



## Experiences

### *Paraty Marin*

Our "experience menu" is extensive and comprehensive!

Our options vary from contemplative experiences focused on Mindfulness, Meditation, and Yoga, to adventurous expeditions like Ocean Kayaking or hikes to unforgettable waterfalls!

And of course... several options for nautical along the emerald waters of Paraty!

Our experiences are tailor-made, and we will always strive to cater to a wide range of desires! Just let us know and we will make it happen!

### *At Sea*

The bay of Paraty is blessed with over 60 islands and many hidden coves and beautiful inlets where nature abounds. There are three main sections the bay can be divided into: North, South and Mamanguá. You can easily explore North and South regions on one of the slower, charming wooden boats, whereas going to Mamanguá requires a powerboat.

If you wish to explore other fascinating locations you can always go to Cajaíba (and trek to a charming waterfall), Cedros (Paraty's Vietnam) or even Ilha Grande - where you'll find some of Brazil's most beautiful beaches!).

Our partners vary from simple local wooden boats, to gorgeous schooners or even swanky powerboats. We also partner-up with Gastromar's SEM PRESSA - where fine dinning and being at sea come together!

For detailed information about our options, please get in touch with our Experiences Team.

# Adventure

Kayak or SUP Tour - Guided tour to a local algae farm. Learn about the many uses of this super plant of the sea. Great way to see lot's and lot's of marine turtles.

Ocean Kayak Expedition - for those with an adventurous spirit! Kayak from Araújo island to beautiful Cotia (or Mamanguá) on an expedition kayak Amazing way to explore the bay.

Secret Waterfall - visit one of Paraty's less visited waterfalls (still a hidden secret!) and feel the healing power of nature

Hike Away - from short walks among well trodded paths to long hikes amidst the denser Atlantic Forest. Just let us know what you desire and our team will guide you through unforgettable adventures around the Brazilian jungle.

Surf's Up - Spend the day learning the basics about this incredible sport at one of several incredible locations (depending on conditions and size of your party).

River Rafting - Not quite white water rafting... but still an absolutely amazing way to explore some truly untouched areas in a fun and different day-trip.

Bike-Tours - Mountain bike through seriously breathtaking trails - ranging from flat farmland to rocky hill sides.

Meet your PANC's (Non-Conventional Food Plants) - go on a guided walk around the island and learn about the magical world of lesser known edible plants.

## Wellness

Yoga & Meditation - enjoy a Yoga and/or Meditation session from one of our expert teachers right at Paraty Marin.

Massage Therapy - we work with an amazing therapist who works with organic essential oils and has a healing touch.

Stargazing Luau - (only available May-August).

Forest Bathing - listen to the sounds of birds and insects of the Atlantic Forest while expanding Mindfulness and breathing techniques.

## History

Historical Downtown - embark on a guided tour of Paraty! A town full of history and stories. Our guides are very knowledgeable and will be able to transport you through time. At the end, you will still have plenty of time to enjoy the quaint downtown on your own.

Cachaça Distillery - visits one of many local and historic Cachaça (Brazilian Rum) distilleries. The iconic spirit of Brazil and an important product of Paraty's history.

Fazenda Bananal - visit one of the oldest sugarcane farms of the region, fully and beautifully renovated! A little museum showcases some interesting artifacts and pictures. Stroll along gorgeous gardens and a guided path that meanders through the Atlantic Forest and finish by eating at Bananal's five-star farm-to-table restaurant.