



SISTERS JOURNEY - ANCESTRAL ROOTS

AUGUST 2027



GENERAL INFORMATION

CLIMATE

Brazil's climate varies significantly across its large territory. The Amazon region is hot and humid, the Northeast is warm and dry, much of the coast enjoys pleasant tropical weather, and the South experiences cooler temperatures. Seasons occur at opposite times compared to the Northern Hemisphere. Average temperatures range from approximately 28°C in the North to 20°C in the South.

VISAS & PASSPORTS

Brazil has visa exemption agreements with around 90 countries. Citizens of the United States, Canada, and Australia are required to obtain an eVisa before traveling to Brazil, which can be requested online. We offer a step-by-step guide to assist travelers with the application process. For other nationalities, consult the [Entry Visas to Brazil List](#), and if a visa is required, contact the [Brazilian consulate](#) for guidance on documentation and application procedures. Passports must be valid for the entire duration of the stay in Brazil.

CURRENCY

The official currency of Brazil is the Real (R\$). U.S. dollars can be exchanged at hotels, banks, and authorized currency exchange offices known as casas de câmbio in major cities. International credit cards are widely accepted in hotels, shops, and

restaurants. To avoid inconvenience, it is advisable to inform your bank before traveling. Exchange rates vary frequently. For the current official rate, visit the Central Bank of [Brazil's website](#).

TIME ZONES

Brazil spans four time zones. Brasília Time (BRT) is the country's official time and is generally three hours behind GMT (London). Brazil does not observe Daylight Savings Time.

SHOPPING

Brazil offers an excellent range of shopping experiences, including contemporary Brazilian designer brands, traditional handicrafts, and local art. Modern shopping malls generally operate for extended hours, while street stores follow shorter business schedules. Opening times vary by location, so travelers should confirm local hours during their stay.

LANGUAGE

Portuguese is the official language of Brazil. In major cities, English and Spanish are commonly spoken in hotels, while in restaurants and shops, this may be less frequent. For ease of communication, we recommend downloading the Google Translate app and saving Portuguese and your native language for offline use. This allows translation even without Wi-Fi.

HEALTHY

Brazil does not require proof of any vaccination to enter the country, including COVID-19. Travelers

planning to visit forested or rural areas should consult their physician before traveling to discuss any recommended vaccinations or preventive measures. For multi-country trips across South America, some neighboring countries may require proof of yellow fever vaccination for travelers who have recently visited Brazil.

TIPS

A ten percent service charge is usually included in restaurant and bar bills in Brazil. Additional tipping is optional and may be offered at the client's discretion for exceptional service. Gratuities for tour guides and drivers are appreciated but not mandatory. Tipping is not customary for services such as taxis, hair salons, or housekeeping.

CUISINE

Brazilian cuisine is remarkably diverse, shaped by regional traditions and a rich blend of cultural influences. Travelers will encounter fresh ingredients, vibrant flavors, and a range of classic dishes that vary from one region to another. Whether enjoying refined coastal seafood, traditional comfort foods, or contemporary interpretations by Brazilian chefs, visitors will find memorable dining experiences throughout the country.

CLOTHING

Although Brazil is mostly tropical, its large size means that temperatures can vary significantly from region to region and depending on the season. Light clothing and comfortable shoes

are recommended for most areas. Sunblock, sunglasses, and a hat are essential for protection against strong sunlight. A light jacket or sweater is useful for cooler evenings or air-conditioned environments, and a rain jacket may come in handy during the wet season or when visiting forested areas.

ELECTRICITY

The standard voltage in Brazil varies between regions: some areas use 110 V while others use 220 V. Travelers should always check the local voltage before plugging in electronic devices and confirm it again upon check-in at hotels. The official plug type in Brazil is **Type N**, which fits plugs with two or three round pins. **Type C** plugs (two round pins) are also compatible with most Type N sockets. Although many hotels provide adaptors, it is recommended to bring a universal travel adaptor for convenience.

TELEPHONES

Most of Brazil has reliable mobile phone coverage, including widespread 4G service and an increasing availability of 5G in major cities. In remote regions, cell signal may be limited, but many lodges and tourism properties offer satellite based Wi-Fi for basic communication. The international dialing code for Brazil is +55, and all phone numbers include a two digit area code, known locally as the DDD.





ABOUT

SALVADOR

The first capital of Brazil, Salvador was a major place for the slave trade and is now a thriving center of Afro-Brazilian life. Salvador is considered the country's soul and the birthplace of Brazilian culture. The local cuisine, music, dance and vibrant visual arts are all testaments to the pervasive African influence. As one of Brazil's great historical destinations, the city is filled with churches, homes and forts that reflect stunning Portuguese architecture from the Baroque period. Outside the city lie some of Northeastern Brazil's most pristine beaches, including the renowned Praia do Forte and Costa do Sauípe. Considered Brazil's most artistic city, Salvador has a lively art scene and its streets are filled with dance and music all year round.



ABOUT

RIO DE JANEIRO

Often called “Cidade Maravilhosa” (The Marvellous City) Rio de Janeiro is notorious for its breathtaking scenery and location, nestled between lush-green mountains and crystal clear seas. These attributes were decisive for Rio to be awarded by UNESCO two titles that are the first of their kind in history: World Heritage Site for Urban Landscapes, and World Capital of Architecture, this last one in partnership with the International Union of Architects (UIA). Capital of Brazil until 1960, Rio is one of the most culturally and economically prominent cities in the country, featuring some of its most famous tourist attractions such as Pão de Açúcar (Sugarloaf Mountain), Corcovado (Christ the Redeemer statue), and the iconic beaches of Copacabana and Ipanema. The city is full of energy and rhythm, and the locals of Rio, the ‘Cariocas’, are known for their carefree spirit and charm. Whether you are looking to experience Carnival, relax in a naturally stunning environment, or enjoy all the luxuries of a cosmopolitan city, Rio de Janeiro has it all!



DAY BY DAY

PROGRAMME

DAY 1

Thursday 12 august 2027 | SALVADOR

Transfer in + Welcome dinner

Meet your guide at the arrival area and embark on a private transfer to your hotel.

Check-in assistance.

Welcome dinner at Preta Tirachpéu restaurant - Angeluci Figueiredo, known as Chef Preta, is a Brazilian chef and entrepreneur recognized for her contemporary interpretation of Bahian cuisine. Born in Amargosa, Bahia, she began her career as a photojournalist before transitioning to gastronomy, inspired by the flavors, memories, and cultural traditions of her region. She gained recognition with Restaurante Preta, originally created on Ilha de Maré and later established on Ilha dos Frades, in the Bay of All Saints, where it became one of Bahia's most distinctive destination restaurants. Her cuisine emphasizes seafood, local ingredients, and the culinary heritage of the Bahian coast, combining traditional flavors with a contemporary and visually expressive approach. In recent years, Chef Preta expanded her presence in Salvador with new ventures, including Preta at Palacete Tira-Chapéu, in the historic center, and a another unit at the Museum of Modern Art of Bahia (MAC Bahia), bringing her coastal-inspired cuisine to important cultural landmarks in the city.





DAY 2

Friday 13 august 2027 | SALVADOR

African Heritage Tour & Rio vermelho by Night

After breakfast, We will visit the Church of Our Lady of the Rosary, the famous black church, built with meager resources over a period of almost a hundred years and The Benin's House (Casa do Benin), that plays the important role of strengthening the ties between Bahia and African nations, promoting cultural exchange and housing a rich collection of objects and works of art from the Gulf of Benin, from where the majority of blacks who populated Bahia came from.

The Afro Brazilian Museum and Benin's House are closed on Saturdays and Sundays.

Lunch time - meal on own.

Afternoon at leisure.

To end this day, we'll head to Rio Vermelho Neighborhood. This area is referred to by Bahians as the "bairro boemio", or the bohemian quarter. This neighbourhood embraces the city's bon vivants with open arms, and in many cases, open doors until the early hours. This is the main place that locals will head to for a night out. It has a wide variety of bars and restaurants, as well as many botecos, simple tapas-style bars that are key to the district's charm. Bahian street food is famous throughout Brazil, and the famous acarajé and abará are traditionally sold throughout Salvador by "baianas do acarajé" (women in traditional dress who own street-food stalls). Having a snack at one of these stalls and washing it down with a cool drink is a favorite pastime for locals, and Rio Vermelho is home to 3 of the city's most famous places. Music completes the area's appeal, as numerous bars host the city's best in local live music in its many forms, both traditional and contemporary. The first stop on our tour will be to try the acarajé and have a refreshing drink (first drink is included). After this

we'll move on to a busy boteco to taste some of the local delicacies, and then to finish the evening we'll pop into a bar to enjoy a live music performance.

Note: Attractions can vary depending on the night of the week and time of the year. Food and drink consumption and music cover charge are not included.

