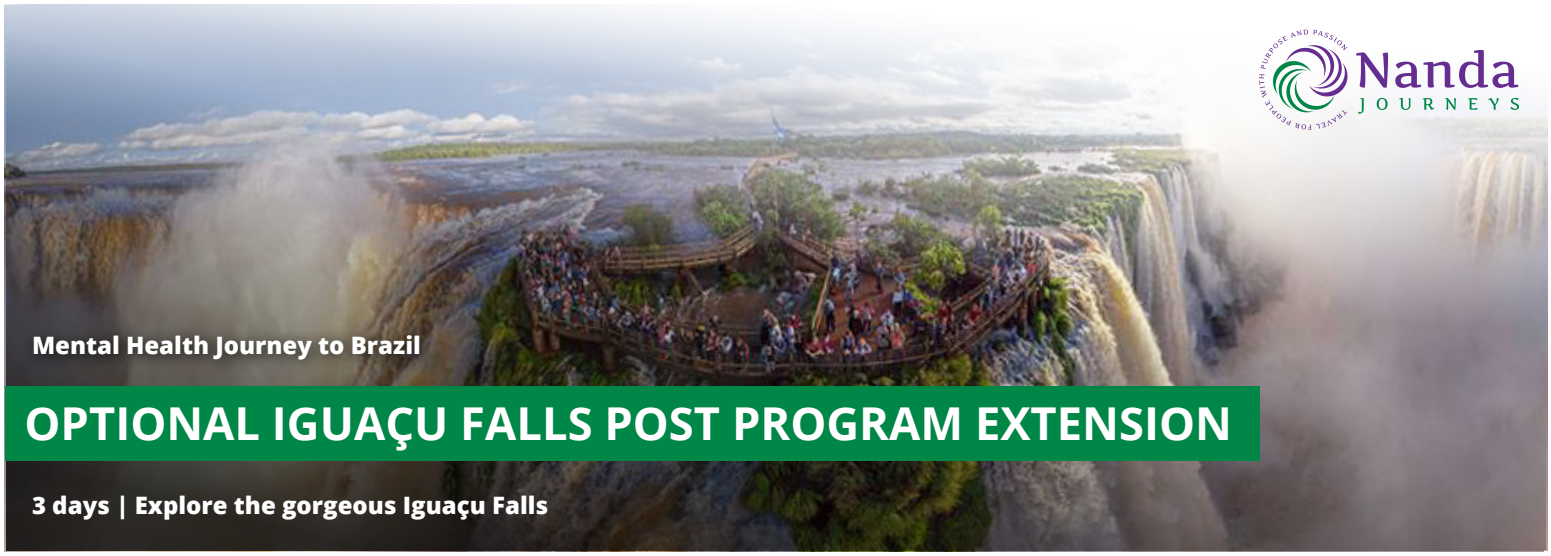


Mental Health Journey to Brazil

OPTIONAL IGUAÇU FALLS POST PROGRAM EXTENSION

3 days | Explore the gorgeous Iguaçu Falls

Stretching across two-and-a-half miles (four kilometers) and plunging 269 feet (82 meters) down into the Iguaçu River, this magnificent display of more than 240 separate waterfalls is a site to behold. Iguaçu Falls is located along southern Brazil's border with Argentina, and in 1986 UNESCO declared the falls "a natural heritage of mankind."

DAY-BY-DAY ITINERARY

DAY 1: MAY 3, 2020

Iguaçu Falls, Brazil

After breakfast at the hotel this morning, you will depart for the airport for your short flight to Iguaçu Falls. Upon arrival you will be met and transferred to your local hotel.

You will have some time to check in with lunch on your own this afternoon.

Long before the Spanish explorer Don Alvar Nuñes reached South America's greatest waterfall in 1541, the local Indians had named it **Iguaçu**—*meaning great waters*. There is no more fitting description, as thousands of visitors to Iguassú each year will testify. Once seen, the falls—all 275 of them—are never forgotten.





