

Way to Rio

10 days | Iguazu Falls to Rio de Janeiro



Visit the spectacular Iguazu Falls before continuing on this 10 day adventure that takes you to the beautiful city of Curitiba, historic Morretes, buzzing Sao Paulo and the legendary Rio de Janeiro. Get a real local experience using public transport between cities, with guided sightseeing and plenty of free time to explore at your own pace.

HIGHLIGHTS AND INCLUSIONS

Trip Highlights

- Iguazu Falls - take in incredible views of the spectacular Iguazu Falls from both the Brazilian and Argentine side
- Curitiba - discover one of the most sustainable green cities in the world
- Take an incredibly scenic train journey through the Serra do Mar mountain range from Curitiba to Morretes
- Morretes - stroll around this beautiful historic city located in the heart of the Atlantic Rainforest
- Antonina - explore this charming colonial city with its beautiful bay and harbour
- Sao Paulo - independently explore the world's 3rd largest city, known as the 'city that never stops!'

- Rio de Janeiro - marvel at Christ the Redeemer, with free time to take in other highlights such as Sugar Loaf Mountain and Rio's famous beaches

What's Included

- Half day Corcovado Mountain tour in Rio on a shared basis with an English speaking guide (private tour available for a supplement)
- 8 nights standard accommodation (superior and deluxe hotels available on request), and 1 overnight bus journey
- 8 breakfasts and 1 lunch
- Public bus services from Iguazu - Curitiba; Curitiba - Sao Paulo; Sao Paulo - Rio de Janeiro
- Full day Serra do Mar scenic mountain range train journey to Morretes & Antonina with guided touring (tourist class train ticket)
- Full day tour of the Argentinian side of Iguazu Falls and half day tour of the Brazilian side of the falls, with an English speaking guide
- All relevant transfers and transportation

What's Not Included

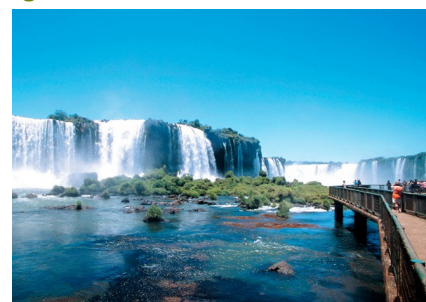
- International flights and visas
- Laundry, drinks and items of a personal nature
- Tipping – an entirely personal gesture

DETAILED ITINERARY

Day 1 : Iguazu Falls (Argentina)

Welcome to Iguazu, upon arrival in Puerto Iguazu Airport in Argentina you'll be met and transferred to your hotel. Spend the rest of the day at leisure. **Overnight - Iguazu Falls (Argentina)**

Day 2 : Argentine side of Iguazu Falls



Today you will enjoy a full day guided tour of the Argentine side of Iguazu falls. Iguazu National Park can be explored via 3 circuits, known as the lower path, higher path and the Devil's throat. The Lower Path is a 1,200-metre-walk that gives a great view of the majority of the rapids and falls from a front and lower point of view. The Higher Path is a 1,300-metre-walk that will raise your adrenaline level as you take in the breathtaking scenery from a cliff edge outlook. The Devil's Throat path

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starts with a short train ride before you can explore the catwalks which wind there way through islands until it reaches the edge of the fall. **Overnight - Iguazu Falls (Argentina) (B)**

Day 3 : Brazilian side of Iguazu Falls



Iguazu Falls - Curitiba. Making your way across the border this morning into Brazil. From here enjoy a guided tour of the Brazilian side of the falls. The length of the walk is 1,200 metres and takes in views of 275 waterfalls. The four main rapids on the Brazilian side are Floriano, Deodoro, Benjamin Constant and Salto Unión or The Devil's Throat.

This afternoon you'll make your own way to the bus terminal in Iguazu to board an overnight bus to Curitiba. **Overnight - Overnight Bus (B)**

Days 4-5 : Curitiba & Morretes

Travelling east you arrive into Curitiba on day 4 in the early hours where your rep will be waiting to welcome you and transfer you to your hotel. The rest of the day is at leisure so why not head out and explore the city or relax and catch up on some sleep? Curitiba is one of the most sustainable cities in the world and is fast becoming one of the country's most desirable places to live. You can take a walk down to one of the parks and see the city's answer to noisy, polluting and expensive lawnmowers - a herd of hungry sheep!

