



BRAZILIAN
NATIONAL
PARKS



PRESENTATION

Brazil has the greatest biodiversity on the planet and ranks 2nd in the Natural Resources for tourism¹ category. Therefore, it has great tourist potential as a nature destination.

Brazilian Ecotourism and Adventure Tourism destinations can be found in all 5 regions of the country, and include 6 biomes that are highly concentrated in Conservation Units, UCs (National Parks), managed by the Chico Mendes Institute for Biodiversity Conservation (ICMBio).

Due to its biodiversity, Brazil is considered one of the most important destinations for Ecotourism and Adventure Tourism in the world. Here are some of the main reasons:

- **7 UNESCO World Natural Heritage Sites;**
- **1st place in biodiversity²**
- **The country is home to 6 biomes, which includes around 1,900 bird species, 30% of all bird species on the planet (MMA);**
- **There are several different types of activities for tourists to experience, and integration with other tourist segments, such as cultural tourism and gastronomy.**

According to research carried out by ICMBio in Brazilian Federal Protected Areas (UCs) in 2019, the number of visits to parks surpassed 15 million (15,335,272), an increase of 20.4% compared to the previous year (12,389,393).

Most of these areas that are managed by ICMBio are recreational destinations for visitors from across the country and around the world. Whether on vacation or on day trips, visitors spend time and money in communities close to the parks. This generates long-term economic activity for these communities.

¹ Travel and Tourism Competitiveness 2019 (World Economic Forum);

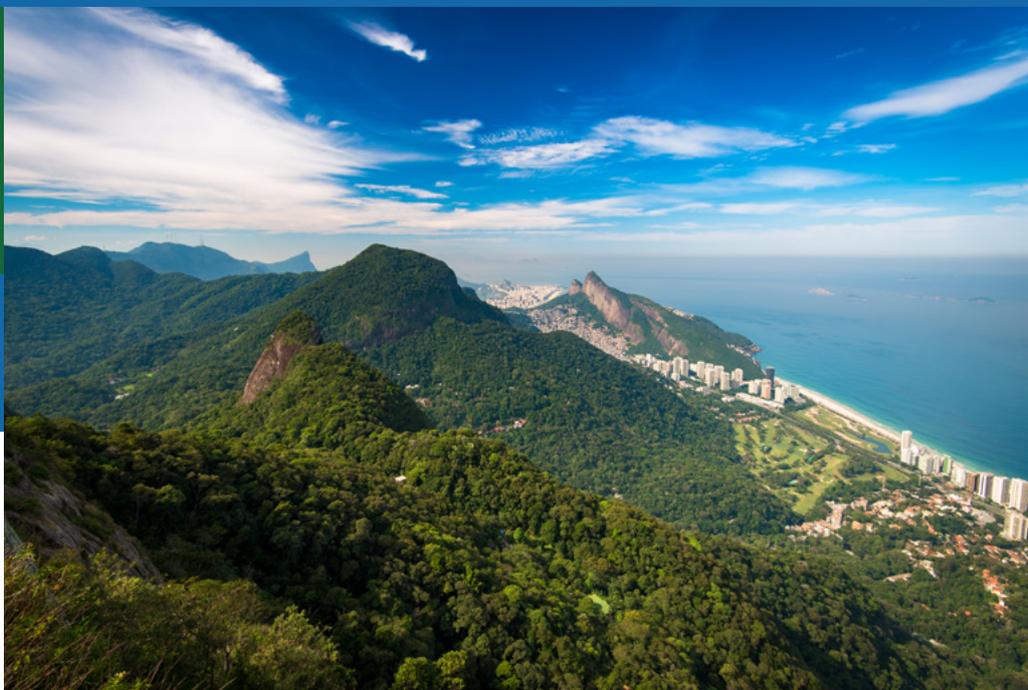
² (<http://www.mma.gov.br/biodiversidade/biodiversidade-brasileira>);

³ <https://www.icmbio.gov.br/portal/ultimas-noticias/20-geral/10884-parque-da-tijuca-segue-sendo-o-campeao-de-visitacoes>.

TIJUCA NATIONAL PARK

(RIO DE JANEIRO)

1



Number of visits 2019 – 2,953,932
Location: Alto da Boa Vista, Rio de Janeiro

WHEN TO GO

Tijuca National Park can be visited throughout the year. In the summer, when it rains the most, visitors should check the weather forecast before going on longer hikes.

HOW TO GET THERE

Since Tijuca National Park is divided into sectors, visitors can get

to it in many ways. Its many roads allow the public to visit the park on foot, by bicycle, by motorcycle, by car, and by bus. In order to visit the Christ the Redeemer Statue and the spectacular Corcovado Lookout, you can also take the rack railway from the station located on Cosme Velho Street. Several tourism agencies offer tours around the Park in special vehicles.

Visitors interested in visiting the Forest Sector should use the main entrance located at Afonso

Vizeu Square, Alto da Boa Vista. Visitors can reach the park going up the road to Alto da Boa Vista either from Tijuca (Édison Passos Avenue) or from Barra da Tijuca (Furnas Road). If you are taking the bus, the recommended bus lines are 301, 333, 308, 309, and 345. Cachoeira das Almas Waterfall, in which swimming is permitted, is located approximately 3 kilometers from the entrance to the Park.

For visitors to the Carioca Range sector, we suggest access through the neighborhoods of Cosme Velho (Almirante Alexandrino Street) or Alto da Boa Vista (Amado Nervo Street), both towards Paineiras and Corcovado. Bus lines 583, 584, 569, and 570 will get visitors to Cosme Velho, where they must get off and take a personal vehicle, shuttle, or taxi to Paineiras. On the way up, there are several outdoor showers and lookouts along Redentor Road for visitors to enjoy. Another option is to go up Pacheco Leão Street towards Vista Chinesa and Mesa do Imperador by car, taxi, or bicycle. In order to walk up to park, visitors must take bus line 409, get off at

the final stop, in Horto, and follow the road to the entrance of Tijuca National Park. The stretch between the bus stop to the Quebra and Box (or Macacos) waterfalls is just over 2 kilometers long.

The Pedra Bonita/Pedra da Gávea sector can be accessed from the neighborhoods of Barra da Tijuca (Sorimã Road) and São Conrado (Canoas Road). It is indicated especially for hang-gliders and mountain climbers in general. Private transport is required to reach the start of the Pedra da Gávea Trail, which is located approximately 1 km from the main road, but there is the option of taking a bus in São Conrado (448 - Maracaí), which goes up Canoas Road and then to Alto da Boa Vista, passing by Pedra Bonita Road. This access leads to the Pedra Bonita path, which in turn leads to the hang-gliding ramp, to Pedra Bonita itself, and to Pico da Agulhinha.

The Pretos Forros/Covanca Sector does not yet have the infrastructure to receive visitors. It is currently a recovery zone and not available for visitation.





ATTRACTIONS

- CORCOVADO MOUNTAIN AND CHRIST THE REDEEMER STATUE
- HISTORICAL VALLEY CIRCUIT
- PEAKS CIRCUIT
- PAINEIRAS ROAD
- DONA MARTA LOOKOUT
- CHINESE VIEW
- EMPEROR'S TABLE
- CASCATINHA
- FAIRY LAKE
- EXCELSIOR LOOKOUT
- CAVES
- BICO DO PAPAGAIO MOUNTAIN
- TIJUCA PEAK
- GÁVEA STONE
- PEDRA BONITA
- AGULHINHA DA GÁVEA MOUNTAIN

WHAT TO DO

There are countless leisure attractions at Tijuca National Park, including nature observation and sports for all age groups. Here is a list of suggested activities:

- TRAILS
- RUNNING AND HIKING
- CYCLING
- MOUNTAIN CLIMBING
- GOING FOR A DIP IN LOCAL WATERFALLS
- HANG-GLIDING

IGUAÇU NATIONAL PARK

(PARANÁ)

2



Number of visits 2019 – 2,020,358
Location: Municipality of Foz do Iguaçu, Paraná.

WHEN TO GO

The park can be visited all year round, but visiting hours have been changed due to the pandemic. The public can currently visit the Falls from Tuesday to Sunday, from 9 am to 4 pm, and visits must be booked in advance.

July is a month when crowds are larger due to school vacations. The months of May and June tend to be a lot quieter.

Tickets can be purchased online only. Visitors should check information on the concessionaire's website (<https://cataratasdoiguacu.com.br/>).

ATTRACTIONS

Iguassu Falls

The falls are located on Iguazu river, which means “big water” in the native Tupi-Guarani language.

Eighteen kilometers before flowing into Paraná River, Iguazu River flows over an uneven terrain, which forms waterfalls of up to 80 meters in height, and up to 2,780 meters in width. Its geological formation dates back to approximately 150 million years ago, but the geographic accident that formed the falls began approximately 200 thousand years ago.

Iguazu River measures 1,200 meters in width above the falls. Down below, it narrows into a channel up to 65 meters wide. The total width of the falls in Brazilian territory is approximately 800 meters, while in the Argentinean side it is 1,900 meters. The height of the falls varies between 40 and 80 meters. Depending on the volume of the river, the number of falls varies, reaching over 100 in periods of medium flow.

The average flow of the river is around 1,500 m³ per second,

ranging from 500 m³/s in the dry season to 8,500 m³/s in the rainy season. The largest volume of water happens between the months of October to March.

There are 19 main falls, five of which are on the Brazilian side (Floriano, Deodoro and Benjamin Constant, Santa Maria, and União). All the others are on the Argentinean side. The layout of the falls, with most of them on the Argentinean side facing Brazil, provides the best view to visitors on the Brazilian side.

- POÇO PRETO TRAIL
- BANANEIRAS TRAIL

WHAT TO DO

- HIKING
- OBSERVATION OF NATURE
- RAFTING
- ABSEILING
- BIKE TRAILS
- TREE CLIMBING
- WILDLIFE OBSERVATION
- BOAT AND KAYAK RIDES

Abseiling and tree climbing activities are currently not available to visitors.

In addition to the falls, there are other attractions in neighboring municipalities. The waterfalls of Silva Jardim and Taquara stand out, as well as the river islands near the city of Capanema.

