



AMAZONAS SUP ADVENTURE 2022

SUP ° YOGA ° ADVENTURE ° DATES

SUP ° YOGA EDITION



PRESENTED BY GRANDTOURSPORTS.COM



Rio Negro, Fernando Costa

For nature lovers and SUP touring paddlers, it is an unforgettable experience. It's like climbing a mountain peak, each tour is unique. The Rio Negro fascinated us. The water with the most fish and the largest contiguous rainforest on our planet.



No environmental sounds,
only the sound of the
rainforest can be heard.



rainforest trekking tour

BREATHTAKING & EXCITING



A special trekking tour

with our guide in the rainforest. On this tour we show you the diversity and sophistication of nature, exciting lost places and various survival techniques in the jungle. Here you will for example get to know plants used as a natural protection against mosquitoes.



comunidade indigena

HUNTER ° FISHERMAN ° GATHERER

We visit a typical indigenous Village in the Amazon. Here you will experience how the indigenous people still live according to their customs & traditions .





Novo Airao & River dolphins

Novo Airão is a small town with about 20,000 inhabitants, on the banks of the Rio Negro river. The town is the gateway to the Fernando Costa Archipelago and a larger settlement with small restaurants and shopping facilities.

Here you can watch and touch wild river dolphins.



vila de acajatuba & cold drinks

LIFE IN THE RAINFOREST AND
DELICIOUS BRAZILIAN DRINKS

This place is a paradise

This small settlement is located in the middle of the Brazilian jungle. An incredibly friendly and cosy river community lives here.

The place has a great energy, the inhabitants are very friendly and warmly welcome visitors.

Here you can see how the people live in connection in and with nature. There is a small church and a village square, a small jungle supermarket and an original Brazilian bar.





the yacht

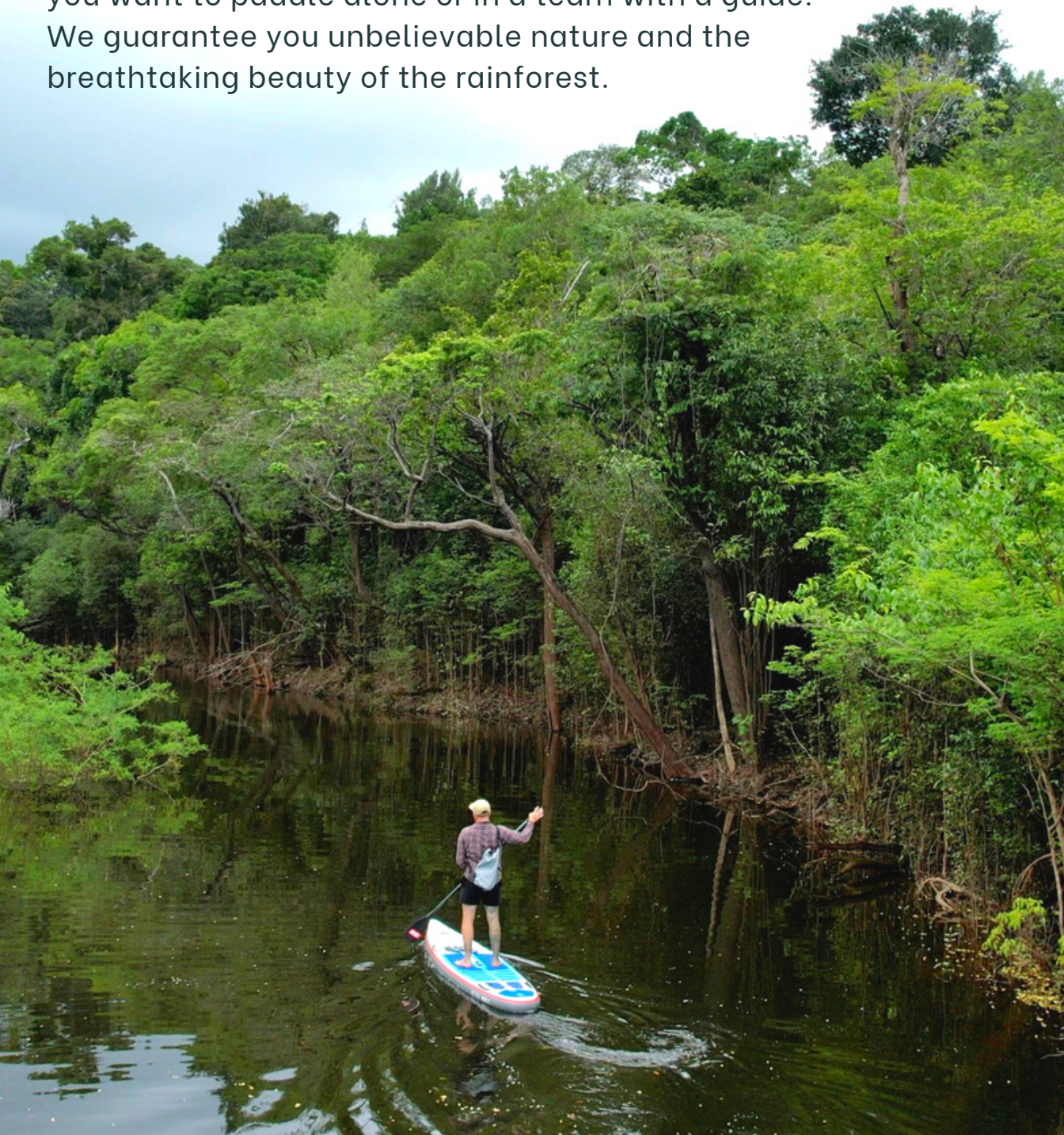
**Comfortably equipped
with cozy berths and cabins, TV room,
terrace and a great crew.**