On day 5 enjoy an incredibly scenic train journey through Serra do Mar, the largest preserved area of Brazil's Atlantic Rainforest. Travel from Curitiba 934m above the sea level, to Morretes just a few metres above sea level. On this full day guided excursion explore Morretes and Antonina before you

private transfer back to Curitiba. Morretes is a small enchanting city in the heart of the Atlantic Rainforest, with colonial houses and adorable chapels and Antonina is a lovely colonial city with a beautiful bay and harbour.

Overnight - Curitiba (B:1, L:1)

Days 6-7 : Sao Paulo



Curitiba - Sao Paulo. On day 6 you will be transferred to the bus station for your journey to Sao Paulo, "the city that never stops". On arrival you will be met by our representative and transferred to your hotel. Remainder of day and the whole of day 7 are at leisure so why not independently explore one of the world's biggest metropolises.

The sheer size of Sao Paulo is simply mind blowing, being the world's 3rd largest city you'll be hard pushed to not find something to do. Why not head to the Banespa Skyscraper for incredible views of the city, check out Sao Paulo's fantastic collection of museums or go on a culinary journey through the streets as you'll see restaurants from all over the world in abundance. Even though Sao Paulo is Brazil's most modern city there are still lots of traditional things to experience, from street capoeira (a martial art that was made into a dance by the slaves when the ruling classes outlawed it) to the delicious churrascaria restaurants that serve some of the most mouth-watering meats from the skewer - a dining experience not to be missed!

Overnight - Sao Paulo (B:2)

Days 8-10 : Rio De Janeiro



Sao Paulo - Rio de Janeiro. On day 8 you'll be transferred to Sao Paulo bus station for your journey to the party capital of the world - Rio de Janeiro. Upon arrival in Rio you'll be met and transferred to your hotel.

The following day visit the iconic Christ the Redeemer statue on a half day Corcovado Mountain tour. After a scenic drive along Rodrigo de Freitas Lagoon, you will arrive at the bottom of the Corcovado Hill and travel by train up the mountain to reach the towering statue of Christ the Redeemer, located 2,300 ft above sea level. Marvel at this incredible world wonder and enjoy an incredible panoramic view of Rio.

Spend the rest of your time at leisure in Brazil's most captivating city. Consider taking a trip up Sugar Loaf Mountain by cable car or soaking up the sunshine on one of Rio's famous beaches, such as Copacabana and Ipanema. You can also take the old tram system across the viaduct into the cobblestone neighbourhood of Santa Teresa, or a walking tour of Rio's historic buildings is also a lovely way to pass an afternoon. If you are in Rio de Janeiro around February/March get ready for the world's biggest party, the Rio Carnival. Arrangements end on day 10 with a transfer to the airport. **Overnight - Rio De Janeiro (B:3)**

KNOW BEFORE YOU GO

Argentina Country Guide

Argentina - Buenos Aires Hotel Tax

The Buenos Aires Legislature in 2020 created the "Visit Buenos Aires" entity,

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an organization that will be in charge of promoting the city as a tourist destination around the world. This organisation will be financed through a tax on foreign visitors. This tax cannot be included in our tour price and you will need to pay this upon check out at each hotel so please budget accordingly.

This tax will be applied to foreign tourists older than 12 years old who visit the city of Buenos Aires from the 1st of March 2020.

The amount charged differs depending on the star rating of the hotel:

- 3-star hotels - USD 0.50 per person per night
- 4-star hotels - USD 1 per person per night
- 5-star hotels - USD 1.5 per person per night

Argentina - Fact File

- Official Name: Argentine Republic
- Capital: Buenos Aires
- Population: 38 million
- Total Area: 2.8 million square kilometres
- Official Language: Spanish
- Religions: Roman Catholic 92% (less than 20% practicing), Protestant 2%, Jewish 2%, other 4%
- Voltage: 220 volts. Argentina has European type two-pinned round sockets in most old buildings and the Australian style three-pin flat sockets in most new buildings.
- Dialling Code: +54
- Time Difference: GMT/UTC -3
- Airport Departure Tax: US\$18

Argentina - Visas

UK, Australian, Canadian, US, South African and New Zealand passport holders do not require a visa for entry into Argentina for up to 90 days.

For entry into Argentina you must:

- Hold a passport valid at least six months on entry with one blank visa page
- Hold proof of sufficient funds
- Hold proof of onward/return airline tickets
- Hold documents showing proof of purpose of trip
- Hold all documents required for the next destination

- Confirm with their airline that boarding will be permitted without a visa as these conditions are subject to change

Please be advised that visa requirements are subject to change and that visa procurement is the responsibility of the traveller and not On The Go Tours.

