



Adventure

Paraty or paradise? One thing is for sure: a stay here is always too short.

The Paraty region is privileged for having the perfect mixture of sea and mountain. This region shelters environmental conservation areas which protect fauna and flora of the Atlantic Forest (Mata Atlântica) as well as traditional communities who fight to keep their way of life grounded in their original culture.

The coastal area of Paraty is a spectacle aside. It presents a lush vegetation, deserted beaches worth of a postcard, and rich wildlife. Along the coast, areas of conservation gather in an ecological corridor that protects the Atlantic Rainforest and the sealife nurseries of the region. In this beautiful landscape live the caiçaras - descendants of Indians and whites who first came here. Until the 70s, access to these communities was possible only if by sea. Centuries of isolation favored the preservation of a culture rich in knowledge of the sea and the forest.

Trekking

Ecotourism is one of the strengths of Paraty. There are options for trekking at various levels, according to the duration, the degree of physical effort and the difficulty of orientation. Almost all the trails are in the Units of Environmental Conservation which occupy more than 80% of the territory.

Short trails

Forte - short trail on the hills where the first town was settled and later the Fort Defensor Perpétuo, whose cannons to defend the city are still pointed to the open sea. Light trail, with beautiful views of the bay, a small beach and some place suitable for beginners in birdwatching.

Poço do Inglês - Pedra Branca - forty minutes of trekking between two of the most beautiful waterfalls of Paraty. The Pedra Branca is the largest complex of waterfalls of Paraty open to visitors. In Pedra Branca it is possible to lunch.

Praia do Meio - Cachadaço - easy trail during one hour through the two most beautiful beaches of Trindade. The trail crosses two hills and the open-sea beach Cachadaço to reach the famous natural pool where the stones dam the sea water. The return can be done by trail (one hour) or by sea in a small boat (five minutes).

Medium trails

The Gold Trail - moderate round trail with 2 km of paving stones in the midst of the Serra da Bocaina. It has some upwards and the average duration is two and a half hours. The tour leader tells the historic process of utilization of the trail, from the Guaiana Indians before colonization, until the Cycle of Coffee, in the nineteenth century. It is prohibited to visit without the presence of a tour guide registered in the Bureau of Tourism of Paraty and accredited by the Brazilian Tourism Ministry.

Laranjeiras - Praia do Sono - average length of an hour and half, from Vila Oratória to the beautiful beach Praia do Sono: a long strip of fine sand near the open sea, with waves good for surfing. The beach is inhabited by a Caiçara community very hospitable. Possibility for lunch.

Long trails

Paraty-Mirim - Saco do Mamanguá - 06 hours in a round trip to meet the only Brazilian fjord where is the main sealife nursery of the region. Optional: Caiçara lunch, Canadian canoe tour in the mangrove and visitation to the caixetal: forest managed for sustainable extraction of Caixeta, the wood traditionally used to make the handcraft of small boats.

Pedra da Macela - Rio Pequeno - 08 hours from the peak Pedra da Macela (1800m), where it has the panoramic view of Paraty and the Bay of Ilha Grande, to the village of Rio Pequeno in rural areas. Pure Atlantic Forest, with good opportunities for observation of wildlife and waterfall baths.

Laranjeiras - Ponta Negra - 08 hours in a round trip in the Reserve of Juatinga, passing by five beaches, several waterfalls, each with special features, and some Caiçara villages. Possibilities for lunch and return by boat (depending on the sea conditions).

One-day Hiking - it's an opportunity to do an activity that connects a point of the conservation unit to another, with return on the same day. Alternating hiking and canoeing, the activity goes along the mangrove and forests of Paraty-Mirim, Saco do Mamanguá and Vila Oratória. Ideal for lovers of long activities with no time for a hiking of several days.