From the **Iguaçu National Park** main gate to the top of the trail leading to the falls—a 25km drive through pristine Atlantic Forest lush vegetation. The trail going down the Iguaçu river canyon is pleasant as it opens, here and there, to the spectacle of more than 240 falls that form the horseshoe-shaped Iguaçu Falls. Reaching the bottom, a lookout takes you to the edge with waters circling around. A glass elevator moves you slowly up the cliff face for an exquisite view at the upper deck. The water volume is staggering and when the waters are high—sheer emotion! Brazil shares Iguaçu Falls with Argentina and on both sides a National park protects the rainforest that surrounds this marvel! UNESCO has declared Iguaçu Falls and both parks a National Heritage Site of Brazil and Argentina

Transfer to the **Macuco trail** in the Iguaçu National Park, where board jeeps, the best form of transport in this rain forest because the road we take is unpaved but accessible the year round. You will learn about several different species of sub-tropical plants and trees, including orchids and the heart-of-palm, which grow in abundance here. With luck, animals and some of the beautiful birds of the region may be sighted. After a jeep ride of 3 km, continue for 600 meters on foot to the picturesque **Macuco Falls,** hidden in the forested canyon.

DAY-BY-DAY ITINERARY



The trail brings you to the banks of the Iguaçu River, where you will **board twin-engine inflatable boats** (capacity: 25 passengers each), specially designed for the local river conditions. Cruise up into the Iguaçu canyon, shoot several rapids, and arrive to the very base of the majestic waterfalls. As the experienced pilot maneuvers in the midst of the falls, the passenger will have a completely different view and experience a thrill never forgotten. Guaranteed spray and getting wet by the falls.

Dinner will be provided at the hotel this evening.

Meals: Breakfast & Dinner

DAY 2: MAY 4, 2020

Iguaçu Falls, Brazil

After breakfast at the hotel, cross the Ponte da Fraternidade (Fraternity Bridge) over the Iguaçu River, which forms the border between Argentina and Brazil. The visit of the **Argentinean Falls** starts at the central station of the ecologic tourist train. From there, the little train brings the visitors very close to the famous devil's throat, where the visitors walk the last 1200 meters on a gangway to look right into the throat. Then, the train returns to the central station, from where visitors will discover the sights of the upper circuit by walking (approx. 45 minutes).

Lunch will be provided at a local restaurant this afternoon.

On the way back to the hotel, pass by the landmark of the three borders, where Brazil, Argentina and Paraguay meet.

Dinner is on your own this evening back at the hotel.

Meals: Breakfast & Lunch

DAY 3: MAY 5, 2020

This morning, you can take time to relax in your beautiful surroundings before checking out of the hotel.

You will transfer to the airport for your return flight to the U.S. Transit via Sao Paulo International Airport late this afternoon for your flight back to the U.S. this evening.

Arrive back in the U.S. is the following morning (May 6, 2020).

PROGRAM INFO

Date & Length: 2 nights May 3–5, 2020 (with arrival back in U.S. on May 6)

Extension cost: $1,799 per person. *Single supplement: $599.*

Inclusions: Airport transfers; coach class flight to Iguaçu Falls; gratuities; tours; meals as mentioned; local guide for tours and transfers; and accommodations based on double occupancy.

Not Included: Hotel incidentals, baggage fees on flight, and meals not mentioned.

To participate in the optional extension, complete and return the extension registration form. Return no later than 90 days prior to departure or within five days of receiving the information.

ACCOMMODATIONS



HOTEL INFORMATION

Hotel das Cataratas

Rodovia Br 469, Km 32, s/n Parque Nacional Iguaçu National Park, Foz do Iguaçu - PR, 85855-750, Brazil

Phone: +55 21 3500-0293

belmond.com/hotels/south-america/brazil/iguassu-falls

Hotel das Cataratas is the only hotel located within the Iguaçu National Park, with the world famous Iguaçu Falls just a two minute stroll away.

As the only hotel within the national park, guests are able to enjoy exclusive access to the falls each morning before the park opens.

The Iguaçu Falls are a breathtaking collection of 275 waterfalls, extending over almost 3km in an enormous canyon on the Iguaçu River and offers a range of experiences within this spectacular region including helicopter flights, rafting, nature walks, jeep safaris and a visit to the bird park.

The hotel has a large swimming pool and smaller children's pool in the center of the property. The hotel is surrounded by tropical gardens where delicate orchids grow. Due to the spray from the cascading waters of the Iguaçu Falls, the area is very lush and there is abundant tropical vegetation.



