



# BRAZILIAN COAST & THE GUYANAS, (LSV)

Salvador to Boa Vista 41 Days, departing 5th March 2021



## TRIP OVERVIEW

**Trip Style:** Overlanding

**Route:** Salvador to Boa Vista

**Duration:** 41 Days

**Transport:** Overland Expedition Vehicle, Jeep, Private Bus, Boat, Ferry, Minibus

**Accommodation:** Comfortable Hotel 13 nights  
Basic Hotel 14 nights  
Camping 7 nights  
Overnight Boat 2 nights  
Guesthouse 3 nights

**Meals:** Breakfasts x 30, Lunches x 10, Dinners x 10

**Physical Challenge:** ● ● ○ ○ ○

Your itinerary may include easy-paced day walks, bike rides, and other activities that are not too strenuous.

**Lifestyle Challenge:** ● ● ● ● ○

This is a fairly challenging trip; you may well be travelling at high altitudes, across deserts or through cold and windy or hot and steamy areas. The terrain and roads may be rough and the facilities can be very basic or non-existent. There may be some long drive days followed by wild camps, and physically and mentally it can be tough, but there will be some rest days and time to relax as well.



# DAILY ITINERARY

## Day 1 - Salvador (5th March 2021)

Welcome to Salvador! Today there is an important group meeting at 18:00hrs, please meet at the Hotel reception. The rest of the day is yours to enjoy Salvador.

**Border information:** If you are starting in Salvador, enter Brazil at Deputado Luís Eduardo Magalhães International Airport (IATA code: SSA)

Accommodation: Pousada da Mangueira A'''

### Daily Activities

#### Optional Activities

Watch a candomblé ceremony

Entrance: 70 USD

Enjoy a dance performance showcasing the culture and history of Bahia

Show: 65 BRL

Visit a Capoeira school to watch the Brazilian martial art combining elements of dance acrobatics and music

Approx price: 25 BRL

Visit the Forte Santo Antonioa da Barra, Brazil's oldest lighthouse, for panoramic views of the city

Price: Free

## Day 2 - Aracaju (6th March 2021)

**Meals:** Breakfast

Today we head north up the coast of Bahia, into the state of Sergipe. Along the way we will make a stop at the Projeto Tamar - a research station involved in the protection of Brazil's fives species of turtle, which spans 1000km and 9 of Brazil's states. The best time to visit is September to March when the spawning occurs.

Afterwards we will continue our journey north to Aracaju, where we can chill out in one of the town's seafront eateries, listen to some traditional forro music and enjoy the fresh crabs that the town is known for.

### Daily Activities

#### Included Activities

Visit the Tamar Turtle Conservation Project

Included

## Day 3 - Olinda (7th March 2021)

**Meals:** Breakfast

We have a full day drive to the stunning colonial gem of Olinda, considered one of Brazil's most important historic sites.

## Day 4 - Olinda (8th March 2021)

**Meals:** Breakfast

---

Explore the beautiful town of Olinda, once known as 'small Lisbon' and the richest town in Brazil. Enjoy wandering the cobblestone streets, check out some of the exquisite churches and definitely make time for lunch at Alto da Se to enjoy the views!

### Daily Activities

#### Optional Activities

See the sights and visit the imposing 16th-century Igreja da Se, located at Alto da Se (Cathedral Heights)

Entrance: Free

Go on a free walking tour of Olinda

Tips only: Free

## Day 5 - Praia da Pipa (9th March 2021)

Continue the journey to the cool seaside town of Praia da Pipa.

## Day 6 - Canoa Quebrada (10th March 2021)

**Meals:** Breakfast

---

Today we have a drive day to the pink sands of the Canoa Quebrada beaches.

## Day 7 - Canoa Quebrada (11th March 2021)

**Meals:** Breakfast

---

Huge pinkish sand dunes dominate the area of Canoa Quebrada, it's a fantastic spot to kick back and relax after a week of overlanding, or for the more energetic; try your hand at kite surfing, take an evening horseback ride along the beach, head out on a beach buggy. There's a laid back small town to explore too.

