



BRAZILIAN COAST & THE GUYANAS, (LSV)

Boa Vista to Salvador 41 Days, departing 29th September 2020



TRIP OVERVIEW

Trip Style: Overlanding

Route: Boa Vista to Salvador

Duration: 41 Days

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

Accommodation: Basic Hotel 15 nights
Camping 7 nights
Guesthouse 4 nights
Comfortable Hotel 13 nights

Meals: Breakfasts x 30, Lunches x 11, Dinners x 11

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 - Boa Vista (29th September 2020)

Welcome to Boa Vista! today there is an important meeting at 18:00, please meet in the Hotel Reception. The rest of the day is yours to enjoy Boa Vista.

Border Information - If joining the trip in Boa Vista, you will fly into Boa Vista-Atlas Brasil Cantanhede International Airport (BVB)

Accommodation: Euzebios Hotel

Day 2 - Rupununi (30th September 2020)

Meals: Breakfast, Lunch, Dinner

Today we will start out early and head into Guyana, to the open Savannah region, where we will stay in a well equipped camp site and have an opportunity to take part in some optional activities, such as horse riding, hiking and canoeing.

Day 3 - Rupununi (1st October 2020)

Meals: Breakfast, Lunch, Dinner

Today we have a free day for activities such as 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 4 - Iwokrama Forest (2nd October 2020)

Meals: Breakfast, Lunch, Dinner

We will have a short drive into the heart of the Iwokrama Forest, a protected area of pristine rainforest. Along the way we will visit a local village. Keep your eyes peeled for any wildlife you may see from the road side such as red howler monkeys and toucans. This evening we will have time to walk in the canopy of the forest.

Daily Activities

Included Activities

Visit the Amerindian Village of Surama

Included

Day 5 - Iwokrama Forest (3rd October 2020)

Meals: Breakfast, Lunch, Dinner

We will spend the day enjoying the peace and tranquility of the rainforest, we have time to explore and search out the amazing wildlife that lives in this area.

Day 6 - Georgetown (4th October 2020)

Meals: Breakfast

Today is a big drive along the wonderfully undeveloped main road from the forest to Georgetown! The journey is primarily on a bumpy dirt road, which we will share with commuter minibuses and trucks, all winding their way through the rainforest. From the town of Linden, the tarmac starts and it's smooth driving for the final 120km to Georgetown! Be sure to keep a look out for wildlife, Jaguars have been known to cross the road right in front of the buses!

Day 7 - Georgetown (5th October 2020)

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 manatees swimming in the lake of the national park. 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 8 - Georgetown (6th October 2020)

Today we have a 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 Guyana 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 9 - Nieuw Nickerie (7th October 2020)

Today we will leave the bright lights of Georgetown behind us and cross the border into Suriname. We will follow the coastal road and then cross the river on a ferry. On arrival in Suriname we will head to the Bigi Pan, designated an 'Important Biodiversity Area' of Suriname and famous for its spectacular shore birds and in particular the Red Ibis.

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 10 - Bigi Pan (8th October 2020)

Meals: Lunch, Dinner

Enjoy a day on the Bigi Pan.

Day 11 - Paramaribo (9th October 2020)

Meals: Breakfast

Today we will head to the Capital of Paramaribo and enjoy time to explore Paramaribo's historic inner city and the Commewijne area. You can explore the historic centre on foot, visit Fort Zeelandia and the Suriname museum, and enjoy 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 and 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 12 - Upper Suriname Area (10th October 2020)

Meals: Breakfast, 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 a 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.

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 Ferullasi rapids - a natural jacuzzi, relax on the island by the pool, spot the kingfishers on the banks of the river and enjoy the tranquillity of the Amazon Rainforest.

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 13 - Upper Suriname Area (11th October 2020)

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.

Day 14 - Paramaribo (12th October 2020)

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.

Day 15 - Paramaribo (13th October 2020)

We have 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

Optional Activities

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

Tour: 60 EUR

Go on an off-roading 4x4 Adventure

City Tour: 134 EUR

Visit to a Maroon Village

Tour: 85 EUR

Day 16 - St Laurent du Maroni (14th October 2020)

Today we say goodbye to Suriname and drive to the border, we will take the ferry across the Maroni River to Saint Laurent du Maroni in French Guiana.

Border Information: Exit Suriname at Albina, Enter French Guiana at Saint Laurent du Maroni

Day 17 - Plage Les Hattes (15th October 2020)

Meals: Lunch, Dinner

Today we have a free morning 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.

During Turtle Season (March to August) in the afternoon we will drive to the northern beach of Plage les Hattes, in the hope of spotting the Olive Ridley and Leaderback turtles. In the off season we can opt to spend an extra day in Saint Laurent du Maroni.

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 18 - Kourou (16th October 2020)

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

Day 19 - Cayenne (17th October 2020)

Meals: Breakfast

Today we will visit the European Space Centre near Kourou, en route to the capital city of Cayenne.

