

Brazil

THE PANTANAL – JAGUARS & JABIRUS

LIMOSA HOLIDAYS | TOUR INFO PACK



Absolutely amazing! A huge male Jaguar comes to drink in the Pantanal during a boat trip © Colin Bushell, Limosa Holidays

2019 **Sunday 25th August - Friday 6th September (13 days)** **Small group tour with Colin Bushell & local guide**

Covering more than 70,000 square miles, the Pantanal is the world's largest tropical wetland - and one of most important areas for wildlife in South America. Seasonal rains flood the immense lowland plains of Western Brazil, but as they dry in the austral spring the shrinking waterways and lagoons concentrate the spectacular birds and wildlife of the region. South America's biggest cat, the Jaguar, is the star attraction. But we also have chances of Giant Anteater and Brazilian Tapir, while the abundant birdlife includes Southern Screamer, Horned Sungem, Helmeted Manakin and the endangered Hyacinth Macaw.

- Boat trips in search of Jaguar, Large-billed Tern and Blue-throated Piping-guan
- Vast wetlands that are home to Jabiru, Southern Screamer and Maguari Stork
- Giant Otter, Giant Anteater, Capybara and Brazilian Tapir also possible amidst the floodlands
- The huge and beautiful Hyacinth Macaw about the lodge - plus Toco Toucan, too!
- Red-billed Scythebill, Grey-chested Cacholote, Helmeted Manakin, Planalto Slaty Antshrike
- Horned Sungem, Collared Crescentchest and White-eared Puffbird at Chapada dos Guimaraes
- Small group tour - maximum of 10 participants
- Led by Limosa's South America expert Colin Bushell and an experienced local bird guide

What's Included?

- Limosa Tour Leader
- Expert English-speaking South American bird guide
- Return flights – London Heathrow to São Paulo (Brazil)
- Brazil domestic flights - São Paulo-Cuiaba return
- 10 nights at accommodation in Brazil, staying at comfortable hotels and wildlife lodges
- All main meals - with drinking water provided during the day
- Minibus transport with local driver
- All excursions, permits, entry fees, tour based tips and taxes

LIMOSA HOLIDAYS, West End Farmhouse, Chapelfield, Stalham, Norfolk NR12 9EJ (UK)

TEL: +44 (0) 1692 580623 | 580624 • EMAIL: info@limosaholidays.co.uk • WEB: limosaholidays.co.uk

Outline Itinerary

- Day 1:** We depart London for Brazil
- Day 2:** Early morning arrival in São Paulo, with onward domestic flight to Cuiaba. Transfer to the Pantanal. Pousada Piuval (3 nts)
- Days 3-4:** Two full days to explore the wonderful Pantanal from Piuval
- Days 5-7:** We head to our second base in the immense Pantanal, Porto Jofre. Birding and boat trips for Jaguar. Porto Jofre (3 nts)
- Day 8:** Return to Cuiaba. Night Cuiaba
- Days 9-10:** We travel on to Chapada dos Guimaraes for two days of birding amid the *chapada* and *cerrado*. Chapada dos Guimaraes (2 nts)
- Day 11:** After a last look at Chapada we return to Cuiaba. Night Cuiaba
- Day 12:** We fly Cuiaba-São Paulo and onward overnight to London
- Day 13:** Arrival in London

Tour Overview

The vast lowland plains of the southern Mato Grosso - meaning 'large forest' - in Brazil are seasonally inundated with water during the rainy season. Known as the 'Pantanal' (the Portuguese for swamplands), these immense floodlands comprise the world's largest tropical wetland and are one of the most important and best areas to see birds and wildlife in South America. As the wetlands begin to shrink during the dry season however, they create spectacular concentrations of wildlife for which the area has become world famous.

This wonderful Limosa tour is timed to coincide with peak bird numbers in the Pantanal as well as an abundance of flora and fauna, and the most favourable weather conditions. After five days enjoying the species-rich open landscapes of the Pantanal, we next head northeast to explore the *chapada* and *cerrado* (savanna) habitats beyond Cuiaba, where a whole new ecosystem packed with its own very different wildlife awaits us.

