

**UK TO ANTARCTICA BY NATURAL POWER FOR THE CHARITY SOS CHILDREN**

**SOUTH AMERICA - ITINERARY**

**- Over 13,000kms from the Caribbean Coast of Venezuela to Tierra del Fuego – Southern Patagonia**

**VENEZUELA**

**- Climb - Pico Bolivar 5007m / \*Orinoco Delta Traverse - Paddle / \*Angel Falls to Gran Sabana – Bike, Paddle, Hike / Climb Roraima to The lost World  
- A unique multisport challenge! – (\* As never been done before)**

DATE	DAYS	TRAVEL	DISTANCE	SPORT	HIGHLIGHTS	OVERNIGHT	NOTES
APRIL	3	VENEZUELA Merida > Mucuchies > Merida	100kms	Cycle Horseriding Fishing	Paromo Mountain range – Remote Posada 3300m – run by Mucu – Indian family - Saturday - 6hr Horseride round Paromo upto 4300m - Sunday - Scope area out on bikes, cycle back to Merida - Trout Fishing / Trail-running	Mucaposada – Aguita Azul - Cheo Sanchez	Book through Yves Lesenfants – Programa Andes Tropicales 58 274 2638633
	3	Merida - Apartadores	200kms	Cycle / Hike Climb	Climb Pico Mucucuque 4636m - Spectacular training hike / climb via Lago Mucubje	Apartadores Posada	Early start for summit views
16/19	4	Climb - Pico Bolivar 500	20kms	Mountaineering Climbing Hiking	Summit the highest mountain in Venezuela - Traveling light and fast – in Pico Espejo 4750m	Bivvy	Start - Los Nevados
25	2	Maracaibo - SOS Children Village	100kms	Cycle	Visit the SOS children village - Shores of Lago Maracaibo		Organise accom.
26/30	4	Puerto La Cruz		-	Planning / Packing / Provisioning / Dolphin Encounters! - Organise trip – final equipment check - Maps / contacts / accom. / Equipment	Bahia Redonda – SY Iguazu Phil and Naylene	Chris – Planning Meetings - Jakara - +58 81 673112 chris@jakera.com
MAY 01 / 02	2	Puerto la Cruz > Camana San Antonio del Golfo	90kms	Cycle Swim	Playa Colorada - National Geographic – 'Worlds best beaches' - Hot Springs in San Antonio / Local Sea Food	?	Organise accom.
03	1	San Antonio > Caripe	60kms	Cycle	The "Garden of the East" - Farmers, coffee plantations	?	O/N ?
04 / 05	2	Caripe	-	Hike / Caving / Horse Ride	The "Garden of the East" and Guachero Cave - Tour into the Guachero Cave - 10ks deep - 'unique bat-like bird' - Horse riding possibilities in to National Park - Abundance of flora and fauna	Camp - Fee	Guachero Cave (must go in with guide - 6,000bs p/p - Permit from Caracas for extended exploration
08 / 09	2	Caripe - Maturin - Morrichi Largo	210kms	Cycle	Steady cycle - Maturin 1st stop 130 km - Buy supplies for Delta trip, and meet Chris – Jakara	Maturin - sleep Hotel / Posada?	Cycle- easy down hill / flattish Morrichi Largo - Bikes transferred to Boca de Uracoa
10 / 16	5 + rest day	Morichi Largo – Orinico Delta- Uracoa	170kms	Kayak / Fishing / Survival!	Orinoco Delta Adventure – 5 day + - 170 kms River Kayak – A unique traverse of the Orinoco Delta – as never been done before - Travelling like the Waraos - the " People of the Canoe". - Spectacular wildlife: River Dolphins / Capuchino Monkeys / Love Birds / Crocodiles / