



**Dance of the Ancestors**  
DISCOVER CULTURE THROUGH TRAVEL

# BRAZIL

DECEMBER 1-16 2024

**Brazil is the fifth largest country in the world, so it would be impossible to see everything in just two weeks. This is designed to give you a sample of both metropolitan cities and the natural beauty Brazil has to offer.**

## MANAUS - CITY TOUR

Visit to the Municipal Market, which is housed inside a metallic building that was constructed in the art nouveau style at the end of the 19th century, the Government Palace and then visit the Indian museum, which belongs to the Salesian Roman Catholic Nuns. Your final destination is the world-famous Opera House.

## AMAZON JUNGLE TOUR

Discover the Meeting of the Waters, where the Amazon River is formed! Enjoy a relaxing boat ride down the Rio Negro to where it meets the Solimoes River and forms the grand Amazon River. On this private tour, you'll see the famous water lilies of the January Ecological reserve, shop at a handcraft fair where Native Indians sell their creations, eat lunch on a floating restaurant, and motor canoe through the igrapes and igapos channels.

## SALVADOR PRAIA DO FORTE

Travel the scenic Coconut Highway to a fishing village that is home to some of the best beaches in Bahia. On arrival at Praia do Forte we stroll through the village and will have the opportunity to visit the headquarters of the TAMAR Project, the national sea turtle preservation project and one of Brazil's most successful ecological programs. The visitors` center provides a unique up-close view of these majestic animals. We then retrace our tracks a little and drive south to Guarajuba beach where we have time to relax on the beach, swim in the calm warm waters of the South Atlantic ocean.



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Historical City Tour: Discover the essential sights of Salvador on a half day tour tracing the development of the city from its simple beginnings to what is now the third largest city in Brazil. Visit the elegant tree lined avenues and bustling city streets to the Pelourinho, a Unesco Heritage site and the largest complex of colonial architecture in South America. See the great views of the bay stretching out to the lower city, and stroll through the narrow, busy streets lined with buildings in pastel shades of an age gone by, soaking in the sights and sounds of this vibrant city.



## SALVADOR BAHIA

### BAHIA CUISINE & VISIT TO CAPOEIRA CLASS

To understand a city the best place to begin is in its local markets. We'll begin our tour focused on Bahia cuisine in the recently refurbished Agua dos Meninos fish market. From here it is a short hop to the Sao Joaquim market, the largest open-air market in Brazil, a labyrinth of almost 800 stalls selling a myriad of goods: fruit, vegetables and spices, earthenware cooking utensils, wicker basketwork, medicinal and sacred herbs. We continue our tour with lunch at a local restaurant to try the main dishes of Bahian cuisine.



**History:** Upon arrival in Brazil, the Africans felt the need to develop ways to protect themselves against the violence and repression of Brazilian settlers. They were constant targets of bloody practices and punishments by the plantation owners. When fleeing from the farms, they were persecuted by the authorities, who had extremely barbarous capture techniques. The farmers forbade slaves to practice any kind of fighting. Therefore, slaves used the rhythm and movements of African dances to create a martial art disguised as a dance, which was an important instrument of cultural and physical resistance. Music also plays a very important role in Capoeira and it should



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## RIO DE JANEIRO

### SAMBA SOUL EXPERIENCE

No other festivity is more Brazilian than the Carnival and there is nothing more authentic than the samba schools. Although the famous Carnival Parade happens once a year, the ongoing work backstage happens every day. You will go to the Cidade do Samba and visit the Academicos da Grande Rio warehouse and contemplate their costumes, allegories, and curiosities. A guide will lead you through a tour where the Carnival Spirit will get inside of you. Learn about the history of Samba and Carnival Parade. And after seeing so many carnival costumes, why not try them?



### ARTISTS SANTA TERESA TOUR

Known by writers and artists, the neighborhood of Santa Teresa occupies a hill in the heart of the city, and is sure to delight visitors with its charm, architecture and cultural riches. Our first stop is the Castelinho. Next, we will stop by Ruins Park where visitors can enjoy a spectacular view of Rio de Janeiro. Afterwards, we will visit the Chcara do Cu Museum which has a very interesting collection of Brazilian and European art, highlighting Portinari, Di Cavalcanti, Matisse and Modigliani. The tour continues to Largo do Guimares, considered the heart of the neighborhood, where there are several art studios, bars and restaurants.



