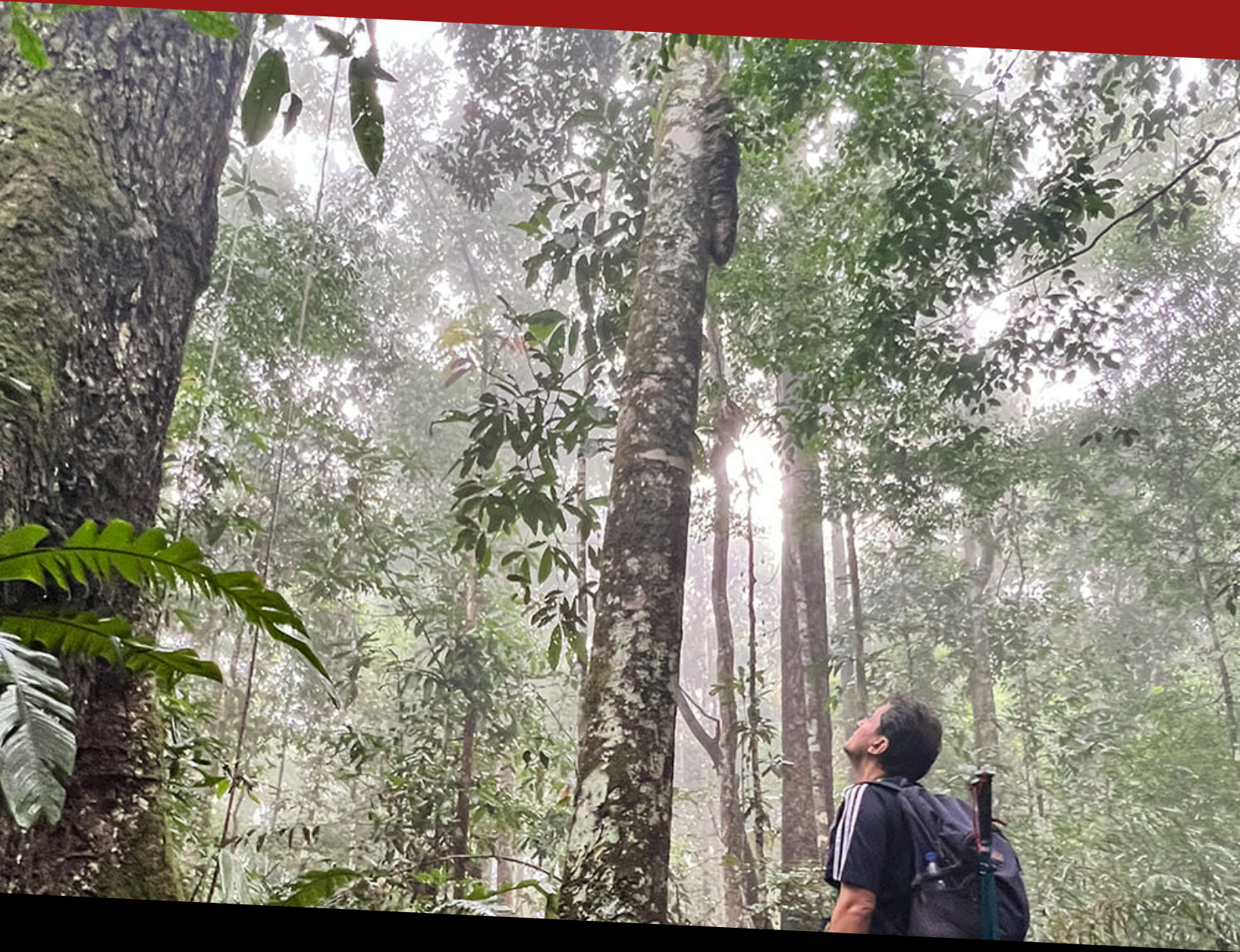


Brazil Uncharted

Pico da Neblina

S. America | 2,998m



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Pico da Neblina | S. America | 2,998m



Located in an untouched, rarely visited region of the Amazon jungle, an ascent of Brazil's highest summit, Pico da Neblina (2,998 metres), offers the adventurous climber an absolutely unique once in a lifetime experience. Its not often that you get the opportunity to be one of the first to experience something totally extraordinary. This journey to Brazil's highest mountain is unlike any expedition 360 has ever put together. We are literally venturing out to where very few westerners have ever gone before (maybe a handful at most!).