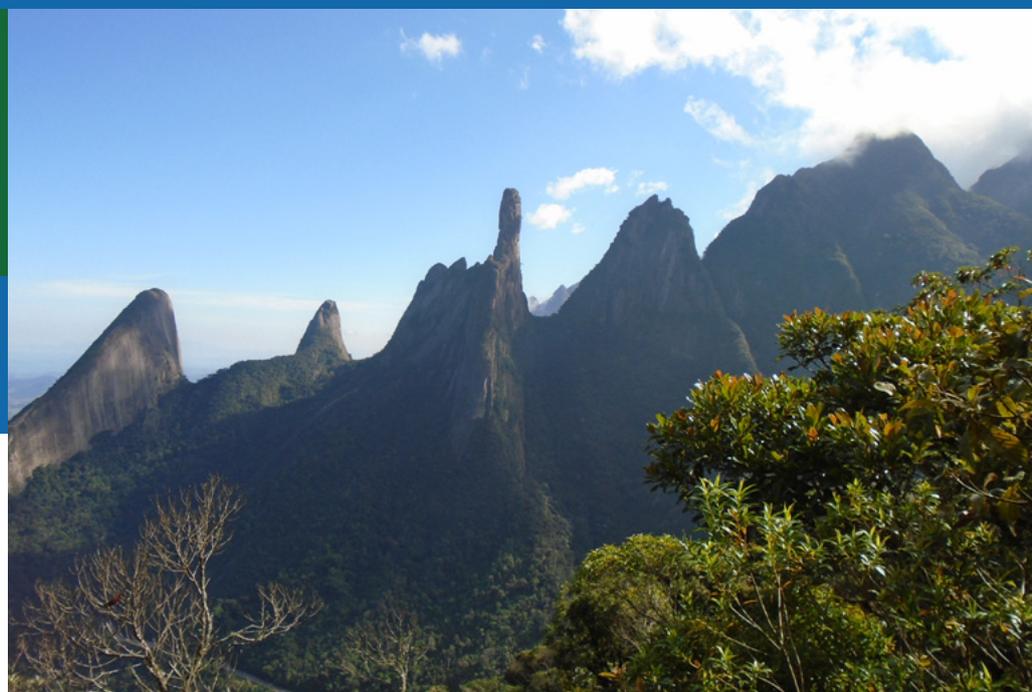
There are also hiking trails on the outskirts of the cities of Serranópolis and Céu Azul.



SERRA DOS ÓRGÃOS NATIONAL PARK

(RIO DE JANEIRO)

3



Number of visits 2019 – 196,230

Location: Teresópolis, Petrópolis, and Guapimirim, Rio de Janeiro.

Besides being home to fantastic waterfalls, it is one of the best places in the country to do mountain-related activities, such as climbing, hiking, and abseiling, among others. The Park has the largest network of hiking trails in Brazil. There are trails of all difficulty levels for more than 200 km, from the suspended trail, accessible to wheelchair users, to the difficult Petrópolis-Teresópolis Crossing, which includes 30 km of ascents and descents on the higher areas of the mountains.

Among the climbs, Dedo de Deus (God's Finger) and Agulha do Diabo (The Devil's Needle) stand out. The former is considered the starting point for climbing activities in the country, while the latter has already been voted one of the 15 best rock climbs in the world.

The Park was created in 1939 to protect the outstanding landscape and biodiversity of this stretch of Serra do Mar in the Mountains of the state of Rio de Janeiro. There are 20,024 protected hectares spread over the cities of Teresópolis, Petrópolis, Magé, and Guapimirim.

The Park is also home to more than 2,800 catalogued plant species, 462 bird species, 105 mammal species, 103 amphibian species, and 83 reptile species, not to mention 130 endangered animal species and many endemic species (which are exclusive of this location).



WHEN TO GO

As of August 2021, admission to the 3 sections of the national park is free. However, daily capacity in each of them must be respected and visitors are organized on a first-come, first-served basis. ICMBio is currently developing an online system to make it once again possible to schedule visits online.

The 3 sections (Teresópolis, Petrópolis, and Guapimirim) are open from 7:00 am to 4:00 pm daily, including holidays.

For security reasons, access to the high grounds of the Teresópolis and Petrópolis sections will be given to visitors who arrive between 07:00 am and 09:00 am. It is ideal that visitors start making their descent from there before 02:00 pm. Visitors must fill out the “Risk Awareness Form” (available in the Visitors’ Guide), and hand it in at the Visitors’ Center, where it will be verified and stamped.

VISITING LIMITS

TERESÓPOLIS SECTION:

Lower grounds = 500 people per day (forests, waterfalls, wells: Beijafior/Ceci and Peri/Dois Irmãos/Tarzan/Castelo; and hiking trails: Barragem/Juçara Circuit/Primavera Trail/Mozart Catão Trail/360 Trail/Cartão Postal Trail/Suspended Trail).

Higher grounds = 100 people per day (Attractions reached through Pedra do Sino Trail)

Parking = 150 vehicles per day
Petrópolis section:

Lower grounds = 300 people per day (forests, waterfalls, wells: Paraíso 1/ Paraíso 2/Bromelias/Ducha/Primatas, Gruta do Presidente/ Vêu da Noiva/ Andorinhas).

Higher grounds = 100 people per day (Morro do Açú Trail and related

attractions, such as Portais de Hércules).

There is no parking in the Petrópolis section.

GUAPIMIRIM SECTION:

300 people per day (forests, waterfalls, wells: Verde/Preguiça/Mãe D'água/Ponte Velha/Capela/Caninana; and hiking trails: Circular/Mãe D'água/Capela).

Parking = 150 vehicles per day

NOTE: After maximum capacity is reached for each section of the park, the gate will not be reopened on the same day.

New services to support visitation will be offered in 2021 in an attempt to increase opportunities for leisure, recreation, and connection with nature in what is one of the most beautiful National Parks in Brazil.

ATTRACTIONS

Teresópolis section - The most visited and well-structured section; suitable for people of all ages; contains several hiking trails.

- VISITOR CENTER
- NATURAL SWIMMING POOL AND PICNIC AREA
- HIKING TRAILS

Guapimirim section - Soberbo River waterfalls and pools; important historical and cultural heritage protected by the Park.

- VISITOR CENTER AND VON MARTIUS MUSEUM
- CHAPEL OF OUR LADY OF CONCEIÇÃO DO SOBERBO
- NATURAL POOLS
- RUINS
- WATERFALLS

Petrópolis Section

- PEDRA COMPRIDA CLIMB
- GRUTA DO PRESIDENTE
- PEDRA DO AÇU

WHAT TO DO

Teresópolis Section:

Waterfalls, forest hikes, picnics, short trails up to 2 km long/duration of 2 hours, long mountain trails up to 11 km long/duration of 10 hours, mountain climbing.

Guapimirim Section:

Waterfalls, forest hikes, picnics, short trails up to 2 km long/duration of 2 hours, Von Martius Museum.

Petrópolis Section:

Waterfalls, forest hikes, picnics, short trails up to 2 km long/duration of 2 hours, long mountain trails up to 11 km long/duration of 10 hours, mountain climbing.

FERNANDO DE NORONHA MARINE NATIONAL PARK

(PERNAMBUCO)

4



Number of visits 2019 – 613,259

Location: Fernando de Noronha Archipelago, Pernambuco.

Beaches, natural pools and ecological trails. Fernando de Noronha Marine National Park is home to several beaches with emerald-green waters just waiting for the public. Among them are two beaches that have already been voted the most beautiful in Brazil: Sancho Beach and Leão Beach. Local attractions include boat rides, scuba diving, and dolphins swimming right before your eyes. From the viewpoint at Baía dos Golfinhos (Dolphin Bay), tourists can watch their acrobatics as they swim into the Park at dawn, a spectacle that they will never forget. Visitors to Fernando de Noronha Marine National Park are completely immersed in nature.

A visit to Atalaia Beach is one of the most popular activities in the National Park. Visitors are able to go diving in a natural aquarium that is full of life, where they can observe marine wildlife in their natural environment. The natural pool that is formed at low tide can be visited daily, but only by a limited number of people due to the fragility of the local ecosystem. Make sure you book your visit in advance and have fun.

Visitors to Sueste Bay can go on guided scuba diving tours along a special underwater trail where they can observe sea turtles in their resting and feeding grounds. During the dive, which is one of the richest in terms of biodiversity, visitors can also observe other marine species such as octopi, lobsters, manta rays, small sharks, and a multitude of colorful fish.

Scuba diving expeditions are offered by three different operators and can be performed at depths between 12 and 60 meters, as is the case when divers visit the shipwreck of the Brazilian Navy's Corvette *Ipiranga*. Other activities offered around the National Park are boat rides along the entire length of the "inner sea" (the beaches facing the South American continent) and underwater subwing rides, during which the user holds on to a board pulled by a boat while viewing all the marine wildlife that passes by at the bottom of the ocean.

In addition to the beaches, bays, and rich nature, Fernando de Noronha also has another surprise for tourists: hikes through historical sites, which safeguard 500 years of Brazilian history, making the archipelago a historical heritage site as well as a natural heritage site.

It is important to note that Fernando de Noronha, in addition to being a place where you can enjoy beaches and natural beauty, is also home to a delicate ecosystem and to endangered species threatened with extinction in other regions of the country and the world. In other words, the archipelago is as a sanctuary for many species.

In addition, it was added to the UNESCO World Heritage list back in 2001 together with Atol das Rocas Biological Reserve. Therefore, it is now the responsibility of the entire Brazilian society.

Fernando de Noronha National Park is currently one of the most desired tourist destinations in the country. With more means of transportation to get to the island, more and more travelers have the chance to experience this natural paradise as well as others. We believe that raising visitors' awareness about environmental issues through conscious tourism is a valuable environmental education tool that gets everyone to share responsibility for the conservation of this gorgeous destination and other places all around Brazil that are just as beautiful and rich.

A trip to Fernando de Noronha is very different from vacationing on an urban beach. Local vegetation, wildlife, and beautiful scenery are gently taken in by visitors and, in return, visitors are expected to care for and admire all of it. As long as that is the case, everyone is more than welcome, as they will also become an important part of what the archipelago represents today and what it will represent in the future.

HOW TO GET THERE

There are daily flights to Fernando de Noronha from Recife, the capital city in Pernambuco, and from Natal, the capital city in Rio Grande do Norte. The flight takes approximately one hour.