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## COOKING CLASS

Discover the mysteries of Brazilian cuisine in a cooking class. Classes feature ingredients that are readily available in the United States and Europe so that travelers will be able to recreate the recipes they learned back at home. You will learn how the Indian, African and Portuguese people influenced Brazilian culinary culture and learn to cook one of our typical dishes.



## CRISTO & SUGAR LOAF

Enjoy a panoramic tour of downtown Rio passing by the Sambodrome where Rio's famous carnival parades take place and stopping at the Metropolitan Cathedral, built in a unique pyramid form. Also see some of Rio's historical buildings including the Municipal Theater, the National Library and the National Museum of Fine Arts. Next, continue to the neighborhood of Urca where one of the iconic symbols of the city is located: Sugar Loaf. You'll travel all the way to the top in two steps by cable car. The first cable car takes you to Urca Hill, a vantage point over 1,000 feet high offering beautiful views of Guanabara Bay and its islands as well as Corcovado Mountain. The second cable car takes you to the top at 1,300 feet where you will enjoy splendid views of Copacabana beach, the Santa Cruz fortress, and several beaches of Niteroi.



## NIGHT LIFE MUSIC OF RIO

This evening a special treat. From traditional northeastern forró, to Rio's own samba, to reggae from Bahia, visitors will enjoy the best that the Rio music scene has to offer. On the Rio Nightlife Tour, we will take you right to the heart of the action where our local guides will accompany you to one of the best clubs in Lapa, Rio Scenarium an unusual bar, a mix between an antique shop and an auction room, where the locals come to listen to traditional Brazilian jazz and samba. Dinner is included.



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## IGUAZU FALLS

The Guira Oga Bird Park gives tourists the opportunity to experience the native flora and fauna firsthand. By following the trails through the forest, visitors will have the opportunity to get close wonderful native Brazilian bird species, some of which are classified as endangered. Visit the Brazil side of Iguassu Falls. Stroll along the trail descending into the canyon that offers a panoramic view of the 240 falls. Be prepared to feel the spray from the falls, as you walk along the catwalks to get a closer look. Take the glass elevator up the cliff face for an exquisite view from the upper deck. Brazil's Iguassu National Park along with its 'sister' park in Argentina form the most significant remaining rainforest in the southern region of South America.



## SAO PAULO

Half day tour of Sao Paulo. On this tour we will travel to the traditional places of Sao Paulo. We will begin with the oldest train station in the city, then we will continue to the Municipal Theatre where we stop to walk around and get to know different places of the old downtown such as, the Cha Viaduct and Se Cathedral with its splendid stained glass. Then we will go to the neighborhood of Liberdade and the financial center of Sao Paulo and pass by Paulista Avenue, the most important street in the city. Finally, we will visit the museum designed by Oscar Niemeyer in Ibirapuera Park.

Farewell dinner included at one Sao Paulos known Churrascaria (Brazilian Steak House) Full salad and vegie bar.



## WORKOUTTEMPS

**WORKOUTTEMPS** will provide fitness classes every morning of non-travel days. Classes will be from 8-9am  
December 1-14, 2024



WORKOUTTEMPS



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## Pricing Information

- Manaus Amazon
- Salvador Bahia
- Rio de Janeiro
- Iguazu Falls, and Sao Paulo
- Boutique Hotels
- Historical Cultural Nature Art and Entertainment Tours
- Multilingual Workouttemps tour leaders and Brazil experts
- Workouttemps Fitness classes
- CFAR travel Insurance
- Airport Transfers and Intra Country Travel
- 15 Breakfasts-4 lunches-5 Dinners



WORKOUTTEMPS

- Single Occupancy \$9,700
- Double Occupancy each \$7,900
- Estimate Airfare SFO. \$2400



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