Pico da Neblina (mountains of the clouds) towers above the extremely remote upper part of the Rio Negro and is the central focus of a vast, extraordinarily diverse national park bearing its name. Before we begin the scramble styled ascent to 2,998 meters we will

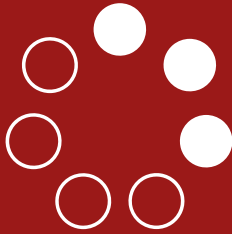
travel on mud roads on an exhilarating 4x4 ride, navigate wild jungle rivers by boat and then trek through pristine rainforest. The journey to the mountain forms a large chunk of this adventure and you must not only be prepared to literally go where no one has gone before but, be ready to have your technical trekking skills and physical fitness level tested to the limit.

We will be accompanied and guided by the local guardians of this incredible region. The Yanomami people live traditional lives and have a very deep connection to the forest. For this expedition to succeed we form a close bond with them and immerse ourselves into their lifestyles. This expedition is more than a summit climb it a true emersion into a lost culture and an area the world has forgotten. This is an adventure of the purest form.

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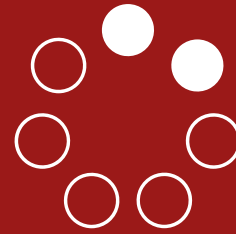
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Physical – P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep train, carrying a pack of 6-10kg in weight with the occasional extra long day.



Technical – T2

Consider this a trek, although there may be occasion to use hands for short sections of easy scrambling. No previous climbing or trekking experience is necessary.

Please note that the grading system used is a rough guide only.



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ITINERARY

DAY 1 : Depart UK

We will depart the UK, likely on an evening flight from London to Manaus.

DAY 2 : Arrive in Manaus, Brazil

Today you will arrive in Manaus. You will be met on arrival and transferred to your hotel.

Today is an important recovery day from your long haul flight and it gives us time to get our bags sorted and source any kit if there are any small hiccups on bags not arriving.

DAY 3 : São Gabriel da Cachoeira

After breakfast, we will travel to the airport to take a flight with Azul Airlines to São Gabriel da Cachoeira, deep into the upper Rio Negro area. From above, contemplate the vastness of the rainforest and the giant river.

Upon arrival, we will be met and transferred to the pousada. After check-in we'll meet the indigenous Baniwa people of Itacoatiara-mirim community. Sao Gabriel is truly indigenous, an authentic Amazonian town. Spend the afternoon inside an authentic indigenous maloca with stories and spiritual teachings.

After lunch, discover Sanga's highlights, meeting indigenous residents and visiting the arts and crafts market. Later, take a refreshing dip in the river.

Overnight at Pousada Bowary.

DAY 4 : São Gabriel da Cachoeira

Today we will spend the day at leisure in São Gabriel da Cachoeira, meeting your guides and the locals. The local indigenous ethnic groups keep essential and unique medicinal plants, music, painting, and traditions of the Amazon alive. Spend time learning about their way of life, their culture, challenges, and their reality.

After lunch with the community we will organize our luggage and finalise arrangements. If a Covid-19 test is still compulsory by the time of travel, then this will also be done during this last day of preparation. There is also time for some last-minute purchases such as mosquito repellent.

Overnight at Pousada Bowary.

DAY 5 : São Gabriel da Cachoeira

Today we will visit São João Community and immerse ourselves in the daily lives of several ethnic groups including the Baniwa, Tukano, Wanano, Cubeu, Siriano, and Desana, learning about their culture. Their handicrafts are very beautiful, and we will also try our hands at it.