STAND UP PADDLING TOURS

you can experience every day!

Explore the area with a GTS SUP board whether you want to paddle alone or in a team with a guide.

We guarantee you unbelievable nature and the breathtaking beauty of the rainforest.





sup & yoga adventure

-DAILY YOGA ON BOARD-
SUP YOGA ON REQUEST

Calm the mind and the soul will speak

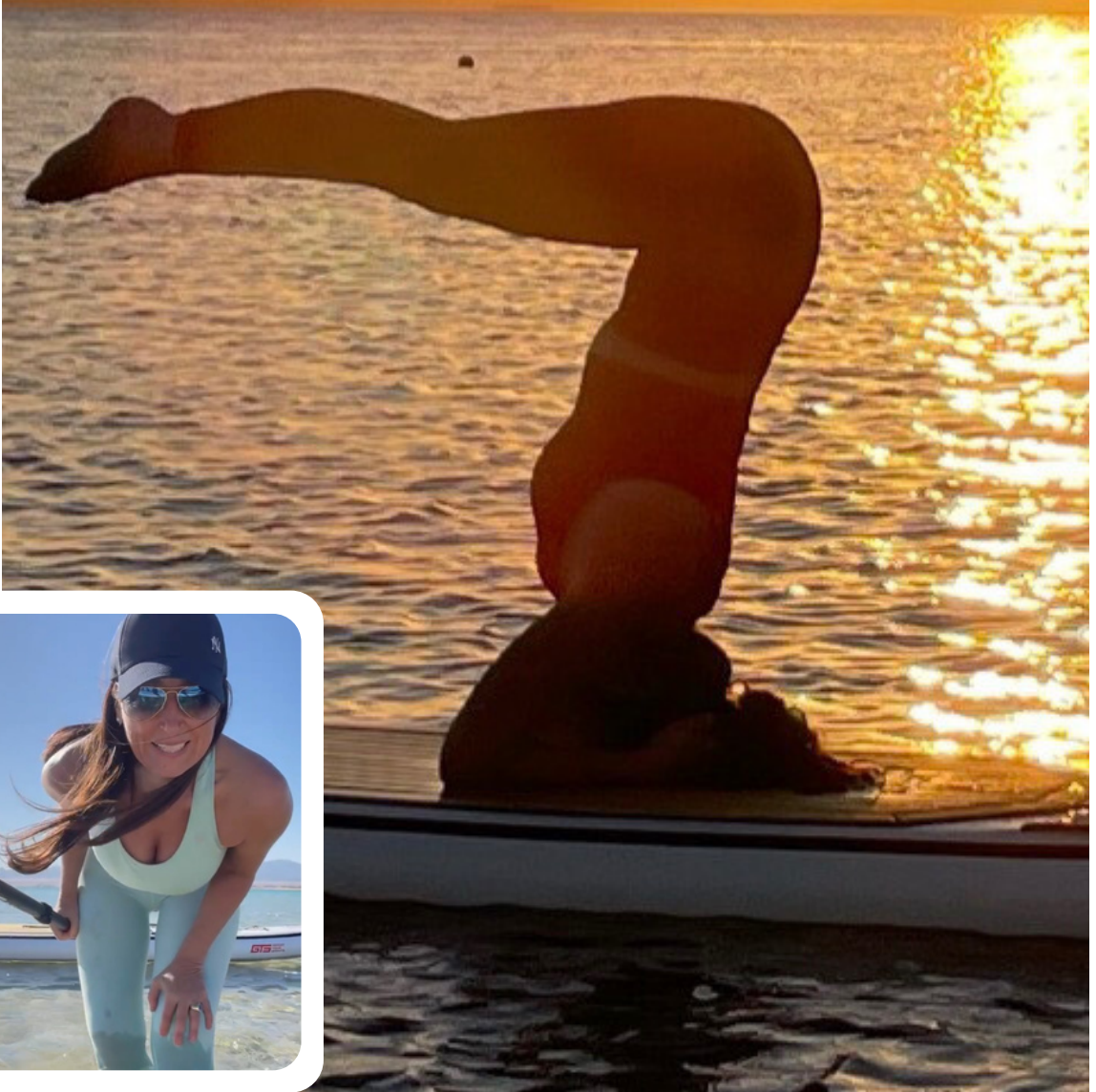
During yoga on the boat deck you greet the rising sun to the chirping of birds.

