

VALUE

- **Includes:** 5 days in São Thomé traditional accommodation Food (coffee, lunch and dinner) Discovery activities Digital travel guide Not included: Flight to Manaus Private boat Towel, blanket and toiletries Exclusive Travel insurance (1 person) at R\$ 1,390.00 / traveler Group of 2 to 3 people at R\$ 1,190.00 / traveler Group of 4 to 8 people at R \$ 1,070.00 / traveler



CABOCLA LIFE, THE EXPERIENCE

- Sleep in a small village by the river, be surrounded by nature, create a deep connection with the locals, discover their customs and feel the delights and challenges of being a riverside inhabitant of the Amazon: this is the proposal of Cabocla Life. With this experience, you will generate income for families involved in tourism while enhancing the local culture.



LOCATION

- The São Thomé community is located in the heart of the Amazon rainforest, in the beautiful Anavilhanas National Park, one of the world's largest river archipelagos, in the Rio Negro Sustainable Development Reserve. A place of peace and tranquility! From Manaus to there, there is only one road: the river! So you can choose to take a private boat or the popular line boat to reach this natural paradise.

ACCOMMODATION

- You will sleep in the hammock in a riverside house, take a bucket or river bath and taste the delicious regional food, prepared at home with lots of love by the hostesses. Remember that everything is very simple and that the community does not have much structure, but that is exactly what makes this experience so genuine and transforming!



HOUSE OF ONE OF THE RIBEIRINHOS

DISCOVERY ACTIVITIES

- You will perform various activities to enjoy the region and to know more about local customs. The nice thing is that all of them will be led by the locals themselves, which allows the connection between them and the travelers to be even more intense. Some possibilities are listed below, however, the schedule varies according to each experience and weather conditions during the trip.



TOUR OF THE COMMUNITY

- Get to know the medicinal garden, the orchard, the school, the flour house and every corner of this special place where you will spend your days!

CIRCLE AROUND THE CAMP FIRE

- The perfect spot for you to chat with the community hosts, listen to their stories, share about their culture and still taste a typical drink, the caxiri.

HIKING IN THE FOREST



- A unique opportunity to venture into nature, hear birdsong and discover how the natives use the local plants, whether for medicinal purposes, handicrafts or food.

CANOEING

- Sail by canoe through the waters of the Rio Negro. You can see dolphins jumping and, depending on the time of year, stroll through the igarapés (narrow channels of water located in the forest) and igapós (forest areas flooded by the river).



BOAT NIGHT HIKE

- At this magical time, you can hear the sounds of the forest and the river under the moonlight. If you're lucky, you might even spot some alligators and count shooting stars.

BOW AND ARROW

- Have you ever imagined using an Indian bow and arrow? This is your chance to learn how to shoot! You will see that even the little ones are skilled at this activity.



FISHING

- With the abundance of fish in the area, the natives are quite experienced at this activity! Whether day or night, using reed, spear or trawler, you will have the opportunity to see them in action and even to venture into the fishery!



CULTURAL ACTIVITIES

- Learn to make handicrafts with the women of the community, paint the body with the indigenous drawings or discover some words in nheengatu, language derived from the Tupi.



TRANSPORT FROM MANAUS TO DESTINATION

- **The line boat trip**, also called recreational or regional boat, takes about 6 hours. Although it is slower, it is the most economical alternative for people traveling alone or in small groups, costing between R\$ 30.00 and R\$ 70.00 per person per trip (from Manaus to São Thomé or from São Thomé to Manaus). They depart on specific days and times, so if you choose to go and return by boat, schedule your trip from Wednesday to Sunday. However, keep in mind that this service is not always constant.
- **The private boat trip**, also called a “flying boat”, can last from 1:30 to 3:00 approximately, depending on the “banzeiro” (river shaking), the boat engine and the number of passengers. The price varies according to the structure and capacity of the boat and can range from about R \$ 460.00 to R \$ 1.100,00 per stretch (from Manaus to São Thomé or São Thomé to Manaus), a value that can be divided by the number of travelers. You can hire a boat in the ports of Manaus or directly from one of the residents of the community.