After lunch in the community, we'll finalise any last-minute purchases and organisation of expedition equipment. In the afternoon we will meet your local expedition leaders and guides for a briefing about the next day's logistics.

Overnight at Pousada Bowary.

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ITINERARY

DAY 6 : São Gabriel da Cachoeira to Maturacá

After breakfast we head off on a paved road (2hrs, 85km) to Frente Sul, passing through the equator line at km 28.

After 4hrs we jump into the Yanomami flying canoes and begin our journey in the canoes. We pass through Ya-mirim, Ya-Grande, Cauaburis and Maturacá streams (7 hrs). Images of the immense lush jungle, dark water river, white sand beaches, exotic birds and majestic mountains in the backdrop will enchant every visitor.

We will be met by the Yanomami elders with a welcome ritual and a traditional local meal. At night the temperature drops reasonably, providing a pleasant chill. Chances of rain always exist, regardless of the time of year.

Overnight at AYRCA headquarters, in hammocks.

DAY 7 : Maturacá to Irokae Camp

After breakfast we take a boat up the Cauaburis river to the mouth of the Irokae stream (2 h) to start the challenging hike to Irokae camp (6 km, 5 hrs). From here, until arriving at the base of Pico da Neblina, the hike is extremely difficult, with many ups and downs, swamps and intense heat. This area is covered by a dense equatorial forest with various vegetation. The scenery is always changing, unfolding surprises as you advance on the trail. Upon arrival the staff will prepare camps for sleeping with a basic structure, nets and hammocks.

Overnight in hammocks.

Trekking distance: 29km, 8 hours

DAY 8 : Irokae to Bebedouro Novo

After having breakfast and clearing the camp, we will continue ascending along a very steep path, called Pirambeira (meaning 'rugged slope') which passes through fascinating locations such as Barraco da Cutia, Macaco, Romualdo and Bebedouro Velho, heading to the third camp Bebedouro Novo.

On the way we will make stops for swimming in the beautiful Cuiabixi river which also has a waterfall. Upon arrival we'll set up the camp together.

Overnight in hammocks.

Trekking distance: 29km, 8 hours

DAY 9 : Ascent to Laje

After breakfast we take a demanding ascending walk to the fourth camp Laje.

Along the walk observe breathtaking views above the dense rainforest canopy hanging at lower slopes below us. As we start advancing to higher altitudes, temperatures will drop to 15°C. It is important to have comfortable clothes and walking shoes and drink plenty of water.

Upon arrival we will set up the camp and spend time here for acclimatisation. After a rewarding dinner we rest and sleep. With the sounds of nature all around, we'll feel very far from the rest of the world.

Overnight in hammocks.

Trekking distance 7 km, 5 hours

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ITINERARY

DAY 10 : Ascent to Areal

After breakfast and clearing of the camp, we continue through the pristine rainforest to the base of Cume and on to the next camp, called Areal, which is located high up in the mountains.

Today we will walk on a very remote forest trail, which is often quite flooded, with steep ascents. But once up, we'll have spectacular views of the dark rocks of the Serra do Imeri, a plateau with deep canyons shared between Brazil and Venezuela. Upon arrival set up the camp and spend time for acclimatising.

Overnight in hammocks.

Trekking distance: 8 km, 6 hours

DAY 11 : Pico da Neblina (2,998m)

Today is the day we reach the summit. Yaripo is the Yanomami name for Pico da Neblina, and it means 'where winds cross'. It's a sacred mountain of the Yanomami and the highest peak of Brazil.

This is the most demanding day of the expedition, expect strong winds even on calm days. We will start early, at 6:00am and will walk to the top (4-5 hrs). Near the summit, we'll find rare plants and wild flowers which are only found there.

We will have plenty of time to enjoy the views, weather permitting (it is often covered by fog!). After spending some time at the top, return to the camp (4-5 hrs).

Overnight in hammocks.