Argentina - Climate

The Argentine climate ranges from hot and humid in the north to cold and windy in the south. In northern Argentina, summer is hot and winter fairly mild while in contrast, Tierra del Fuego, at the southern tip of Argentina, is quite often cold with continual winds, rain at times and freezing winter temperatures.

Buenos Aires, due to its position in the central region, has a Mediterranean climate with well-defined seasons. Spring, between September and November is mild, which contributes to the flourishing green colour of the plants and trees in the lush parks. Summer, between December and February, is dry and hot and winter can be cold. It usually begins to rain in April and reaches its highest level during June and July, then decreases gradually to almost nothing in November.

Visit www.worldclimate.com to get an idea of what the weather will be like on your tour.

Argentina - Money

Important

In Latin America you will have problems changing the US\$100 CB B2 2001 series notes and it is important you do not bring them. In some countries banks won't even take them. The serial number is located in the top left hand corner and bottom right hand corner on the side with the President's face. This serial number starts with CB and then a few more numbers and then directly under that B2. At the bottom of the note near the signature of the Treasurer it says which series of notes it is and it is there that it says 2001 series.

Local currency

The monetary unit in Argentina is the Argentine peso. For up-to-date exchange rates with your own currency visit www.xe.com.

Changing money, credit cards & ATMs

We recommend that you bring cash/travellers cheques in US dollars only. Visa, Mastercard, Diners and American Express are the best credit cards to bring however there can be problems at times getting money out from ATMs, so make sure you have sufficient cash for emergencies.

There is no restriction on the amount of foreign currency that you may bring into Argentina, however very large sums should be declared on arrival. There is often a general lack of small change and we recommend maintaining a supply of small denomination notes and coins.

Argentina - Local Transport

Much of Buenos Aires can be visited on foot. Most sightseeing in Buenos Aires can be reached on foot from our hotel, with La Boca being the furthest at about an hour's walk. There is also a good, if rather dated, underground metro system (called the "subte") which has 5 lines and is very cheap at approx \$0.30 per journey.

There are local buses called "colectivos", which are also inexpensive, but you MUST have the right change (ask hotel reception for prices) as you have to drop the money into a machine. We recommend you use taxis (black & yellow) at night as they are fairly cheap and usually have meters fitted. Just make sure that the driver turns it on when you get in. Remember that you will pay more for taxis at night.

Argentina - Food & Drink

As a guideline a simple snack (e.g. a sandwich) can cost as little as US\$1, a light meal will cost around \$5-\$6, and even a meal in one of the better restaurants in Buenos Aires costs very little in comparison to what you would expect to pay at home. Obviously this depends on what you order and if you have wine or other drinks, which will certainly increase the bill. If you eat in Puerto Madero or Recoleta in Buenos Aires you are likely to pay quite a bit more, however there is a huge choice of good reasonably-priced restaurants in the city centre where you can get a good meal (and great steaks).

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Way to Rio

Your tour leader will be able to recommend restaurants.

All drinks such as water, soft or alcoholic drinks are at your own expense at all times. The following is a guideline for drinks bought in a shop in the street. Prices in restaurants and hotels can sometimes be more than double the prices specified below;

- 1 litre of water US\$0.70
- 30cl bottle of soft drink US\$0.50
- 30cl bottle of beer US\$0.70
- 50cl bottle of beer US\$1.00
- Food

Food

In Argentina the basic diet focuses around meat mostly with french fries (papas fritas), mashed potatoes (pure) or 'papas sufle' (local typical deep fried potatoes that blow up like little balloons and are delicious). As there is a large Italian population you'll have no problem getting pasta dishes or pizzas. In fact, in the larger cities, you'll have no problem getting all types of food.

For breakfast it's normal to eat croissants (media lunas) with a good strong coffee. Most Argentines would have a large lunch at around 1pm then at around 5pm, they all head to the 'confiterías' for tea, sandwiches and cakes. Dinner is usually eaten around 10pm and is often grilled beef (asado) in different forms. Other dishes include 'lomo ala pimienta' (pepper steak), giant ribs (asado de tira) and mixed grills (parrillada) which include beef, intestines, offal, blood sausage (morcilla) and spicy sausage (chorizos) or thick grilled steak (churrasco). 'Bife de chorizo' is a rump steak (nothing to do with the sausage of the same name) and 'bife a caballo' is steak topped with a fried egg. Although seafood is not so common you can get fish (pescado) which can be served grilled, pan fried with breadcrumbs (apanado) or with a sauce. There are also plenty of chicken (pollo) dishes available. 'Milanesa de pollo' (boneless chicken cooked with breadcrumbs) is a favourite.

For a cheap and hearty meal 'tenedor libre' restaurants offer a fixed price buffet. These

are usually very good value and you can eat as much as you like.

