

There are certain travel experiences in life that touch your heart so deeply, that you crave to seek them again... and again... this, my dear Soul Adventurers, is ONE...



Bahía 2010 island hop

Eco-adventure, yoga & deep immersion into Brazil's beach village life

March 18-28, 2010

Itacaré (3 nights)

I remember the my first time in Itacaré... the warm tropical breeze blowing across my skin... soothing, turquoise waters keeping me afloat off shore... and sand so soft and desolate I could lose myself completely in the moment.

Itacaré has a village life unlike no other place I've ever been. With these tiny cobblestone streets bustling with people coming and going from one of the many beaches or pousadas (B&B's), on bikes to or from school and in jeeps to or from daily adventures, the culture is one that resonates 100% with "Beleza", which means "beauty"... this is not just a physical beauty of the land and the people, but also a beauty of the flow of daily life here. Walking the shorter length of the main street could take you the better part of an hour if you stop to chat with the locals, who are thrilled to have you visiting their town that they love so much. With multiple beaches to walk/hike to, waterfalls to submerge in, fun cafes to dine in, and a nightlife that is all-inclusive (everyone dances here!)... you will most likely find yourself falling in love with this unique village as well.

How do I know? I keep returning here year after year... it is my favorite spot in all of Brazil (and I've personally traveled around 13 Brazilian states.)



Barra Grande (2 nights)

When you dream of a beach that you can walk for miles along alone... listening to just the lap of a wave at the shore.

Barra Grande is a super-small sand street village that is situated about one hour North of Itacaré... by ferry and 4WD jeep. Just arriving here is an experience, as the local guys navigate the deeper sand spots that fill the interior land that parallels the miles of beaches leading up to Taipu de Fora and Barra Grande... two spots we will explore and enjoy while island hopping. Barra Grande has no lights along the beach, so at night you are left to the moon or a “torch” (flashlight) to guide you between the potential in-town event or one of a few little cafes that may be operating. It is so quiet here, you will most likely find that you just want to sunbathe for hours, and transition to hammock time in between.... it’s the ultimate chill spot. As the tide recedes, the packed sand offers an idyllic surface for enjoying some yoga asanas barefoot in the sand.

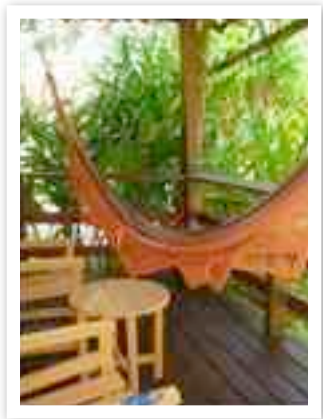


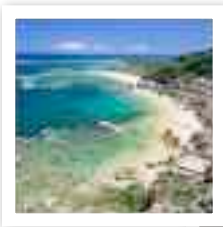


Boipeba (2 nights)

Abhh, the island where Brazilians seek to escape during Carnival and their precious vacation times... it's that phenomenal... gorgeous sunsets and all!

Arriving by boat to the sandy shores that line Boipeba, you will find yourself smiling at the tropical paradise that awaits you. With a tiny little village (smaller than Itacaré, and bigger than Barra Grande) awaiting you at one “dot” of the island, you have the rest to explore as you wish. Here you can hike along from beach to beach, take a tractor ride across the island to reach a hidden beach spot (a randomly wonderful experience, indeed,) go snorkeling at reefs off-shore, or float in the water like many of the locals (with possibly a beverage of choice in hand.) Most travelers here will walk the beach, drink some coconut water, sunbathe for a greater portion of the day, and then wander into town to surround themselves with some of the nighttime action of the lit up village and favorite ice cream stand that keeps a line off the deck all night.





Morro de São Paulo (2 nights)

As you wander down the steep, sand street hills through the main thoroughfare and see the beach coves clearly below, you will know why this is a favorite Salvador getaway.

