

Southern Brazil



This week-long getaway to the south of Brazil will be a wonderful experience of culture, natural beauty, and adventure. Spend some time exploring the most beautiful beaches in Brazil and the dune ecosystems that surround them on Santa Catarina Island. Enjoy optional activities that may include rafting down the Rio Cubuto in class III and IV rapids through lush sub-tropical rainforest. The air is rich with the sweet smells of the blossoms that ornament the verdant background. Sail through the coastal islands to the Baia dos Golfinhos (Bay of Dolphins) and have lunch on a distant beach. Travel up the chiseled mountains of the Serra Gaucha to the Pousada Morro Grande, a 5th generation working ranch. Ride on horseback through fields of native wildflowers, majestic Brazilian Pine forests and breathtaking canyons. Ride out to the Uncle's ranch for an overnight stay and rappel into Canyon Bicudo next to the 35 meter waterfall, Salto de Bicudo. Feast on the famous Brazilian barbecue, dance the traditional Gaucho dances to live accordion music and be swept away in the warm atmosphere of the traditional Gaucho lifestyle.

Itinerary

Day 1. Arrive in São Paulo and catch our connecting flight to Florianópolis, the capital of the state of Santa Catarina. Travel by van to the pousada, Lagoa da Concessão, where you will be staying for the next few nights. The city of Florianópolis spans the mainland and an island. The island has 70 or so diverse beaches, among the most beautiful in Brazil. The pousada, or Brazilian bed and breakfast, is situated between a large brackish water lagoon in the middle of the island and dunes that roll into the sea to the East. The rest of this afternoon, head to Praia Mole, a cove surrounded by granite rocks and dune vegetation. Dine on traditional dishes of the region featuring fresh seafood at Casa do Chico. After dinner, head to the club, La Pedreira, for some traditional forró music. Forró is a style of music from the Northeast. The people in Brazil dance the forró to keep themselves warm on cold winter nights. Whether you want to dance or not, you will find it extremely difficult to keep your body from moving and getting involved with the local crowd.

Day 2. Sailing! After a morning yoga practice, embark on the Sem Destino (Without Destination) and the Sexta-feira (Friday) for an all day expedition on the South Atlantic. The peaceful and tranquil voyage on the sailboat will intoxicate and sooth you. The destination will be the island of the fort. The island has a Portuguese fort and plenty of open flat

spaces overlooking the bay. Lunch on the beach in the Bay of Dolphins. You may see the dolphins that frequent the area or the seahorses that can be found in the inter-tidal pools. Later, hike through the dunes from Lagoa to Praia Joaquina. The trail goes through coastal dune vegetation. As night falls, the stars of the Southern sky will reflect of the crashing tide to illuminate the beach.

Day 3. Head off the island and into the foothills of the Serra Geral to the Rio Cubutão for some class III and IV white water rafting. The water on the river is clear and will be refreshing in the late summer sun. The descent takes you through the heart of the state park, Tabuleiro. The park is the largest preserve in the state and one of the best-preserved pieces of Sub-tropical Atlantic rainforests. After your descent of the river, you have an option of touring a cachaçaria, a distillery of the national alcohol. Walk through the process and have an opportunity to sample some of the wares. Sample at your own risk! This stuff has a tendency to sneak up on you. After the cachaçaria, drive up into the breathtaking mountain range, Serra Geral, along the winding road atop the mountains to the base camp, The Pousada Morro Grande. Stop along the way to view some natural wonders and experience some local drinks of "coco verde," coconut milk, and "caldo de cana," sugar cane juice. Arrive to an abundant and tasty dinner prepared by Dona Vera, the Matron of the house. You will not go hungry when Vera's cooking, that's a fact! After dinner, relax in the barn, fireside.

Day 4. After breakfast, get your horse riding clothes on and convene in the barn for a lesson on how to saddle up and a few pointers on riding. Bring something to swim in because you'll be riding to the largest river in the region, the Pelotas, to play in the largest waterfalls on the river, the Salto das Pelotas. For the fearless of heights, a nice rock provides a great place to lunge oneself off for a 15 foot drop into an enormous pool waiting below. Otherwise, hike down and experience any number of hundreds of pools and falls to relax in. There is no need to rush back from this natural wonder. Tonight will be a feast on a variety of meats and vegetables cooked together on an enormous flat pan on a wood-burning stove. The secret ingredient in this flavorful dish is the seeds of the Araucaria trees that dominate the landscape in this region.



Day5. Saddle up, folks, you're heading out across the rolling range this morning to Tio (Uncle) Tarcicio's farm for a few days deeper into the countryside. This trip is a gem that is full of spectacular vistas, lore and tradition. Relax briefly once you reach Tio Tarcicio's and remount for a 40 minute jaunt on horseback to the edge of Bicudo Canyon for lunch in the countryside. After lunch and a siesta on the canyon's edge, practice on the edge of the canyon. Afterwards, rappel into the canyon next to the 35 meter waterfall, Salto de Bicudo. Or follow a trail down if you prefer to stay firmly planted vertically. The trail follows the winding Rio Porteira and will lead down and out of the canyon. You will see the striking difference of the vegetation inside of the canyon and pass many beautiful little waterfalls and swimming holes. As night falls, the stars of the Southern sky will begin to poke through the impending dark canopy. New constellations only visible in the Southern hemisphere will present themselves. Prepare a typical Gaucho "dinner on the trail," carreteiro, in a cast iron pot over an open fire.

Day 6. Back in the saddle, ride back to the Morro Grande. Return on a trail that leads past the other side of the Morro Grande. Climb up the tallest peak in the region, the Morro Grande, and watch the sunset over the rolling hills of the sierra. Return for a famous Brazilian-style barbecue feast, churrasco, in the barn with a variety of meat and vegetables directly from the ranch and live Gaucho music. Learn a few dance steps, too. Continue the music into the night, play guitar, sing and dance, along side the fire in the barn.