DAY 3

Saturday 14 august 2027 | SALVADOR

Full Day in a Candomble Temple

Today, we'll have experience at a Candomblé temple.

We will begin the day with an introductory lecture on Afro-Brazilian religious practices with an Ekele, a specialist in this area.

The second part will consist of a series of workshops, subdividing the group according to each person's maximum capacity: Afro braiding, Afro dance & herbs and natural remedies

Lunch will be on-site, with homemade food prepared at the temple itself.

Note: Ekele (or Ekele) is a highly valued and trusted female position in Candomblé and Umbanda, whose main functions are to care for, protect, and assist the Orishas, the entities, and the temple.

Evening at Leisure.





DAY 4

Sunday 15 august 2027 | SALVADOR

Festa da Boa Morte at Cachoeira

We leave the city behind to explore the rolling hills to Cachoeira, the jewel of the Bahian hinterland nestled deep in the valley of the Paraguaçu River, to participate in the Festa da Boa Morte (Festival of the Good Death), a traditional Afro-Catholic manifestation of resistance and faith, organized by Black women (Irmandade da Boa Morte). The celebration, recognized as Intangible Cultural Heritage of Bahia, includes masses, processions, samba de roda (a traditional dance), and caruru (a traditional dish), honoring ancestry and the struggle for freedom.

The plan is to leave Salvador around 8 am so the group can participate in the mass and the procession through the city.

Lunch will be at a local farm.

In the afternoon, we will participate in the festivities that take place in various locations throughout the city, offering plenty of culture, gastronomy, and faith.

Return to Salvador around 7 pm.

DAY 5

Monday 16 august 2027 | SALVADOR

HD Market and Cuisine w Cooking Class + percussion workshop & Iemanjá Tribute

The seasoning of Bahian cuisine is a mixture of fresh coriander (coriander) leaves, garlic, lemon and black pepper, all originating in Mediterranean countries or further east in Asia; coconut and spices from the Mediterranean and Asia (via Portugal); palm oil from Africa; cassava in all its variants from Brazil.

The challenge is bringing it all together, and there's no better way than with the help of a top local chef. Meet the Chef at a busy local market to look for all the ingredients for moqueca, a signature Bahian dish. A subtle mix of the above ingredients, moqueca is a seafood dish prepared in a clay wok-style pan and brought to the table straight from the stove, a delight for the eyes, nostrils and palate. The dessert will also feature imported spices, such as cloves and cinnamon.

After the market, head to a chef's house to prepare lunch, and after the kitchen experience, have delicious moqueca for lunch.

Afternoon at Leisure.

Evening - The Bahia Folklore Company (Balé Folclórico da Bahia) is one of the most respected folklore dance troupes in the world. The company performs in the intimate Miguel Santana Theatre in the Pelourinho area, putting on a stunning presentation of the multiple African traditions that heavily influence the Bahian culture.





We will see some of the sacred dances of Candomblé, as well as puxada de rede, a song by fishermen in honor of Yemanjá, the goddess of the sea; maculelê, an acrobatic stick and sword dance with its origins in the cane fields; capoeira, a martial art/dance of Angolan origin; and the samba de roda, a spinning, swirling version of this exuberant national dance.

Duration : 5 Hours

DAY 6

Tuesday 17 august 2027 | SALVADOR

Percussion Workshop + Iemanjá Tribute & Farewell Dinner

Morning at leisure.

Afternoon

Percussion workshop with an all-female percussion band.

All-female percussion bands are a landmark in music and in the fight for gender equality in Brazil, forming part of a movement that challenges the predominantly male environment of Salvador's carnival and redefines the role of women in percussion music!

Close to sunset, will head toward Rio Vermelho area to have a sneak peak of the Iemanjá festival, which takes place on February 2nd, honoring Iemanjá, the queen of the sea.

We'll proceed to the House of Iemanjá, the place where the festival usually takes place, and there we meet a "filha de santo" who will share with the group a little about the importance of Iemanjá in the city's culture.

Each participant receives a white rose. We go down to the beach sand where a son of the saint is playing the atabaque drum and the sounds of the terreiro (Candomblé temple). Each participant places their rose in a basket that will be carried to the sea by a boatman.

Note: Filha de Santo is a woman initiated and dedicated to Afro-Brazilian religions, such as Candomblé or Umbanda. They act as mediums, serving as the body for the incorporation of orixás or spiritual guides, performing crucial ritual functions under the guidance of a Mãe or Pai de Santo (priestess or priestess).