The Pantanal lies in the great basin of the Rio Paraguai, a southward-flowing river of little gradient which crosses Paraguay, joins the Paraná and empties eastward at Buenos Aires. The climate is characterised by a pronounced dry season (March-November), but due to poor drainage much of the region is inundated during the rainy season to form the vast Pantanal - the largest freshwater marsh in South America.

'As seen on TV', the Pantanal is today renowned as perhaps the best place in the world to look for Jaguar and our tour is designed to provide a very real chance of seeing this amazing big cat. The seasonal lagoons and rivers are also home to an array of other charismatic mammals, including the Giant River Otter, the bizarre-looking Southern Tamandua (a tree-loving anteater), Brazilian Porcupine and Capybara (the world's largest rodent), while on the dry grasslands we may find the brush-tailed Giant Anteater. Crab-eating Fox, Black Howler Monkey, Yellow Armadillo and the prolific Spectacled Caiman are more commonly encountered.

Birding in the Pantanal is brilliant, too! About our comfortable lodges we should encounter the highly sought Hyacinth Macaw - the largest parrot in the world, and oh-so-blue; the bizarre-billed Toco Toucan, with its unseemly nest-robbing habits; and the aptly named Great Rufous Woodcreeper, perhaps shinning up a tree trunk beside us. But as you would expect, it is wetland that birds dominate the scene: from serpentine Anhingas, Black-collared Hawk and hook-billed Snail Kites to the man-sized Jabiru, elusive Maguari Stork and five species of ibis including the large and loud Plumbeous. We should see aptly-named Southern Screamers, thousands of Wood Storks, Limpkin, the dapper Capped Heron and the odd looking Boat-billed Heron. There's even a chance of the furtive Sungrebe, with its unique 'dazzle camouflage' feet.

After a thorough exploration of the Pantanal, we journey northeast to spend time at Chapada dos Guimaraes, enjoying the magnificent contrast in both scenery and birds. Here we shall find a completely different habitat: the arid *cerrado*, a stunning highland plateau with a quite different community of birds. Patches of gallery forest

follow the rivers and streams down to the east, providing a chance to observe many interesting Amazonian species.

From our hotel here we'll explore the *cerrado* and forested areas. Although somewhat arid and with stunted vegetation, this distinctive habitat holds numerous interesting species. White-eared Puffbird, Curl-crested Jay, White-rumped and White-banded Tanagers, Collared Crescentchest and Black-faced Saltator can all be found - but the true 'jewel' of this area is a hummingbird, the unique and spectacular Horned Sungem. The males are resplendent with iridescent blue crown and an adornment of twin 'horns'.

Limosa has been operating bird tours to Brazil since 1998 and this August 2019 tour will be our 24th visit to this amazing destination for birding. Guide Colin Bushell has travelled and guided extensively throughout Central and South America, including repeat visits to the Pantanal and this trip will be his eleventh visit there.

Daily Itinerary

Day 1

FLY LONDON-SÃO PAULO

Our birdwatching tour to Brazil and the Pantanal begins with an overnight flight from London Heathrow to São Paulo, in southeast Brazil.

Days 2-4

FLY SÃO PAULO-CUIABA & TRANSFER TO THE PANTANAL

Following an early morning arrival in São Paulo we catch a two-hour Brazilian domestic flight northwest to Cuiaba, capital of the state of Mato Grosso - and gateway to the superb Pantanal!

From Cuiaba, we drive southwest along the Transpantaneira Road deep into the heart of the wetlands. If time permits, we may visit a small urban reserve for a nice introduction to the colourful and plentiful local birdlife: toucans, hummingbirds, tanagers and macaws await! Some species are more likely to be seen here than anywhere else on tour and these include Russet-Crowned Crake, Purple Gallinule, Pale-vented Pigeon, Plain-breasted Ground Dove,

Red-bellied Macaw, Peach-fronted Parakeet, Black-throated Mango, Chotoy Spinetail and Thrush-like Wren. A small population of Pantanal Marmoset inhabit the surroundings.

