

“MYSTICISM”

In certain places, a secret power reveals mysteries...

Hidden caves open on the floor to show us their crystals...

Frozen cascades purify our souls...

“Mystical Minas Gerais”

Day 1

Rio de Janeiro – Itatiaia – Eng. Passos

At 08.00 a.m drive from the hotel in Rio de Janeiro to the “Organs Hill” National Park. Arrival at the Visitors Centre and short walk through the Araucarias Forest to the Itaporani Cascade. Stop for meditation and energetic swim in one of the cascades along the path. On return, stop for lunch in Penedo Village. Stroll around this Scandinavian style village well known for its beautiful esoteric craftsmanship and the Dwarf culture. Car ride to Eng. Passos, where we will stay at “Villa Forte”, a coffee estate that dates from the XIX century, totally preserved and decorated with colonial ornaments.

Typical colonial dinner and overnight.

Day 2

Eng. Passos – Mantiqueira Mountain Range – Sao Lourenço

Colonial breakfast at the Estate and trip to Sao Lourenço Estate (famed for its mineral waters). On the way we will see Mauá, Maromba and Mantiqueira Mountain Range (stop for trekking). In the evening, on arrival check in at the Sudamericana or Brazil hotels. Free evening to take medicinal baths. We suggest the “Seven Fountains” at the Water Park, which offers ferrous, alkaline, sulphurous and gaseous waters. You can also have a relaxing massage, sauna or Scottish bath (tickets and extra charges not included).

Evening walk in this typical mining village.

Day 3

Aiuropa Valley

Breakfast and full day tour to the natural and esoteric Aiuropa, surrounded by natural beauty and a diversity of communities. Visit to the Matutu Temple (spiritual studies centre), considered the main centre of Saint Daime of Brazil. Meditation, cascade bath and trekking to the Fairy Cascade.

In the late evening, return to Sao Lourenço. Dinner and overnight.

Day 4

Sao Lourenço – Sao Tome das Letras

Breakfast and early trip to the most mystic city of Brazil, considered one of the most energetic and powerful points in the world. Sao Tome (whose name comes from a legend) is the “shangri-lá” of the alternatives in Brazil and ufologists from all over the world come to visit the region.

Arrival and city tour visiting the Pyramid House and the Stone Church. Lunch with members of the Harmony Foundation and survey trekking of the cascades and grottoes, ending the stroll with a superb view from the “Cruzeiro”.

Dinner in the city and afterwards mystical meeting at the Pyramid House (favourite place of the UFO observers), whose construction was inspired on the Scorpion constellation.

Overnight at Harmonia Inn.

Day 5

Sao Tome das Letras – Tiradentes – Ouro Preto

Breakfast and full day trip to the most famous of the historical Brazilian cities: Ouro Preto (World Heritage Place). On the way, stop for lunch in the beautiful historical city of Tiradentes, where we will visit the 12 Profets Church (most important Aleijadinho’s work of art in Congonhas do Campo). Arrival in Ouro Preto in the evening and lodging at Luxor Convento do Carmo.

Evening free.

Day 6

Breakfast and historical walk in Ouro Preto. Car drive to Mariana (Historical City), where we will stop for lunch. On the way we will go past * **“the Imperial Topazio roads”** and abandoned gold mines. Arrival in Catas Altas – Santa Barbara and stay at an old Monastery built in 1774, in “Do Caraça” Natural Park. Dinner and overnight.

Guara Wolf Night: This park is also a forest reserve that shelters the biggest South American Wolf, together with tigers, “quatis” and other animals. Every evening the big show is given by the Guara Wolves that come to the monastery to eat from the priests’ hands.

Day 7

“Do Caraça” National Park

Breakfast and full day trekking along the paths.

We will have two different experiences: exploration stroll in the forest and meditation in a quartz cave to get the energy from the crystals. Good physical conditions required.

Picnic lunch in the forest (Lunch-Box)

Return in the evening and farewell dinner.

Day 8

Caraça – Rio de Janeiro

Breakfast and transfer to Rio de Janeiro (5/6 hour journey) – Belo Horizonte (1 ½ hour journey).

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