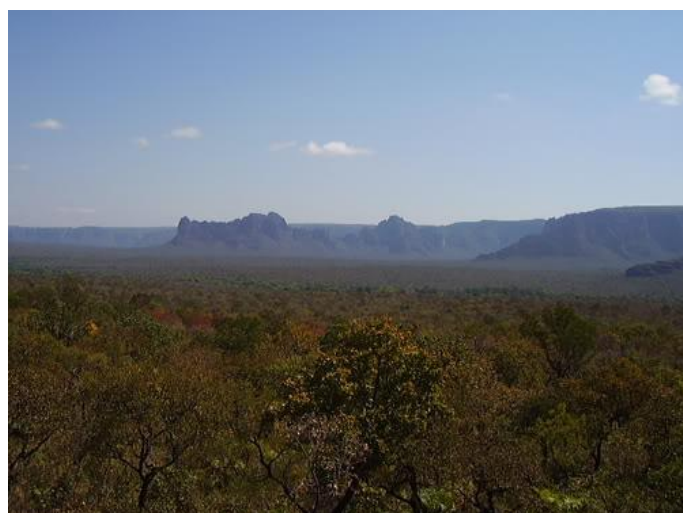




### 3rd Day - Chapada dos Guimarães

{Clean River valley, Cockscomb, Small Waterfall, Windy Hill Restaurant, transfer out}

After breakfast (9 a.m.) we leave on a trip of just over 20 kilometers alongside Chapada's million-year-old sandstone cliffs. We turn off into the **Rio Claro valley (National Park)** and cross savanna with beautiful views. A walk to the **Cockscomb**, a high narrow rock outcrop from where you are treated to a panoramic view of the cliff-lined region that gives the visitor a clear notion of just what is Chapada. Next we walk on to the **Clear River**, where a refreshing bath in crystalline water will be awaiting everybody. Contemplative flotation can be practiced here, while you become acquainted with some of the region's species of fishes while diving in a river that springs at the foot of the cliff less than a kilometer away. After the bath the tour goes on, climbing back up towards Chapada as far as the panoramic Windy Hill Restaurant (suggestion only, not included). An excellent meal with a lovely view to complete the day Evening free. Overnight



#### 4th Day – Chapada dos Guimarães {National Park Waterfalls Circuit}

After breakfast (9:30 am) trip to **Chapada dos Guimarães National Park**. Access by car using the service road for approximately 05 km until you reach the starting point of the hike. A little stretching and then begin to walk in the Savanna. Walking by the old service road, learning paths and rocky fields and characteristic of the Brazilian savanna. Arrival at the beginning of the circuit Falls National Park: **Waterfalls '7 de Setembro, Cachoeira do Pulo, Cachoeira do Degrau, Cachoeira da Prainha e Cachoeira das Andorinhas'**. Possibility of swimming in all them. During the tour visitors will have contact with the geologic mosaic that makes up the 'plateau', knowing from primitive rocks of the continent, as Phyllite, even the newer formations, such as training Furnas and Ponta Grossa. The visitor could take baths in pure fresh water in the center of Brazil. Trekking to return and access to the **Casa de Pedra - Stone House**, a small sandstone cave carved by the stream river September 7, one of the trainers of the waterfalls. Visual exploration of the Casa de Pedra and farewell. Travel by car out of the National Park planned for 15h. Possibility for lunch in a typical restaurant (suggestion of lunch not included).



#### 5th Day – Chapada dos Guimarães

##### {Valley of the Dinosaurs, Jamacá Valley, Panoramic restaurant Morro dos Ventos}

After breakfast (8:15 a.m.) trip to the nearby National Park of Chapada dos Guimarães. Start the walk to the Valley of the Dinosaurs, place full of rock formations typical of the sandstone, such as 'snail', 'cups', 'locomotives', 'walls' and many other highly suggestive. The walk will follow in the midst of incredible formations, even to the point overlooking the entire valley. Here the visitor will be able to observe one of the largest extensions of the chapada rock formation and understanding more about the geology of the South American continent. Will be around four hours of sightseeing. At the end of the walk a coconut water to refresh. The trip will continue to the Chapada dos Guimarães to visit the Valley of Jamaca, a name that means 'the armory house' and was formerly a neutral place where many different tribes were meeting. There visitors will have the opportunity to hold a short walk in the forest and know the Jamaca Waterfall, with 12 meters high. Opportunity for a refreshing swim and walk into the forest. Continuing the trip to the panoramic restaurant Morro dos Ventos, where they can experience some typical regional dishes (suggestion, not included). After lunch, return to hotel and free night.