We arrive in time for dinner at our lovely first lodge - Pousada Piuval - with wonderful birding right on its doorstep!

Situated in a peaceful location away from the *Transpantaneira*, the varied habitats surrounding our accommodation at Pousada Piuval hold an excellent variety of species. The highlight here should be our first Hyacinth Macaws... or 'Big Blue' as it is sometimes known! This spectacular bird - the world's largest parrot - breeds in large holes in trees and has benefitted from protection schemes. Strutting in the fields, we should find the impressive Greater Rhea and Plumbeous Ibis, while Toco Toucans and even Chestnut-bellied Guans frequent the trees about the lodge.

One of many delights (!?) here is that we may be woken by the most of exotic of alarm clocks - the raucous calls of the Hyacinth Macaw! But it'll be worth it, for an early morning walk will reward us with the sight of many waterbirds: cormorants, herons, storks and ibises, all taking advantage of the rich pickings left by the now retreating floods. Perhaps the most striking of all these birds is the enormous Jabiru, a familiar sight in the Pantanal.

Birds of prey are well represented throughout the Pantanal, with the ubiquitous Snail Kite and Black-collared Hawk being two of the most frequently seen raptors, perching by open water on the look out for snails and fish respectively. We should also see many storks and herons, including Snowy and Great Egrets, and even Southern Screamer - and with a little luck, we will locate a Sunbittern on a quiet pool. White Woodpeckers and Campo Flickers may perch on dead tree stumps, while deeper in the dry forest Rufous-tailed Jacamars and Blue-crowned Trogons add splashes of colour.

The most visible mammal here is the Capybara, the world's largest rodent, which occurs in good-sized family groups, browsing the lush wetland vegetation under the watchful gaze of numerous Caiman. In the drier countryside, fortunate

observers might occasionally see the amazing Giant Anteater, loping across the fields as they feed on the termites which dot the landscape with their impressive mounds.

Birding opportunities abound near the lodge and Great Rufous Woodcreepers can often be found, but we'll also venture away during our stay here to explore the dry forest and gallery woodlands. The splendid Helmeted Manakin makes its home here, alongside Rufous Casornis and Planalto Slaty Antshrike. In the damper areas bordering the small pools and streams we can hope to find Mato Grosso Antbird and Yellow-chinned Spinetails, and as the afternoon draws on we'll likely hear the haunting song of the Undulated Tinamou - though they are tricky to see!

At dusk, we should find the inquisitive Crab-eating Fox as we search for Tropical Screech Owl, Great Horned Owl and Common Potoo. *Three nights Pousada Piuval*

Days 5-7

PORTO JOFRE AREA

Bidding farewell to Pousada Piuval, will head southwest 100kms or so today, to Porto Jofre at the end of the *Transpantaneira*, for a three-night stay. Travel is slow along this highway at the best of times, which will give us the opportunity to look out for some uncommon roadside birds - such as the beautiful Scarlet-headed Blackbird.

The dry grasslands we will pass through are the home to Giant Anteaters so we'll check anything that moves among the huge termite mounds! As we travel south, we are sure to see Marsh Deer and perhaps Black Howler Monkey in the trees bordering the *Transpantaneira*. As we get closer to Porto Jofre, open wetland areas become more extensive and we will stop to admire the massed ranks of wetland birds - expect to see Limpkins, Maguari Storks, Black-bellied Whistling Ducks and many more. The magnificent Hyacinth Macaw is also present and we'll pay an evening visit to a roosting area for the spectacular 'big blue'. As dusk settles over the Pantanal, huge Nacunda Nighthawks begin their evening forays.

We will spend our time at Porto Jofre covering a mix of habitats, either on foot or via short road journeys along the *Transpantaneira*. However, a

particular focus of our time here will be to try and gain good sightings of South America's biggest - the Jaguar! This area has become one of the most reliable places on Earth to see this impressive feline and the famous Caiman-eating Jaguars were filmed by the BBC in this region.