Day 7. Wake to the Southern Brazilian version of cappuccino, camargo, in the barn and the traditional breakfast, café colonial. After breakfast, gather your things and start the journey back to Florianópolis. There are plenty of surprises along the way. See spectacular rock formations near the city of Urubici. Hike into Avencal Canyon and be greeted by a roaring 100 meter waterfall. Rarely-seen hanging gardens ornament the walls of the canyon. Hike through the natural reserve, Sete Quedas or 7 Falls reserve. Arrive in Florianópolis with plenty of time to kick back and relax a little before dinner.

Day 8. Unfortunately, you leave today, but not until the afternoon. You have a free day to roam the beaches, comb through the public market, or just hang out. After a late lunch, head to the airport to catch your connection back to São Paulo. In São Paulo, catch your overnight flight back to the States.

Trip Details

Trip Length:	8 days/ 7 night		
Dates of Trip:	November 26- December 3 (Ages 22-30) December 3- December 10 th		
Cost:	\$2400		
Single Supplement:	The single supplement is only available the first two nights additional \$100		
Meeting Place/Time:	Final destination is Florianópolis (city) airport in the state of Santa Catarina, mid-late morning <i>via</i> São Paulo (first entry point and customs clearance for all international flights from the U.S.). Please make sure that you allow yourself enough time to connect in São Paulo, before continuing to Florianópolis.		
Depart From:	Day 8 - Florianópolis airport, late afternoon—leaving at 4:30 arriving into Sao Paulo at 5:30 pm		
Getting There:	<p>We suggest various consolidators (below) for booking your airfare to Brazil depending on you particular itinerary and departure city. You may book your international flight directly to Florianópolis, however, all international flights from the U.S. to Florianópolis (FLN) go through São Paulo (GRU), and there are no direct international flights to Florianópolis. Hence, since São Paulo is your first point of entry, you will need to disembark the plane and go through customs in São Paulo.</p> <p>Most international flights are overnight and arrive in the morning of the following day.</p> <p>Consolidators specializing in flights to Brazil: Shoshana Travel works with consolidators (847) 470-0441 or shoshana.segal@comcast.net.</p>		
Price Includes:	<p>You can book an international flight to Sao Paulo as well and get a separate domestic flight to Florianópolis on your own. It will be approximately \$200 and the domestic airlines are GOL or TAM.</p> <table><tr><td><ul style="list-style-type: none">• Airport transfers• Ground transportation to scheduled events• All scheduled activities• All scheduled tours and the services of extremely fun and knowledgeable guides</td><td><ul style="list-style-type: none">• Accommodations• All scheduled meals• All non-alcoholic drinks at the Pousada Morro Grande</td></tr></table>	<ul style="list-style-type: none">• Airport transfers• Ground transportation to scheduled events• All scheduled activities• All scheduled tours and the services of extremely fun and knowledgeable guides	<ul style="list-style-type: none">• Accommodations• All scheduled meals• All non-alcoholic drinks at the Pousada Morro Grande
<ul style="list-style-type: none">• Airport transfers• Ground transportation to scheduled events• All scheduled activities• All scheduled tours and the services of extremely fun and knowledgeable guides	<ul style="list-style-type: none">• Accommodations• All scheduled meals• All non-alcoholic drinks at the Pousada Morro Grande		
Price Does NOT Include:	<p>International and domestic airfares are not included in the above prices. Also, Brazil requires a tourist visa to enter the country at US\$140 (+\$20 if you don't pick it up in person). Travel insurance is not included but strongly recommended. Alcoholic drinks and souvenirs are not included. Departure Tax The airport departure tax in Brazil is currently \$36.00 USD. It can be paid in US dollars or the equivalent in local currency.(Real) <u>Optional Tours:</u> For those who would like to experience another region of Brazil either before or after the South, we can suggest and arrange extension trips to other regions of this wonderful and exciting country such as Rio or Iguasu Falls</p>		
Group Travelling:	<p>The group sizes vary, but it is generally between 8-15 people. Generally most people travel solo, come from all parts of the United States, this one has a large contingent of people from Chicago. When traveling as a group, it is necessary to be considerate of everyone on the trip and we therefore ask that you are ready to leave at the designated times.</p>		
Trip Fitness Rating:	<p>Although the trip is very active, most parts of the tour are of minimal physical intensity. The hikes are fairly short 1- 2.5 hours and across mostly level, but sometimes rocky, terrain, sometimes with stream crossings. A few activities, like rappelling and white water rafting, will be a slightly more demanding but no prior training or physical preparation is necessary</p> <p>Horseback riding experience is not necessary. As with people, our horses have unique personalities ranging from more animated to docile. We do our best to correctly match horses to the rider's abilities and our utmost to make sure that you are comfortable on horseback. We will give basic instruction to less experienced riders. For some of our more intense horseback riding trips we strongly recommend riding experience. We do provide helmets.</p>		
Passport Info:	<p>A valid passport is required for travel to Brazil. Please make sure that your passport expiration date is at least six months beyond the date of return and with at least 2 blank visa pages available for the visa stamp - excluding the pages reserved for Amendments and Endorsements. If you do not have a passport, you will need to acquire one for international travel. United States citizens can usually apply for a passport at a number of facilities including many Federal, state and probate courts, many local post offices, some libraries and many county and municipal offices. Apply early! Depending on the agency used, you will receive your passport within 5-6 weeks. If expedited service is necessary, you must apply in person at one of 13 passport agencies found in most major cities. You must present your airline tickets or airline generated itinerary and the other required items</p>		

for the application. You need to make an appointment with your passport agency for expedited service. If you do not live near a passport agency, you can use an overnight delivery service and your local passport acceptance facility. An additional \$35 is charged for expedited service per application. Further information and your local passport processing facility can be found on the website of the U.S. Department of State:

<http://www.state.gov/index.cfm>

Visa:

U.S. Citizens need a visa to Brazil. Cost is \$140 and must be used within 90 days of when it is received and is valid for one year. You can find out more information here.

http://www.brazil.org/visa_tourist_eng.htm

Citizens of other countries please check with your local Consulate General of Brazil.