WHERE TO STAY

There is currently a vast list of available inns in Fernando de Noronha. It is up to the visitors to choose which category they want according to the level of comfort they require and prices.

ATTRACTIONS

- SUESTE BAY
- OCEAN MANGROVE
- LEÃO BEACH
- ABREUS
- BAÍA DOS PORCOS (BAY OF PIGS)
- ATALAIA BEACH
- SANCHO BAY
- SANCHO TRAIL COMPLEX
- DOLPHIN BAY TRAIL
- DOLPHIN BAY-SANCHO BAY TRAIL
- SANCHO BAY TRAIL
- DOIS IRMÃOS VIEWPOINT TRAIL
- SMALL TRAIL STARTING FROM SANCHO VIEWPOINT
- SÃO JOSÉ HILL
- DOLPHIN BAY
- CAPIM-AÇÚ TRAIL
- PONTINHA – PEDRA ALTA TRAIL
- CAIEIRA COVE
- SÃO JOAQUIM FORT TRAIL



ANAVILHANAS NATIONAL PARK

(AMAZONAS)

5



Number of visits 2019 – 40,667
Location: Manaus, Amazonas.

Rio Negro, home to Anavilhanas National Park, offers a unique setting that will generate countless sensations and provide visitors with unique experiences and lessons in a labyrinth of islands and dark waters. The scenery changes according to the water level of the river. It's a wonderful opportunity to push our limits and expand our view of the world.

WHEN TO GO

Anavilhanas National Park is available to the public all year round. In the dry season (September to February), visitors can enjoy the beautiful white-sand beaches that emerge all over the archipelago. During the flood season (March to August), the main attractions are water trails through *igapós* (boat rides through flooded forests).

What is available all year round, however, is a visit to the pink dolphins floating deck. In addition to that, visitors can enjoy the rich local vegetation and wildlife, take boat rides around one of the largest fluvial archipelagos in the world, go hiking through the forest, swim in the beautiful waters of Rio Negro, visit traditional riverside communities, and buy the beautiful handicraft pieces from the city of Novo Airão.

HOW TO GET THERE

From Manaus, it is possible to get to Novo Airão, where the Park is located, by plane, by boat, or by land vehicles.

By plane – There is no airport in the city of Novo Airão, but there is one in Manaus. It is possible to charter a seaplane and land on Rio Negro. It is also possible to land helicopters in open areas of the communities, at Base 2 in the National Park, and in the city of Novo Airão. Previous authorization is required for the first two options.

By boat – Boats to Novo Airão depart from the São Raimundo Port, in Manaus. Speedboats are currently unavailable (3-hour trip). There are only regional boats (9-hour trip).

The boat from Manaus to Novo Airão departs in the evening: Tuesdays and Fridays at 8 pm. Make sure you confirm dates and timetables, since there are occasional variations. The ticket costs around R\$ 35.00 per person, travelers must take their own hammocks.

By land vehicles – Visitors can make their way to the region by car, by taxi, or by coach.

ACTIVITIES/ ATTRACTIONS

Authorized activities at Anavilhanas National Park follow the regulations established in its Management Plan.

INTERACTION WITH PINK DOLPHINS

Interaction with river dolphins is the main attraction in Anavilhanas National Park and Novo Airão, and has happened for almost 20 years. The “Dolphin Floating Deck,” located just off the coast of Novo Airão, is a pioneer in this kind of activity.

Before the dolphin feeding sessions, visitors receive a brief lecture on the tourist activity with dolphins and on the main characteristics of these charismatic aquatic mammals.

Visitors can closely observe the wild animals that are used to being around the floating deck, and are allowed to touch the dolphins after the feeding session. There also used to be a submerged platform (currently not being used) on which visitors could get in the water with the dolphins.

***Note:** The Floating Deck is a private business enterprise. As it is located inside the Park, it must follow the regulations established by the Conservation Unit. However, Anavilhanas National Park does not receive any percentage of ticket sales. In the medium term, this tourist service shall be operated by means of permission or concession after a bidding process so as to guarantee a return (financial and/or otherwise) to the National Park.*

BOAT RIDES

Available all year round. Boats navigate through the labyrinth of islands in Anavilhanas Archipelago,

providing visitors with beautiful landscapes. There are also boat rides on Baependi and Bariaú rivers, in the mainland portion of the Park.

BEACHES (DRY SEASON, SEPTEMBER TO FEBRUARY)

During the dry season, beaches in Anavilhanas National Park emerge off the shore of Novo Airão and along the banks of Rio Negro and islands of the Anavilhanas archipelago, where the contrast between the white sand and the dark waters of Rio Negro create incredibly beautiful scenery.

The most visited beaches are Orla beach, Aracari, Bararoá, Camaleão, Folharal/Canauirí, Iluminado, Meio, Sobrado, and Tiririca. With the exception of Praia da Orla, which is accessible by land, all the others are only accessible by boat.

***Note:** Over the years, there have been small variations in the duration of the dry and flood periods. For example, beaches have already been totally submerged as early as January.*

IGAPÓ BOAT RIDES (FLOOD SEASON, FROM MARCH TO AUGUST)

These are boat tours in and around igapós, which are flooded forests, also called enchanted forests.

These boat tours are allowed all over the archipelago. They are only accessible by water on small boats.

Over the years, there have been small variations in the duration of the dry and flood seasons. Generally, igapó boat tours are available from April onwards.

LAND TRAILS

Visitors can go hiking in igapó forest trails during the dry season, or enjoy the trails on the mainland all year round. The trails are a great opportunity to discover and enjoy the unique ecosystems of the Amazon Biome.

Before setting out on the trails, visitors should definitely check regulations and management conditions.

Two Igapó land trails found in the Anavilhanas archipelago are Andorinha and Miritipuca. They are short, have a low-difficulty level, and are located close to the city of Novo Airão.

The mainland trails available to visitors are Bariaú Trail and Apuaú Trail (base 2).

VEGETATION, WILDLIFE, AND LANDSCAPES

Local vegetation, wildlife, and landscapes can be observed on all tours, whether they happen during the day or night, by boat, or on panoramic flights. Large trees, such as the giant macucu tree, and the rich local avifauna definitely stand out. Birdwatching tours are available and offered by expert operators.

TREE CLIMBING

Tree-climbing is available but the activity needs to be booked in advance. It is great fun and adventure tourism enthusiasts have a wonderful opportunity to interact with the forest. It is a recent activity in the park, and it happens in two areas where there are giant macucu trees. Getting to the top of the tallest trees in the archipelago and enjoying the view of the igapó from up there is a unique experience.

PANORAMIC FLIGHTS

Aerial observation of Anavilhanas archipelago is an unforgettable spectacle.

Nevertheless, it is still quite restricted due to its elevated cost. If they take a seaplane from Manaus, visitors will have to shell out approximately R\$ 3,200.00 per hour, for a group of four people.

NAUTICAL ACTIVITIES

Motorboat rides (*Voadeiras*, wakeboarding, water skiing, banana boats, etc.) or non-motorboat rides (canoeing, SUP, rowing, etc.) are recreational and adventure activities that can be performed on the beautiful dark waters of Rio Negro. Although allowed along the shore of the city of Novo Airão, most of these activities are not yet available due to the lack of operators.

Activities such as canoeing and Stand-Up Paddle Boarding are offered by some hotels/inns in Novo Airão (Amazon Park Suites, Anavilhanas Jungle Lodge, Pousada Bela Vista).

WHERE TO STAY

There are several accommodation options at different rates in the city of Novo Airão.

GUIDELINES

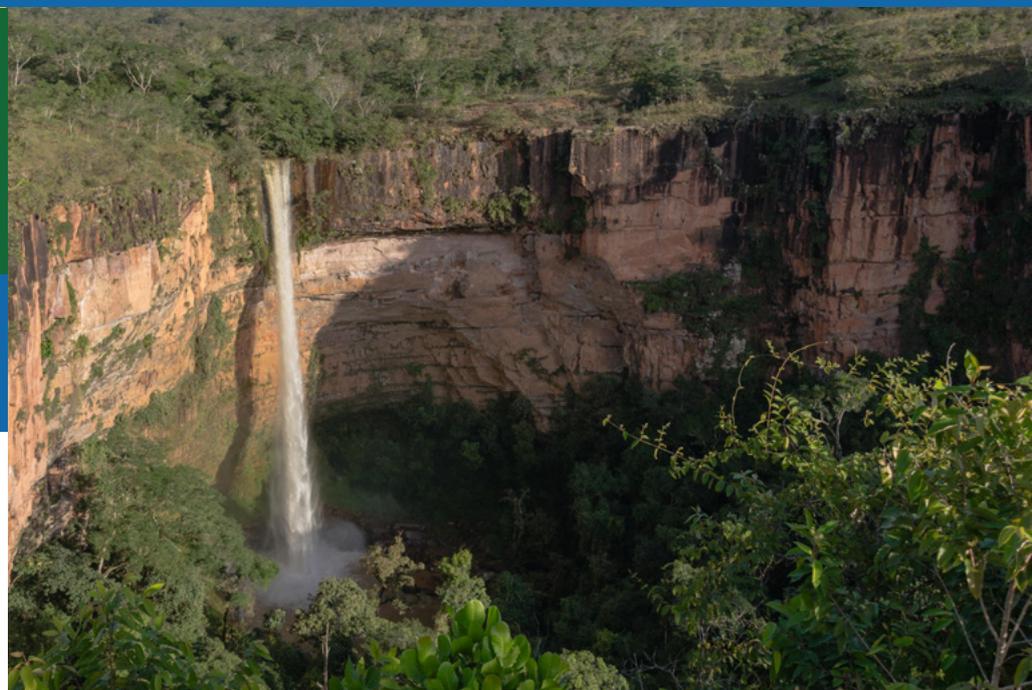
Don't forget your "field kit." It should include the following items: repellent lotion, sunscreen, rain gear, and a bathing suit. For trails, include long pants, socks, and appropriate sneakers. Make sure your yellow-fever vaccine is up to date and carry a bag to store fragile items during boat rides.

There are no toilets or communication services in Anavilhanas National Park, except at the park's surveillance bases, which have radio communication with the ICMBio office in Novo Airão. Depending on weather conditions and whether the service is available, it is possible to get cell-phone reception in the outskirts of Novo Airão. The Park does not have snack bars or restaurants.