Farewell dinner at Casa de Tereza restaurant - Casa da Tereza is a painstakingly restored 19th century home in the heart of Salvador's "bohemian" Rio Vermelho district, home to many of the busiest bars and music venues in Salvador. Chef Tereza Paim, commands this bustling restaurant serving the best in contemporary Bahia cuisine in an eclectically decorated restaurant, with works of art by leading Salvador artists. Tereza focuses on the finest of Bahian ingredients and seasonings, all locally sourced, serving imaginative, creative dishes to the highest standard. This is one of the city's finest restaurants.

DAY 7

Wednesday 18 August 2027 | SALVADOR - RIO DE JANEIRO

Transfer out to Arpt

At the scheduled time, meet your guide at the lobby for check-out assistance and embark on a private transfer to the airport to catch your flight to Rio.





Transfer in from arpt to hotel

Welcome to the Marvelous city. Your local guide will be waiting for you and will provide a private transfer to the airport.

Check-in assistance.

Rest of the day at Leisure.

DAY 8

Thursday 19 august 2027 | RIO DE JANEIRO

African Heritage Tour

This tour traces the footsteps of Afro-Brazilian culture in Rio, from the first arrival of the African slaves to the indissociable image of Rio and Carnival.

Depart the hotel towards Praça XV, the original port of Rio, from the foundation up to 1811, when the arrival of slaves was transferred to Cais (docks) do Valongo, in a then remote area of the city, away from society's eyes. At Praça XV, in the Royal Palace, Princess Isabel signed end of slavery in 1888. Through Cais do Valongo, passed over 2 million Africans, the majority from Congo and Angola. Continue walking to the newly restored Jardins (gardens) do Valongo, a 1906 attempt to erase the past during the Pereira Passos era of transforming Rio into a cosmopolitan Capital. From here you can see the old Largo do Depósito, where the actual commerce took place. Climb the Conceição Hill from where you will have breathtaking view of downtown and Favela da Providencia, the first of Rio. Descending on the opposite side we will get a glimpse of Guanabara Bay and the area once known as Little Africa, arriving at Pedra do Sal. Here, freed and slaved Africans gathered to work, rest, sing, dance, and celebrate their culture. It is here that many years later samba gained its first tunes. This rhythm became a symbol of Rio and Brazil, to a point that in 1984 Sambadrome was built, an arena dedicated to the Carnival Parade, "The Temple of Samba", our last stop on this tour.

Lunch at Casa Omolokum - Located in the heart of Pedra do Sal, the oldest continuously inhabited Black neighborhood in Rio, officially recognized as a quilombo in 2005, is Casa Omolokum. In a welcoming environment of Afro-Brazilian cuisine where everything honors the orixás, you will taste unique delicacies including acarajé, vatapá, farofa, among others. Oh, and add chili peppers at your own risk!

Before lunch, we can add a lecture to explore even more some point of the African diaspora in Rio.

Afternoon & Evening at Leisure

DAY 9

Friday 20 august 2027 | RIO DE JANEIRO

Vist Corcovado & Samba City

Depart from the hotel to visit the Christ Statue, elected as one of the seven modern wonders of the world. The statue sits 2,300 ft. above sea level, atop Corcovado Mountain. Following a scenic drive along the Rodrigo de Freitas Lagoon, we will arrive at the bottom, where we embark on a small train that climbs the beautiful mountainside. Upon reaching the top, visitors will experience a panoramic view of Rio de Janeiro and discover why it is known as the “Marvelous City”!

Lunch at Assador Steak House - Enjoy an all you can eat barbecue style buffet!

Afternoon visit to Samba City - The tour proceeds to downtown Rio to visit the the “Cidade do Samba” (City of Samba), which joins together the various costumer workshops and float production centers of the largest samba schools in Brazil.

Visitors watch real floats being constructed and view the elaborate costumes being prepared for the upcoming Carnaval.





Complete your immersion in carnival with an electrifying percussion and samba workshop. Percussionists of Pimpolhos da Grande Rio, the children's samba school, will join in to teach you basic beats of cuica, surdo, tamborim, tan-tan, pandeiro, all instruments created by sambistas for playing samba. This fun activity will show you how an orchestra of samba, called bateria, can lift an entire stadium like the sambadrome. These drummers will be accompanied by talented boys and girls dancers, who will teach you the difference between men and women's samba. This exciting lesson is a great chance to interact with these kids and see how proud they are of their heritage and samba school. Don't worry, even folks with two left feet end up having fun in this lesson!

Evening at Leisure

DAY 10

Saturday 21 august 2027 | RIO DE JANEIRO

Sugar Loaf Mountain & Charm Dance Party

Over a million tourists every year visit the world famous Pão de Açúcar (Sugar Loaf Mountain), which has become an iconic symbol of the city of Rio de Janeiro. Rising up from a small peninsula at the entrance of Guanabara Bay, its name is said to refer to its resemblance to the traditional shape of concentrated refined sugar loaf. The first cable-car takes passengers to the top of Urca Hill, which rises 215 meters above sea level and offers spectacular views of the entire bay and its islands. From Urca Hill, passengers continue in a second cable car to the top of Sugar Loaf which rises 395 meters above sea level and offers a 360 degree view of the entire city including Botafogo and Copacabana Beaches, Corcovado and downtown Rio.

Lunch in a restaurant at Sugar Loaf

Afternoon at leisure.

Dinner at Hotel.

Get your best look ready for tonight! Go all out with accessories and join the most famous “baile charme” (charming ball) in Rio de Janeiro!

The Baile Charme de Madureira is one of the most emblematic events of Rio de Janeiro’s urban culture. Traditionally held under the Viaduto de Madureira, the dance party brings together hundreds of people who share a passion for black music, soul, and R&B, creating a vibrant space for celebration, identity, and community. Emerging in the 1990s, the event became an important meeting point for the charme movement – a cultural scene connected to the appreciation of international Black music and a distinctive, elegant style of group dancing. Over the years, the baile has become a symbol of cultural resistance and pride in Rio’s North Zone, attracting both local residents and visitors interested in experiencing this authentic tradition.

More than just a party, the Baile Charme de Madureira represents a living cultural heritage where music, dance, fashion, and social connection come together, keeping an important expression of Rio de Janeiro’s Black and popular culture alive.

DAY 11

Sunday 22 august 2027 | RIO DE JANEIRO

Visit the Hippie Fair & Santa Teresa

Morning visit to the Hippie Fair - While it’s official name is Feira de Artesanato de Ipanema (Ipanema Handicrafts & Arts Fair), locals still refer to it by its more colloquial name; the Hippie Fair. Since the 1970’s, vendors gather every Sunday to sell typical foods of Brazil, handmade art, Brazilian musical instruments, and many other souvenirs. It’s the perfect place to find a souvenir or to simply walk around on a casual Sunday afternoon.

Lunch at Classico Lagoon Restaurant - 3 courses



After lunch, we'll head to Santa Teresa - The neighborhood of Santa Teresa is located on Morro do Desterro (Exile Hill), which during the XVIII century served as a convent. The hill is located in the city's heart and has preserved Old Rio's aspects ('Rio Antigo'). Artists and bohemians flock to Santa Teresa because of its architectural and cultural charm. Old-fashion cable cars maneuver the narrow streets and are considered one of the city's historical heritage.

DAY 12

Monday 23 august 2027 | RIO DE JANEIRO

Transfer out to Rio arpt

After breakfast, meet your guide at the lobby for check-out assistance and embark on a private transfer to the airport.

We hope to see you soon.





SALVADOR | HOTEL



VILLA BAHIA

In the heart of Salvador's historical centre, a step away from the Jorge Amado Museum, from the celebrated Lacerda Elevator and the Praça da Se overlooking All Saints Bay. The hotel offers 17 rooms, a gourmet restaurant, a spa and pool. The rooms recall the most important moments in the history of the Portuguese explorers, of the African and Asian trade exchanges, of the sea routes, closely tied to the spice trade. The restaurant and bar evoke the theme of the Spice Route. Bahia gourmet cuisine is revisited here by a great chef. The Spa invites guests to discover beauty care and relaxation inspired by the knowledge Guarani Indians have passed down for generations to each other.



RIO DE JANEIRO | HOTEL



SHERATON GRAND RIO

The five-star Sheraton Rio Hotel, situated in Leblon, is an urban beach resort boasting direct access to a beach of 6 thousand square meters available for the guests' enjoyment. The hotel has 559 rooms and 69 suites all featuring balconies with ocean views, cable TV, a telephone, voicemail, and a private safe. For the guests' entertainment, the hotel has three temperature controlled pools offering bar services, water aerobics and classes directed by the Health Club, and children's activities directed by the Kid's Club. Also available for the guests' use is a business center including 15 halls of different sizes, and rooms to accommodate lectures, conferences, social events, and parties.