



Welcome to Ilha Grande Extreme!

Hiking the Big Island

Program includes 6 nights accommodation, meals (6 breakfasts, 5 lunches, 1 evening meal), 2 full body massages (first and last days), Rainforest hiking, and land transfers to/from Rio de Janeiro. Airfare is not included.

About the accommodation:

Shared occupancy

4 nights in guesthouse style hotels

1 night in the house of a local fisherman

1 night in a campsite on a deserted beach – sleeping dormitory style with bed linen provided in pre-erected tents. No hot water showers.

Sunday: Transfer from Rio de Janeiro to Ilha Grande

Minibus shuttle service collects guests from Rio de Janeiro hotel/ international airport and takes them by road to Angra dos Reis and then by boat to the town of Abraão on Ilha Grande. In the evening Guides will orient you on the best way to pack your rucksack.

Monday: Big Day for a Big Island - Abraão to Bananal

The first day is a big day for a big island! Setting off from the town of Abraão we'll pass through 8 beaches on our way to Bananal where we stop for the night at a guesthouse.

Distance: 21km (13 miles)
Maximum altitude: 150m (500 ft)
Duration: 7 hours
Level of difficulty: medium/ challenging

Tuesday: Beach Bonanza – Bananal to Araçatiba

Another day packed full of beautiful beaches. After breakfast we set out for Araçatiba, passing 8 beaches on the way.

Distance: 21km (13 miles)
Maximum altitude: 180m (600 ft)
Duration: 7 hours
Level of difficulty: medium/ challenging



Wednesday: Walk on the Wildside

Today we really get off the beaten track. Leaving the more populated side of the island behind us we'll pass traditional Caiçara fishing communities on the way to wilder side of the island and Adventurer beach.

No need to pack the hairdryer – there's no electricity from today onwards!

Distance: 13km (8 miles)
Maximum altitude: 390m (1,280 ft)
Duration: 3 hours
Level of difficulty: challenging

Thursday: Island Ecology

After several km on foot we'll catch a boat for Parnaioca Beach that takes about 35 minutes. This is one of the most restricted access areas on the island with a number of scientific observation centers studying the 5 eco-systems. And to round the day off a character-building cold shower – proof indeed that you really have got away from it all!

Distance: 9km (5.6 miles)
Maximum altitude: sea level
Duration: 3 hours
Level of difficulty: medium

Friday: Paradise or Prison?

From the African slaves of earlier centuries to convicts in the 1930s and the political prisoners of the 80s Ilha Grande has a very dark side to its history. Today we visit Dois Rios (Two Rivers) Beach which until 1994 was home to a prison for criminal and political prisoners. Afterwards we'll head up over the top of the island on a track built by African slaves in the 18th Century to finish up back in Abraão.

Distance: 26km (16 miles)
Maximum altitude: 325m (1,000 ft)
Duration: 8 hours
Level of difficulty: challenging

Saturday: Full Circle

After a relaxing morning back at the town of Abraão we take the boat back to Angra dos Reis and then onwards to Rio.

12.00 Depart Abraão for Rio de Janeiro