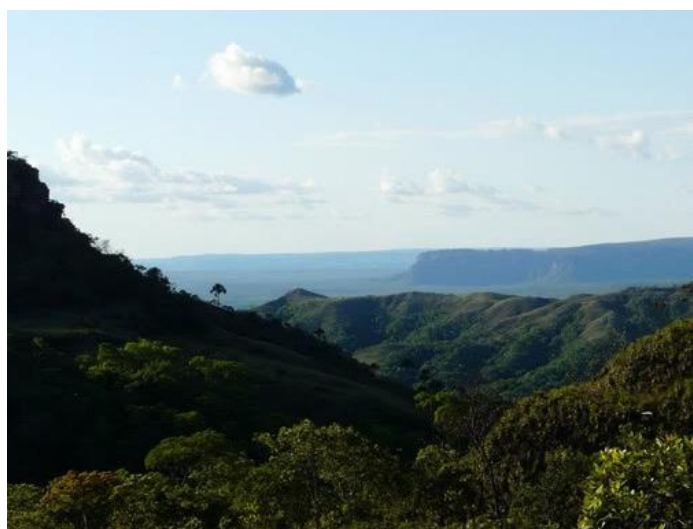
OR

#### 5th Day – Chapada dos Guimarães

##### {São Jeronimo Hill - Chapada dos Guimarães national park}

After breakfast (8:15 a.m.) trip to Parque Nacional de Chapada dos Guimarães. Access by car via the service road for approximately 05 km until you reach the starting point of the hike. A little stretching and then begin to walk in the Cerrado. The proposed circuit begins in the House of Stone, a small sandstone cave carved by the creek on September 7 and one of the rivers that form the Waterfalls Circuit. Walking through the small cave, following a small trail into the woods and then to an old road. The way is full of rock formations that resemble ships, totem poles, alligators, besides the well-preserved vegetation. After about 5 km walking will begin a overlooking to the Morro do Quebra Gamela, overlooking the plain below. Morro de Saint Jerome can already be seen from this point. A small climb and the walk will go in a hallway in the rock. Then the scenery will open to an overlooking point to the

cliffs, plains and Morro de Sao Jeronimo, giving an overview of the region and soon the adventure ahead. After crossing a small forest, the group will be at the foot of the hill and start to climb quietly. Arrival at the top of the hill of St. Jerome, one of the highlights of the region that allows a 360 degree view. By far the walls of the City of Rocks. A well deserved rest while enjoying the scenery. The return trail encircles the top of the hill and visitors will have a complete picture of the region. After descending the stairs from the Hill of St. Jerome, return the same way. A little stop at the Stone House to cool off a bit. Output of the national park at the end of the day and return to the hotel. Evening free.



## 6th Day – Chapada dos Guimarães / Airport {transfer out}

After breakfast transfer to Cuiabá and farewell.



## Do not forget to bring

- small rucksack to daily walks;
- trainers or shoes to walking (very important), lights (optional);
- clothes, flipflops or sandals, bathing suit, jacket, cap or hat;
- light cotton clothes for the activities, long sport socks;
- bermudas, t-shirts;
- swimming clothes;
- solar protector, repellent, photo camera, binoculars, pocket flashlight;
- personal hygiene articles and whatever medicines you may be taking (recommended);
- films and batteries (if you need to replace everytime).

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## Included in the excursion:

- the company of an accredited tourist guide;
- transport during the excursion;
- the above itinerary, cues;
- lodging with breakfast;
- transfer airport/Cuiabá/airport

## Not included in the excursion:

- personal expenses;
- drinks and extras;
- meals and entrance taxes

## Park Eco Lodge

<http://www.pousadadoparque.com.br/index.php>

## Solar do Inglês

<http://www.solardoingles.com.br/>

## Bom Jardim

<http://www.pousadabomjardim.com.br/>



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