

# AMAZON

**SUP & YOGA CRUISE**

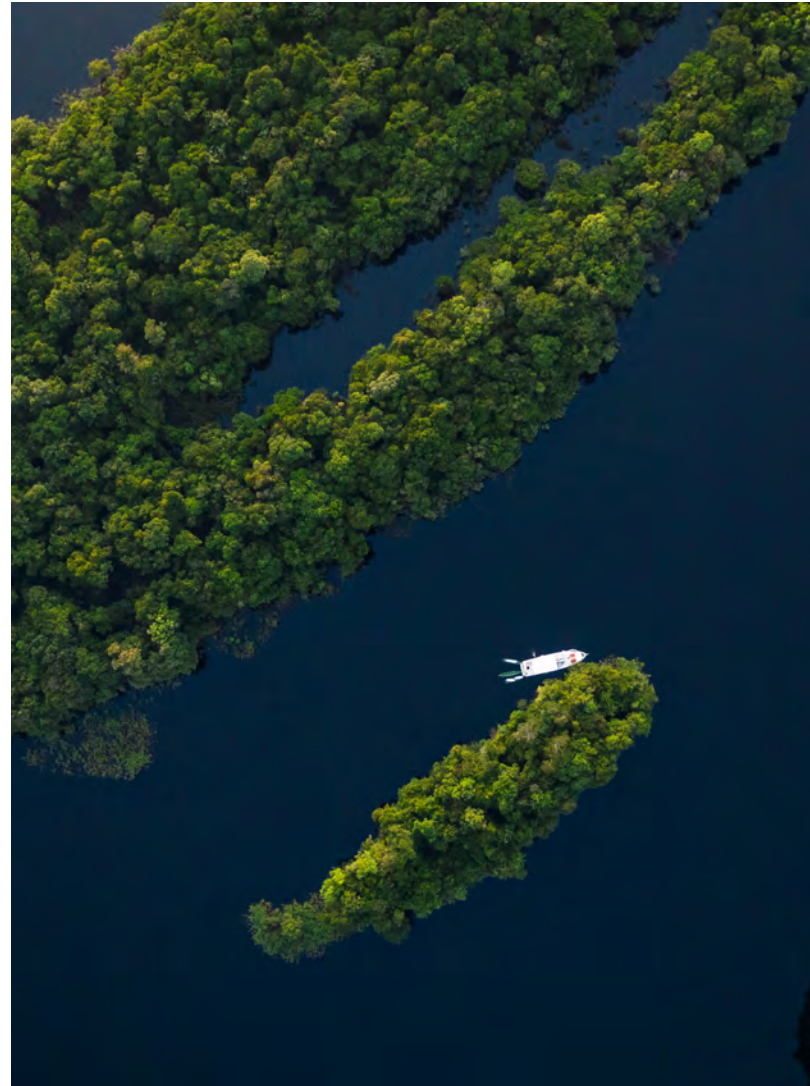
**NOV. 9 - 19, 2023**

LOCATION: BRAZILIAN AMAZON

OBJ: SUP, RIO NEGRO

LEVEL: BEGINNER / INTERMEDIATE

STOKE: EXTREMELY HIGH



# AMAZON / EXPEDITION OVERVIEW

Embark on a journey to one of the world's most intriguing and unexplored regions, the Brazilian Amazon.

Home to nearly one-third of all species on the planet, the lush Amazon Basin is a treasure chest of wildlife and awe-inspiring landscapes. Start your mornings with guided meditations and an energizing yoga practice before heading out to explore the Rio Negro via stand up paddleboard or dugout canoe. Return home from your day of discovery to an air-conditioned suite aboard a well-anointed riverboat with fresh fish, fruits, delicious meals, followed by an ancient Himalayan breathwork/meditative practice to send you off to a blissful sleep before the next adventure filled day.

Starting from Manaus, Brazil, this expedition is spent exploring the culture, wildlife, flora and fauna of the Rio Negro. We'll explore the hidden beauty of the surrounding jungle, streams, lakes and beaches via wooden canoe, SUP, and hiking, fishing for Peacock Bass and Piranha along the journey. In Novo Airao, we will have the chance to swim with pink dolphins before visiting the Desano Tribe to witness a native ceremony.

## SUP

We think you'll agree that any activity becomes more enjoyable the more your progress; whether that's skiing, surfing, yoga, or SUP. No SUP experience is needed, whether you've never paddled in your life or you live and breathe it you'll be able to enjoy this mode of exploration to the fullest. If you're a first-timer/beginner, you'll find your legs after day 1 and get into the rhythm.

## DATES

November 9 - 19, 2023

## COST

\$5,000 USD, per person

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## A TYPICAL DAY

6:00am: Coffee, tea, and fruit  
7:00am: Energizing yoga practice/meditation  
8:00am: A hearty, healthy group breakfast  
10:00am: SUP, canoe river, lakes, streams  
12:00pm: A light, healthy lunch  
3:00pm: Fishing, afternoon SUP, hike or swim  
5:00pm: Nature hike, evening excursion, or village visit  
7:00pm: Dinner

Each day will look a little different depending on weather and day of the week. The itinerary is thoughtfully designed for you to actively enjoy the Brazilian Amazon to the fullest, but everything is optional.

## ARRIVAL / DEPARTURE

You will fly into the international airport in Manaus, Brazil (Aeroporto Internacional Manaus). Your airport transfer is included on arrival day, where we will transfer to a hotel in Manaus for 1 night. If you are arriving early or departing late there are ample taxi options upon arrival at the airport.

## WHAT'S INCLUDED

- 1 pre-night hotel accommodation
- 9 nights river cruise accommodation
- Linens and towels
- 3 meals per day
- Unlimited coffee, tea, and water
- Airport pick up & drop off
- All SUPing
- Fishing equipment
- All yoga classes / meditations
- Client gift bag (valued at \$350 USD)

## WHAT'S NOT INCLUDED

- Airfare
- Passport and visa expenses; tourist entry fees may apply depending on your nationality
- Any government arrival and departure airport taxes
- Excess baggage charges
- Travel insurance, including baggage and cancellation/interruption insurance
- Alcoholic beverages
- Gratuity for boat staff

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## TRAVEL INSURANCE

Travel insurance that includes emergency medical coverage is required for this expedition. Please ensure SUP is an activity covered by your insurer when you purchase a policy. For US citizens, we recommend [Travelex](#) with the Adventurer Pak upgrade. Other commonly used companies include Global Rescue and World Nomads. We also highly recommend adding trip cancellation/interruption coverage to your policy.

## PAYMENT PLANS

A 50% deposit is required to reserve your spot and the final balance is due 60 days prior to the expedition start date. Upon registering online, there are payment plans options to split your remaining balance due into 2, 3 or 4 payments on autopay.

## CANCELLATION POLICY

All cancellation requests must be received in writing (via email). Cancellation received up to 60 days prior to departure are refunded less an administrative fee of \$500 per person. If cancellation is received between 31 and 59 days prior to departure, the deposit is forfeited. Refunds for cancellations within 30 days of departure will not be granted.

## HOW TO BOOK

Easy! [Follow this link](#), fill in your information, submit the 50% required deposit and choose your payment plan of choice.

For additional questions, please reach out to [ashleigh@iceaxe.tv](mailto:ashleigh@iceaxe.tv)!

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