### Daily Activities

#### Optional Activities

Take a beach buggy trip to Ponta Grossa

Activity per 4 pax: 240 BRL

Try your hand at kitesurfing

Activity: 300 BRL

## Day 8 - Jericoacoara (12th March 2021)

**Meals:** Breakfast

---

An all day drive brings us to the laid back beach town of Jericoacoara, or 'Jeri' as it's affectionately known. Access to Jericoacoara is only by 4x4 through unpaved tracks through the dunes, making it a wonderfully hard to reach place.

## Day 9 - Jericoacoara (13th March 2021)

**Meals:** Breakfast

---

Jericoacoara is a magical place to spend some time; wander the sandy lanes, enjoy the sunset with a caipirinha on the dunes whilst the locals practise their Capoeira, head out on a quad bike adventure to remote lagoons where you can take a dip, laze in a hammock and enjoy a seafood lunch. Jeri is also one of the prime spots for surfing, windsurfing and kite surfing!

### Daily Activities

#### Optional Activities

Enjoy a dunebuggy tour around the sand dunes

Trip: 350 BRL

Take quad bikes to the stunning Lagoa Azul and Lagoa Paraiso

Trip: 350 BRL

Learn to kitesurf in Jericoacoara

Price: 160 USD

Try a capoeira class

90 min lesson: 35 BRL

## Day 10 - Barreirinhas (14th March 2021)

**Meals:** Breakfast

---

Today we drive to the town of Barreirinhas, the gateway to the Lencois Maranhenses National Park.

## Day 11 - Barreirinhas (15th March 2021)

**Meals:** Breakfast

---

Today we adventure into the Lencois Maranhenses National Park begins.

Seen from the sky, the meeting point of the Rio Parnaiba and the Atlantic Ocean looks like a giant puzzle, made up of 85 tiny islands.

### Daily Activities

#### Included Activities

Guided visit to the stunning Lençóis Maranhenses National Park

Included

#### Optional Activities

Quadbiking around the remote Caburé

Half hour: 60 BRL

## Day 12 - Barreirinhas (16th March 2021)

**Meals:** Breakfast

---

Today we will head out to the protected area of Pequeneos Lencois, along the way, we will visit a small fishing village, take a short walk & enjoy views of the dunes and the Preguicas River.

## Day 13 - Sao Luis (17th March 2021)

**Meals:** Breakfast

---

This morning we will continue our journey to the beautiful UNESCO town of Sao Luis.

## Day 14 - Sao Luis (18th March 2021)

**Meals:** Breakfast

---

Today we can enjoy the UNESCO world heritage site of Sao Luis, the only city of Brazil to be founded by the French. The city is full of interesting museums and the historic centre houses beautiful, pastel coloured colonial mansions. You can take a boat trip to the more laid back town of Alcantara, you may spot the Scarlet Guara birds on your way.

### Daily Activities

#### Optional Activities

Set within an impressive mansion are exhibits of Sao Luis festivals - Carnaval Bumba Meu Boi and Divino Espirito Santo

Price: Free

Learn about Maranhao's indigenous cultures at the Centro Perquisa de Historia Natural

Price: Free

Take a guided tour of the city

Guide (cost per group): 300 BRL

Visit the 18th-century state governor's palace, Palacio dos Leoes

Price: Free

## Day 15 - Belem (19th March 2021)

**Meals:** Breakfast

---

Our final drive day brings us to Belem where the mighty Amazon River meets the Atlantic.

## Day 16 - Belem (20th March 2021)

**Meals:** Breakfast

---

Today is yours to enjoy the port town of Belem, one of the first Portuguese settlements. Explore the historic centre which houses various museums and cathedrals and be sure to visit the Ver-o-Paso Market, considered the largest in South America, with its stalls scattered with Amazonian fish, baskets of Acai, herbs and crafts.

## Daily Activities

### Optional Activities

Visit Cidade Velha, home to most of Belem's museums with four plazas and a riverside location

Entrance: Free

Visit the iconic waterfront colonial Ver-o-Peso market

Entrance: Free

### Day 17 - Amazon River (21st March 2021)

The next four days of our itinerary will be flexible to suit the sailing times of our ferry and the road conditions.

### Day 18 - Macapa (22nd March 2021)

**Meals:** Breakfast, Lunch, Dinner

We hope to board the Amazon passenger boat today or tomorrow at 10am, sailing to the port of Macapa - this crossing usually takes around 24 hours and is a real local experience. Be sure to bring some snacks, playing cards and a good book for the journey. Meals will be provided on the ferry but these are quite basic. Snacks and drinks are sold on board.