- A visa can be applied for at the Consulate General that serves your region of the United States. Visa application forms and the application procedure, as well as a full list of other countries requiring a visa can be found on these websites. Please note the consulates in New York, Los Angeles, and San Francisco, DO NOT ACCEPT APPLICATIONS BY MAIL.
- Houston TX- website www.brazilhouston.org
1233 West Loop South
Park Tower North, Suite 1150
Houston, TX 77027
Tel: (713) 961-3063
Jurisdiction: States of Arkansas, Colorado, Kansas, Louisiana, New Mexico, Oklahoma, and Texas.
- Los Angeles, CA - website www.brazilian-consulate.org
8484 Wilshire Blvd., suites 730-711
Beverly Hills, CA 90211
Phone: (323) 651-2664
Jurisdiction: States of Arizona, Hawaii, Idaho, Montana, Nevada, Utah, Wyoming, and in California, the counties of Imperial, Kern, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara, and Ventura.
- Boston MA – website www.consulatebrazil.org
20 Park Plaza - Suite 1420
Boston, MA 0211
Tel: 617-542-4000
Jurisdiction: States of Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont
- Chicago IL – website www.brazilconsulatechicago.org
401 North Michigan Avenue, Suite 1850
Chicago, IL 60611
Tel: (312) 464-0244
Jurisdiction: States of Illinois, Indiana, Iowa, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota, and Wisconsin
- New York, NY – website www.brazilny.org
1185, 6th Ave (Avenue of the Americas), 21st Floor
New York, NY 10036
Tel: 917-777-7777 / 917-777-7601
Jurisdiction: States of Connecticut, Delaware, New Jersey, New York, Pennsylvania and the Bermuda Islands.
- San Francisco - website www.brazil.org
300 Montgomery Street - Suite 900
San Francisco, CA 94104
Tel: 415-981-8170
Jurisdiction: States of Alaska, Oregon, Washington, and in the State of California, all the counties not included in the jurisdiction of Los Angeles.
- Washington, D.C. – website www.brasilemb.org
3009 Whitehaven Street, N.W.
Washington, D.C. 20008
Tel: 202-238-2837
Jurisdiction: District of Columbia, States of Kentucky, Maryland, Ohio, Virginia, and West Virginia.

In order to process your application for a tourist visa you must present the following information all at once:

- Your passport, must be valid for at least 6 (six) months from the intended arrival date in Brazil (at least two whole blank page);
One Visa Application Form, filled out, dated and signed by the applicant (parents must sign for minors under 18 years old);
- One recent (2in x 2in) passport-photo, front view, white background. Snapshots or computer pictures are not acceptable;
A copy of a booking slip or a booked itinerary showing travel to and from Brazil, passenger

- names, itineraries, flight numbers and arrival/departure dates;
- An additional absent fee of US\$10.00 will be charged for any application not submitted in person by the applicant or by his/her immediate family.

You will need to include a contact and address while in Brazil. The contact you can use is:

James Hodson, Brasil Travel
Florianópolis, SC 88025, Phone: 48 3335 0153

The address you can use for where you will be staying:
Pousada Morro Grande, Km 110, SC 428, Bom Jardim da Serra, SC 88640
Phone: 49 3232 0103

Immunizations:

- Check with your health care provider, and/or visit a travel immunization clinic, at least 4-6 weeks before you travel.
- Make sure you are up to date on your tetanus shot.
- Also if you have traveled to any of the following countries within the last 90 days, you need to show a yellow fever immunization certificate: Angola, Benin, Bolivia, Burkina Faso, Cameroon, Colombia, Ecuador, French Guiana, Guyana, Gabon, Ghana, Gambia, Guinea, Liberia, Nigeria, Peru, Sierra Leone, Sudan, Surinam, Democratic Republic of Congo (ex-Zaire) and Venezuela.
- If possible, get a prescription for a broad-spectrum antibiotic.
- Although Southern Brazil is benign of diseases, yellow fever, dengue, cholera, and meningitis, exist in other parts of the country. For this reason, Brazil is a quarantined country and blood donors will not be able to give blood for a year after the trip. If a donor does not want to wait a year to give blood, he/she will have to present a detailed itinerary of all the locations visited while in Brazil to their donor station. Consult the American Red Cross for further details.
- Southern Brazil is relatively benign and no vaccinations are required for travel to the region

Weather and Preparation:

The weather is mild throughout the year with temperatures on the coast being 80 – 85°F during the day and 70 – 75°F at night. The mountains tend to be cooler at night with temperatures ranging from 60 - 65°F. However, temperatures can also be cooler in the mountains when it rains, 65 - 70°F.

Seasons in Brazil are the reverse of those in the U.S.A. and Europe:

Spring = September 22 to December 21

Summer = December 22 to March 21

Autumn = March 22 to June 21

Winter = June 22 to September 21

Currency:

U.S dollars are easily exchanged at hotels, banks, travel agencies and currency exchange offices. Generally, the exchange rate for traveler's checks is lower than for cash. Credit cards are widely accepted in large cities in Brazil, however, if you are traveling to smaller towns, it is advisable to exchange some money before your trip.