Our boat trips will to some extent concentrate on seeing Jaguars, which retreats to the woodland along the rivers edge during the day and has a tendency to lie out near the waters' edge. Of course, encounters with a Jaguar are far from guaranteed, even though the boatmen are primed with information on the most recent sightings, but there will be a good possibility of success.

Birds are also present on the Rio Cuiaba: Black Skimmers roost on the sandbars in the company of numerous Large-billed and Yellow-billed Terns, and Pied and Collared Plovers should be seen. Front-heavy Toco Toucans fly over and perch in the bare trees, and others we will listen and look out for include the excellent Red-billed Scythebill, Grey-chested Cacholote, Rufous-tailed Jacamar, Blue-throated Piping-guan and wonderful Cream-coloured Woodpecker. *Three nights Porto Jofre*

Day 8

TRANSPANTANEIRA TO CUIABA

We depart early from Porto Jofre today and retrace our steps to Cuiaba. Although mainly a travel day, it will also be fascinating as we pass along the full length of the *Transpantaneira*, stopping to stretch our legs or to check out anything that catches our eye. We might try a little playback to lure out any of those elusive spinetails, antshrikes, antwrens and flycatchers we might still be missing - and we'll hope to spot the lumbering hulk of a Giant Anteater as we go.

Arriving at our Cuiaba hotel this evening, we will no doubt be ready for dinner in this bustling Brazilian city. *Night Cuiaba*

Days 9-10

CHAPADA DOS GUIMARAES

We leave Cuiaba early today and continue our journey northeast, travelling about 70 kms to our next, and very different destination: Chapada dos Guimaraes. We spend two nights here, on

the edge of a huge escarpment overlooking Cuiaba and the plains to the south.

Chapada Dos Guimaraes lies on an ancient tectonic fault some 500 million years old. When the Andes cordilleras appeared on the west, the flat region of the Pantanal sank and the plateau (*chapada*) rose up. Water and wind erosion over millions of years has carved natural sculptures, canyons and caves into the cinnamon-buff sandstone cliffs. Rivers and streams have 'dug their way out', creating huge waterfalls typical of *chapada* scenery. At an elevation of around 800m (2600ft), this fascinating area experiences mild temperatures but it can be windy, especially in the evening.

From our hotel here we are well placed to explore the surrounding *cerrado* (savanna) and forest areas. Although initially appearing rather unprepossessing, being an arid and somewhat stunted looking habitat, the *cerrado* contains a wealth of localised bird species that will largely be new to us. Specialities to watch for include the delectable Horned Sungem, White-eared Puffbird, Curl-crested Jay, White-rumped and White-banded Tanagers and Black-faced Saltator. Streams running from the high plateau are surrounded by gallery forest, rich in birdlife with the likes of Yellow-tufted Woodpecker, Blue-crowned Motmot, Fiery-capped and Band-tailed Manakins, Southern Antpipit and White-lined and Guira Tanagers among many treats in store.

As the day heats up, we will scan the sky for birds of prey such as the stately King Vulture, White Hawk and the graceful Swallow-tailed Kite. We should always be alert for macaws coasting over the *cerrado*, too: both Red-and-Green and Blue-winged Macaws are regularly seen near Chapada. *Two nights Chapada dos Guimaraes*

Day 11 RETURN TO CUIABA

We have time to enjoy a further morning birding on the plateau around the town before we must reluctantly make our way back south to Cuiaba. We spend the night at a hotel convenient to the airport here, in readiness for our flight back to Sao Paulo tomorrow. *Night Cuiaba*

Day 12 FLY CUIABA-SÃO PAULO AND ONWARD TO LONDON

Depending on flight schedules today, there may be time for a little early morning birding around Cuiaba. Returning to Cuiaba Airport, we catch a domestic flight back to São Paulo and transfer to our onward overnight connection to London.

Day 13 ARRIVE LONDON

We arrive back at London Heathrow in the early afternoon, where our birdwatching tour to Brazil and the Pantanal concludes.