The truck will depart on a separate ferry the night before, as it takes around 36 hours to reach Macapa.

Whilst on board we sleep in hammocks on deck. It is possible to upgrade in advance to a cabin, please contact your Sales agent for further information.

### Day 19 - Oyapoque (23rd March 2021)

**Meals:** Breakfast

Overlanding day towards French Guiana

### Day 20 - Cayenne (24th March 2021)

**Meals:** Breakfast

We will likely spend a night in Macapa on arrival, followed by 2 days overlanding to the city of Cayenne in French Guiana. Our itinerary will depend on road conditions and the arrival times of the passenger and truck ferries.

### Day 21 - Cayenne (25th March 2021)

Welcome to French Guiana!, today there is an important meeting at 18:00, please meet in the hotel reception. The rest of the day is yours to enjoy Cayenne.

**Border Information** - If joining the trip at Cayenne, you will fly into Cayenne Félix Eboué International Airport (IATA code: CAY)

### Day 22 - Cayenne (26th March 2021)

**Meals:** Breakfast

Today we will enjoy a half day walking tour around Cayenne. The rest of the day is yours to enjoy, perhaps even take a Kayaking trip to the Ilets du pont. Depending on departure days we may choose to visit the Space station at Kourou this morning.

## Daily Activities

### Included Activities

Take a 3hr walking tour of Cayenne; climb up Cépénou hill to enjoy a panoramic view of the city; the visit will take you through numerous key spots of historical cultural or natural interest.

Included

#### Optional Activities

Take a 2-hour kayaking trip to the Iles Dupont; sea islets positioned less than a half-mile off the beach of Cayenne's Grand Hotel de Montabo. This site is perfect for the observation of sea turtles and dolphins.

Kayaking: 29 EUR

Take a motorboat shuttle to the Ilet La Mère to explore the islet

Boat trip: 35 EUR

## Day 23 - Kourou (27th March 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we will head out to the town of Kourou; the site of the European Space station and the starting point for boat trips around the former penal colony on Devil's Island, one of the infamous Iles du Salut, off the coast of French Guiana. The ordeal of Frenchman Henri Charriere, who spent 12 years here, would later inspire the book Papillon.

### Daily Activities

#### Included Activities

Visit the international Spaceport in Kourou

Included

#### Optional Activities

Take a boat trip to the Iles du Salut the Devils islands; explore the old church school and hospital of Ilhe Royale photograph the native wildlife and even take a dip in the convicts swimming pool!

Boat trip: 51 EUR

## Day 24 - Plage Les Hattes (28th March 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we will visit the European Space Centre near Kourou, en route to the town of Saint Laurent du Maroni.

During Turtle viewing season (March to August) we will spend tonight at Plage les Hattes, in the hope of spotting a Olive Ridley or Leatherback Turtle.

We will stay in a local guesthouse or sleep in hammocks if we visit Plage Les Hattes

## Day 25 - St Laurent du Maroni (29th March 2021)

**Meals:** Breakfast

Today we have a free day to explore the border town of Saint Laurent du Maroni, located on the Maroni river, with its interesting and dark history as an arrival point for prisoners during the 19th Century.

### Daily Activities

#### Optional Activities

This river tour will take you to the "Ile Portal" river island the Amerindian village of Biguiston and its polishing stones and finally to the Wacapou creek.

Tour: 55 EUR

Visit to a Hmong Village

Tour: 46 EUR

## Day 26 - Paramaribo (30th March 2021)

We continue our journey west to the lively capital Paramaribo.

This evening we may choose to take an evening sunset boat trip in the hope of seeing some Dolphins playing in the Suriname River.

## Day 27 - Paramaribo (31st March 2021)

Today we have a full day to explore Paramaribo's historic inner city and the Commewijne area. You can easily explore the historic centre on foot, visiting Fort Zeelandia and the Suriname museum, and enjoying the fantastic architecture of Saint Peter and Paul Cathedral, one of the largest wooden buildings in the western hemisphere, or hire a bike and take a boat across the river to cycle the peaceful Commewijne Plantation Loop, visit the star shaped fort at Neiu Amsterdam. There are plenty of bars and restaurants to choose from.

