



Erin Leider-Pariser

## Winter in St. Lucia - January 31 – February 4, 2008

**St. Lucia is seriously gorgeous. It is one of the curved chains of volcanic islands, which comprise the Lesser Antilles. In this wild green land, there are mysterious jungles, steamy volcanoes, secret waterfalls, thick palm forests, and most dramatic of all, two spectacular half-mile peaks known as the Pitons that shoot straight up from the sea. This is a place where birds of paradise seem to range freely. We will be climbing both the Gros and Petit Piton, mountain biking through lush trails, and swimming in the crystal clear Caribbean waters. Come touch the beauty.**

**January 31-** Depart on early morning flights for an afternoon arrival in St. Lucia ready for adventure, which starts with the ride from the airport on some major winding roads. We stop to see Qualibou billed as the “world’s only drive-in volcano”. It’s an awesome sight, a virtual moonscape with steam rising from craters and pools of black liquid. Our guide tells us that some believe there is a god sleeping in there! We continue on to our beautiful Classic Caribbean Charming lodge situated on the water in the town of Soufriere. A late afternoon sunset yoga stretch overlooking the sea with a perfect view of the Pitons. Dinner on the veranda.

**February 1-** Our morning yoga and swim before breakfast welcomes the day. A local Caribbean buffet of fresh fruit and organic eggs give us the energy we need for our hike up the Gros Piton Mountain (2,461 ft). It’s a magnificent scenic 4-hour climb to the top. Our shuttle boat takes us around the island to the trailhead to meet our local guide who will educate us on our surroundings. Our reward (besides lunch) is the incredible view and accomplishment as well as an afternoon massage. Opening ceremony before a delicious dinner on the waterside.

**February 2-** Yoga never felt so necessary. After breakfast, we dress for mountain biking. The trails are well-marked and fun to maneuver. It’s market day in the charming village of Soufriere and we’ll do some exploring (shopping)! Maybe even some lunch at the famous Chez Camille with Mrs. Camilla herself. An afternoon massage can be arranged as well as a scuba diving adventure. It’s fish night at the beach and we will enjoy the fresh catch.

**February 3-** An early start for our hike up to Petit Piton (2,619 ft). It’s just a walk in the woods with a little steep climb thrown in at the very top. Again, we are rewarded with the 360-degree expansive views. We enjoy our picnic lunch and close our eyes in order to take it all in and home with us as part of our journey in life. A lounge chair on the beach with a book is our afternoon, followed by sunset yoga. The stars are so bright in St. Lucia and the new moon is on its way, symbolizing new beginnings. Let’s take advantage of it.

**February 4-** We can sleep in and meet for a late morning yoga stretch. Pack up and enjoy a leisurely breakfast before we say our goodbyes to the fledging bond our group has created until we meet again.

**The Investment is 2,500 not including international airfare.**



## Fall in Brazil—October 12-19, 2008

**Experience the magic of Brazil. The cascading waterfalls of Iguazu Falls situated between Brazil and Argentina are so incredibly breathtaking; it makes Niagra look like a kitchen faucet! While hiking the lower and upper circuit into the famous Devil's Throat, watch the rainbows appear. It's one of the world's greatest natural spectacles. We'll hike in the stunning Chapada Diamantina also known as the "Diamond Highlands" or the Grand Canyon of Brazil. It's another waterfall oasis. Bring your bikinis for RIO.**

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**October 12-** Depart USA on evening overnight flights.

**October 13-** Arrive in Rio and transfer for local flight to Iguassu Falls. Our eco resort is the only hotel situated at the core of the Iguassu National Park where we will get our first magical view of the Falls. After a late lunch, we will explore the area with our private guide. It's the perfect time of the day to see colorful butterflies fluttering about and the flora and fauna of the area framed by rainbows. The wind and spray coming off the falls are exhilarating and guaranteed to have you soaked in seconds. We will dry up on the way back to the lodge just in time to settle in and prepare for a wonderful dinner on the tropical lawn.

**October 14-** Wake up to sounds of the 275 separate waterfalls, with an average drop of 197 feet! We'll have a yoga stretch before our delicious Brazilian breakfast. The Poco Preto trail takes us to the Argentine side of the falls on foot and by river boats specially prepared to get to the base of Iguassu to admire them up close. These boats travel at high speed so expect an adrenaline rush. Lunch on the river never tasted so good. We will have an opening ceremony before dinner thanking the universe for this special journey.

**October 15-** Morning yoga with breakfast on the go in order to catch our flight to Salvador connecting to Lencois where we will be staying on the shores of the Lencois River in a historical town. Our hotel combines charm, good taste and harmony with the Chapada Diamantina featuring the scenery of impressive canyons, valleys, waterfalls, caves and rucipulous fields...whatever they are! An afternoon walk to the mesa and Serrano River with natural hydro massage pools surrounded by sand caves like you've never seen before. We will have an early evening local presentation of the area with a wine tasting to set the scene for dinner.

**October 16-** Our full day Sossego waterfall trek will take us across the city through various types of terrain. While hiking through a tight box canyon full of boulders and eye-opening forces of nature, we will feel so energized when we finally arrive at the beautiful waterfall with its dark pool. Sossego means tranquility in Portuguese, as we will strive to feel peaceful here. We'll have a guided meditation after lunch before we head back down the trail to enjoy a late afternoon massage before dinner.

**October 17-** It's another day in waterfall paradise. The Cachoeira de Fumaca, the waterfall of smoke, is considered the highest in Brazil with a free fall of 1170 feet. We will hike to the top and have lunch overlooking the wondrous Morrao Mountain. It's quite a sight watching the locals hike up in bikini tops or swim trunks and havaianas (flip-flops) while we are in full gear! Bring your bathing suit so we can get our feet wet in the Riachinho waterfall on the way back. Afternoon massages on request. Enjoy dinner in this quaint town with the locals and a special show of Capoeira, a Brazilian martial arts form of dance.

**October 18-** Yoga stretch and Rio chanting. After breakfast, we pack up and head to the airport for our flight to Rio de Janeiro to experience the mountains and the magnificent beaches. We will have the day free to explore as you like. Sugar Loaf Mountain, Christ the Redeemer, Corcovado and Santa Teresa are just some of the main attractions. Or you may want to be "the girl from Ipanema" and visit one of the thirty-seven white sand beaches, terraced cafes overflowing with beautiful people, and nightlife that never stops.

**October 19-** Depart on late morning flights for an early afternoon arrival home filled with incredible memories.

**The Investment is \$3,400, not including airfare.**