CHAPADA DOS GUIMARÃES NATIONAL PARK

(MATO GROSSO)

6



Number of visits 2019 – 183,592
Location: Cuiabá, Mato Grosso.

Chapada dos Guimarães National Park was created on April 12, 1989 by Decree-Law n. 97,656. Stretching over 32,630 hectares, it protects significant samples of local ecosystems and ensures the conservation of existing natural resources and archaeological sites, providing adequate structure for visitation, education, and research.

The Park is open to visitors daily (including weekends and holidays). Below you will find opening hours and procedures for each attraction.

WHEN TO GO

The park can be visited all year round.

There is more rain between the months of December and March. The dry season happens from July to October, with high temperatures and the possibility of bush fires.

WHERE TO STAY

Chapada dos Guimarães National Park does not have accommodations for visitors, such as inns and hotels. Camping is not allowed inside the Park either.

Visitors can stay in the city of Chapada dos Guimarães (at campgrounds, hotels, or inns) or even in the city of Cuiabá.

HOW TO GET THERE

The Park is located in the municipalities of Cuiabá and Chapada dos Guimarães. To get there, visitors must take Emanuel Pinheiro Highway (MT-251), which covers a large extent of the Park.

The distance from Cuiabá to the Park's main entrance is 50 kilometers. If the starting point is the city of Chapada dos Guimarães, the entrance is only 11 kilometers away.

The highway, despite being paved, has no hard shoulder. The route is, for the most part, on a single carriageway, and several stretches have slopes. Visitors should pay extra attention during school vacation periods and long holidays, as traffic is normally busier.

For visitors traveling without a personal vehicle, it is possible to take a bus from Cuiabá bus station to the city of Chapada dos Guimarães. There are buses every 1 hour and a half, but visitors should check departure times carefully and whether it is a nonstop trip or if it stops at Véu da Noiva Waterfall in the National Park.

ATTRACTIONS

In order to guarantee a safe, pleasant, and environmentally-friendly experience, visitation procedures to Chapada dos Guimarães National Park are being restructured and attractions are made available to the public according to the management capacity and the adequacy of the structures, and the control system.

Attractions that are currently available to the public include Véu de Noiva Viewpoint, Namorados/Cachoeirinha Waterfall, the Waterfall Circuit, Casa de Pedra (Stone House), Cidade de Pedra (Stone City), São Jerônimo Hill, and the São Jerônimo Crossing with an overnight stay at the “*Casa do Morro*” shelter (House on the Hill). With the exception of Véu de Noiva Viewpoint and Namorados/Cachoeirinha Waterfall, all other attractions require booking accredited local guides in advance.

- VÉU DE NOIVA WATERFALL
- NAMORADOS AND CACHOEIRINHA WATERFALL
- WATERFALL CIRCUIT
- STONE HOUSE
- SÃO JERÔNIMO HILL
- STONE CITY
- RIO CLARO VALLEY
- CROSSINGS
- ELIZÁRIO TRAIL (UNDER EVALUATION)
- OTHER ATTRACTIONS ON THE OUTSKIRTS OF THE NATIONAL PARK

WHAT TO DO

- HIKING
- WATER RECREATION IN WATERFALLS AND RIVERS
- NATURE OBSERVATION
- CYCLING IN PERMITTED AREAS (ROADS ONLY)
- BIRDWATCHING
- FAUNA OBSERVATION
- CROSSINGS

PARNA DE BRASÍLIA (DF)

BRASILIA NATIONAL PARK (FEDERAL DISTRICT)

7



Number of visits 2019 – 251,521
Location: Administrative Regions of Brasília,
Sobradinho, Brazlândia and Padre Bernardo (GO).

Brasília National Park partially reopened on 06/15/2020. Visits will be monitored, restricted and free of charge for 30 days.

WHAT IS AVAILABLE TO THE PUBLIC

This first opening stage only allows visitors to take the 5-km Crystal Water Trail. Natural pools are off limits and access to the Capybara Trail will not be allowed.

VISITS

The number of visitors will be reduced to comply with the minimum social distancing of 2 meters.

In these first 30 days, 300 visitors will be allowed per day (up to 150 people with authorized entry between 8 am and 12 pm, and 150 people with authorized entry between 12 pm and 3 pm). Visitors can stay on the trail until 5pm.

The main attraction of the park are the natural swimming pools. The Pedreira Pool (older swimming pool) was originated by groundwater movement and the springs that emerged at the time of the construction of Brasília and during the implementation of access roads and sand extraction, leading to a growing demand for the construction of a second recreation area, which is the Areal Pool (new swimming pool).

For those who like outdoor sports, the park has two easy to moderate trails: the Capivara Trail, a 20-minute hike on a trail suitable for children (always accompanied); and the Cristal Água Trail, a 1-hour to 3-and-a-half-hour hike or a 20 to 90-minute mountain bike ride, depending on the chosen route.

In addition, the park protects typical Cerrado ecosystems and is home to the basins of local streams that form the Santa Maria dam, which is responsible for supplying 25% of the drinking water in the Federal District.

This nature reserve includes several types of vegetation, some of which are: marshy gallery forests, non-marshy gallery forests, woodland corridors, cerrado strict sense, cerrado forest formations, dry forest formations, cerrado shrubs, grasslands, montane grasslands, wetlands, and murundu fields.

Local wildlife is abundant and diverse. It consists of rare or endangered species, such as maned wolves (*Chrysocyon brachyurus*),

giant armadillos (*Priodontes maximus*), giant anteaters (*Myrmecophaga tridactyla*), ocelots (*Leopardus pardalis*), Brazilian porcupines (*Coendou prehensilis*), as well as endemic species such as Lindbergh's grass mice (*Akodom lindbergui*), curl-crested jays (*Cyanocorax cristatellus*), and yellow-faced parrots (*Alipiopsitta xanthops*).

Several other non-endangered species also make up the park's biodiversity, such as mammals, birds, reptiles, amphibians, fish, and less studied groups such as mollusks, crustaceans, insects, and small organisms.

AVAILABLE ATTRACTIONS

- CAPIVARA TRAIL
- CRYSTAL WATER TRAIL
- UNION TRAIL
- NATURAL RUNNING-WATER SWIMMING POOLS
- VISITOR CENTER
- MEDITATION ISLAND
- WILDLIFE OBSERVATION

HOW TO GET THERE

Brasília National Park is located within 10 km of the center of Brasília. The best way to get there is through *Parque Indústria e Abastecimento* Road (Via EPIA). There is public transportation available, and buses depart mainly from the Plano Piloto central bus station.

PARNA DE JERICOACOARA (CE)

JERICOACOARA NATIONAL PARK (CEARÁ)

8



Number of visits 2019 – 1,322,883

Location: Municipality of Jijoca de Jericoacoara, CE.

Jericoacoara National Park is located in the state of Ceará. It was created in February, 2002, and covers an area of 8,416 hectares based on the partial reevaluation of the Environmental Protection Area created in 1984, and the redefinition of its limits in June, 2007.

The delimitation of the Sewage Treatment Plant (STP) of Jericoacoara Village and the south and west boundaries of the park were adjusted, expanding the area to 8,850 hectares, which also includes a one-kilometer-wide off-shore stretch along the coast.

The national park aims to collect samples of coastal ecosystems and ensure the preservation of their natural resources, as well as provide scientific research, environmental education, and ecological tourism.

The Conservation Unit has great tourist potential. Pedra Furada, a rock formation considered an icon of Jericoacoara and one of the main attractions in the National Park, is visited by a large number of tourists.

The Serrote, a rock formation located in the northeastern side of Jericoacoara Village, is the highest point in the park, where the lighthouse is located at an altitude of 95 meters. *Duna do Pôr do Sol* (Sunset Dune) is the main attraction in the local dune field, which extends almost over the entire length of the park.

There is also an ecological tour across the mangroves and temporary lakes, which is an attraction in itself. The wide selection of beaches are the main attraction of the National Park, and include crowded beaches, deserted beaches, and beaches that are suitable for water sports.

For more information, please call +55 (88) 3669-2140 or send an email to parnajericoacoara.ce@icmbio.gov.br.

MAIN ATTRACTIONS

The Park offers several attractions, from extreme sports on beautiful beaches and lagoons to the observation of natural monuments such as Pedra Furada, the main icon of Jericoacoara.

From Jericoacoara Village, visitors have the opportunity to go on several tours to nearby attractions such as Serrote, Pedra Furada,

and *Árvore da Preguiça* (sloth tree). There are also canoe rides across the beautiful mangroves of Guriú River to observe longsnout seahorses (*Hippocampus reidi*).

Tourists can also go horseback riding on local beaches and dunes, as well as go on buggy rides with local tour operators to visit attractions located in the surrounding areas, such as Lagoa do Paraíso (Paradise Lagoon), Lagoa Azul (Blue Lagoon), and Tatajuba.

The National Park and Jericoacoara Village are home to a cove facing west, which provides a beautiful experience at the end of the day, as it allows tourists and residents to watch the daily spectacle of the sun setting over the sea.

WHAT TO DO

- GO FOR A DIP IN THE SEA ON THE BEAUTIFUL BEACHES OF THE NATIONAL PARK
- WATER SPORTS, SUCH AS WINDSURFING, KITESURFING, SURFING, AND STANDUP PADDLE BOARDING (SUP)
- GO CANOEING TO OBSERVE SEAHORSES IN THE GURIÚ RIVER MANGROVE
- TAKE WALKS ALONG THE BEACHES AND MOBILE DUNE FIELDS
- RENT A BUGGY, A HORSE CARRIAGE, OR HORSES
- GO CYCLING



WHEN TO GO

The park can be visited throughout the year. It rains mostly between the months of February and May. However, the rainy days are interspersed by periods of intense sunshine.

As for the rest of the year, Jericoacoara National Park is blessed with gorgeous sunny days and constant wind, which is ideal for water sports such as sailing and windsurfing.

HOW TO GET THERE

Departing from Fortaleza, visitors can take the CE-085 highway, also known as the “Highway of the Setting Sun,” which will take them straight to the municipality of Jijoca

de Jericoacoara, 294 km from the state capital. From there, visitors will continue for another 20 km on an unpaved road until they get to Jericoacoara Village, which is located inside the National Park limits.