### Daily Activities

#### Included Activities

Paramaribo City Tour

Included

#### Optional Activities

Take a sunset boat trip in search of dolphins tour includes snacks and drinks.

Boat trip: 28 EUR

Hire a bike from one of the nearby hostels, cross the river in a local ferry and explore the Commewijne plantation area.

Day Tour: 60 EUR

## Day 28 - Upper Suriname Area (1st April 2021)

**Meals:** Lunch, Dinner

This morning we leave the truck behind and set off for an unforgettable adventure into the interior of Suriname. We will travel by minibus for approximately 190km to the port at Atjoni, we then hop on a boat for approx 1hr trip along the Suriname River, deep into the rainforest where we will stay for two nights on our own private island!

Be sure to pack light for this excursion, as we can only take a small bag each with us.

We will stay in comfortable cabins and enjoy our own pool. All meals are provided during our visit, though you will need a small amount of money for drinks and tips for our local guide.

### Daily Activities

#### Included Activities

Spend 2 nights / 3 days on an all inclusive island retreat in the Suriname River surrounded by dense rainforest birdlife and opportunities to visit local communities.

Included



## Day 29 - Upper Suriname Area (2nd April 2021)

**Meals:** Breakfast, Lunch, Dinner

During our stay we can visit local villages, walk around the island in the hope of meeting some of its furry inhabitants and learn about the medicinal plants, try to spot Caiman on a night time canoe trip, take a dip in the river at the Ferulassi rapids - a natural Jacuzzi, and relax on the island by our pool, spot the kingfishers on the banks of the river and enjoy the tranquillity of the Amazon Rainforest.

All meals are provided.

## Day 30 - Paramaribo (3rd April 2021)

**Meals:** Breakfast

This morning is free for you to enjoy how you wish, walk, swim or relax and after lunch we will transfer back to Paramaribo.

### Daily Activities

#### Optional Activities

Visit the partly renovated plantation Peperpot and take a walk in the nature park

Tour: 60 EUR

Visit to a Maroon Village

Tour: 85 EUR

Go on an off-roading 4x4 Adventure

City Tour: 134 EUR

## Day 31 - Bigi Pan (4th April 2021)

**Meals:** Breakfast, Lunch, Dinner

Paramaribo and its surroundings definitely deserve at least one more day for exploration. Today is yours to spend as you wish; take a boat trip to Jordensavanne, take part in a Moengo Cultural experience, go walking in the Peperpot Nature reserve or Brownsberg Nature Park, learn the art of Surinamese cookery, or take part in one of the many day tours available.

### Daily Activities

#### Included Activities

Spend a night on the Bigi Pans, taking boat trips to explore the pans and see the extensive wildlife

Included

## Day 32 - Nieuw Nickerie (5th April 2021)

**Meals:** Breakfast

Today we will leave the bright lights of Parbo behind and head to the Bigi Pan, designated an 'Important Bird Area' for its spectacular bird life, particularly the country's largest colony of Scarlet Ibis.

## Day 33 - Georgetown (6th April 2021)

Today we head across the border by Ferryboat to the Guyana Capital, Georgetown.

**Border information:** Exit Paramaribo, Enter Guyana

In Georgetown we stay in a central located, basic but cosy, locally run hostel, with shared bathrooms in a combination of twin and dorm rooms.

## Day 34 - Georgetown (7th April 2021)

Take a morning tour of the city, explore the old canals and great sea wall, visit incredible wooden cathedrals, the huge market and try to spot the manatees swimming in the National park's lake. Georgetown is a busy place, and feels happily free from mass tourism. Be sure to take your camera!

### Daily Activities

#### Included Activities

Take a guided tour of Georgetown

Included

## Day 35 - Georgetown (8th April 2021)

Today we have a second free day in the city.

Perhaps one of the greatest highlights of Guyana is the spectacularly remote and impressive Kaieteur Falls, one of the tallest single drop waterfalls in the world, and reachable only by light aircraft. Take a half day flight to the falls and then enjoy a walking tour to the Falls and search for the tiny golden rocket frogs, hiding in the tank bromeliads leaves, as well as an impressive variety of butterflies, you may also be lucky enough to spot the bright orange Guayanan Cock of the Rocks.