Vegetarians

If you are a strict vegetarian you may experience a distinct lack of variety in the food available, especially in small towns. However vegetarian alternatives are becoming more popular particularly in south Argentina. Our tour leaders will do their best to provide interesting vegetarian alternatives for included meals, but your patience and understanding is requested.

Drink

You should be wary of drinking the local tap water. Bottled water, carbonated soft drinks and fruit juices are widely available and much safer. Argentina also has some of the best coffee in the world.

In Argentina some of the hotels we use have bars or serve alcoholic drinks. If there is not a bar in the hotel then there is sure to be one within walking distance. Imported beers and spirits are available but local spirits tend to be cheaper. There is an array of rums, gins and brandy and the fabulous Argentine wines can be extremely cheap (from US\$1 a bottle) There are also various brands of beers including Quilmes, Rubia, Negra Ahumada, and Negra Extra XXX.

Brazil Country Guide

Brazil - Fact File

- Official Name: Federal Republic of Brazil
- Capital: Brasilia
- Population: 176 million
- Total Area: 8.5 million square kilometres
- Official Language: Portuguese
- Religions: Roman Catholic 80%, Protestant 15%
- Voltage: Brazil has a variety of electrical voltages, sometimes within the same city and outlets often accept a range of plug types. For this reason, many hotels and campsites will label their outlets to make sure guests know what type of power they use. If an outlet lacks a label, this information will often be listed in the hotel services guide. If in doubt, you should check with reception before plugging in an appliance.
- Dialling Code: +55

- Time Difference: GMT/UTC -2 to -4. For other time differences please visit www.timeanddate.com
- Airport Departure Tax: none

Brazil - Visas

Citizens of most Western European nations, including the UK and Ireland, need only a passport valid for six months and either a return or onward ticket, or evidence of funds to pay for one, to enter Brazil. An entry card must be filled in on arrival to obtain a tourist permit allowing you to stay for 90 days. Australian, USA and Canadian citizens MUST obtain visas in advance and a return or onward ticket is usually a requirement. Do not lose the carbon copy of the entry card the police staple into your passport on arrival, as you may be fined on departure if you don't present it. A sensible precaution is to photocopy it and keep it separate from your passport (or take a photograph of it). Visa requirements do change periodically so you should check for the latest information on your specific visa requirements with your local Brazilian embassy or consulate well in advance of your planned date of travel.

Brazil - Climate

Brazil can be split into four distinct climatic regions. The coldest part - in fact the only part of Brazil which ever gets really cold - is the South and Southeast, the region roughly from central Minas Gerais to Rio Grande do Sul. Here, there's a distinct winter between June and September, with occasional cold, wind and rain.

The coastal climate is exceptionally good and the 7,000 kilometres of coastline, from Paraná to near the equator, bask under a warm tropical climate. There is a winter, when there are cloudy days and sometimes the temperature dips below 25°C, and a rainy season, when it can really pour. In Rio and points south the summer rains last from October through to January, but they come much earlier in the northeast, lasting about three months from April in Fortaleza and Salvador, and from May in Recife. Even in winter or the rainy season, the weather will be excellent much of the time.

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The average monthly temperature in the northeast doesn't ever dip below 25°C and the interior is semi-arid. Rain is sparse and irregular, although violent. Amazônia is stereotyped as being steamy jungle with constant rainfall, but much of the region has a distinct dry season from July to October. Check the weather chart on our website or visit www.worldclimate.com to get an idea of what the weather will be like on your trip.

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Brazil - Money

Important

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Local currency

The monetary unit in Brazil is the Real, which is divided into 100 centavos. For up-to-date exchange rates with your own currency visit www.xe.com.

Changing money, credit cards & ATMs

We recommend that you bring cash/travellers cheques in US dollars only. Visa, Diners and American Express are the best credit cards to bring (Mastercard is not common in Brazil), however there can be problems at times getting money out from ATMs, so make sure you have sufficient cash for emergencies.

There is no restriction on the amount of foreign currency that you may bring into Brazil, however very large sums should be declared on arrival. There is often a general lack of small change and we recommend maintaining a supply of small denomination notes and coins.

When arriving at the Rio de Janeiro International Airport we suggest that you get some reals at one of the little banks in the terminal building or use one of the ATMs (as you come out of customs, take the escalators (to the right) to the top floor then go left and right to the end passing through the shops you will find about three ATMs together). Change enough money to see you through the first few days of your trip – particularly if it is a weekend.