WHERE TO STAY

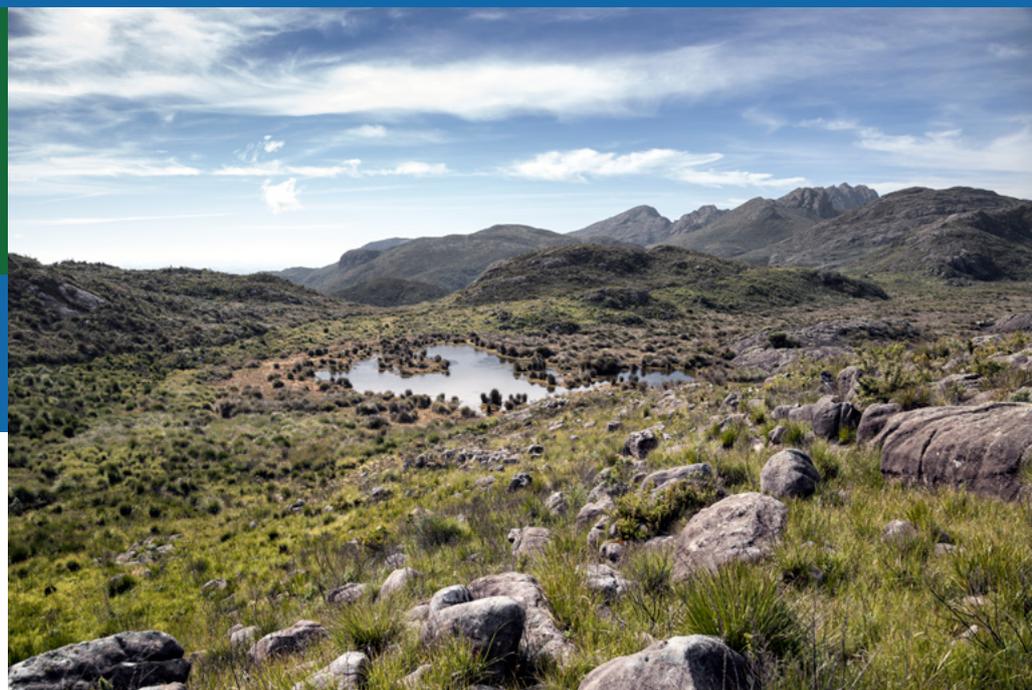
There are plenty of accommodation options in Jeri-coacoara. The village offers hotels, several inns, and campgrounds. There are plenty of options all of which are located at the most 400 meters from the entrance to the Park. There are also several accommodation options in Lagoa de Jijoca or Lagoa do Paraíso (near the entrance to Lagoa Grande), and also in Praia do Preá, just outside the Park.



PARQUE NACIONAL DE ITATIAIA

ITATIAIA NATIONAL PARK (RJ)

9



Number of visits 2019 – 127,432

Location: Serra da Mantiqueira (Between the states of Rio de Janeiro and Minas Gerais).

ABOUT THE PARK

Created in 1937, this was the first National Park in Brazil.

Located in Serra da Mantiqueira, Itatiaia National Park stretches over the municipalities of Itatiaia and Resende, in the State of Rio de Janeiro, as well as over the municipalities of Bocaina and Itamonte, in the State of Minas Gerais, where approximately 60% of the park is located. The Park is located between the cities of Rio de Janeiro and São Paulo, close to the Presidente Dutra highway. The closest economic center to the park is the city of Resende. Local landscape includes mountains and rocky elevations, and altitude varies between 600 to 2,791 m. The highest point is Pico das Agulhas Negras.

In the Itatiaia Plateau region, also known as Parte Alta (High Ground), there are rupestrian fields and hanging valleys that are home to several river sources. The Park area comprises springs from 12 important regional drainage basins, which flow into two main basins: the Grande River basin, a tributary of Paraná River, and the Paraíba do Sul River basin, the most important one in the state of Rio de Janeiro.

The park's lower grounds have lush vegetation and large watercourses, several of which have suitable areas for swimming. It is

very easy to get to from Presidente Dutra Highway and it is where most visitors to the park prefer to go to, so much so that it has the best tourist structure in the park. The Visitor Center was renovated for the park's 70th anniversary.

HOW TO GET THERE

From the cities of Rio de Janeiro or São Paulo, visitors must take Presidente Dutra Highway (BR-116) to Itatiaia (exit 318) and, from there, take BR-485 for another 5.5 km to the entrance of Parte Baixa (Lower Grounds). To get to Parte Alta, or Plateau, (High Ground), exit Dutra when you get to Engenheiro Passos (exit 330A), take BR-354 for 26km to Garganta do Registro (on the border of Minas Gerais and Rio de Janeiro), and then take Rodovia das Flores, a dirt road, for 14km all the way to Posto Marcão, a local tourist information center from where you will be able to go to all the attractions on the Plateau.

From Belo Horizonte, visitors must take Fernão Dias Highway and BR-381 Highway, pass by Caxambu, and take BR-354 to Garganta do Registro to Parte Alta (Upper Ground), or continue on Presidente Dutra Highway to get to Parte Baixa (Lower Ground).

ATTRACTIONS

High Ground

- REBOUÇAS SHELTER
- CAMPING AREA

- AIURUOCA WATERFALL
- PRATELEIRAS MASSIF
- AGULHAS NEGRAS MASSIF
- SUMMIT OF MORRO DO COUTO
- FLORES WATERFALL
- ASA DE HERMES

Low Ground

- MAROMBA SWIMMING POOL
- VÉU DA NOIVA WATERFALL
- ITAPORANI WATERFALL
- FOUNDATION STONE
- VISITOR CENTER
- VIEWPOINT OF THE LAST GOODBYE
- THREE PEAKS TRAIL
- BLUE LAKE

Crossings

- RANCHO CAÍDO CROSSING
- SERRA NEGRA CROSSING
- RUY BRAGA CROSSING

WHAT TO DO

- GO FOR A SWIM IN THE WATERFALLS
- BIRD WATCHING
- BUTTERFLY WATCHING
- HIKING
- CYCLING IN PERMITTED AREAS
- MOUNTAIN CLIMBING
- WILD LIFE OBSERVATION
- SPENDING THE NIGHT IN SHELTERS AND CAMPSITES
- HAVE A PICNIC IN PERMITTED AREAS
- CROSSINGS

PARNA DA SERRA DA BOCAINA

SERRA DA BOCAINA NATIONAL PARK (RJ/SP)

10



Number of visits 2019 – 697,964
Location: On the border of the States of
Rio de Janeiro and São Paulo.

Serra da Bocaina National Park, due to its size and variation in altitude, is home to varied landscapes and several natural attractions, such as beaches, natural pools, rivers, waterfalls, peaks, and observation decks, not to mention the rich wildlife and typical Atlantic Forest vegetation.

There are also many cultural and historical attractions, such as the gold trails across the park, a reminder of the time of the herders, as well as the rural and caçara (coastal) cultures, preserved in the mountains and coastal areas, respectively.

IMPORTANT

The park is not consolidated in terms of tourist visitation, so it does not offer tourist services yet. Thus, entrance to the Conservation Unit is free of charge.

From a tourist point of view, the park can be divided into two distinct routes:

MOUNTAINS

Also called the “high ground,” the mountain region is home to several waterfalls, peaks, and observation viewpoints. The Mambucaba Path, the most famous of the gold trails, starts there. This route can be reached through São José do Barreiro, in the Paraíba Valley.

Santo Izidro Waterfall: Located 1.5 km from the main entrance to the Park (a 45-minute walk), it is the closest waterfall to the park headquarters in the mountain region. After crossing the first river, you walk another 10 minutes until you reach an entrance on the left, which leads to the waterfall. The drop is about 70 meters tall and there is a pool that is suitable for swimming.

Das Posses Waterfall: accessible through the park entrance in São José do Barreiro, the waterfall is located approximately 8 km away, a 3-and-a-half-hour walk on a dirt road from which there is a trail of about 200m to the waterfall. It’s a great place for swimming. The water drops for approximately 40m.

Veado Waterfall: Located 26.9 km from the Park’s main entrance, it is the most popular waterfall in the park and a mandatory stop for visitors on the Gold Trail. It consists of two falls over 100 meters tall and, to get there, it is a two-day walk along Trilha do Ouro (Gold Trail) in one of the most preserved places in the Park.

Pedra da Macela (Macela Stone), standing at an altitude of 1,840m and with a 360-degree view, is the most relevant among the viewpoints in the park. Although it is located in the city of Paraty, Rio de Janeiro, access is through Cunha, São Paulo. To get there, visitors must take a dirt road for approximately 5km, from State Road SP-171 (Km 65.5), until they reach a gate from where it is necessary to go on foot. It is a stiff climb of 2.5km but the road is paved. The view of the beautiful local landscape and the combination of mountains and the sea, which makes Serra da Bocaina National Park so unique, makes up for the nearly two-hour uphill walk. From another spot on the viewpoint, it is possible to appreciate a large part of Paraíba Valley.



COAST

Also called the “lower ground,” its main attractions are the beaches of Meio and Caixa D’Aço, in addition to a natural swimming pool, all of them surrounded by the lush green vegetation of the Atlantic Forest. Visitors can make their way to the beaches from Paraty.

WHEN TO GO

MOUNTAINS

The best period to visit the mountain region of Serra da Bocaina National Park is between the months of May and August, when it rains less. However, this is also the coldest period and, therefore, it is not so great to go for a dip in the waterfalls. During this period, the average temperature is 10°C and it can go as low as minus 2°C in the coldest nights.

COAST

For those seeking peace and quiet, you should avoid the high season (December to February, and July) and long holidays, especially New Year’s Eve and Carnival, when cities and beaches are crowded and traffic jams are frequent.

HOW TO GET THERE

Serra da Bocaina National Park (PNSB) has headquarters and attractions both in the mountains and on the coast. The main attractions in the mountains are

accessible through São José do Barreiro, in the Paraíba Valley. This is also where the main headquarters are located. The coastal attractions are located near Paraty, where the Park’s other headquarters are located.