Trekking time: 210 hours

DAY 12 : Descent to Bebedouro Novo

After resting and a good breakfast prepared by the Yanomami staff, start the descent from the base of the summit to the Bebedouro Novo Camp. This is the largest part of the descent and you might feel fatigued, especially in the knees.

As we descend, the temperatures start to be warm. We will have plenty of time to observe the rich biodiversity on our way, as the park contains endemic and rare plants and trees, probably some of the most diverse on the planet. Your guides are the natives of the forest and can provide a lot of information about medicinal use of different plants.

Overnight in hammocks.

Trekking distance: 15 km, 8 hours

DAY 13 : Descent to Irokae

After breakfast and clearing the camp, we continue the descent from Bebedouro Novo to Irokae along the very steep Pirambeira path. After the challenging last few days on higher altitudes, you will feel relieved to finally reach the lowlands and be back to the river.

Today we will have the chance to swim in the Cuiabixi river and relax near its beautiful waterfall. Upon arrival to the camp, we'll perform medical checks and set up the camp together.

Overnight in hammocks.

Trekking distance: 9km, 27-8 hours

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ITINERARY

DAY 14 : Return to Maturacá

Today we will continue the return back to Cauaburis river where we'll take a boat to Maturacá.

On arrival, visit the women of Kumiryoma Association who make amazing handicrafts. Basketry is the Yanomami's most outstanding craft. They are made with materials extracted from the forest: lianas, tree bark, roots and natural pigments from seeds and fruits. There is a rich diversity of braids, graphics, patterns and shades, making each piece produced unique. Baskets can be circular and shallow format generally used to store food and small objects.

In the evening we'll have a special dinner prepared by the Yanomami cooks.

Overnight at AYRCA headquarters, in hammocks.

Trekking distance: 6km, 4 hours

DAY 15 : São Gabriel da Cachoeira

After breakfast we'll say our goodbyes to the community and board the flying canoes, passing through Ya-mirim, Ya-Grande, Cauaburis and Maturacá streams, to the port of Frente-Sul (7 hours).

After saying goodbye to the Yanomami guides we then continue by road to Sao Gabriel da Cachoeira. We should arrive late afternoon where we'll spend time relaxing.

This incredible and at the same time challenging expedition will be concluded with a special reception and celebration dinner. What a trip!

Overnight at Pousada Bowary.

DAY São Gabriel da Cachoeira : 16

Today is a day of leisure but may also be used as a back-up day for any itinerary changes or unforeseen circumstances during the expedition.

Relax on the beach or visit some of the communities in the area. The river has an intense coca-cola colour and the sand is white and soft. Think back on the past two weeks, what a privilege to be here, in the heart of the Earth's lungs, to walk the remote trails, spend time with indigenous people and breath the air of the virgin rainforest.

Overnight at Pousada Bowary.

DAY 17 : São Gabriel da Cachoeira to Manaus

After breakfast we'll transfer back to Manaus, admiring the vastest of the Amazon from above, following the serpent rivers until we cannot see their end.

After the short flight (1.5hrs), we will be met at the airport and transferred to the hotel. Spend the rest of the day at leisure. Manaus has a good selection of excellent restaurants with local specialties.

DAY 18 : Depart Manaus

We're planning for a late breakfast and a lazy relaxing day!

Our flight won't be until later this evening so we have the full day to explore, making the most of the wonderful town.

DAY 19 : Arrive UK

Today marks the end of our Brazilian adventure. It is always hard to return to reality after such an adventure, but the memories and friends made will last a lifetime.

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KIT LIST

Bags & Packs

Travel duffel bag

This bag will be your main travel bag for your international travel. We would suggest you pack your rucksack for the trekking part of the expedition (if you are not taking it as hand luggage) in here, along with your casual clothes for before and after the trekking. This bag can then be left with the team while you are out on the trek.