Trip Information

Group Size Max of 10 participants & 2 leaders

Birds 270-320 species

What to Expect

Except on travel days, our strategy in hot climates such as this will be to start early, bird in the morning and have a protracted rest during the midday siesta time before enjoying the rest of the afternoon back in the field. We will offer occasional evening and after dark excursions, too. Our various explorations will be on foot, by boat and by vehicle.

Accommodation 10 nights accommodation in Brazil, staying at comfortable hotels that allow easy access to the best wildlife areas. All rooms have private bathroom.

Meals All main meals are included in the tour price, commencing with lunch in Brazil on Day 2 and concluding with lunch on Day 12. Food at the lodges is home-cooked, often featuring local dishes freshly prepared by the lodges' own cooks (vegetarian needs can also be catered for). Breakfasts and dinners will be at the hotels; some lunches will be picnics. Soft and alcoholic drinks are generally available for purchase at the hotels (not included in our tour price).

Walking Easy to moderate, chiefly along tracks and trails. In the Pantanal, the landscape is flat and the going is generally easy. In the Chapada (Brazil's highland plateau area) there

may be some occasional steeper, uphill stretches, but all are taken very gently with regular stops for birds. Sturdy waterproof walking shoes or lightweight boots with good grip advised, and lightweight shoes to change into afterwards.

Maximum elevation on this tour: 1400m (4600ft).

Weather Brazil enjoys a tropical climate. It will be mainly warm-hot and sunny in the Pantanal when we visit in August/September, but some rainfall is possible throughout the year. It will be hot and humid in the lowlands and this can give rise to thundery afternoon downpours. Our tour runs towards the end of the 'dry season' and, while the chances of a wet day are low, some rainfall could still occur. In the Cuiaba area, daily temperatures in August/September are typically in the region of 23-29C (73-84F), but can reach highs of 35C/95F. It averages a little cooler than this in the highlands of the chapada, 18-30C (65-87F); also early and late in the day, which can feel relatively chilly by comparison.

Flights Return flights from London Heathrow to São Paulo with LATAM or British Airways (according to best schedules).

Domestic flights São Paulo-Cuiaba-São Paulo are included within the tour price and operated by GOL or LATAM (according to schedule).

Please note that current Brazilian domestic airline schedules, coupled with the requirement to check-in for international flights several hours before departure, result in a somewhat protracted wait at Sao Paulo airport between flights. This is presently unavoidable. Much depends upon airline schedules available at the time but our office will seek to book the most convenient flights with the best connections.

If you intend making your own flight arrangements for this tour, be sure to check group flight timings with our office (once confirmed) before booking your own flights.

Ground Transport By minibus, switching to 4WD vehicle/s when the occasion demands.

Boat Trips We will take boat trips at Porto Jofre with the aim of finding Jaguars. There will be birds to see of course, but the main focus here will be on finding these wonderful big cats.

Insects We may encounter mosquitos on some trails. *See Health & Vaccinations, page 8 below.*

Photos Good to excellent photographic opportunities in more open habitats, including wetlands and at bird feeders around the lodges.

Tour Cost

2019 (13-day tour):
£5495 (inc flights from London)
Land only cost: £4595
Deposit: £700
Single Supp: £495

Cost includes

- Limosa Tour Leader
- Expert English-speaking regional guide
- Return flights London Heathrow-Sao Paulo
- Return domestic flights São Paulo-Cuiaba
- 10 nights accommodation in Brazil
- All main meals (with drinking water provided)
- Minibus transport (with 4x4 where necessary)
- Boats trips for Jaguar at Porto Jofre
- All excursions, entry fees, tour based tips (inc. lodge, driver and local guides) & taxes
- Map and Limosa checklist of birds

Cost excludes

Insurance, drinks, airport meals/snacks & other items of a personal nature.