Brazilian merchants do not accept dollars and they need to be changed into the Brazilian currency, the Real R\$ (pronounced: "hey-ow"; plural: Reais: "hey-eyes"). Coins come in 1,5,10,25 and 50 centavos and 1 real and bank notes come in 1 real, 2,5,10,20,50 and 100 Reais. If you have a Visa debit card from your bank, you can reliably use it to retrieve Brazilian currency at decent change rates from ATM machines of Banco do Brasil and Bradesco Bank that have a visa or cirrus logo on them. ATM machines from other banks are hit and miss. All airports have ATM machines in them or you can exchange cash at the currency exchanges in the airports at reasonable rates.

How much money to bring?:

You will need very little money while you are there, an occasional meal not covered, tips (see below for rule of thumb), and alcohol is not covered, but it is not that expensive. There will be opportunities along the way to buy local artisan crafts. You will need currency for the meals that are not included in the trip prices. Most restaurants accept Visa or MasterCard.

Tipping:

Airports: porters may charge as much as \$1 per bag

Taxis: Tipping is not expected, yet many people choose to round up the fare. Drivers in some cities charge for help with baggage

Hotels: a \$1 tip is a sufficient for chambermaids and bellboys

Restaurants: a 10% gratuity will often be included in the bill. It is customary to leave a bit extra for good service. When not included on the bill, 10-15% is the general tipping rule.

Sales Taxes: advertised prices on store windows and bills will always include sales taxes

Accommodations:

On the coast: Hotel Samuka (www.samukahotel.com.br): Hotel Samuka is a very quaint tropical hideaway. Recently renovated, the hotel has lush vegetation surrounding the rooms and views of Lagoa da Concessao (Concession Lagoon) from the second floor. Most restaurants and shops are in walking distance and the lagoon beach is right across the street.

In the mountains: The Morro Grande: Vitorli Machado and his son, Inizio, are the 4th and 5th generations to operate the ranch Morro Grande (the Big Hill) near Bom Jardim da Serra, Santa

Catarina, Brazil. Vitorli's Great Grandfather was of Spanish descent and immigrated to the region toward the end of the 19th century via the southern state of Rio Grande do Sul. Like many of the immigrants, he took advantage of the natural grasslands and abundant water supplies and became a cattle rancher. The Morro Grande ranch continues to produce free range, chemical and hormone free cattle and provides succulent beef to the region and the rest of Brazil. In 1990, an addition was put on the farmhouse to accommodate travelers passing by and the Pousada (Bed and Breakfast) Morro Grande was born. The Pousada has treated thousands since then with home grown, home cooked meals, horseback tours through the tranquil invigorating countryside, and the warm atmosphere of the traditional Gaucho lifestyle.

Electricity:

The current varies throughout Brazil. In Southern Brazil the current is 220V but it is 120V in most other regions. The outlets generally have holes for 2 flat prongs or 2 round prongs. If you plan on bringing electric appliances, a converter and adapter plug may be necessary. To avoid ruining your appliances, it is advisable to consult the hotel before plugging anything into an outlet.

Food and Water:

Most major Brazilian cities have water treatment plants, but you should nevertheless avoid drinking tap water without filtering it first. Drinking only filtered or mineral water is strongly recommended. Brazilian cuisine differs from region to region. Some people may be more sensitive than others to the strong, spicy seasonings used in many typical dishes. While some people are unaffected by the foods they choose to eat, others may experience digestive problems from foods they are not accustomed to eating. When traveling abroad, anywhere in the world, one of the most effective ways to reduce one's risk of intestinal disease is to eat mainly at the major restaurants and hotels, where sanitary standards are usually quite reliable. When eating on the beach, at street kiosks, or in a very small restaurant, it is generally best for travelers to eat well cooked foods, thus avoiding uncooked prepared foods (such as salads) that may have been rinsed in unfiltered tap water.

About Southern Brazil:

Southern Brazil is a unique mix of rich Gaucho culture mixed and inspiring natural beauty. The region was the last to be colonized in Brazil, mostly by Portuguese, Italian, Spanish, and German immigrants. The people are warm and gracious adding their personal touch to the Gaucho lifestyle that they share with their neighbors from Argentina, Uruguay and Paraguay. The endemic Brazilian Pine forest atop the rolling hills and grasslands are an idyllic backdrop to the numerous rivers, streams and waterfalls in the region. The South of Brazil is an undiscovered gem in a vast and diverse country. The strong regional spirit in this state makes for a rich folklore of music and dance coupled with the traditional "churrasco", (barbecue) and the "chimarrão (mate tea).

Languages:

Portuguese is the language spoken in Brazil. Spanish, and to a much lesser extent English, will help you get around. Here is a link to some useful Portuguese phrases - <http://www.braziltourism.org/funtips1.html>

Things to buy:

Brazil offers people a great variety of gifts, especially in terms of arts, crafts and natural products. If you are looking for ethnic arts and crafts as gifts you should go to some of the inexpensive shops of FUNAI (the government Indian agency) which acts like a cooperative. The three main things to buy in Brazil are arts and crafts, gemstones and leather goods.

Arts and Craft traditional Indian gifts include the following:

Ceramic arts: a specialty of the Marajoara, Tapajoara and other eastern Amazonian Indians.

Painted figures: have become associated with the Karaja tribe.

Woven bags/baskets: made with Brazilian leaves, bark and other natural fibers the baskets and bags of the Kaxinawa Indians have become famous.

Lace: can be found in Fortaleza and the south-eastern coast.

Gemstones: Common gemstones in Brazil include Esperssartita, Tourmaline, Ametist, Greengold, Quartz, Topaz and Diamond. All make great gifts.

Safety:

Don't take anything out with you on the streets that you're attached to—you may not return with it. Just the fact there. Suggestions are to sew a pocket inside your pants, disperse your money in different pockets and don't carry more than what you need that day.

Telephones:

Below you will find the procedures to make telephone calls in Brazil.

