



## CHAPADA DAS MESAS – MA

*Chapada das Mesas* is a National Park located in the city of Carolina in the south of the state of Maranhão, in the Tocantins Valley region.

With immense ecotourism potential, Chapada das Mesas offers its visitors a dazzling set of waterfalls, trails, caverns and generous landscape. The plateau is cut by 22 different rivers. The temperature in the region ranges from 36.6°C to 19.6°C, with the milder temperatures in June and July. The high season is from July to September, which is when the fluvial beaches along the Tocantins appear. For the tourist in search of fascinating landscapes, the Chapada das Mesas is a good choice due to the diversity of environments, such as forests, plateaus, rivers and waterfalls in caverns.

In terms of gastronomy the visitor will be pleasantly surprised. Among the typical dishes, those of African origin deserve mentioning, such as Caruru and Cuxá (made of dried shrimp, vinegar cruet, sesame seeds and cassava flour). The frontiersman influence in the jerked beef with cassava, farm chicken, fish stew and duck stew. The fruits are healthy and refreshing alternatives on hot days, and the Bacuri, Cupuaçu, Genipapo, Murici and Açaí juices are delicious alternatives.

The Chapada das Mesas holds delights and pleasures in all its environments, from the encounter with nature to the receptive people of Carolina, in this which is yet another place of sublime beauty in Brazil.

### 3 nights package – Departures from Imperatriz

Direct flights are available daily from São Luís to Imperatriz by Gol or TAM

#### Day 1

In the morning, departure from Imperatriz in air-conditioned vehicle to Carolina, located 220 Km from Imperatriz. Check in at local Pousada (Candeeiros ou Lajes Pousada). After check in we'll go to Itapecuruzinho waterfall, located in São João da Cachoeira – 30 Km from Carolina.

The imposing Waterfall of Itapecuruzinho is a true natural club. There, besides the inviting area for bath, the tourist counts with a leisure structure with playground, bar and restaurant.

Itapecuruzinho appears like an impressive waterfall formed by Itapecuru River, with crystal clear waters and dimensions of 14 meters high and 12 meters wide.

Return to the pousada and Overnight.

#### Day 2

After breakfast we'll visit the Pedra Caída waterfall, located 35 Km from Carolina. We'll take a hike through an ecological trail until the Canyon access, then we'll go down a 130-step stairs, walk through a corridor of rock walls (aprox. 50meters high) followed by a walk upriver until we get to the "Sanctuary". Stop for lunch. Continue towards the Pedra Furada Waterfall, taking a 2 Km walk in narrow trail, going down another stair until we get to the waterfall. We'll enjoy the scenery and swim, then we'll follow to the Portal da Chapada (a 120 meters plateau with a big crack on its top), where we'll contemplate the formation of the tablelands

### Day 3

In the morning departure in 4x4 vehicle to São Romão Waterfall, sanctuary of the Swallows, 86 Km away from the city, 53 Km of the path is through the cerrado (savanna) with possibility to watch specimens of the local fauna (the route takes 3 hours). This waterfall is the largest one in volume of water. We'll visit also Prata waterfall, where there's a group of 3 waterfalls formed by the Farinha river. Duration of the tour is 12 hours. Return to the hotel and overnight

### Day 4

After breakfast, departure to Dodê waterfalls, 32Km from the city center, with 15 meters high in the middle of the Cerrado (Savanna). In the way we'll find several wells for swimming. We'll continue to Mansinha Waterfall, a mineral water fountain, then back to Carolina for lunch. After lunch transfer out to Imperatriz to take the flight back to São Luis

A trip to Chapada das Mesas is likely to include long walks and swimming. Comfortable shoes, light clothes and swimsuits are therefore mandatory.



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