ATTRACTIONS

MOUNTAINS

- SANTO ISIDRO WATERFALL
- MAMBUCABA PATH (KNOWN AS THE GOLD TRAIL)
- TIRA CHAPÉU PEAK
- SOBRADO OBSERVATION DECK
- TRINDADE VILLAGE
- MAMBUCABA
- PEDRA DO FRADE

WHAT TO DO

Serra da Bocaina National Park (PNSB) is sometimes referred to as “the Brazilian trekking paradise,” due to the countless options of hiking trails, especially the Mambucaba Path, or Gold Trail. Options range from short hikes, which can be done in 2 hours (Santo Isidro Waterfall) to 3-day-long treks or even longer, such as the Mambucaba Path.

There are also more and more mountain bike enthusiasts using the roads in the park. They usually arrive in small groups of friends or in larger groups organized by specialized agencies.

There are plenty of options for those who enjoy swimming in rivers and waterfalls. Mambucaba

River crosses the whole park, forming white-water rapids and stunningly beautiful waterfalls as it flows down the mountains. The last stretch of Mambucaba River, on the coast, is very popular among rafting enthusiasts. There are other smaller rivers that also flow across the park, and they have their own attractions. Bracuí River, in Angra dos Reis, and *Córrego Melancia* (Watermelon Stream), in Paraty, are great examples.

Due to the great diversity and abundance of local birds, the park has attracted more and more birdwatching enthusiasts.

The beaches and the natural pool in Trindade offer excellent conditions for visitors who want to go swimming in the sea and practice water sports, including surfing on Caixa d'Aço Beach.

For those who just want to enjoy some peace and quiet, the park can be the ideal place to get away from your busy life and just appreciate beautiful landscapes.

For history lovers and cultural tourism enthusiasts, the trails and paths that cut through the park still contain their original pavement in some parts, dating back to Colonial Brazil and the Empire. The mountain region still preserves traces of rural culture (caipira) and herder culture (tropeira). On the coast, visitors will be able to find traditional coastal communities (caiçaras) and descendants of Afro-Brazilian slaves who escaped from slave plantations before slavery was abolished (quilombolas).



PARNA DOS LENÇÓIS MARANHENSES

LENÇÓIS MARANHENSES NATIONAL PARK (MA)

11



Number of visits 2019 – 151,786

Location: The Park stretches over the municipalities of Barreirinhas, Primeira Cruz, and Santo Amaro, Maranhão.

Lençóis Maranhenses National Park is the perfect destination for adventure lovers and visitors who enjoy observing nature! A hike on the white sands of the largest dune field in Brazil, a refreshing dip in crystal-clear lagoons, and the gorgeous sunset are unique experiences that you will certainly remember for the rest of your life. All of this can be topped off with an off-road adventure in a four-wheel drive especially adapted to move over the sandy and flooded terrain of the Lençóis Maranhenses restinga. Those who enjoy long hikes and interaction with traditional communities can try walking across the dune field and have the experience of staying overnight in the oases of the “Brazilian desert”.

Lençóis Maranhenses National Park, the main travel destination in the state of Maranhão, lies on the east coast of the state. Officially located in the Cerrado, it also has strong influence from the Caatinga and Amazon

biomes, so much so that it is home to species found in all 3 biomes. Its 155,000 hectares include several ecosystems, some of which are fragile, such as the restinga, the local mangrove, and a dune field that covers two-thirds of the total area of the unit. The dunes are the main attraction of the National Park due to the interdune lagoons that are formed in the regions during the rainy season. The park stretches over 3 municipalities in Maranhão (Barreirinhas, Santo Amaro, and Primeira Cruz), and all of them have good accommodation and transportation infrastructure.

WHEN TO GO

The east coast of Maranhão has two peculiar seasons throughout the year. The rainy season, from February to May, and the dry season, from June to January. After the rainy season, Lençóis Maranhenses National Park presents its most beautiful scenery, as the interdune lagoons are full.

As the dry season progresses, the lakes dry up little by little, entering November at a very low level. But it is good to explain that all of this depends on how much rainfall there is during the year, so it is always good to seek information with the National Park administration or with the local visitors bureau.

The best period to visit Lençóis Maranhenses National Park is from May to September, but the unit is open daily to visitors all year long, from 8:00 am to 6:00 pm.



WATER LEVEL IN THE LAGOONS:

High level

After the rainy season on the eastern coast of Maranhão, which can have up to 4 months of heavy rain, the lagoons and rivers in Lençóis Maranhenses National Park are at their maximum water level, providing visitors with the opportunity to see the iconic image of Lençóis Maranhenses: multicolored lagoons surrounded by white sand dunes.

RECOMMENDED ACTIVITIES:

- WATER RECREATION, SWIMMING;
- OBSERVATION OF LAGOONS AND DUNES;
- HIKING.

PERIOD: FROM MAY TO AUGUST

Medium Level

As the dry season settles, the lagoons start to dry out due to the sun and wind. During this period, the lagoons are not so full but they still provide the opportunity for limited recreation in the water. The scenery in Lençóis Maranhenses National Park begins to change, the lagoons decrease in size and depth, and the presence of algae and aquatic plants increases.

At the beginning of the rainy season the lagoons have a medium water level while they fill up. During this period, there is heavy rain almost daily.

RECOMMENDED ACTIVITIES:

- LIMITED WATER RECREATION;
- OBSERVATION OF LAGOONS AND DUNES;
- HIKING.

PERIOD: SEPTEMBER TO OCTOBER / FEBRUARY TO APRIL

Low Level

At high 'summer', as the dry season in the region is called, from June to January, temporary lagoons and rivers dry up or have very low water levels. The lagoons give way to pastures and floodplains, which are formed over the moist soil that was the lagoon bed. During this period, water recreation is only possible in the perennial lagoons, such as Lagoa do Peixe and Lagoa da Esperança.

RECOMMENDED ACTIVITIES:

- WATER RECREATION IN PERENNIAL LAGOONS;
- OBSERVATION OF DUNES;
- HIKING.

PERIOD: NOVEMBER TO JANUARY

HOW TO GET THERE

The closest airports that operate commercial flights are São Luiz do Maranhão Airport (SLZ) and Parnaíba Airport (PHB) in Piauí.

The main cities from which visitors can go to Lençóis Maranhenses National Park are Barreirinhas and Santo Amaro do Maranhão, but it is also possible to get there from the cities of Humberto de Campos and Primeira Cruz.

Barreirinhas – Main access is through MA-402 highway, which is completely paved and in good conditions. The city has





good accommodations and food facilities, and several tourist agencies provide tours to the National Park and other attractions, such as a boat ride to the mouth of “Preguiças” River and the tubing attraction on “Formiga” river.

For visitors looking for a little more adventure, another access route is through the city of Paulino Neves, Maranhão. This stretch is part of “Rota das Emoções” (Route of Emotions), a tourist route that begins in the state of Ceará, crosses the state of Piauí along the coast, and ends in the state of Maranhão. It is possible to visit 3 federal conservation units (protected areas) on this route: Jericoacoara National Park, the Environmental Protection Area of the Paraíba River Delta, and Lençóis Maranhenses National Park.

The journey to Lençóis Maranhenses National Park from Barreirinhas begins with a ferryboat crossing of Preguiças River. From then on, only four-wheel drives with snorkels can continue the trip.

Santo Amaro – To get to Santo Amaro, visitors will need

to take Highway MA-402. The city has inns and restaurants, and is located less than 2 km from Lençóis Maranhenses National Park, which can be accessed either on foot or in four-wheel drives.

ATTRACTIONS

In Barreirinhas:

Lagoa Azul (Blue Lagoon) Circuit

This is the most visited attraction in the Protection Area. After 12 km of trails over the restinga, the tour continues through the dune field for approximately 2 km. Along the way, visitors can visit Preguiça lagoon, Esmeralda lagoon, Azul lagoon, and Peixe lagoon, which is the only perennial lagoon in the region (contains water all year round). This attraction is the only one that visitors can use a four-wheel drive to get to Preguiça lagoon, but only if visitors have limited mobility, and if previous authorization from the National Park Administration is given.

“Bonita” Lagoon Circuit

Located 15km from the city of Barreirinhas, the attraction presents a medium degree of difficulty to get to, as visitors will need to climb a steep dune of about 30 meters in height. There is a rope to aid the climb. But the effort is totally rewarded with the beautiful view of both the dune field and the restinga vegetation of the National Park. After the ascent, the visitor will only need to walk a few hundred meters to Bonita Lagoon.

“Esperança” Lagoon

This lagoon is the interruption of the course of Rio Negro River when it meets the dune field. Thus, this lagoon is perennial and is not located within the dune field, but right on the edge. This way it is also possible to move through the dune field. As it is perennial, the lagoon is ideal for visits during the dry season, when the other lagoons are dry. Esperança Lagoon forms the geographical boundary between the municipalities of Barreirinhas and Santo Amaro.

Atins

The village of Atins is located right at the mouth of Preguiças river, just outside the National Park but still very close, making it easy to walk along the beach, across the restinga, over the dunes, and through local fields. The village has a simple structure, and is usually visited by people seeking some peace and quiet as well as closer contact with nature and the local community. Atins is a great place to practice sports, which include kitesurfing, windsurfing, kayaking, stand-up paddleboarding, cycling, and surfing.

Canto dos Lençóis

Located inside the National Park, Canto dos Lençóis, formerly called Canto do Atins, is a small and traditional fishing village close to the beach and from which there is a beautiful view of the dune field. The village has no electricity but there are community restaurants that



serve typical food and offer simple accommodations. It is a great starting point for visitors who want to go trekking and to cross the dune field all the way to the municipality of Santo Amaro.

Foz do Rio Negro (Rio Negro River Mouth) and Lagoa Verde (Green Lagoon)

The route from Atins to the Rio Negro river mouth is all along the beach in the National Park. The meeting of the Rio Negro and the sea is the main local attraction, where visitors can enjoy the small waterfalls right on the seafront. This is only available to the public when the water level in Rio Negro is high. Therefore, it is important to contact the Park Administration and local operators to get information in advance. On the route it is also possible to visit some inter-dune lagoons such as “Verde” lagoon. Located close to the beach, the lagoon is only a 30-minute hike away (through the dune field), and contains water most of the year.

