

Pancakes & Push Ups — Brazil

A guided journey through Rio de Janeiro and the Iguaçu Falls

TRAVEL DATES

January 13 – 18, 2027

DESTINATIONS

Rio de Janeiro & Foz do Iguaçu

GUIDING

Private, English-speaking

RIO DE JANEIRO— days 1–5 —FOZ DO IGUAÇU— days 5–6

TRIP AT A GLANCE

JAN 13	Arrive in Rio de Janeiro; private transfer from the airport to your hotel
JAN 14	Day trip to Tijuca National Park, followed by a market tour and cooking class
JAN 15	Walk up Morro da Urca and cable car to Sugarloaf Mountain
JAN 16	Panoramic city boat tour, then the Ginga Tropical Samba Show with churrascaria dinner
JAN 17	Fly to Foz do Iguaçu; afternoon exploring the Falls from the Argentinian side
JAN 18	Final morning at the Falls from the Brazilian side, with drop-off at the airport

★★★★★ HOTEL

Miramar by Windsor

Rio de Janeiro · miramarhotelbywindsor.com.br

★★★★ HOTEL

Sanma

Foz do Iguaçu · sanmahotel.com.br

DETAILED ITINERARY

Rio de Janeiro → Foz do Iguaçu

RIO DE JANEIRO — DAYS 1–5

JAN 13

Transfer: Airport (GIG) → Hotel

Private, English-speaking guide

Your guide will be waiting for you at the airport. On the way to your hotel, they'll share valuable tips and information about your stay in Rio de Janeiro. The rest of the day is free for you to explore.

JAN 13–17

Hotel Miramar by Windsor

5★ · DBL Standard

JAN 14

Day Trip to Tijuca National Park

4 hours · Private, English-speaking guide

Tijuca National Park sits in the southern part of the city, impressing visitors with dense Atlantic rainforest, numerous waterfalls, and sweeping sea views. Your guide will pick you up in the morning for an approximately four-hour tour of various viewpoints, including the Cascatinha waterfall. The park, together with the Corcovado mountain and its Christ the Redeemer statue, forms the unique beauty of Rio de Janeiro, and its rainforest is home to numerous species of birds and monkeys. Your guide will return you to the hotel at the end of the tour.

JAN 14

Market Tour & Cooking Class

Private, English-speaking guide

Your guide will pick you up and take you to the market to start an evening of food and fun, where you'll shop for ingredients and learn local cooking techniques. From there, you'll head to the kitchen to prepare and enjoy nine typical Brazilian dishes, as well as the famous caipirinha cocktail, before enjoying everything you've made together. Afterward, your guide will take you back to your accommodations.

JAN 15

Sugarloaf Mountain & Morro da Urca Walk

Private, English-speaking guide

Sugarloaf and Corcovado are among the most beautiful and best-located viewpoints in Rio. You'll begin with a walk up Morro da Urca, enjoying the views along the way, then take a cable car up to Sugarloaf Mountain itself. From the summit, you'll take in a panoramic view of the beaches of Rio and Niterói, along with the Atlantic Rainforest tracing the coast.

JAN 16

Panoramic City Boat Tour

Private, English-speaking guide

You'll be picked up and taken to the Marina da Glória naval port, then set sail with your guide along the coast, passing Flamengo and Botafogo beaches, Morro da Urca, and Sugarloaf, with the Fortaleza de São João in view. The route continues to Niterói, taking in the Santa Cruz Fortress, Adão e Eva beaches, and views of Itapuca and Indio Stone, before passing the Museum of Contemporary Art and the Rio–Niterói Bridge. On the return, you'll pass the islands of Cobras, Fiscal, and Villegagnon and the Museum of Modern Art, with time afterward for a short walk at the foot of Sugarloaf Mountain.

JAN 16

Ginga Tropical Samba Show & Churrascaria Dinner

Group experience

A staple of Leblon's vibrant nightlife, the Ginga Tropical samba show takes place Thursday and Saturday evenings at Teatro Leblon. Before the show, you'll be taken to Assador Churrascaria for dinner, then on to the theater, with a return transfer to your hotel afterward.

JAN 17

Transfer: Hotel → Airport (GIG)

Private, English-speaking guide

Your guide will pick you up at your hotel and take you to the airport in plenty of time for your flight, as you start the next leg of your journey.

JAN 17

Flight to Foz do Iguaçu

GOL Airlines · G3 1551 · GIG → IGU · 8:00 AM – 10:10 AM

FOZ DO IGUAÇU — DAYS 5–6

JAN 17

Transfer: Airport (IGU) → Hotel

Private, English-speaking guide

Your guide will be waiting for you in the arrival hall of the airport.

JAN 17–18

Hotel Sanma

4★ · DBL Superior

JAN 17

Waterfalls — Argentinian Side

6 hours · Private, English-speaking guide

From the airport, you and your guide will cross into Argentina to see the falls from that side of the Iguazú River. You'll spend several hours exploring Iguazú National Park's hiking trails for sweeping views across the falls system — don't miss the magnificent "Devil's Throat." Optionally, take a boat tour along the river to get close to the falls from below, before returning to your hotel in Foz do Iguaçu in the afternoon.

JAN 18

Waterfalls — Brazilian Side, with Drop-off at IGU

3.5 hours · Private, English-speaking guide

Your guide will pick you up in the morning and drive you to Iguaçu National Park, where you'll walk the well-developed panorama path, stopping to take in the spectacle and learn about the local flora and fauna. A footbridge at the end of the path brings you close to the surging water. After around three hours in the park, you'll have the option to eat lunch nearby before your guide takes you to the airport.