Daily Activities

Included Activities

Visit the international Spaceport in Kourou

Included

Day 20 - Cayenne (18th October 2020)

Meals: Breakfast

Today we have a half day city tour, followed by a free afternoon to enjoy the city, perhaps take a boat trip to 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

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 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

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

Day 21 - Oyapoque (19th October 2020)

This morning we will depart Cayenne and begin our adventure across the furthest northern section of Brazil. This section of the trip requires some flexibility due to the departure timings of the Passenger boat and Truck Ferry, as well as the road conditions and weather. We will travel 780km in total over the next couple of days, staying in a basic hotel en route to the port in Macapa.

Day 22 - Macapa (20th October 2020)

Meals: Breakfast

Overlanding towards the port town of Macapa

Day 23 - Macapa (21st October 2020)

Meals: Breakfast, Lunch, Dinner

Overlanding towards the port town of Macapa

Day 24 - Amazon River (22nd October 2020)

Meals: Breakfast, Lunch, Dinner

We hope to board the Amazon passenger boat this morning, sailing to the port of Belem - this crossing usually takes around 24hours. Be sure to bring some snacks, playing cards and a good book for the journey! Our meals are included on the ferry, but be prepared for a real local experience. There is usually a shop and a bar selling drinks and snacks on board.

The truck will depart on a separate ferry in the evening and takes around 36hours to arrive.

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 25 - Belem (23rd October 2020)

Welcome to Belem! 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 Belem.

Border information: If you are starting your trip in Belem, enter Brazil at Val De Cans Air port (IATA code BEL)

Day 26 - Belem (24th October 2020)

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-Peso 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 27 - Sao Luis (25th October 2020)

Meals: Breakfast

Our first drive brings us to the UNESCO world heritage site of Sao Luis, the only city of Brazil to be founded by the French. Depending upon the ferry we may choose instead to spend the night in neighbouring Alcântara.

Day 28 - Sao Luis (26th October 2020)

Meals: Breakfast

Sao Luis is full of interesting museums, the historic centre houses beautiful, pastel coloured colonial mansions. You can take a boat trip to the more laid back town of Alcântara, you may spot the Scarlet ibis, or guarás 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 Maranhos indigenous cultures at the Centro Perquisa de Historia Natural

Price: Free

Day 29 - Barreirinhas (27th October 2020)

Meals: Breakfast

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

Day 30 - Barreirinhas (28th October 2020)

Meals: Breakfast

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

Daily Activities

Optional Activities

Quadbiking around the remote Caburé

Half hour: 60 BRL

Day 31 - Barreirinhas (29th October 2020)

Meals: Breakfast

Today we will enjoy another day in the Lencois Maranhenses NP. 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

Day 32 - Jericoacoara (30th October 2020)

Meals: Breakfast

Today we drive to the laid back beach town of Jericoacoara, or 'Jeri' as it's affectionately known. Access to Jericoacoara is only by 4WD through unpaved tracks through the dunes, making it a wonderfully hard to reach place.

Day 33 - Jericoacoara (31st October 2020)

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

Try a capoeira class

90 min lesson: 35 BRL

Learn to kitesurf in Jericoacoara

Price: 160 USD

Day 34 - Canoa Quebrada (1st November 2020)

Meals: Breakfast

Drive day to the pretty seaside town of Canoa Quebrada.

Day 35 - Canoa Quebrada (2nd November 2020)

Meals: Breakfast

Huge pinkish sand dunes dominate the area of Canoa Quebrada, it's a fantastic spot to kick back and relax or for the more energetic, take an evening horseback ride along the beach or head out on a beach buggy. There's a laid back small town to explore too with lots of great cafes and bars.

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 36 - Praia da Pipa (3rd November 2020)

Today we'll head south to the cool seaside town of Praia da Pipa.

Day 37 - Olinda (4th November 2020)

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 38 - Olinda (5th November 2020)

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 de 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 39 - Aracaju (6th November 2020)

Meals: Breakfast

Today we head south along the coast, into the state of Bahia and to the town of Aracaju, where we can chill out in one of the town's seafront eateries, listen to some traditional forró music and enjoy the fresh crabs that the town is known for.

Day 40 - Salvador (7th November 2020)

Meals: Breakfast

Today we complete the journey to the vibrant city of Salvador, known around the world for its Carnival festivities. Salvador is home to over 300 churches, the historic centre is recognised by UNESCO and full of interesting architecture, brightly coloured buildings and cobblestone streets. It's an excellent place to witness the African culture in music and dance and enjoy some delicious street food.

Daily Activities

Included Activities

Visit the Tamar Turtle Conservation Project

Included

Day 41 - Salvador (8th November 2020)

Meals: Breakfast

Today is the final day for passengers finishing their trip in Salvador. 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 or if you would like to join the journey south to Rio de Janeiro.

Border Information: if you are finishing your trip in Salvador, you will most likely exit Brazil at Deputado Luís Eduardo Magalhães International Airport (IATA code: SSA)

Accommodation:

Daily Activities

Optional Activities

Watch a candomblé ceremony

Entrance: 70 USD

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 Antonio da Barra, Brazil's oldest lighthouse, for panoramic views of the city

Price: Free

Enjoy a dance performance showcasing the culture and history of Bahia

Show: 65 BRL

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.

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

GUYANA NOTES

SURINAME NOTES

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