About Your Guides

Colin Bushell A birder since his teens, Colin lives in Lancashire, where he works as both a professional bird tour guide and freelance ornithologist for ecology consultancies. His first forays into overseas birding were to Majorca, Austria, Greece and Morocco - before the lure of the tropics became irresistible. After exploring Africa and the Far East, Colin immersed himself in South America and its amazing avifauna, becoming a frequent visitor there (particularly Peru and Brazil) and amassing a wealth of

experience leading bird tours across the 'Bird Continent' over the last 25 years. With a keen interest in migration, he has also led tours across Europe, the Middle East and Asia, including Thailand and Taiwan. Our September 2019 tour will be Colin's eleventh visit to the Brazilian Pantanal.

Local guide One or more resident **Brazilian birdwatching guide/s** will accompany our tour as local leader.

Financial Security

Limosa Holidays is a fully bonded Tour Operator and a member of the Association of Independent Tour Operators (AITO). We hold an ATOL (Air Tour Operators Licence) granted by the CAA, providing for your protection in the event of Limosa Holidays' insolvency. Our ATOL licence number is ATOL 2950.

For tours not including the cost of a flight from the UK or for holidays booked by you as 'Land Only', all payments made to us are fully bonded through the Association of Bonded Travel Organisers Trust Limited (ABTOT). Our ABTOT membership number is 5230. For details please see our brochure or website: <http://www.limosaholidays.co.uk/financial-protection>

Limosa Loyalty Discount

We are proud of the number of loyal customers who travel regularly with us. As our way of saying 'thank you', we offer a **Frequent Travel Discount**. Under the scheme, everyone who takes four trips with us is entitled to claim a 5% discount on their 5th trip. ^{*1}

^{*1} **Conditions:** *This offer applies to the basic tour cost only and excludes certain commission-based trips, extra costs such as additional flights or accommodation, private extensions and cancellations. • Discounts cannot be given in lieu of tour deposits or off the cost of single room supplements. • Please note discount must be requested at time of booking!*

How To Book

Check availability on our website or with our office. We are happy to hold Provisional Reservations for up to 7 days. After this, we do require a Booking Form and deposit to confirm your place on tour. Any unconfirmed space will be released.

Book Online, by Phone or by Post

You can book and pay the deposit simply and securely **Online** via our website, using the '**Book This Tour**' button on the relevant tour page or the **Booking** tab at the top of the page.

Telephone bookings must be confirmed in writing by completion of a Booking Form (there's one tucked inside every brochure or as a PDF download from our website), which can be mailed to us in the time honoured way.

Be sure to read our **Booking Conditions** and **General Information** (found at the back of our brochure, on our website or available from our office on request) prior to booking.

When to Book

Early booking is advised since flights and accommodation are much more easily secured well in advance. To encourage early booking, we are pleased to offer an **Early Bird Discount** - see our current brochure or website for details.

All our tours are limited to small group sizes. So they can fill up quickly - sometimes even before our new brochure comes out! Single rooms in particular can often be in short supply and among the first to go, so do try to plan well ahead if you definitely require one of these.

Last-minute Bookings: We inevitably receive a few unexpected cancellations over the course of a season so it is always worth enquiring about vacancies on any tour - even for those departing in just a few weeks!

Payments

Deposit: The amount of **booking deposit** per person is shown alongside every tour. We accept deposit payments by **electronic bank transfer** (please ask for our bank details), **UK debit card**

and **cheque** (made payable to *Limosa Holidays* and drawn on a UK bank in GBPounds Sterling).

For payment of **booking deposits** only we also accept Visa and MasterCard credit cards.

Balance: Full payment of the **tour balance** is due not later than 12 weeks prior to departure (20 weeks in the case of certain tours such as cruises or those involving rail travel). We will send you an invoice before the balance is due.

We accept balance payments and any additional payments (e.g. interim flight deposits, flight upgrades, extra hotels etc) by **electronic bank transfer (BACS), UK debit card** or **cheque**.

Payment by overseas customers must be in GB Pounds Sterling and may be made by electronic transfer direct to our bank (*please ask for our bank details*).

We do **not** accept cheques on US Banks in US Dollars, or cheques in Euros or Eurocheques.