○ **International direct dialing from Brazil**

00 + (carrier code : Embratel 21 or Intelig 23) + (country code) + (area code) + (number)

Example: 00 + 21 or 23 + 1 (for the U.S) + 202 (for Washington) + 555 1212 (number)

○ **Direct long distance dialing within Brazil**

0 + (carrier code) + (area code) + number

Example: 0 + 21 or 23 + 41 (for Curitiba) + 555 1212(number)

To place local or long distance call within Brazil using a pay public telephone you will need a local, long-distance or international phone card that can be bought at newsstands.

How do I join this trip?:

Please mail or fax the registration material at the end of this packet to 877.264.7694 to reserve a space. We need the following:

- Participant contract/profile
- Payment (generally in full, though installments can be worked out)
- Signed waiver form
- International Trips: 2 clear copies of your passport

Special Requests: If you have any special dietary needs or any special requests, let us know.

How to pack: We suggest a large duffel-type bag or other soft-sided luggage and a smaller daypack. On overnight stays we will transport your luggage via jeep, however, a daypack will be necessary to carry cameras, film, sunscreen, swimsuit, etc.
Wheels are nice for the airport, but some of our locations are not going to have paved side walks

Packing Essentials:

- Valid passport and copy of passport with Visa
- Extra passport picture
- Wrap your toiletries in plastic bags separately, so if anything spills, it doesn't get over everything. Bring extra plastic bags (wet bathing suits, etc.)
- Wet ones and/or hand sanitizer gel
- Lip balm
- Moisturizer
- Power bars/granola. It's bound to happen, you're hungry when others aren't.
- Purse or pouch to carry your passport and travelers checks
- Flashlight
- Travel alarm
- Toiletries: toothbrush, toothpaste, shampoo, hairbrush, etc...
- Camera and film with extra batteries for your camera and binoculars
- Pocket knife (optional, but sometimes handy)
- Personal first aid kit: aspirin, ibuprofen, Band-Aids, antihistamine tablets, prescription medications clearly marked in their original containers, caladryl, moleskin, etc...
- Extra copy of your prescription for any medication...written in generic drug terms
- Extra pair of glasses and/or contact lenses
- Water bottles or camelback™ at least a holder for your water bottle
- Sunglasses with UV protection and retainer leash (such as Croakies™)
- Sunscreen (SPF 15 or higher) and lip balm with UV protection - this is a must!
- Insect repellent
- Towel (2)
- Small hiking daypack to carry items such as a camera, sunscreen, chapstick, snacks and rain gear.
- Optional: Small binoculars, compass, star chart

Equipment Details:

Of course, you know you best, so bring what you deem necessary and leave behind what you don't, i.e. if you are a "cold" person, bring along an extra sweater or sweat shirt. The county where we live in the South is deemed the County of Water. Literally, the water bubbles out of everywhere from the mountains and creates a lot of wetland habitat. On some of the hikes, you will be ankle deep in water or mud so bring a solid pair of water boots. Mud and water will go over the top of regular hiking boots, they WILL get muddy and wet and therefore run the risk of destruction!!! We (and all of the locals) use rubber boots and have rubber boots for people to use if they choose. However, some people may find them uncomfortable so if you have a pair of your own, bring them. When on horseback in the South, we mostly ride in rubber boots again. Cowboy boots or high boots will work but they will get splashed and possibly muddy. The horses splash water and mud while riding through puddles, so be prepared back country shower! A rain jacket is a must as most of our activities will proceed rain or shine. We do have ONE washing machine on the ranch for a minimal charge, however, all clothes are line dried which may delay drying. We will assign one saddle bag per person while on the ranch. We use saddle bags as day bags for all horseback rides, overnight rides, and hikes, but you may prefer a small backpack.

Packing List

Equipment and Clothing List:

The following checklist has been prepared in order to help you procure the proper equipment and clothing needed to make your trip an enjoyable and comfortable experience. Please check your equipment carefully to make sure that it fits well and is in good working condition before arriving for your trip. We will supply all group equipment, including food, support vehicle, and emergency medical supplies.

On the Plane:

- Wear comfy clothes.
- Bring toiletries, like toothpaste, toothbrush, washing up during the long flight helps. Remember that you can't take liquid over 100 ml with you. www.tsa.gov/311
- Bring an iPod or the like with your favorite tunes--it helps time pass
- Some snacks
- Travel pillow
- Put light clothes in a readily available space (or pack it on top of your suitcase). You may want to change when you get there without having to go through your entire suitcase.
- Earplugs
- Stuff to read; NO work
- Small notepad

This is a general list that includes items that may not be needed for certain legs of the whole trip. Recommended items:

- A broad brim sun hat with strap or a baseball-type hat. Although the temperature is never excruciatingly hot, the sun can still be quite dangerous especially being out in it for extended

- periods. The mountains can be breezy and the wind is almost always gusty near the tops of peaks, so a strap on the hat is necessary.
- 2 bandanas, great for keeping the sun off of your neck.
 - Casual dress cloths for going dancing, jeans or dockers will work here, nothing too fancy.
 - 2 pair of comfortable long pants for horseback riding or hiking. Jeans or Dockers are great for riding. We ride in the traditional Gaucho dress of baggy bombacha pants. They are cotton and extremely comfortable for riding. You can purchase bombachas for those who would like to play the part and take home a great souvenir.
 - 3 pairs of shorts to hike or lounge around.
 - Comfortable shirts for each day, we recommend bringing at least 2 long sleeve field shirts for riding and hiking to protect from the sun or wind.
 - Enough socks and underwear for each day (We recommend a sports bra for women for horseback riding, thong underwear are **NOT** recommended for horseback riding.)
 - A fleece, sweatshirt or sweater, nights and days with rain or mist can be cool.
 - A thermal or polypro shirt, layering works.
 - A light-mid weight waterproof or water resistant coat
 - Rain gear, including a coat and pants. Unless you are in the desert on this earth there is always the chance that it might rain. Southern Brazil is not a desert, so it may rain!
 - 1 or 2 Swimsuits
 - Comfortable gym shoes or hiking boots to ride horses or rubber boots if you have them.
 - Comfortable broken-in light hiking boots or gym shoes for trekking. Since the treks are of minimal intensity and distance (3 miles or less) across flat terrain, we generally use rubber boots. Again, the terrain WILL BE wet, so if you have a pair of comfortable water boots or old gym shoes, bring them.
 - a pair of old gym shoes, water shoes, or water sandals that can get wet for rafting and sailing. Rafting in bare feet **IS NOT ALLOWED**. Sailing in bare feet *is* allowed and encouraged!
 - A pair of sandals for the beach or relaxing on the veranda or in the barn.
 - Sunscreen with SPF 15 or higher and lip balm with SPF 15 or higher.
 - A small towel while at the Uncles' ranch or to take while swimming in the falls
 - Toiletries, toothbrush, toothpaste, shampoo, comb, etc.
 - A camera with plenty of film or these days, discs
 - Sunglasses that block UVA and UVB
 - Any special medications that are specific to you
 - Any small instrument that you can play around a fire, harmonica, jaw-harp, etc.

