

# AMAZON / ITINERARY

## 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.

## ITINERARY

November 9: Arrive in Manaus, Brazil; transport to pre-night hotel in Manaus.

November 10: Transport to Dorinha and set sail for the Meeting of the Waters, a spectacular view where black (Rio Negro) and white water (The Amazon) meet. We will stay at a local lake overnight and explore the area after dinner.

November 11: Enjoy an early morning visit to the lake shore to see animals rise and giant queen lily pads (Victoria Amazonica). We will spend the day exploring the Amazon River, lakes and streams in wooden canoes. We will also do piranha fishing and see who gets whom first, and fishing for Peacock Bass. We will then sail to a lake and explore lake and night life after dinner.

November 12-13: Early morning tours of the Várzea Lake, visit a local village, and SUP. Then we will travel back to Manaus to sail up the Rio Negro. Fishing for Peacock Bass.

November 14 - 15: Explore the waterfalls and rapids on SUP in Rio Cueiras and Igarape Atuia; penetrating lower reaches of the Rio Branco. Visit the Big Tree Island to enjoy the hidden beauty of the jungle, streams and beaches. Nature hike, fishing for Peacock Bass, SUP, and night excursion.

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**November 16:** We will wake up at the mouth of the Igrape Zamula. This will be a day of adventure for those who like to get wet. Our research team will be trawling in the channel and later a soccer match with the crew and an evening beach party.

**November 17:** We will head back down the Rio Negro on a different side to visit more of the beautiful streams, waterfalls, and a local village. In Novo Airao, we will have a chance to swim with the pink dolphins and purchase nice wood carvings from local boat builders. Fishing for Peacock Bass and SUP. We will visit the Desano Tribe to witness a native ceremony of dancing and a chance to purchase local handicrafts.

**November 18:** Return to Manaus in the morning, visit local fish market and the Opera house. Enjoy an afternoon walk and Brazilian BBQ lunch. Visit a small fish farm and enjoy a final party that night.

**November 19:** Last minute exploring and shopping around Manaus before return flight home.

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