

## CAMINHO DA LUZ – 10 days and 9 nights – TREKKING



Sport, adventure, walk and trekking, a trip through the time when horse-rider Indians and adventurers made their way into the Atlantic Forest, rich in natural beauties, history and culture. This is the “Caminho da Luz – O Caminho do Brazil”.

The way starts in the town of Tombos, at the base of a waterfall. The town is named after this waterfall that is the fifth in water volume in Brazil and has the second Hydroelectric Power Station built in Brazil still functioning, and ends at “Pico da Bandeira”, the third largest peak in Brazil, and the first highest accessible one, being traveled all over annually by thousands of people from Brazil and from abroad, deserving distinction in the written and television media all over the country.

During all the route of “Caminho da Luz”, fragments of glist and crystals emerge from the soil, giving it a special shine. They are 195 kilometers traveled all over through the mountains of “Minas”, passing by centenary farms, forests, waterfalls, shrines, and old railroads. The route is full of a magnetism that fascinates everybody, taking walkers, cyclists and horse riders on a trip that goes beyond the time.

### **Description of the Itinerary:**

1<sup>st</sup> day – Meet and Greet at Belo Horizonte airport or Hotel. Transfer to Tombos, one day before the beginning of the walk, when the enrolments are done and the walkers receive credentials of “Caminho da Luz”, the official shirt, a guiding book and the crook. You’ll stay overnight.

2<sup>nd</sup> day – Tombos / Catuné – Breakfast at the hotel and hit the road. The walker goes to the Tombos Waterfall, the fifth in water volume in Brazil, and the initial landmark of “Caminho da Luz”. On the way, the walker passes by Environmental Reserves and knows the centenary “Farm Oliveira”

(1845). Almost arriving at Catuné, the final destination of the day, he feels the magic by knowing the “Gruta Santa” (Holy Grotto). **Tombos – Catuné → 24.7 kilometers.**



3<sup>rd</sup> day – Catuné / Pedra Dourada – On the first kilometers we know the Bathing Resort called “Comunidade da Igrejinha” (Little Church Village), where there is a shrine of “Nossa Senhora Aparecida” (Our Lady Aparecida). Continuing the walk, the walker heads for “Alto da Jacutinga”, which is approximately 35 feet tall (1.058 m) where swallows, thrushes, canaries, and a huge variety of other birds welcome the walker with their songs. Next comes a stretch of long slope as far as the quiet town of “Pedra Dourada” (Golden Rock). **Catuné – Pedra Dourada → 19.25 kilometers.**

4<sup>th</sup> day – Pedra Dourada / Faria Lemos – A farewell you wouldn’t want to miss out on. Immediately ahead it is the “Pedra do Lagarto” (The Rock of the Lizard), where according to a legend, an old Indian chanted praise hymns to nature, concentrating an energetic strength that drew the natives. Still in the morning, nature reserves an incredible “surprise”: with a waterfall that is approximately 30m tall: a “Bela Cachoeira da Surpresa” (The Beautiful Surprise Waterfall). We will head for Faria Lemos, after a refreshing bath. **Pedra Dourada – Faria Lemos → 25.2 kilometers.**

5<sup>th</sup> day – Faria Lemos / Carangola – Today, the way leads to the centenary Carangola, known by the ancients as the “Princesinha da Zona da Mata” (The Little Princess of Zona da Mata). Continuing the journey, we begin the climb of “Serra dos Cristais” (Crystal Mountain Range), that receives this name because of the abundance of such stone along the road-bed. **Faria Lemos – Carangola → 22.85 kilometers.**

6<sup>th</sup> day – Carangola / Caiana – Renewed energy and hit the road. Although the beauty of the whole “Caminho da Luz”, a lot of people say that this is one of the most beautiful stretches, passing by the old “Estrada de Ferro Leopoldina” (Leopoldina Railroad). On the way, several springs, old constructions of the railroad, mono-coal merchants, not to mention the bromeliaceae, ferns and maiden-hair. **Carangola – Caiana → 25.5 kilometers.**

7<sup>th</sup> day – Caiana / Galiléia (Caparaó) – With a bit more than one hour of walk, we arrive in “Espera Feliz”, known as “The City of the Flowers” or “Cold Land”. On this stretch, the walker passes by the communities of “Quicé” and “Pedra Menina”. Caparaó also has a hospitable people, beautiful mountains and a ramp of hang-gliding, following through the community of Galiléia, route that the Indians took to arrive at “Pico da Bandeira”. **Caiana – Espera Feliz – Galiléia (Caparaó) → 27.3 kilometers.**

8<sup>th</sup> day – Galiléia (Caparaó) / Alto Caparaó – We begin the walk passing by the community of Boa Vista, around the “National Park of Caparaó”, leaving the 814m of height and reaching 997m of height of “Alto Caparaó”, a city at the base of “Pico da Bandeira”. **Galiléia – Boa Vista – Alto Caparaó → 13.2 kilometers.**

9<sup>th</sup> day – Alto Caparaó / Pico da Bandeira / Alto Caparaó – After seven days of walking, the walker sets off to conquer the “Pico da Bandeira”, the third highest peak in Brazil and the first accessible one. THE CONQUEST – a huge strength dominates the whole being; body and mind together as just one thing; total ecstasy. **Alto Caparaó – Pico da Bandeira – Alto Caparaó → 18.1 kilometers.**

10<sup>th</sup> day – Departure day. Last chance to enjoy “Alto Caparaó” with its natural beauties, waterfalls of crystal-clear waters, amazing paths, and the best coffee of the highlands of “Minas Gerais”. Transfer back to Belo Horizonte, ending at hotel or airport.



#### **Information of the Walk:**

**Location:** Zona da Mata Mineira – Circuits: Minas, Rio and Pico da Bandeira

**Duration:** 10 days and 9 nights

**Guest Houses:** 9 overnight stays in hotels, inns, boarding houses and host families.

**Diet:** 9 breakfasts and 10 meals, a pizza or broth night in Tombos for interaction and fraternization of the group, one lunch in Alto Caparaó and eight dinners along the way.

**It includes:** overnight stays and food, credential, stylized crook, official shirt, guiding book, monitor, a supporting car at strategic points to serve water, juice, fruits, snacks, transport backpacks, insurance and certificate. Transport 4x4 Alto Caparaó / Tronqueira / Alto Caparaó, admission into the National Park of Caparaó, a guide at Pico da Bandeira.

**Tour on regular basis: usd 875,00 per Person.**

**Dates on request.**

**Distance between the main capitals and the initial landmark of Caminho da Luz**

Vitória (ES) – 300 km

Rio de Janeiro (RJ) – 360 km

São Paulo (SP) – 700 km

Brasília (DF) – 1.100 km

Belo Horizonte (MG) – 380 km