### Daily Activities

#### Optional Activities

Fly to both Kaieteur and Orinduk Falls on this day tour

Price: 290 USD

Take a flight to the amazing Kaieteur Falls

Price: 190 USD

## Day 36 - Iwokrama Forest (9th April 2021)

**Meals:** Lunch, Dinner

Today the adventure really begins, as we travel south into the Guyanan Interior. We enjoy the comforts of a tarmac road for around 120km, as far as the town of Linden, and then the dirt road begins! it's the only road that connects Georgetown to Brazil, at some times of the year it becomes impassable due to the rains, but most of the time you'll find trucks and minibuses happily bumping along the road transporting people to and from Lethem. Many people choose to fly to the jungle resorts, but as overlanders we will get to enjoy the pristine rainforest - keep your eyes peeled in case of the illusive jaguar road crossing!

Please note we will likely set off very early today in order to make the most of the cooler parts of the day.

## Day 37 - Iwokrama Forest (10th April 2021)

**Meals:** Breakfast, Lunch, Dinner

This morning we will cross the River on a small barge and head deep in the Guyanan rainforest, which gives us some unique wildlife spotting opportunities in one of the most pristine and untouched eco-systems in the world. We have a variety of options for us including walking, bird watching, canoeing trips, nocturnal wildlife spotting and even a spot of swimming (if the watre is low enough).

Today we will have an opportunity to visit the Iwokrama Forest Canopy Walkway, set 30metres above the forest floor and providing a unique opportunity to experience the jungle's mid-level canopy through a series of suspension bridges and decks. Visits during dusk or dawn are best for bird spotting of Macaws and Tucans, you may even be lucky enough to see Red Howler Monkeys.

## Daily Activities

### Included Activities

We will stay in the heart of the Iwokrama Forest at a jungle lodge where we have time to explore the rainforest and observe the wildlife and birdlife.

Included

### Optional Activities

Take a short walk into the rainforest to search of the brightest bird of the jungle - the Guianan Cock of the Rocks

Price: 35 USD

## Day 38 - Rupununi (11th April 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we leave the dense rainforest behind and head towards a village settlement in an area of Savannah, where we will take a walk in the village and a short river trip in Canoes on the Burro Burro River. Afterwards we will head to our camp, which is a little further south further into the Savannah region.

## Daily Activities

### Included Activities

Take a guided walk and canoe trip on the Burro Burro River

Included

## Day 39 - Rupununi (12th April 2021)

**Meals:** Breakfast, Lunch, Dinner

Today we have a free day for activities such a horse riding, hiking and further opportunities for spotting wildlife.

## Daily Activities

### Included Activities

Head out for a guided hike on the Panorama Nature Trail

Included

## Day 40 - Boa Vista (13th April 2021)

**Meals:** Breakfast

This is our final day in Guyana, we will head south past the town of Lethem and onto the city of Boa Vista in Brazil (Please note that it is possible to fly from Lethem to Georgetown for approximately 150USD, for outbound international flights).

## Day 41 - Boa Vista (14th April 2021)

**Meals:** Breakfast

---

Today is the final day for passengers finishing their trip in Boa Vista. Please note there is no accommodation included on the trip tonight - please contact your sales agent if you are interested in booking an extra night of accommodation in order to fully explore the area.

**Border Information:** if you are finishing in Boa Vista, you will most likely exit Brazil at Boa Vista-Atlas Brasil Cantanhede International Airport (AITO code: BVB)

Accommodation:

## ITINERARY DISCLAIMER

The routes, activities and places visited described in these notes are intentions and are meant as a rough guide only. By their very nature, overland itineraries need to be flexible and the regions that we are travelling through are often unpredictable. We intend to follow the planned route but exact night stops and inclusions cannot be guaranteed and it sometimes happens that we decide to make a change to our planned itinerary. This may be for a variety of reasons; climatic, road or bureaucratic conditions may demand it. Changes to the itinerary may occur with little notice so please be prepared for modifications to your trip.

### Drive Times

Drive times are listed in the day-to-day itinerary. These are the approximate number of hours that the vehicle will be in motion, and does not include any time taken for coffee or lunch stops, border crossings, photo stops, activities en route, comfort breaks, shopping stops, toilet stops, etc. The times given are approximate estimates only and whilst given with the best of intentions, the drive times are heavily dependent on traffic, road conditions, weather, police roadblocks, and many other factors.