Rucksack

Approx. 55-65L capacity. Your day to day pack that you carry with your daily essentials (see FAQ's), fitted with shoulder straps and importantly a waist belt

Waterproof rucksack cover

To protect rucksack from rain

Drybags

Nylon rolltop bags that keep fresh clothing and other important items like passports and iPods dry in the event of a total downpour that seeps into your kitbag. Good for quarantining old socks. Please note that many countries are now banning plastic bags. We would always advise buying re-usable nylon rolltop bags for keeping your kit dry (and sustainability).

Sleeping Gear

Light summer silk liner

For nights spent in the refuge. The refuge will also provide blankets.

1 season sleeping bag

If you choose to bring a sleeping bag, we would suggest a light summer bag, ideally a 1-season bag with a rating of around 5C.

Neck pillow

Or similar to help you sleep on the bus

Headwear

Wide brimmed hat

Keeps the sun off exposed areas like ears and the nape of the neck

Sunglasses

Worth spending money on good UV filters. Julbo is our preferred supplier

Neck gaiter

Worn around the neck for warmth. Buff or scarf ideal - fleece can be a good option

Warm headgear

This can be a warm hat, beanie, balaclava, anything to reduce the heat loss from your head

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KIT LIST

Gloves

There are lots of trees with thorns and plants with serrated leaves during your trek, so you want gloves that aren't too warm that can handle tough conditions.

Upper Body

T-shirts

We suggest breathable, quick-dry / wicking tops. Gym-style or sports clothing, or lighter safari-style trekking tops or shirts work best, and we would suggest lighter colours. You will sweat a lot, and can't count on drying your clothes along the way.

Long sleeved t-shirt x 2

The average daytime temperature is 30 degrees, but this can drop to around 12 at night. We would suggest two long sleeved options, one to sleep in and one spare for the day.

Fleece top/jacket or Softshell

A lightweight soft top (jumper or hoodie) is perfect – remember it will likely be hot in the daytime but you feel the temperature change in the evenings, and the temperatures can drop to around 8 – 12 degrees.

Waterproof jacket

A lightweight jacket for if it rains. Remember, we will be in the jungle so some rain is to be expected!

Duvet jacket

Synthetic jackets recommended as they stay warm if wet. Arc'teryx recommended

Lower Body

Trekking trousers

We would suggest breathable, quick-dry / wicking trousers or leggings. You will sweat a lot and can't count on being able to dry clothes along the way. Gym-style / sports clothing, or lighter safari-style trekking clothes work best, and we would suggest lighter colours.

Shorts (optional)

Light weight shorts are advisable for this expedition as some of the days can be hot. Zip off trekking trousers are the most versatile. Consider buying this

Underwear

How many pairs you take is entirely up to you

Sleepwear

Though daytime temperatures can be warm, they drop at night, so we would suggest light weight / fleece leggings and a long-sleeved top or t-shirt to sleep in. As well as being comfortable, long sleeves / legs are good protection against mosquitos.

Swimsuit

For showers in camp or the odd swim

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KIT LIST

Feet

3-4 season walking boots

Well worn in 3-4 season waterproof boots with mid to high ankle support

Trekking socks

Single layer or wearing 2 pairs is a personal choice and lighter weight merino wool is a good option

Sandals

Walking sandals with a good grip are a good choice for river crossings and in camp.

Technical Equipment

Trekking poles

These tend to be a personal preference but help with your stability and can dampen the pressure on the knees coming down hill

Head torch

We recommend Petzl head torches. Bring spare batteries.

Toiletries

Sunblock

Buy the highest SPF you can find as UV intensifies with altitude

Lip salve

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

Wash kit

To protect the incredible environment we're in, you must take biodegradable products including shampoo, toothpaste, deodorant & soap.

Rubbish bags

Toilet paper

Provided on the mountain but a spare in your daysack may be useful if you need to hide behind a rock between camps

Nappy sacks

For waste and rubbish including toilet paper.