In the South we have available and provide:

- Rubber boots for hikes through wetland areas. Although for this trip our supply may become exhausted so old gym shoes that you don't mind getting trashed will work also.
- Soap, towels, toilet paper
- Basic first aid supplies including, topical antibiotic, Band-Aids, Ace bandages, etc.
- We have a guitar for those who like to play around the fire and sing.
- We realize despite the planning and organization, some things get accidentally left behind. We can find any items needed for purchase in any city.

Travel Protection:

For a worry-free vacation, and peace of mind, we recommend the purchase of our travel insurance. Because unforeseen circumstances may arise, we strongly recommend you purchase this ProtectAssist® Protection Plan. Coverage may be purchased any time up to 24 hours before departure. The package includes the following coverage. The following is a summary of the coverage; some coverages are subject to a maximum benefit schedule detailed on the policy. We will be happy to send you a copy of the fully detailed information on the plan. *Insurance coverage subject to limitations, exclusions and terms and conditions of policy.

Details of Coverage:

- **Trip Cost: Trip Cancellation & Interruption:** Covers you up to a maximum of 150% of trip cost if a trip is canceled or interrupted due to any of the covered unforeseen circumstances such as sickness, injury, death of you or a family member, inclement weather causing cancellation or interruption of travel. Additional detail of covered circumstances is available by request.
- **Trip Interruption - Return Air Only:** Covers the additional transportation expenses incurred by the Insured to the Return Destination for 150% of trip cost or \$750, whichever is greater.
- **Trip Delay:** Reimburses you up to \$150 a day up to a maximum of \$750 for additional accommodations or reasonable travel expenses if you are delayed for more than 5 hours.
- **Missed Connection:** Reimburses you up to \$250 if inclement weather or common carrier causes cancellation or a delay for regularly scheduled flights for three to less than five hours.

- **Baggage & Personal Effects:** Reimburses you up to \$1,000 if your luggage is lost, damaged, or stolen while you are on your trip.
- **Baggage Delay:** Reimburses you up to \$250 for the purchase of essential items if your bags are delayed for more than 24 hours.
- **Medical Expenses:** Covers necessary medical expenses up to \$25,000 up to one year after the sickness or injury provided you sought initial medical treatment while on your trip.
- **Emergency Medical Transportation:** Covers evacuation and transportation up to \$500,000 to the nearest adequate medical facility.

Extra Coverage: When you purchase your ProtectAssist Plan within 15 days* of making your initial trip payment, you also receive:

- **Pre-Existing Condition Exclusion Waiver:** You don't have to worry about Pre-Existing medical conditions.
- **Trip Cost Financial Default Protection:** Covers you if the tour operator, cruise line or airline declares bankruptcy more than fourteen days after the effective date of coverage under the policy. Must be purchased within fifteen days of initial trip deposit to receive this coverage - see description of coverage for complete details. (Bankruptcy protection is not covered for all suppliers.)
- **Flight Guard:** This addition of \$50,000 will cover you and your family in the event of loss of life while you are traveling in the air.
- **Missed Connection:** This benefit will increase in coverage to \$500.

Optional Coverage (extra costs required):

- **Flight Guard (\$9 per \$100,000 of coverage):** Coverage of up to \$500,000 in the event of loss of life while you are traveling in the air.
- **Car Rental Collision Coverage (\$9 per day, per car):** Covers collision damage to a rental car for which the car rental contract holds you responsible. \$35,000 in primary coverage, subject to \$250 deductible.
- **Umbrella Package (cannot be purchased separately):** Medical expenses and emergency medical transportation benefits are doubled and medical coverage is upgraded to primary coverage.
- **Cancel for any Reason (Multiply 1.4 by the base plan cost): Provides reimbursement of 50% of trip cost if you decide to cancel for any reason up to 48 hours prior to departure.**
- **Cancel for Work Reasons (\$24 per adult): For travelers who want trip cancellation and interruption coverage in the event they must cancel due to business-related reasons.**

Family Coverage Included: At no additional charge, the plan covers all children 17 and under who are traveling with and related to the primary adult named on the enrollment form.