### Accommodation and Meals Included

The type of accommodation and included meals are listed for each day of the itinerary. These listings show our intention and on most departures the listings will be accurate. However due to the flexible nature of overland itineraries, climatic, bureaucratic or road conditions may demand changes to our listed intentions or groups may simply decide to amend the plans from time to time.

### Optional Activities

A selection of optional activities is listed in the day-to-day itinerary. This list is designed to be a helpful guide as to what is commonly available in each location, and is neither an exhaustive list, a guarantee that the activity is available, or an endorsement or recommendation. Certain activities may not be available on your particular visit and it may not be possible to do all the activities listed in the time available at each destination. It is recommended to give yourself extra time in your joining or ending city if you would like to participate in some optional activities there. Prices listed are for entrance only and do not include transport costs to and from the sites or local guides unless indicated. The prices are displayed according to our latest information and in the best faith, but prices do fluctuate due to exchange rates, season, numbers of participants, and simple increases from the operator, and therefore any prices listed are a guide only and cannot be guaranteed. If you partake in any optional activities, you do so at your own risk and it must be clearly understood that your participation is your own decision and does not form part of your contract with Dragoman. You may be required to sign/complete a waiver form or optional activity form for some optional activities. For more information around activity safety and insurance, please see the Essential Information document.

## EMERGENCY CONTACT INFORMATION

In the event of a real emergency once you have left your home country, please contact us on our out of office hours number. If you cannot get through on the phone, please leave a message with your name, reference number, contact details and a message with the help that you need and we will get back to you. Please bear in mind that real progress or action may not be possible until normal office hours, depending on the issue.

If your flight is delayed, please inform us as soon as you can and then make your way to the joining hotel as instructed in the Joining Point section of these notes.

**Out of hours Number: +44 (0) 7985 106564**

## A FEW RULES

We expect all group members to act respectfully towards our staff and other group members. Bullying will not be tolerated.

Engaging in commercial or exploitative sexual activities, committing acts of violence or threatening violence towards local people, other group members or any member of our staff is not allowed. Any customer engaging in such activities will be required to leave the trip immediately with no refund of the trip price.

You must at all times comply with the laws, customs, foreign exchange and drug regulations of all countries visited and conduct yourself in accordance with our responsible travel policy. Any customer found contravening such laws or regulations will be required to leave the trip immediately with no refund of the trip price.

Although we are aware that in some parts of the world taking, carrying or selling drugs, or carrying weapons may be legal, it is not acceptable for Dragoman customers and our tour leaders have the right to ask you to leave the trip immediately with no refund of the trip price if you are found to be engaging in such activities.

# ISSUES ON THE TRIP

While we always endeavour to provide the best possible holiday experience, due to the nature of travel and the areas we visit sometimes things can and do go wrong. Should any issue occur while you are on your trip, it is imperative that you discuss this with your group leader or our local partner straight away so that they can do their best to rectify the problem and save any potential negative impact on the rest of your trip.

We recognise that there may be times when your group leader may not be able to resolve a situation to your satisfaction. If this is the case please contact our customer relations department on [customer-relations@dragoman.co.uk](mailto:customer-relations@dragoman.co.uk).

You may also choose to provide details in your feedback questionnaire which we ask you to complete at the end of your trip, but we do ask you to be aware that it is very difficult for us to provide any practical help after the trip is complete.

# IMPORTANT NOTES

## OVERLANDING LIFESTYLE

Dragoman was founded in 1981, and has had many years of experience of leading overland trips across 4 continents. Overlanding is all about sharing a great travelling experience with like-minded people. On your trip you'll travel in one of Dragoman's purpose-built iconic expedition vehicles on an off-the-beaten-track adventure along rugged roads, experiencing the sights, sounds and smells of the world up-close. Your journey will be overland, sometimes across vast distances, so some long days spent driving are inevitable - but these will be interspersed with breaks of a day or two at a destination or activity.

On an overland journey, you are more than just a passenger and everyone gets involved setting up camp - we supply the tent but it's up to you to pitch it! As part of your trip, you will be assigned a truck job which could be collecting firewood or water, luggage loading, organising food, stores, etc. Like all great adventures, the more you put in the more you'll get out! For more details of how an overlanding trip works, please see the Essential Information document.

