(ENGLISH)  
IMPORTANT INFORMATION ABOUT YOUR VISIT TO PERUAÇU  
You will soon be visiting the Peruaçu Caves National Park, a magical place where 3  
different Brazilian biomes, gigantic caves and many archaeological sites are  
concentrated. Since our expedition will access areas within the Park that are completely  
wild and completely restricted to ordinary tourists, we needed special authorization from  
the Park management to access these places, however some rules must be observed  
and followed.  
The Peruaçu Caves National Park covers an area of 564 km2, it is larger than the  
countries of San Marino, Malta and Liechtenstein combined. Until recently, around 200  
caves were known, however, in a recent prospecting work in a still virgin area of the Park,  
more than 1,000 new caves were discovered and there is still a large area to be  
prospected, which should increase this number even further. The park is in the process  
of being recognized as a UNESCO World Heritage Site in the natural category, and the  
final vote will take place in July. In other words, you could be visiting the youngest World  
Heritage Site on the UNESCO list, if this is confirmed, which we believe it will be.  
Although there are emergency services such as SAMU and the Fire Department in the  
nearby city (60 km), any response time for help to arrive will be many hours, given the  
distances and difficult terrain, most of the time on very uneven trails. This is a park with  
extremely active fauna, and it is common to encounter wild animals and some dangerous  
ones, such as snakes.  
THEREFORE, WE ASK THAT YOU PAY ATTENTION TO SOME  
INFORMATION THAT WE WILL PROVIDE BELOW AND THAT  
WILL BE MANDATORY FOR ALL MEMBERS OF THE  
EXPEDITION.  
CLOTHING AND EQUIPAMENTS (IMPORTANT)  
- Long pants (required)  
- Hiking boots (required)  
- Lightweight long-sleeved shirts (for protection from the sun on the trail and from  
insects) (required)  
- Medium-sized backpack – 15 to 20 liters (required)  
- Flashlight and spare batteries (required)  
- Insect repellent – Icaridin or KBR 3023 - (required – bring your own)  
- Helmet (required – it is recommended that you bring your own, but if necessary the  
Park can lend you one – if you do not bring your own, please let the coordinator know  
upon arrival)  
- Snake protection gaiters (It will be provided by the park administration, don't worry  
about bringing your own.)  
- Cap or hat (recommended)  
- Sunscreen (highly recommended)  
- Medication (bring your own if you take it. There is no medication in the Park)  
- Special food (bring your own if you have any type of special dietary restrictions).  
TRAILS AND ACTIVITIES  
- On some days, activities are expected to last more than 8 hours of intense  
physical activity, especially on the Arco do André trails (quite a bit of physical  
effort), Gruta do Brejal (wild area of the park) and Travessia da Gruta do Janelão  
with exit via Gruta de Bichos (exceeding the limits of the tourist trail open to  
regular tourists). On these trails, we will hike over very rough terrain, for long  
distances, little climbs and descents, and walk on rocks. The ambient temperature  
on the trails can exceed 32ºC / 89º F. For the safety of the group, participants on  
these trails will be required to be in good physical condition and the organization  
may deny access to any of these activities if they identify physical limitations on  
the part of the participant. If this occurs, the participant must accept without  
question. This is for the safety of everyone, the hiker and the group. If such a  
restriction occurs for one or more hikers, there will be other visit options in easier areas,  
sometimes repeating the visit to a scheduled cave or one already visited on the official  
agenda, and there may also be an additional cost to the participant for the expense of  
an extra guide if it is necessary to designate someone to accompany them, remembering  
that according to Brazilian government regulations, any area for visitation within this park  
requires the accompaniment of an accredited guide.  
PHOTOS / DRONE  
- Photographs / Filming / Drone: the places we will visit are very beautiful and obviously  
the hikers will want to take lots of photos and videos. Each participant must bring their  
own media equipment. The stopping times during the tour for such recordings will be  
determined by the activity coordinator, considering mainly the most beautiful places, the  
total distance of the day's activity and the time that will be spent on the whole thing  
(longer tours will obviously have less stopping time for taking photos). Although we will  
be in caves, in Peruaçu the most beautiful images will be taken in daylight, with the light  
coming in through the skylights and the several and immense porticos over 100 meters  
high. But remember, the stopping times for photographs will be brief and in places  
predetermined by the organization so as not to affect the travel time of the entire group.  