Credit cards - please note:

(i) We do **NOT accept credit cards or overseas debit cards for balance payments (including any additional or interim payments) from customers living within the UK or European Economic Area (the EEA is the EU countries plus Iceland, Liechtenstein and Norway).**

(ii) *For customers living in North America, Australia and all other areas outside of the UK and the European Economic Area we are able to accept payment by Visa and MasterCard credit cards or overseas debit card but with a charge of 2.5% of the transaction amount to help offset card company charges.*

Late Booking Payments: In order for us to guarantee your airline seats, hotels etc., full payment is required at time of booking for all late bookings (*i.e. bookings made within 12 weeks of departure*).

Other Things You Need To Know

Passports & Visas

Your **passport should be valid for a minimum of 6 months** from the date of entry into Brazil.

• **VISA NOT NORMALLY REQUIRED by UK passport holders** for entry into Brazil. For further information see the website of the Brazilian Consulate in London, <http://cglondres.itamaraty.gov.br/en-us/> or the Brazilian Embassy <http://www.brazil.org.uk/>.

All others should contact the nearest Brazilian embassy or consulate to check whether or not they require a visa/s. If a visa/s is required, you will need to apply locally. If the embassy or consulate requires you to provide a letter confirming that you are booked on an all-inclusive tour, please contact our office and we will be happy to provide one.

Entering Brazil: Make sure your **passport is stamped**. If it is not, you may be fined on departure. Keep your **immigration landing card**, given to you at Sao Paulo airport on arrival, as it will be required to leave the country – if you lose it you could be subject to a fine.

Health & Vaccinations

Visit your health professional at least 4 to 6 weeks before your trip to check whether you need any vaccinations or other preventive measures. Country specific information and advice is published by the **National Travel Health Network and Centre (NaTHNaC)**, visit: travelhealthpro.org.uk/country-information/ and by **NHS (Scotland)**, visit: <http://www.fitfortravel.nhs.uk/destinations.aspx>

Useful information and advice about healthcare abroad is also available at NHS Choices website: <http://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/Healthcareabroad.aspx>

Compulsory vaccinations: Consult your doctor in good time ahead of the trip for latest advice regarding yellow fever in Brazil. Our tour visits the State of Mato Grosso. If vaccination is required, you will need to carry a valid **yellow fever certificate**.

Recommended immunisations: Travellers should be up to date with routine vaccination courses and boosters as recommended in the UK. These vaccinations include for example measles-mumps-rubella (MMR) and diphtheria-tetanus-polio vaccine.

Yellow fever vaccination is currently advised for travellers visiting the state of Mato Grosso. If you were last vaccinated more than 10 years ago, consult your doctor for advice. Consult your doctor for current advice regarding TB, typhoid, and hepatitis A and B, which may also be recommended in some circumstances.

Malaria: There is a risk of malaria in the Amazon basin of Brazil, including areas visited on this tour (Cuiaba and the state of Mato Grosso). **Consult your doctor** in good time ahead of the trip for latest advice regarding suitable antimalarials.

Dengue fever is a mosquito-borne infection found in tropical and sub-tropical climates worldwide, including Brazil, though chiefly during the rainy season there (November to March). Consult your doctor for latest advice.

The above information, together with that contained within our Travel Information sheets (sent to everyone who books), outlines health requirements for this tour. **Please note that these details are given for guidance only - and are only for certain diseases - and you must consult your doctor in good time prior to travel as to what immunisations (if any) are needed for your chosen holiday.**

For full and latest health information **we urge everyone to consult The National Travel Health Network and Centre (NaTHNaC) website prior to booking any overseas holiday.** NaTHNaC is funded by the UK Government's Health Protection Agency and provides health information for both health professionals and travellers, with information compiled by its own clinical and scientific team. You can search for individual country requirements, which are updated regularly.