In Santo Amaro:

Lagoa da Gaivota (Seagull Lagoon)

This is the main attraction in the city and considered the most beautiful landscape in Lençóis Maranhenses National Park. The lagoon is located in a seagull nesting site, which is great for birdwatching. Visitors going to Lagoa da Gaivota can also visit other lagoons, such as Andorinha, Cajueiro, and Maçarico, which is suitable for kitesurfing. On the way to the attraction, visitors will also be able to see Santo Amaro Lake. They can get to the lagoons on foot or in authorized four-wheel drives.

Lagoa da Betânia (Betania Lagoon)

Just like with Esperança Lagoon, this is a river whose course is interrupted by the dune field. The attraction is located in Betânia village, which offers some basic services. The variation in the water color combined with the landscape and the dune field in the background makes a visit to this attraction a unique experience.

Lagoa das Emendadas (Emendadas Lagoon)

Accessible only on foot, this attraction includes several interdune lagoons (inside the dune field) which are connected and stretch for kilometers. As it is an attraction inside the dune field, it allows the visitor to have an idea of the size of Lençóis Maranhenses.

Praia da Travosa (Travosa Beach)

Located near Travosa village, a local fishing community, Travosa Beach is quite long and has the beautiful dune field in the background. There is an annual surfing championship in the region in the month of April.

Primitive Zone:

Queimada dos Britos and Baixa Grande

Located inside the dune field of Lençóis Maranhenses National Park, these two patches of restinga vegetation are true oases and a perfect overnight shelter for visitors trekking across the Park. According to Park zoning, these regions are the Primitive Zone, where visitation can only occur with minimum impact levels. Thus, it is forbidden to organize tourist tours there or to visit the area in motorized vehicles of any kind. Having said that, there are approximately 30 local families that live there. They, and they alone, are allowed to use motorized vehicles to safeguard life as well as to transport people, food, and materials.

It is without a doubt the best attraction in the Park! Local treks, which can last up to 5 days, are carried out along the beach and over the dunes, with frequent dips in the lagoons to cool off. The adventurers spend the night in local communities, a great opportunity to interact with the traditional local population.

When it comes to vegetation and bird species, the oases have the greatest diversity in the whole

National Park and contain lagoons suitable for swimming most of the year, both inside their perimeter and out in the dune field.

It is mandatory to hire a guide to lead the crossing, as you will have access to the Primitive Zone of the Park. It's very easy to get lost in the dune field, there's no cell phone reception for a good part of the way, and many places go days without any people passing by. You are responsible for your own safety. Do not attempt to cross the National

Park if you are not sure you are fit enough to do it.

WHAT TO DO

- HIKING
- WILDLIFE OBSERVATION
- PICNIC IN AREAS OPEN TO VISITORS
- SWIMMING IN THE LAGOONS
- WATER SPORTS
- BIKE RIDES
- OFF-ROAD DRIVING



PARNA DA CHAPADA DOS VEADEIROS

CHAPADA DOS VEADEIROS NATIONAL PARK (GOIÁS)

12



Number of visits 2019: 79,347
Location: Alto Paraíso de Goiás, Cavalcante and Teresina de Goiás, Goiás.

Created in 1961, Chapada dos Veadeiros National Park is located in the northeast of the State of Goiás, between the municipalities of Alto Paraíso de Goiás, Cavalcante, Teresina de Goiás, Nova Roma, and São João d'Aliança. The Park protects an area of 240,611 ha of high-altitude cerrado, and is home to unique plant species and formations, hundreds of water springs and watercourses, rocks over a billion years old, as well as landscapes of rare beauty that change features along the year. The Park also preserves ancient mining sites as part of its local history. It was added to the UNESCO World Heritage List in 2001.

In addition to conservation, the Park's objectives are scientific research, environmental education, and public visitation. Hiking and recreation in the waterfalls are the main local activities around the immense landscapes

of Chapada. Visitors have the opportunity to go on a journey through the Brazilian Cerrado and use the old routes used by miners.

WHEN TO GO

The Park can be visited throughout the year. Normally, the dry season lasts from May to October and the rainy season lasts from November to April.

DIRECTIONS

The entrance to the Park is located in the district of São Jorge, 36 km from the municipality of Alto Paraíso de Goiás.

From Brasília, Federal District, it is about 260 km to the entrance to the Park. To get there, visitors need to take Highway BR-020 towards Formosa, Goiás. At the intersection, they should take Highway BR-010 towards Alto Paraíso. After crossing the border between the Federal District and the state of Goiás, Highway BR-010 becomes Highway GO-118. After reaching Alto Paraíso, visitors need to turn left at the junction towards São Jorge and follow state highway GO-239 for another 36 km.

The road from São Jorge to the entrance of the Park is less than 1 km long, and it is possible to go on foot, by bicycle, or by car.

Distances from the Park entrance to the nearest centers:

Brasília: 260 km

Goiânia: 460 km

ATTRACTIONS

Visitors can follow four trails to reach the attractions inside the National Park: The Crossing of Sete Quedas (seven waterfalls trail); Saltos, Carrousel, and Corredeiras Trail; Canyons and Cariocas Trail; and Seriema Trail. Below you will find more information about each of them (length, estimated duration, difficulty level, and description):

- THE CROSSING OF SETE QUEDAS
- SALTOS, CARROUSEL, AND CORREDEIRAS
- CANYONS AND CARIOCAS
- SERIEMA

WHAT TO DO

- HIKING
- WILDLIFE AND NATURE OBSERVATION
- WATER RECREATION IN RIVERS AND WATERFALLS
- LANDSCAPE OBSERVATION
- RUSTIC CAMPING
- CANYONING
- MOUNTAIN CLIMBING

PARNA APARADOS DA SERRA/SERRA GERAL - RS/SC

APARADOS DA SERRA NATIONAL PARK/ SERRA GERAL
(RIO GRANDE DO SUL/SANTA CATARINA)

13



Number of visits 2019: 137,294

Location: Northeast of the State of Rio Grande do Sul
and extreme south of the State of Santa Catarina.

Along the easternmost portion of the border between the states of RioGrandedoSulandSantaCatarina, in southern Brazil, visitors will find the National Parks of Aparados da Serra and Serra Geral, which cover an area of approximately 30,400 ha distributed along the foothills of the natural region commonly known as Aparados da Serra, part of the Serra Geral Geological Formation, hence the origin of the name of these important conservation units.

WHEN TO GO

ATTENTION: DUE TO THE COVID-19 PANDEMIC, STARTING ON 07/14/2020, THE TRAILS LOCATED IN CAMBARÁ DO SUL/RS WILL BE CLOSED TO VISITATION WHILE THE MUNICIPALITY IS CLASSIFIED AS A RED FLAG REGION (follow the news at <https://dimentocontrolado.rs.gov.br/>). THE TRAILS IN SANTA CATARINA (Rio do Boi Trail, Malacara Pool Trail, and Tigre Preto Trail) ARE OPEN AND OPERATING AT 40% CAPACITY.

Aparados da Serra National Park is open to visitors all year round, except on Mondays.

Aparados da Serra National Park opening hours (Itaimbezinho Canyon) are from 8 am to 5 pm, from Tuesday to Sunday (the park opens on Mondays only during national holidays, Carnival, Christmas, and New Year). All visitors must leave the Park by 6 pm.

If visitors are planning to get on the Cotovelo Trail, they must start before 3 pm. In the case of Rio do Boi Trail, they must start before 1 pm.

In the spring and summer months, swallows and swifts (migratory birds) come to Aparados da Serra due to the cold winter in the Northern Hemisphere and provide a spectacle over the waterfalls of Itaimbezinho Canyon.

It is not possible to predict when fog will form. On warm days, you are more likely to be able to see the canyons early in the morning, when temperatures are milder. To get information on local temperatures and precipitation at Itaimbezinho Visitor Center, check the link for the Federal University of Rio Grande do Sul (UFRGS) Meteorological Station, where the data is automatically updated every 10 minutes.

The presence of a guide is not mandatory for the trails at the top of Itaimbezinho (Gralha Azul Entrance, Vértice and Cotovelo trails), but the visiting experience is much richer with a local guide.

We remind you that pets are not allowed.

DIRECTIONS

If you are going to the Park from Santa Catarina on Highway BR-101, you need to exit at the entrance to São João do Sul and go toward Praia Grande (21 km on highway SC-290, former SC-450, all the way to Praia Grande) and then drive 23 km on a dirt road to the entrance of the Park, going up Faxinal Mountain Range (highway SC-290 and then RS-427). Praia Grande is located about 300 km from the capital city of Florianópolis and 210 km from the capital city of Porto Alegre, on highway BR-101.

If you are going from Rio grande do Sul, you will need to turn off at Cambará do Sul Junction (on Rota do Sol Road or highway RS-020). When you get to Cambará, turn right onto Itaimbezinho road (RS-427), and then drive 18km on a dirt road to the entrance to the Park. Cambará do Sul is located about 190 km from the capital city of Porto Alegre.

ATTRACTIONS

The biggest attraction of the Park is *Itaimbezinho* Canyon. With a depth of up to 700m, vertical walls, and a narrow gap, it is one of the largest in the Americas. In addition, its rock walls are covered by lush green Atlantic Forest vegetation.

Aparados da Serra National Park is home to preserved Atlantic Forests and Araucaria (Brazilian Pine) Forests, as well as fields and cliffs, which in turn are home to Vinaceous-breasted amazons, ocelots, raccoons, and cougars.

Three trails are currently open to the public, Vértice and Cotovelo being the main attractions. The Rio do Boi Trail is the trail to the bottom of the canyon. The entrance is at the Information and Control Station of Rio do Boi, located in the municipality of Praia Grande, Santa Catarina State. Guides are mandatory for the Rio do Boi trail. For the other trails, it is optional.