If a participant's goal during the trip is exclusively to take artistic or professional  
photographs and does not cover the entire planned route, we can consider the possibility  
of assigning a guide to accompany him/her (there will be an extra cost for this guide). In  
this case, as we know that photographs in caves take a long time to produce, visits to  
the Bichos, Brejal, Arco do André and Cascudos caves will be excluded from this  
participant's schedule, as they are distant destinations where the round trip requires a  
whole day of walking, and the stopping time for photographs would be very short. All  
other scheduled visits can be carried out normally and are beautiful for photos, and the  
photographer can do so with ease with an exclusive guide.  
CIGARETTES / ALCOHOLIC DRINKS  
- Completely prohibited inside the Park. The use of these is considered a serious  
offense.  
RECOMMENDATIONS  
Alert: Wearing long pants, a long-sleeved shirt and insect repellent is highly  
recommended. The entire northern part of the state of Minas Gerais is a common area  
for the Phlebotomus (a type of small mosquito) that in some cases can transmit the  
protozoan Leishmaniasis, which causes a skin wound that can appear months after the  
bite and the cure depends exclusively on a specific medication. But don't worry,  
preventing mosquitoes is quite simple and easy, just wear long pants, a long-sleeved  
shirt and an Icaridin-based insect repellent or KBR3023. Buy and bring your own insect  
repellent, it will make all the difference.  
ACCOMMODATION  
Montes Claros – Amsterdam Hotel  
Januária – Viva Maria Hotel  
Peruaçu – Pousada Recanto das Pedras (Simple Local Hosting - Pet Friendly - dogs  
and cats are common in this location)  
IMPORTANT: All accommodation will be in double rooms, mainly at the Local Inn -  
Recanto das Pedras - in Parque do Peruaçu, as it is a pleasant, rural-style environment,  
but small and with few units, so you will need to share the room with another participant  
on our expedition. All rooms have their own bathroom. If  
FOOD  
- Colonial breakfast (bread, ham, cheese, milk, juice, tea, fruit, vegetables, egg, bacon,  
yogurt, cake, pie, jelly, etc.)  
- Lunch/Dinner: typical regional food (rice, beans, free-range chicken, beef, fish,  
salads, pasta, potato, pumpkin, eggs, vegetables, etc.)  
- Trail snack: snack (bread, cheese, ham), cereal bar, regional fruit, juice.  
For people with gluten, lactose or vegan restrictions, there will be alternative food  
options, just let us know immediately so we have time to organize.  
TEMPERATURE  
July/August is the driest season in the region, there will be no rain, it is hot  
during the day (32ºC / 89º F) and the temperature drops quickly at night after 9:00  
pm and can reach 12ºC / 53.6ºF in the early hours of the morning.  
OFFICIAL PROGRAM / SCHEDULE  
Group 1 - Pre-Congress Activities  
D1 - Jul/13 Transfer from Montes Claros to Peruaçu (200 kilometers). Technical  
Lecture and EASY TRAIL ACTIVITY to visit Rezar Cave.  
D2 - Jul/14 EASY TRAIL ACTIVITY to visit caves: Caboclos / Carlúcio / and LONG  
AND DIFFICULT TRAIL ACTIVITY to visit Brejal Cave  
D3 - Jul/15 MEDIUM TRAIL ACTIVITY to Visit caves: Índios, Boquete, Abrigo Monte  
Sião, Mirante do Mundo Inteiro, Desenhos / and LONG AND DIFFICULT TRAIL  
ACTIVITY to visit caves: Arco Andre, Cascudo, Troncos  
D4 - Jul/16 EASY TRAIL ACTIVITY Visit Caves Bonita, Buraco dos Macacos, São  
Francisco River and Sunset Itacarambi Downtown  
D5 - Jul/17 MEDIUM TRAIL ACTIVITY - Visit Janelão Cave – Turistic Zone and part of  
Dark Zone / and LONG AND DIFFICULT TRAIL ACTIVITY Janelão Cave – Across all  
dark zone and Bichos Cave  
D6 - Jul/18 VERY EASY ACTIVITY São Francisco River Beach – Lodging in Januária  
D7 - Jul/19 Transfer from Januaria to Montes Claros and closing