Morro de São Paulo is one of the post-Carnaval hot spots... laden with tropical beverages and late-night beach parties filling the sand of Praia 2 (the 2nd beach)... along with a few clubs line the top of the giant hill (hence “Morro”) that comprises this village. On the quieter side of the experience are the 3rd and 4th beaches, as well as the natural mud (yes, face masks you would normally have to seek in a spa) cliff walls on a beach walk journey to Gamboa. Whether you seek to give a try at some futvolei (foot volleyball,) soccer, snorkeling, or dancing.... or simply chill at one of the quieter beaches or along back village walking trails, you are bound to have a great energy surrounding you in either scenario. At night, this village lights up into local artisans filling the streets and cafes and shops bustling with travelers seeking to fill their bellies or suitcases up on the hill, while others take the more mellow route along the breakwater walls or beach lounge chairs below.





Salvador (1 night)

I remember the 1st time I walked through the cobblestone streets of the old town, amongst pastel colored buildings, with random drum jams and capoeira (Brazilian martial art) taking place in the streets. As the day wore on, more doors opened, more tables and chairs were dragged out into the street, and the everyday celebration of life resumed.... welcome to the capital of Bahía.

Have you ever taken an elevator down from the upper portion of a city to the lower portion of it? With the old town of “Pelourinho” and its 365 churches (one for every day of the year) lying above, and the ever busy Mercado (market, of just about everything you can imagine) and marina residing below, this split is just a representation of a variety of the environments that exist within Salvador. Situated alongside the Bay of Saints, its coastline offers multiple beaches and neighborhoods catering to the multitude of arts that exist here. Salvador’s music, dance and art scene are the pinnacle representation of Afro-Brazilian culture in Brazil. With creative energy forms surrounding you from every angle and smiles and prayer ties to welcome you, Bahians love their state, and want to share it with you while you visit.



Daily flow...

The nature of this trip is very “Bahían” (laid-back,) should we say. Each day we will enjoy yoga in an open-air pavilion or out in nature... this practice may take place in the morning and/or the evening. We plan to offer you a daily practice which resonates with the flow of our group and where we are... being that we want this trip to be of ultimate relaxation and exploration, and not have a rigidly defined schedule attached to it. Likewise, there will be daily opportunities to enjoy eco-adventures... including hiking, snorkeling, surfing, zip-lining, etc... as well as sunbathe and chill in hammocks to your heart’s content... and seek out the beach-side nightlife in any of the spots we venture. You have your choice of filling your day with whatever calls your soul.

Inclusions...

Airfare from Salvador to Itacaré & Morro de São Paulo to Salvador (2 separate flights)

All ground transportation (within the specified group travel times) - for island hopping & to/from airports

All lodging (accommodations are all in unique lodging - some of which are part of the Roteiros de Charme - “Charm Route” in Brazil, which are of ultimate luxury.. and some of which are tucked beach-side or up in the jungle... you will have a wonderful opportunity to experience many inviting accommodations)

All meals (traditional Bahían meals at local spots, the traditional breakfasts of Café da Manhã, and so much more awaits your bellies... vegetarian options will be available, and you will also find many chances to include foods you are accustomed to, should you prefer not to be too adventuresome with your nutritional intake.)

Daily yoga (Vinayasa flow yoga - all levels welcome!)

All general guiding & translation (Brazilian Portuguese is spoken here)

Please note that this is a custom built, 11-day journey, designed and offered solely by Global Soul Adventures.

Trip Cost & Registration...

Single Occupancy \$3,400

Double Occupancy \$2,950

Register: globalsouladventures.com/registration

A **\$300 deposit** is necessary to confirm your reservation. Please review **Booking Conditions**, at the bottom of our website (globalsouladventures.com.) as you will need to sign a waiver and agree to the conditions upon your participation.

Please note that you are responsible for your international flight to and from Salvador, Bahia, Brazil, and your Brazilian Visa (if applicable.) Visas are required for all US Citizens.