Wet wipes

Preferably biodegradable, these are great for washing when modern shower facilities become a thing of the past

Expedition towel

Towels from the likes of Lifesystems are perfect

Alcohol gel

A must have for good camp hygiene

Insect repellent

For early stages and once back down

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KIT LIST

Personal first aid kit

We advocate a self-help approach when it comes to first aid and suggest you take: needle, scissors, sewing thread, gauze-like bands/ bandages, adhesive plasters, muscle relaxant, moisturizing skin cream, diaper rash ointment and vaseline to prevent blisters. If you need to use knee supports (a brace etc.) please ensure you also take this.

Personal medication

Keep this in your daysack

Hydration

Water bottles / bladder

A 2 litre bottle equivalent is perfect (camelbacks are always a good option) and a small collapsible water bottle for night time is also a good additional option.

Water purification

Although generally all water is boiled some prefer to double up and add purification tabs as well. Always good to have in your bag

Miscellaneous

Camera

Bring plenty of spare batteries and memory cards

Ear plugs

For protection against the inevitable snorers!

Penknife (optional)

Snacks

For when your energy levels flag and you need a pick me up

Duct tape

Entertainment

Of course optional, but most trekkers like to bring an iPod, book, Kindle, cards etc for evening entertainment.

Binoculars (optional)

Whistle

A lot of rucksacks have a built in whistle, usually on the chest strap. A whistle can carry a long way in undulating and dense terrain and it is much more effective than a line of sight in alerting people to your presence. To be taken in the very unlikely event that you become separated from the group.

2.5mm dyneema cord

Extremely strong cord made of 100% dyneema that's very tear resistant and stretches very little. 3 metres should be sufficient to use as a washing line or to tie up your hammock.

Documentation

Passport

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

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KIT LIST

Copy of passport

Just in case

Money

Tips for local guides (tipping your 360 leader is optional) plus any extra cash for meals not included, or additional drinks, snacks or souvenirs on the trek. Please see the FAQs or for advice on additional spending money.

Travel insurance

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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FAQ'S

The Trek & Training

How fit do I need to be to go on this expedition?

The expedition is designed for hikers with a good physical condition and an unimpaired mobility. Ideally, you should have experience in trekking and hiking at higher altitudes. The routine involves early morning rises and hikes on moderate to steep slopes between 6-10 hours a day during at least 10 days of the experience. You should be prepared for swimming in moderate currents.

It is worth highlighting here that a positive attitude is highly important, especially as we are remote for 2 weeks and we need to be a bonded team to get the most out of this incredible experience.

How tough is this trek and what is the terrain like?

This is an expedition that crosses indigenous dense forests. The group is subject to unusual situations that are out of planning. The trail route is susceptible to being altered by several factors, such as weather conditions, and other reasons unrelated to the logistics. It is extremely important to be aware that the local infrastructure does not offer all the services one could usually be used to, and there will be improvisations on the way from São Gabriel da Cachoeira.

Everyone's participation is important in setting up and dismantling the camps.

What are the altitude gains on this expedition?

Day 2 – day 6: Altitude 93m

Day 7 : Altitude 101m

Day 8: Altitude 866m

Day 9: Altitude 1619m

Day 10: Altitude 2022m

Day 11: Altitude 2998m

Day 12: Altitude: 866 m

Day 13: Altitude 101m

Day 14 – Day 18: Altitude 90m

Do I need a medical before heading out on the expedition?

30 days before departure, you must present a medical evaluation to prove good physical and mental conditions. We reserve the right to refuse participation if we identify vulnerability in your state of health. If you have problems with joints (especially knees), spine, or any type of illness that compromises the performance, you should seek medical advice before signing up. For overweight travelers an early evaluation interview is essential. The reality is that the trail is exhausting and requires energy. This is not a trip for everyone!

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FAQ'S

How much weight should I be prepared to carry?

Carried weight per person = 12kg.

If you have more than 12kg of luggage, a personal porter must be pre-paid (USD 400 per person) due to the degree of difficulty of this trekking. Baggage will be weighed before the start of the expedition, in Maturacá. You must carry personal belongings, including a hammock, a mosquito net, and water. The staff will transport collective food and equipment needed for camping and meal preparation in straw baskets (jamachim).