Trail	Opening Hours	Entrance	Tour Guide	Duration (in hours)	Type
Vértice	8am – 5pm	Cambará do Sul – RS	Não	1	Top – Plateau
Cotovelo	8am – 3pm	Cambará do Sul – RS	Não	3	Top – Plateau
Rio do Boi	8am – 1pm	Praia Grande – SC	Optional	6	Bottom – River

WHAT TO DO

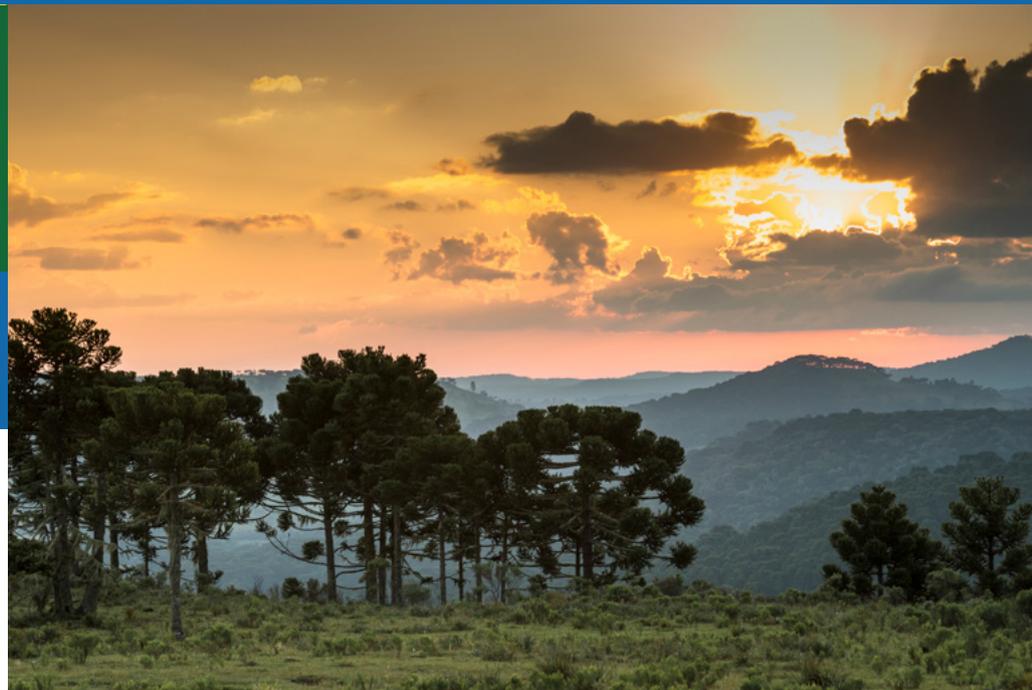
- HIKING
- BIKE RIDES ON PLATEAU TRAILS
- PLAY GEOCACHING - LEARN WHAT IT IS AND HOW TO PLAY:
[HTTPS://WWW.GEOCACHING.COM/PLAY](https://www.geocaching.com/play)
- WATER RECREATION IN THE RIVER (ONLY ON THE RIO DO BOI TRAIL)
- NATURE RECREATION
- VISIT TO THE EXHIBIT
- OBSERVATION, PHOTOGRAPHY, OR ART
- WILDLIFE OBSERVATION
- PICNIC IN PERMITTED AREAS
- FOREST BATH (SHINRIN-YOKU) - FIND OUT WHAT IT IS:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=ATDRYYWLK0I&FEATURE=YOUTU.BE](https://www.youtube.com/watch?v=ATDRYYWLK0I&feature=youtu.be)



PARNA DA SERRA DO ITAJAÍ

SERRA DO ITAJAÍ NATIONAL PARK (SANTA CATARINA)

14



Currently, the only established section of the park is “Faxinal do Bepe,” and previous authorization is required by e-mail to parnaserradoitajai.sc@icmbio.gov.br at least two days in advance. Please visit the park’s Instagram account @parnaitajai.

Serra do Itajaí National Park was created in 2004 and protects approximately 57,000 hectares of native forests, most of them at an advanced stage of regeneration, preserving the largest continuous stretch of native Atlantic Forest in the state over nine municipalities: Apiúna, Ascurra, Blumenau, Botuverá, Gaspar, Guabiruba, Indaial, Presidente Nereu, and Vidal Ramos.

The federal Nature Reserve is located in one of the most beautiful regions of Santa Catarina, called the European Valley, known for its typical German and Italian festivities.

Other types of local tourism are also very important: adventure tourism (rafting, rappelling, cascading, trekking, cycle tourism, hang-gliding, exploration of caves, horseback riding), religious tourism, rural tourism, cultural tourism, as well as an important local industry related to gastronomy (including the renowned craft breweries) and business tourism (business events).

Based on the characteristics of each public area in the reserve, the Park's Management Plan has identified the following as the main visitation possibilities: recreation, picnics, hiking, cycle tourism, water recreation, nature observation, environmental awareness activities, wildlife observation, and low-impact sports competitions. The Park, however, does not currently have the infrastructure to support visitation, and land regularization is not yet completed.

HOW TO GET THERE

The Park Administration headquarters are located in the city of Blumenau. The closest airport is located in the city of Navegantes, 35 km away.

Other nearby airports are located in the cities of Florianópolis (139 km), Joinville (102 km), and Curitiba (226 km).

Road access is mainly from Curitiba (Highways SC-474, SC-413, BR-280, BR-101, BR-376) and from Florianópolis (Highways BR-101, BR-470).

WHERE TO STAY

There are no accommodations for visitors in the National Park, and camping is not allowed within the Park limits.

You can find options on where to stay on the tourism department website: www.sc.gov.br/portalturismo.

WHAT TO DO

Local attractions include adventure sports: rafting, rappelling, trekking, cycling, hang-gliding, exploration of caves, horseback riding.

The attractions are slowly improving visitation infrastructure. The main public area in the Park is the *Nascentes* Sector. Visitors can get there through Progresso neighborhood, in the city of Blumenau. There are two hiking trails in the sector:

- **Morro do Sapo:** With an extension of 4 km, the trail has a high-difficulty level and usually takes 4 hours to complete. The trail passes by two lookouts installed at an altitude of 800 meters.
- **Chuva:** Containing some steep slopes, the trail takes approximately 3 hours and follows local stream Garcia Pequeno. On the way, visitors will be able to see one of the symbols of the region: the *Canela-Preta* tree (*Ocotea catharinensis*).

PARNA SERRA DO CIPÓ

SERRA DO CIPÓ NATIONAL PARK (MINAS GERAIS)

15



Number of visits 2019: 85,330

Location: Central area of Minas Gerais State (Municipalities of Jaboticatubas, Santana do Riacho, Morro do Pilar, Itambé do Mato Dentro, and bordering the municipality of Itabira).

In September, 1984, Serra do Cipó National Park was created to preserve the lush and rich local nature stretching over the municipalities of Jaboticatubas, Santana do Riacho, Morro do Pilar, and Itambé do Mato Dentro. The Park covers a total area of 33,800 hectares.

The federal nature reserve currently protects not only several Brazilian plant and wildlife species that face the risk of extinction, but also unique environments and landscapes that amaze all its visitors.

Back in 1950, landscaper Burle Marx described Serra do Cipó as “Brazil’s Garden,” which makes total sense, as it is one of the the most beautiful natural ensembles on the planet. The region has astonished travelers, naturalists, tourists, and local residents for centuries, and they are totally aware of its uniqueness as they rediscover it daily.

The rough terrain and the large number of local springs form several rivers, waterfalls, canyons, and caves of exceptional natural beauty. With altitudes varying between 700 and 1,670 meters, Serra do Cipó is located in the southern section of “Espinhaço Mountain Range,” which divides two large Brazilian hydrographic basins: São Francisco and *Rio Doce*.

Nothing characterizes *Serra do Cipó* better than its diversity, which starts with its geology and a wide variety of limestones, quartzites, granite, and different types of soil.

The rough terrain provides visitors with lots of paths to local streams that sprout from the ground all over the region, culminating in the climatic differences between the east mountains and west mountains. This entire base, in the hands of evolution, culminated in one of the most diverse vegetations on the planet, with an extremely high degree of endemism, one of the largest in the world, and with more than 1,700 catalogued species.

In the middle of all this diversity, there is also a surprising fact. There is a great similarity of forms among many plant species, some for having reached the same evolutionary solution to the challenges of the environment, and others revealing the still recent period of separation between species.

The region includes extremely rich wildlife, especially when it comes to insects. But there is still a lot to be discovered about the local amphibians that enjoy the many lagoons, springs, and streams in the region, as well as about the local birds, mammals, reptiles, and a multitude of other species that coexist in this mountain habitat that was originated with the uplift of the Espinhaço Mountain Range hundreds of millions of years ago.

The human species, one of the last to arrive in the region about 10,000 years ago, has developed several activities here, beginning with hunting and collection, carried out by Luzia’s contemporaries back in prehistoric times (Luzia is the



name given to the fossil skull of a woman who lived in the Lagoa Santa region 12,500 years ago. She is sometimes referred to as the “first Brazilian”).

Tupi-Guarani communities have also been here, leaving evidence of their presence through burials found in archeological sites. Agriculture and cattle raising became the main economic activities in the region after farmers started settling the region in the 18th century. These activities continue to be carried out in the region, but have been losing ground to tourism in recent decades.

WHEN TO GO

The Park can be visited all year round.

HOW TO GET THERE

Serra do Cipó National Park is located in the central area of the State of Minas Gerais, between coordinates S 19° 12` and S 19° 34`, and W 43° 27` and W 43° 38`, in the southern section of Espinhaço Mountain Range.

It stretches over the municipalities of Jaboticatubas, Santana do Riacho, Morro do Pilar, Itambé do Mato Dentro, and borders the municipality of Itabira. By car, visitors will travel about 100 km from the capital, Belo Horizonte, toward the northeast of the state.

Serra do Cipó National Park covers a total area of approximately 34,000 hectares, and it has a perimeter of about 154km. Visitors can get there on Highways MG-10 and MG-424. MG-10 highway is paved up to km 100. The entrance to the Serra do Cipó National Park is at Km 94 of MG-10 highway, approximately 3 km from the paved section.

ATTRACTIONS

Water recreation in waterfalls and crystal-clear natural pools are one of the attractions at Serra do Cipó National Park, in Minas Gerais. There are trails on which visitors can observe the great diversity of wildlife and vegetation, as well as curious, sharp rock formations that can be found all over the region.

The two main attractions at the park are Bandeirinha Canyon, twelve kilometers from the park station, and Farofa waterfall, eight kilometers from the park station. Swimming is allowed at both attractions.

WHAT TO DO

To find out what to do at Serra do Cipó National Park, please check out our set of available attractions:

https://www.icmbio.gov.br/parnaserradocipo/images/stories/guia_do_visitante/Cardapio_FINAL.pdf



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