## SAFETY STANDARDS

We run adventure journeys in off the beaten track areas, which often have poor infrastructure. You should expect that some of these areas do not adhere to 'Western' safety standards. For more information, please see the Essential Information document

## MEDICAL ASSISTANCE IN REMOTE AREAS

We will be travelling to areas in remote locations where medical assistance will not be available, and communications may be sparse. We do not carry satellite phones on our regular trips. Therefore, if you have a medical condition such as a heart condition that would put you at risk, we would suggest that this is not the trip for you. Also, please be aware that should an emergency occur, there is likely to be a considerable delay in accessing medical care, and by joining our trip you accept this risk.

## VISAS, HEALTH, INSURANCE & MONEY

Before you travel there are vital things to consider such as:

- Any visas needed for your trip
- Any vaccinations needed (please consult your GP or travel clinic)
- Organising your local payment (the kitty)
- Buying travel insurance (insurance is compulsory to be allowed to join our trips)

For more information on these topics, please see the Essential Information Document.

# THE GUIANAS

## GETTING AROUND

The road across the coastal strip from Cayenne to Georgetown is sealed. Border crossings will often involve a ferry crossing, so be prepared to wait a little while for the ferry to arrive and for customs to check everyone through. In the interior of Guyana there are very few sealed roads, and the main route to Brazil is on a very bumpy dirt track, which can become impassable during the rainy seasons. Travellers should be prepared for some bumpy journeys in this region!

## CURRENCIES AND MONEY MATTERS

French Guiana - Euro

Suriname - Surinamese Dollar - (1 USD = 8SRD)

Guyana - Guyanese Dollar - (1 USD = 200GYD)

Generally French Guiana is the most expensive of the three countries, followed by Suriname and then Guyana.

ATMs are available in Cayenne, Paramaribo and Georgetown and some smaller towns. Credit cards are only accepted in certain hotels, shops and restaurants. You should have local currency with you, especially in the interior of Guyana and Suriname. Cambios offer the best exchange rates. USD and Euros are easy to exchange and widely accepted as payment in major cities.

## CLIMATE

The climate in the Guianas is equatorial, meaning hot all year around, with an average temperature of 27.5°C. Humidity is generally high all year, but noticeably so during the rainy seasons. The coast is cooled by sea breezes, and feels much more comfortable, as are the areas of the rainforest near the rivers.

The wet season is November to January and May to July, our trips are designed to run during the dryer seasons, but please be aware that there is rain year round, therefore waterproofs are a must!

## CLOTHING

Long sleeves and collars are great for keeping off the sun and the mosquitoes. Comfortable, light clothing is recommended, as are comfortable walking shoes or boots and sandals. A sun hat and sunglasses are essential.

## LOCAL FOOD AND DRINKS

Food in Guianas has strong influences from around the world, leading to some unique creations. Influences from Europe, East India, China, Indonesia, Africa and Amerindian cuisine have fused together in this tiny corner of South America. Chicken, Fish and Meat are commonly on the menu, along with vegetables, rice and cassava. In French Guiana you should try the Bouillon d'aura - a blend of crab, smoked fish, chicken, vegetables and aurora fruit. In Guayana some great snacks include Foo-foo - plantains made into cakes and fried and Pepperport, an Amerindian meat stew with cassava and hot pepper sauce. In Paramaribo, try the Parbo beer and of course Guayana blends excellent local rums. Bottled water is recommended.

## TIPPING

Local Guides do not expect, but greatly appreciate a tip. In the interior it is recommended that any tips are given in local currency. For meals, 10% at hotels and restaurants is generally expected.

## LANGUAGES

Guyana is South America's only English speaking country. Dutch is the main language of Suriname and French in French Guiana. There are also a number of Amerindian communities who speak their own indigenous language.

## SAFETY

In general you will find the people of the Guianas to be very friendly, helpful and welcoming, many are interested to meet travellers. Whilst in any city, we recommend that you check with the reception of your hotel if there are areas to avoid after dark, and that you only take with you the money that you need for the day and leave valuables, spare cash cards and passports in the truck or hotel safe. There are some mosquitoes, we recommend that you use repellent and the mosquito net provided in hotels.

## BRAZIL NOTES

## FRENCH GUIANA NOTES

## SURINAME NOTES

## GUYANA NOTES

Please ensure you have an up to date version of these notes. **These notes were printed on the 27th September 2020**