Trip Cost Per Person: +\$7 fee	AGE						
	0-34	35-59	60-69	70-74	75-79	80-84	85+
\$0*	\$16	\$24	\$29	\$35	\$53	\$65	\$79
\$ 1-\$500	\$24	\$36	\$40	\$51	\$60	\$91	\$102
\$ 501-\$1,000	\$41	\$52	\$65	\$89	\$108	\$139	\$172
\$ 1,001-\$1,500	\$53	\$71	\$89	\$117	\$154	\$183	\$242
\$ 1,501-\$2,000	\$72	\$94	\$123	\$166	\$201	\$238	\$311
\$ 2,001-\$2,500	\$92	\$118	\$152	\$205	\$248	\$294	\$381
\$ 2,501-\$3,000	\$111	\$139	\$181	\$245	\$295	\$347	\$453
\$ 3,001-\$3,500	\$130	\$148	\$211	\$284	\$340	\$402	\$522
\$ 3,501-\$4,000	\$148	\$162	\$240	\$323	\$388	\$467	\$592

\$ 4,001-\$4,500	\$165	\$185	\$303	\$362	\$434	\$528	\$662
\$ 4,501-\$5,000	\$184	\$206	\$340	\$401	\$481	\$590	\$731

Cancellation policy:

The following cancellation policies apply regardless of when you registered, even for personal emergencies. Nor is there a refund for leaving a tour early or arriving late. The cancellation policy is based on the money that was due and not the money that Steppin' Out has in hand and you are still obligated to pay the balance due. For example, if you signed up for a trip and only gave a deposit, and then didn't cancel until 80 days prior, you would owe Steppin' Out 50% of the full trip cost.

- **Prior to 120 days to the departure date: \$55 administrative fee will apply.**
- **120-90 Days prior to departure date: all but 25% of the full land fee will be returned.**
- **90-60 days prior to departure date: 50% of full land fee will be retained**
- **61 days or prior to departure date: No refunds. If ticket has been purchased, you will receive the ticket.**

Responsibility: All tickets and vouchers covering ground transportation, hotel accommodations, lift tickets or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, ski area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois

Steppin' Out FAQ:

Q: Is everybody on your trips single? Do people come without knowing anybody?

A: Our trips are not exclusively for singles, so whether you are traveling alone or with a friend, spouse, or partner nobody should feel out of place. One thing is for sure, no matter how you are traveling with us you will quickly and easily meet others with similar interests.

Q: Is this a Jewish trip?

A: This trip is being marketed to other groups, and while Steppin' Out often tends to get Jewish singles, this will probably be a mix.

Q: Can you accommodate special diets?

A: There will always be a vegetarian option available at each meal. We have found local kosher delis for people on trips in the past, and have arranged to have special meals delivered. We can accommodate gluten-free, dairy-free, allergies, low-fat, etc. Just let us know and we'll do everything we can to make the trip comfortable for you in every way.

Q: Tell me about your trips- what do you suggest?

A: We try to make each destination unique, so you can experience the best of that region. For example, on the Costa Rica trip you'll spend some time on their famous white water rapids; in Crete you'll get cooking demonstrations from a chef who specializes in local, authentic cuisine; in South Africa you'll find yourself swimming with penguins and helping impoverished children in a service project; and at Camp Getaway you'll roast s'mores and enjoy all the (good) things you remember from summer camp. It really depends on what you're looking for in your trip.

Q: How many people sign up?

A: Number of participants varies depending on the location and activity. The international trips typically are no greater than 15 so we can make little impact, have more flexibility, be spontaneous, and be able to interact with the local community on a more personal scale. We've led groups as small as 4 up Machu Picchu. Our ski trips are immensely popular, and might have up to 45 people. Most national trips range between 15-30 participants.

Q: What's so special about Steppin Out trips?

A: We have been told that what sets us apart and makes our trips special is the attention we pay to the details. On our ski trips you might be seated at breakfast according to ability level so you can meet people with whom you can ski, on rafting trips you may still be accompanied by an award-winning chef so you can enjoy a delicious meal after a hard day's work, and in South Africa you will find an outfitter waiting at the airport to take you to your hotel. Whether it's providing evening choices (hot springs or comedy club?) or buying travel insurance for you, we do everything we can to give everybody an unforgettable experience with a personal touch.

**Before you go
tips:**

- Sign waiver and make sure it is returned to Steppin' Out at least 3 weeks prior to the trip.
- Find out the access code to reach an international operator for your calling card, or purchase a calling card that will work out of the country.
- Get some small currency (\$bills) for purchasing along the way. Traveler checks are good for insurance sake, but you get a low exchange rate.
- Visit the travel resource page on the Steppin' Out home page to read CDC reports, weather reports, electrical voltage etc. www.steppinoutadventures.com

Participant Trip Profile and Contract: Brazil

YES, I'd like to join a Steppin' Out tour !

Please complete this application and send it to us with your payment and a copy of your passport to Steppin' Out , in **U.S. dollars**. Our street address is: 3721 Military Road NW, #B, Washington, DC 20015,.

First Name:			Middle Name:			Last Name:		
Is this the name as it appears on your passport?								
Date of Birth:			Country of Birth:					
Passport # :			Exp date:					
Passport Country of Origin								
Current Address:				City				
State:			Zip:			Country:		
Private-Telephone:			Home:					
Mobile Phone:			Do you receive Text Messages?					
Office-Telephone								
Fax:			E-mail:					
Emergency Contact:				Relationship to Contact:				
Contact's Hm Phone:				Contact's Cell:				
Health Insurance Carrier and Policy Number:								
Health Insurance Phone Number:								
Physician's Name and Number :								
List other destinations that you have traveled to:								
What do you hope to get out of this trip?								
Please let us know about any of the following:								
Allergies			Symptoms of Allergy			Treatment		
1.								
2.								
Any Medication taking			Generic Name of Med			Dosage		
1.								
2								
3								
List any dietary restrictions:								
List any physical disabilities/impediments								
Do you have a roommate request?								
Smoker () Non- Smoker ()								
PLEASE FAX BACK TO 877.264.7694								

PAYMENT AND AGREEMENT

PRICING: BASE PRICE: \$ 2050 Price is based on payment by check, to use your credit card add 3.7% to total.