Brazil - Local Transport

Much of Rio can be visited by bus or metro (although the latter doesn't really cover many of the tourist sights). The buses are fast (remember, every Brazilian wants to be a motor racing driver, well at least the bus drivers), reliable and cheap. They are easy to use as you get on and pay the conductor who sits in a little booth then pass through a turnstile. Beware of thieves and pickpockets, especially before you pass through the turnstile.

Taxis are relatively cheap and we recommend using them at night. Most taxis have meters and you should insist that the driver switches it on.

In other Brazilian towns and cities walking is basically the best and cheapest way to see the sights (with the exception of Sao Paulo where the metro is the best way of getting around the city).

Brazil - Food & Drink

All meals are included when camping and lunch is included on travelling days in the truck. When staying in hotels lunch and dinner is at your own expense. (All hotels in Brazil include a buffet style breakfast, normally bread, cold meats, hams, cheese, fruits, juice, tea or coffee). As a guideline a simple snack (e.g. a sandwich) can cost as little as US \$0.70, a light meal will cost around US\$2-3, and a main meal with a couple of beers will cost around US\$8. You will find that meals are generally much cheaper than you are accustomed at home but obviously this does depend on what you order and if you have wine or other drinks which will certainly increase the bill. Eating out in upmarket

suburbs like Ipanema or Leblon in Rio will be more expensive.

Your tour leader will be able to recommend restaurants.

Generally you will find that meals are much bigger than you are used to and, in many cases, one main meal will serve for two. Quite often the waiter will even suggest that two of you share it.

Food

In Brazil the basic diet focuses on meat and black beans. The favourite national dish, especially on Saturday lunchtimes is "feijoada". This consists of several meats (sausages, pork etc) in a delicious stew cooked with black beans and "farofa" (manioc flour). This is normally accompanied by neat chachaca which will blow your head off at first but then become very mellow.

A 'churrasco' at a typical Churrascarria (BBQ) restaurant is another typical dish but go there with an empty stomach as you will get so much food. Every type of meat you can think of is served on giant swords and waiters wander around topping up your plate every few minutes. These restaurants also have great salad bars with lots of variety where you can help yourself as many times as you wish.

If you like fish ask for 'peixe' which can be grilled, pan fried with breadcrumbs or with a sauce. There are also plenty of chicken ('frango') dishes which are a good idea if you don't like your food too salty (the beef normally comes very salty indeed).

Typical snacks available in lanchonetes and roadside truck-stops include 'empadao' (pasties with chicken or meat), 'empadas' (fried version of the latter), 'coxinha' (pear-shaped deep fried manioc flour with fish or chicken), 'pão de queijo' (hot roll made with cheese) and 'salgados' (savoury pastries).

For a cheap and hearty meal try the fixed priced 'prato feito' or 'sortido'. While at the 'comida por kilo' you pay by the kilo which is usually very good value.

Vegetarians

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If you are a strict vegetarian you may experience a distinct lack of variety in the food available, especially in small towns. However vegetarian alternatives are becoming more popular you will just have to search a little harder for the restaurants that cater to your tastes. Our tour leaders will do their best to provide interesting vegetarian alternatives when arranging group meals in the campsite, but your patience and understanding is requested.

Drink

All drinks such as water, soft or alcoholic drinks are at your own expense at all times. The following is a guideline for drinks bought in a shop in the street. Prices in restaurants and hotels can sometimes be more than double the prices specified below:

- 1 litre of water - US\$0.50
- 30cl bottle of soft drink - US\$0.30
- 30cl bottle of beer - US\$0.50
- 50cl bottle of beer - US\$0.80

You should be wary of drinking the local tap water. Bottled water and carbonated soft drinks are widely available and are generally safe to drink. Surprisingly, although Brazil is one of the largest coffee producer in the world, most coffee in cafes and restaurants leaves a lot to be desired, so look out for a specialist coffee type cafe. For great fresh fruit juices ('sucos'), try the 'lanchonetes' where you can also get great snacks.

In Brazil some of the hotels we use have bars or serve alcoholic drinks. If there is not a bar in the hotel then there is sure to be one within walking distance. In more up-market hotels, imported beers and spirits are available, but at a much higher price. There is an array of locally made rums, whiskeys, gins, vermouth, campari and cachaca available cheaply. The latter is a sugar-cane liquor which is used in the Brazilian national drink 'Caipirinha' (a mix of cachaca, sugar, crushed ice and slices of squashed limes). Another variation is the 'Batida' which is cachaca mixed with a variety of fruit juices, crushed ice and sugar. There are various brands of beers including Brahma, Antarctica and Cerpa. Draught beer is called 'chopp'.

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