Connect with the element of water during SUP yoga. Train your deep muscles. Find your inner and outer balance again.

The Amazon swings you to Shavasana.

Meditation to the sound of the jungle. Pranayama breathing techniques in the cleanest air in the world. Calm your mind with mindfulness training and WLAN Detox.





Your SUP & Yoga Host Anja von Behr

- ISYA Ambassador for Germany (International SUP Yoga Association and Academy)
- Vinyasa yoga teacher (Yoga Alliance)
- SUP instructor (VWDS trained)
- SUP Yoga and SUP teacher for Freie Universität and Humboldt Universität Berlin
- Winner NamasteSUP Challenge 2021

one night in the rainforest

A LITTLE COURAGE IS REQUIRED
- BUT IT'S WORTH IT!



A bed in the rainforest?

Are you ready for one of your greatest experiences?
An overnight stay in pure nature, in the Brazilian rainforest. This option is unique and requires a bit of courage and discipline. Before night falls, we prepare a camp in the rainforest and spend the night in a hammock (optional booking).





AMAZONAS BEACH

Swimming in the Amazon with piranhas and caimans? Dare! Wonderful white sandy beaches, lost places, absolute tranquillity and you in the middle of the Rio Negro.

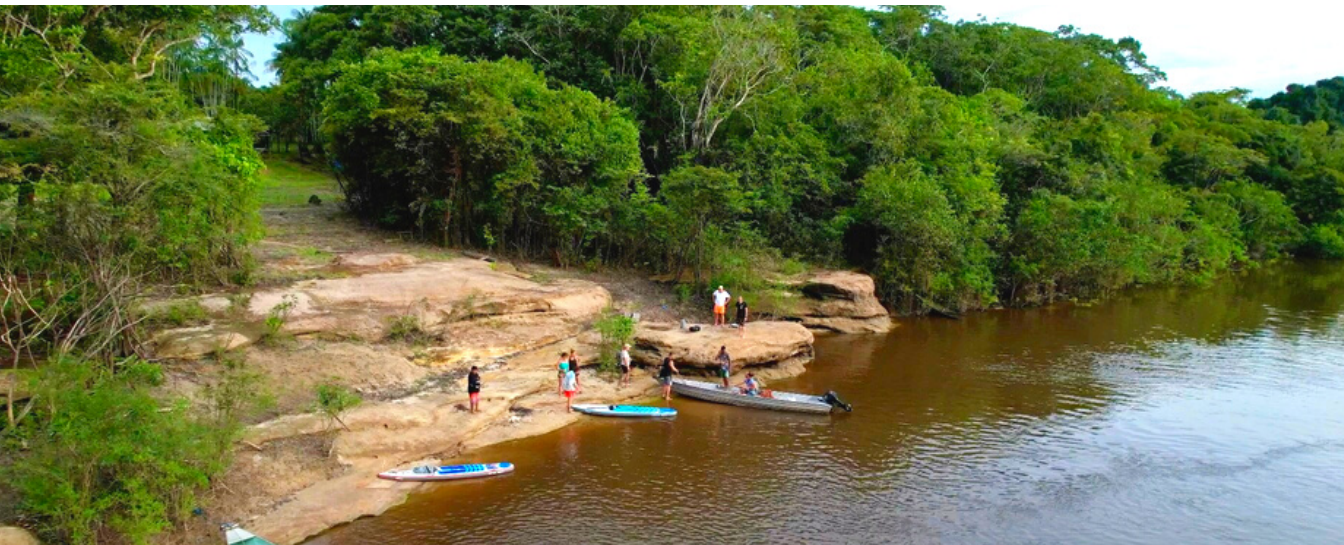


Sustainability and respect for nature

Important points on our Amazon Sup Adventure Tour:

For us, sustainable tourism means respectful use of resources, avoidance of negative influences on nature and the climate, sustainable accommodation, avoiding unnecessary luggage, always disposing of rubbish properly, having as little impact as possible on the nature we visit and respectful treatment of the animal and plant world.





awakens wanderlust



dates, info & prices

1st tour from 14.11. - 20.11.2022

2st tour from 21.11. - 27.11.2022

- Including modern & comfortable yacht, bookable with own cabin or berth, TV room and terraces.
- Including full board: 3 meals a day, snacks, mineral water and fresh fruit juices
- Including high quality SUP board equipment from GTS
- Including tours and German speaking guides
- Sunrise & Sunset Yoga (on the yacht)
- Relaxation techniques/meditation/pranayama
- SUP Yoga possible - suitable boards are available
- Restorative Yoga with special stretching for shoulders and back. For a faster regeneration process after Stand Up Paddling.
- Basic course in paddling technique
- Not included are tips, alcoholic drinks, mosquito spray, sunscreen.

Early Bird – Tickets

(bookable until April 30th,

2022)

ab 2499.-€/ per pers.

Tickets

(bookable from 01.05.2022)

ab 2799.-€/ per pers.

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