How long do we stay on the summit?

Staying overnight on the summit is prohibited for safety reasons. The group will stay on the top for 4 hours max, before descending.

Support Team

Who is the 360 guide on this expedition?

Operated in full partnership with the Yanomami and other local communities, the expedition is guided by the highly experienced Luca Alfatti with the support of local expedition leaders, who are authorised by the Brazilian authorities to perform this trip. They will ensure everyone feels safe, confident and welcome. Expect a high quality of logistics and services, however, be prepared for improvisation, as nature is unpredictable. Guides speak English, Spanish and Portuguese.

Will I have a porter on this expedition to help me with my kit?

Yes. Due to the nature of the terrain we have costed in porters for each person to help with the carrying of the kit. It's tough terrain so we don't want to make it harder than it already is!

Will there be help in carrying my equipment?

Yanomami porters will assist at all times, including transportation of some of the gear. Staff will be on standby to assist anyone down the mountain in case of inability to reach the summit.

Accommodation

Where will I sleep on this expedition?

Accommodation is simple and comfortable in São Gabriel. The rest of the itinerary is in regions with no available infrastructure, therefore makeshift overnight camps with hammocks will be prepared by the staff.

How much support do we have in the camps?

This expedition is extremely hands on and therefore rewarding. Everyone's participation is important in setting up and dismantling the camps but we have help with preparing and cooking the meals.

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FAQ'S

Food & Water

What is the food like on this expedition?

There will be three meals offered: breakfast, lunch and dinner. Trekkers must bring and carry themselves additional snacks, if they require.

I have food allergies; can these be catered for?

Absolutely, please inform the 360 office team of any allergies, intolerances or dietary requirements and we will ensure that these are taken into account on the trek.

Should I bring a few snacks with me? What is best for the jungle?

Snacks are always a great idea, especially on any of the longer trekking days to give you that additional boost. Nuts, trail mix or sweets are always good, or dried fruit or energy bars. We'd avoid chocolate, it is likely to melt!

Health & Safety

You mentioned that Mandatory Emergency Evacuation Service (MEES – SEGURO SPOT) is included – What is this?

This insurance only covers emergency medical evacuation, and emergency evacuation due to a security issue, if someone is suffering from a life-threatening injury, or natural disaster as determined by the expedition leader, during the expedition. In this case a helicopter will provide transport to Boa Vista, the nearest medical facility. Coverage is valid for the duration of your expedition and evacuation such as transport, accommodation and other assistance are not included in the MEES, and are the responsibility of the affected expedition member, for which he/she needs to obtain a travel insurance and medical insurance for extreme sports.

What emergency services / facilities are in place?

The expedition takes place in areas which are difficult to access for emergency services. Helicopter rescue in case of urgency is not certain, because the region has only 2 points of landing: in Maturacá and in the base camp, where the weather conditions are constantly unstable, generating difficulties to land.

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FAQ'S

The Weather

When is the best time to climb Pico de Neblina?

One can visit Pico da Neblina throughout the year but January to March is the dry season. This is also the time when there are more mosquitoes. April to August is the rainy season and less mosquitoes. September to December is a shoulder season with changing weather.

How does the season affect our ability to travel through the forest?

In winter, the full rivers facilitate navigation, while the land trail becomes more difficult for walking. In summer, river navigation becomes lengthier, as it is necessary to navigate at low speed, or, in extreme cases, it may even be necessary to drag the boat. The dry season is better for walking in the forest.

How cold does it get?

Temperatures vary between extremely hot in the forest, and cold to very cold at the top. There's a lot of humidity during the whole trip.

We are in the jungle so I imagine it will be very humid – any advice?

The jungle is exciting but the humidity can be uncomfortable at times. If you come with the mindset that you will be sweaty a LOT of the time, appreciate that you will all be in the same (slightly stinky!) boat, and take advantage of refreshing natural pools when you can get them, we think you'll have an amazing time!