- | | |
|--|---|
| <input type="checkbox"/> After Feb. 14 Add \$175 | <input type="checkbox"/> Extra Hotel Room Prior or Post \$150 |
| <input type="checkbox"/> Single Supplement Add \$100 | <input type="checkbox"/> Extension in Igauzu TBD |
| <input type="checkbox"/> Insurance Add ____ (from chart) | TOTAL: _____ |

Check one of the two options:

- I, _____ am sending a check for the amount totaled above payable to Steppin' Out at 3721 Military Rd., NW #B Washington, DC, 20015. I will provide my credit card information below as a guarantee that the check will be sent, but I understand it will not be charged, unless Steppin' Out does not receive my check within 10 business days from the date above. Steppin' Out will notify me before charging.
- I, authorize Steppin'Out to charge my credit card with an additional 3.7% added to the base price which totals _____.

AGREEMENT: Please initial

_____ I understand that if payment is not received by Steppin' Out within 8 business days, and/or should the trip offer an installment plan, and I am late with one of the installments, Steppin' Out has the authority to charge my credit card with a 4% transaction fee.

_____ If I received an early bird discount, I agree to provide all information and payments accordingly, and should Steppin' Out need to remind for payments, etc. then the early bird discount will no longer apply.

_____ I agree to the cancellation policy in this document and understand that if I cancel before payment has been made in full, that I am still obligated to pay the percentage/balance due.

_____ I understand that this is a group trip and if I opt out of an activity, there will be no refunds for an activity not done. Should the group decide while there as a whole to do a different activity, the price of the new activity will be paid for individually.

_____ I understand that small group travel provides flexibility, but also understand that reservations have been made and that this is an active trip, to accomplish all the great things we want to do, I will adhere to the group time schedule.

_____ I understand that the cancellation policy is as follows: Prior to 120 days, only a \$100 admin fee will be incurred, 120-90 Days prior to departure date, all but 25% of the full land fee will be returned; 90-60 days prior to departure 50% of full land fee will be retained, No refunds 61 days on prior to trip If ticket has been purchased, you will receive the ticket.

_____ I understand that this is a physically demanding tour ,meaning that I'll climb lots of stairs, do a fair amount of standing,carry my own bag up several flights of stairs and from the bus to my hotel room, walk an average of 6-10 miles per day, and won't be allowed to smoke indoors during the tour unless I'm on fire.

Responsibility: All tickets and vouchers covering ground transportation, hotel accommodations, or other items in the package are issued by Steppin' Out only as an agent for such companies furnishing such services. Neither they nor their subagents shall be held liable for loss or damage to property or injury to person caused by reason of any defect by any transportation company, lodging company, car company, resort area, agent or any service/item in the package outside their direct control. Steppin' Out reserves the right to make changes and alterations in the itinerary that are found necessary for proper handling of tours. In such an event, substitute services or equal or greater value will be furnished, or refunded, but the alternate services will still fall under the liability statements above. Steppin' Out shall not be liable for any loss, damage, injury, accident, delay or irregularity which may be occasioned by reason, defect, or through acts of omissions of any person or company described in the confirmation. In the event of a group or bulk ticket, Steppin' Out is not responsible for any default of the airline. Should a dispute arise, venue shall be in the State of Illinois.

IF YOU ARE SENDING A CHECK, YOU MUST STILL PROVIDE A CREDIT CARD # for HOLD

I have read and agree with the agreement section of this document and authorize payment as indicated in the checked off box above. **Mastercard or Visa Only**

Credit card Number _____ exp. Date _____ Security Code: _____

Client's Signature Agreeing to the above with date _____ PRINTED NAME _____

PER OUR INSURANCE REQUIREMENTS, IT IS REQUIRED THAT YOU FILL OUT ONE WAIVER FORM FOR EACH EVENT. PLEASE MAKE COPIES FOR FUTURE EVENTS. THANK YOU. WE APPRECIATE YOUR HELP. PLEASE FILL OUT COMPLETELY.

PARTICIPANT AGREEMENT, RELEASE AND ACKNOWLEDGEMENT OF RISK

In consideration of the services of Steppin' Out, Ltd., their agents, owners, officers, volunteers, participants, employees, contractors and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "Steppin' Out"), I hereby agree to release and discharge Steppin' Out on behalf of myself, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that **EVENT:** _____ **on the following dates:** _____ entails known and unanticipated risks which could result in physical or emotional injury, paralysis, death or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity. Furthermore, Steppin' Out guides have difficult jobs to perform. They seek safety, but are not infallible. They might be ignorant of a participant's fitness or abilities. They might misjudge the weather, the elements, or the terrain. They may give inadequate warnings or instructions, and the equipment being used might malfunction.
2. I expressly agree and promise to accept and assume all risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby release, forever discharge, and agree to indemnify and hold harmless Steppin' Out from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of Steppin' Out's equipment or facilities, including any such Claims which allege negligent acts or omissions of Steppin' Out.
4. Should Steppin' Out or anyone acting on their behalf, be required to incur attorney's fees and cost to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I certify that I have no medical or physical conditions which could interfere with my safety in this activity, or else I am willing to assume - and bear the cost of - all risks that may be created, directly or indirectly, by any such condition.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court to have waived my right to maintain a lawsuit against Steppin' Out on the basis of any claim from which I have released them herein. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portion shall remain in full force and effect.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Signature of Participant: _____ Print Name: _____

Participants Address: _____ Current Date: _____

City, State & Zip _____

Health Insurance Provider/Carrier: _____ Policy Number: _____

Health Insurance Provider/Carrier Telephone Number: _____

Social Security # _____ Date of birth _____

In case of emergency, please contact (specify relationship): _____

Emergency contact's telephone number: _____

On a scale of 1-10, with 10, being very active, how would you rate your physical activity? _____

Horse back riding experience: _____ **Hiking Experience:** _____ **Biking Experience** _____ **Rafting Experience** _____