Birdwatching

The observation of birds have practitioners around the world and Brazil is very favorable because of our wide variety of species. It is one of the activities of ecotourism that is gaining more fans in recent years due to little effort and refined pleasure that results from a day of observation. Watching the birds in their natural habitat, with its varied colors and shapes, facilitates relaxation and wellness. Moreover, the most experienced birdwatchers provide an invaluable service to science, voluntarily identifying species that, in the rich biodiversity of the Atlantic forest, are not rare to find.

Diving

The bay of Ilha Grande, which includes Paraty, has great points for diving. In partnership with competent professionals, we offer safe tours on boats prepared for baptism, courses and monitoring for professional divers.

Expedition of Juatinga

Unlike some other expeditions, the expedition of Juatinga has no camping in wild. There are twelve communities in the region where the electricity is only available in some homes that use solar energy or diesel generator. These Caiçara communities are hospitable and the natives have adapted their homes to host the visitors.

With the transformation of this region in areas of environmental conservation, these people came to live in accordance with environmental laws that prohibit the cutting of trees, restricting the construction and decreasing the area of their vegetable gardens. Without being able to build their canoes and pressured by real estate business, the caiçaras today have their way of life threatened, with many young people migrating to the city in search of work opportunities.

Thus, the socio-environmental tourism becomes an important alternative for local development and the settlement of the original inhabitants in its territory. In support of these communities, we have worked with three to four groups per month at most, and always hire local assistants as well as utilize all the service available for lodging, food and transportation.

Native inhabitants are great connoisseurs of nature and today the majority has abandoned the habit of predatory hunting, which demonstrates their understanding of the need to preserve the environment itself and assess the socio-economic value it represents.

Come and enjoy this unforgettable experience!

Discover Paraty!

Programming

Day 1 - Laranjeiras - Ponta Negra
Moderate trail

Day 2 - Waterfall of Saco Bravo
Moderate trail

Day 3 - Ponta Negra - Martim de Sá - Pouso da Cajaíba
Heavy Trail

Day 4 - Pouso da Cajaíba - Saco do Mamangá
Moderate trail

Day 5 - Visit the mangrove in Canadian canoes

Day 6- Climb to the Sugar Loaf - Paraty-Mirim - Paraty

Kayak

Kayak tours in the region of Paraty involves intense contact with the environment. Through a light and pleasant exercise, you can see the fauna and flora of the mangroves and islands. The tours are guided in complete safety by trained professionals in high-performance kayaks.

Bike

The world is in time for discussion on the issue of CO2 and to do our part is of huge importance. Knowing the beauty of the region on a bicycle is healthy and appropriate. The trails for bike pass by waterfalls, land roads, trails and places that can be reached only this way or on foot. The tours range from mild and short to the heaviest trails with some upwards.

Tree-top Adventures

Tree-top is an activity of ecotourism that is performed on platforms mounted on the trees, overcoming various obstacles. Arose from a need for researchers in the 90s, with the introduction of vertical techniques it has become known as an adventure activity for the whole family.

In Paraty there is a beautiful circuit of tree-top, operated by a highly qualified team with quality equipment regularly reviewed according to strict standards of safety. It's an area of fifteen thousand square meters. Before each activity there's a mandatory training when the instructor explains clearly the activities and the safety rules.

There are four different routes in accordance with age and experience, since children from 5 years, with 12 activities in average height of 1.5 m from the ground, to the most radical, with 27 activities 7 meters up from the ground.

Wildlife

With one of the most extensive and important remnants of Atlantic rainforest, Paraty has great variety of birds, mammals, fish, trees, plants and insects. We have qualified staff to lead experienced observers, either as a hobby (birdwatching, photography) or scientific research. We recommend the use of neutral colors of clothing, preferably green, which provide a suitable camouflage. It is also indicated the use of magnifying glasses and binoculars.

The observation of wildlife is an activity that helps to develop calmness, patience and respect for nature. According to the interest and availability of the customer, we have prepared immersions in the Atlantic Forest that may last a few hours or an entire week of observation.

We do not participate in hunting expeditions and do not allow to remove any kind of fauna and flora from their habitat.