Travel

What is the transport like on this expedition top and tailing?

All transfers by car and boat on a shared basis with other expedition participants (please see the FAQ).

Land transport will be carried out in Toyota Bandeirante vehicles.

River transport will be carried out in canoes (voadeiras) with an outboard motor. Each boat will be driven by an authorized and experienced Yanomami pilot and a sailor, who know the channels very well

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FAQ'S

Insurance

Do I need my own travel insurance?

YES, 100% you do. It is mandatory to present the policies before confirming participation in the expedition.

We recommend the purchase of comprehensive travel insurance, covering trip interruption, cancellation, luggage loss, medical assistance, coverage for accidents/life, evacuation and other expenses that may arise because of loss, damage, injury, delay or any other inconvenience. Participants agree to assume all costs of medical care and transportation.

In case a participant does not feel well or feels like not continuing, they are escorted by guide to Muturacá where they await the return of the group.

General

Are there any guidelines when out on the expedition?

There are a few guidelines that we will chat through when out on the expedition! But as a little run through here is what to be mindful of:

We must respect Yanomami customs, beliefs and traditions while following all the safety instructions of the guides and porters during the trail. We will not be able to take any material from the Yanomami Indigenous Land, including the collection of fruits, plants, seeds and stones

Through out the whole expedition we'll bring all the rubbish produced during the expedition out with us. It is prohibited to practice hunting, fishing and extractivism and to consume alcoholic beverages or illegal substances.

When out on the expedition we ask that you do not engage in research, religious proselytizing, commerce, journalism, or any activity which is not pre-defined by the itinerary and we ask that you don't purchase handicrafts that contain animal parts (feather, tooth, skin, etc.)

To protect the area that we are in, we ask that you only bring biodegradable soap (preferably from coconut) and shampoo!

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FAQ'S

How does this expedition help support the Yanomani people?

It is really important for us that we are helping local communities when we travel and we are delighted that this expedition is run by the Yanomani for the Yanomani communities in a form of social enterprise. Everyone benefits from us being there on an equality basis.

Do we visit the city of Manuas during this expedition?

Yes, we have a day top and tailing the expedition in Manuas so to recover from the international flight and a day at the end of the expedition before you fly home!

How many people can join this expedition?

The group size is limited to 6-10 participants. Send us a request well in advance, to guarantee the availability of the expedition.

Minimum participant age: 16 years old. Minor participants must be accompanied by parents or guardians with proper authorisation.

Brazil Uncharted

Pico da Neblina | S. America | 2,998m



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Brazil Uncharted

Pico da Neblina | S. America | 2,998m

TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

MONTH 1

OPT 1

2 x 30 mins weekday walk
1 x 1 hour weekend walk
1 x 10 mins CVS

OPT 2

1 x 30 mins weekday walk
2 x 1 hour weekend walk
1 x 10 mins CVS

MONTH 2

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 3

OPT 1

2 x 45 mins weekday walk
1 x 2 hours weekend walk
2 x 10 mins CVS

OPT 2

1 x 45 mins weekday walk
2 x 2 hours weekend walk
2 x 10 mins CVS

MONTH 4

OPT 1

3 x 1 hour weekday walk
1 x 4 hours weekend walk
3 x 15 mins CVS

OPT 2

2 x 1 hour weekday walk
2 x 4 hours weekend walk
3 x 15 mins CVS

MONTH 5

OPT 1

3 x 1.5 hours weekday walk
1 x 5 hours weekend walk
3 x 20 - 25 mins CVS

OPT 2

2 x 1.5 hours weekday walk
2 x 5 hours weekend walk
3 x 20 - 25 mins CVS

MONTH 6

OPT 1

3 x 2 hours weekday walk
1 x 6 hours weekend walk
3 x 30 mins CVS

OPT 2

2 x 3 hours weekday walk
2 x 6 hours weekend walk
3 x 30 mins CVS

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"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "

Dream it. Plan it. Live it.