Your Safety & Travel Advice

An unavoidable aspect of travelling abroad nowadays is the threat it may pose to your safety and security. The UK's Foreign and Commonwealth Office (FCO) encourages British nationals to be better prepared for their overseas trips with a view to avoiding common travelling traumas, risks and dangers. In order for you to assess and protect against any risks in your chosen destination it is **strongly recommended** that you refer to the relevant FCO Travel Advice - www.gov.uk/foreign-travel-advice - both prior to booking and regularly before you travel.

It is standard Limosa policy for our office to send a copy of the relevant FCO Travel Advice about the tour to all participants along with their Final Letter (ca. 2-3 weeks prior to the trip).

'**Travel Aware**' - staying safe and healthy abroad - is a travel safety campaign run by the FCO, and another useful resource. Go to: www.gov.uk/travelaware

Travel Insurance

Good travel insurance is **essential** before setting off on any overseas trip. In common with all responsible tour operators, **it is a condition of booking our tours that all clients are fully and adequately insured before travelling overseas with us.**

Be aware that some destinations may require you to produce proof of comprehensive travel insurance (*e.g.* valid insurance certificate) at immigration on arrival in the country, so you should carry your documentation with you.

Your travel insurance should cover against cancellation, curtailment, missed departure, delay, personal accident, death, loss of baggage and valuables (see note below), personal liability and legal expenses. Most importantly, your insurance must cover you fully in respect of medical care and repatriation should you become too ill to continue with the tour, including the cost of emergency evacuation by helicopter or air ambulance should this be necessary. Note that passenger liability insurance covering the transportation that we hire, particularly in Third

World countries, may be inadequate; it is therefore important that your insurance cover includes sufficient provision for your dependents in the event of an accident.

We recommend that you obtain travel insurance as soon as possible after booking your holiday to ensure you are protected right from the word go in the event of unexpected cancellation prior to departure due to accident or illness. You must inform your insurers of any pre-existing medical conditions (including those of persons not necessarily travelling but upon whom your holiday may depend) that may require treatment during a period of overseas travel or might cause you to cancel the trip.

Once you have arranged your insurance, please be sure to send us the following essential details: name and contact details of your insurance provider, your policy number, expiry date and your insurers 24hr Emergency Assistance number.

Important things to note about Insurance

- Travel Insurance does **not** normally provide sufficient cover for valuable optical equipment, which is often best protected under your own household insurance policy. If in doubt ask your insurers for advice prior to travel.
- Most travel insurance policies limit the amount of cover, typically up to a maximum tour cost of £5000 per person. If the tour you are booking exceeds this amount, additional cover can usually be provided upon payment of additional premium. **We recommend all travellers** check their individual policy limit to ensure the full cost of their holiday is covered.

Arranging Your Insurance: due to UK Government legislation, under Financial Services Authority (FSA) regulations, we are not allowed to offer or recommend travel related insurance to customers. Premiums can vary widely according to your age, needs, health, choice of destination and other factors, while many people nowadays have Annual Travel

Insurance cover. For these reasons, we leave you free to shop around and pick your own policy, one best suited to your own individual needs.

General Information

www.limosaholidays.co.uk

Our website gives easy access to detailed tour itineraries (Tour Info Packs), trip reports, trip photos and the latest Limosa News.

Special Diets & Other Requests

We pass on all such requests to airlines, hotels and other suppliers, and do our best to ensure (but of course cannot guarantee) that your needs will be met. Please be sure to tell us about these (in as much detail as possible) at the time of booking, to allow good time to make the necessary arrangements.

Smoking

Almost all of our clients prefer a smoke-free environment. For the enjoyment and comfort of all, we ask that smokers refrain from smoking in proximity to the group and respect our NO SMOKING policy in the vehicle, at meal times and when watching wildlife.

Any Questions?

If you have any questions at any time, you'll find our office staff friendly, efficient, approachable - and just a phone call away, eager to assist you in every way.

Our office is open 09.00-17.00 hrs Mon-Fri, and can also be reached by email. In the event we are unable to take your call, please leave a message on our answerphone (24hrs) and our office will contact you as soon as we can.

***Thank you for your interest in our tours.
We do hope that you will be able to join us
- and we look forward to hearing from you
again!***

CK290818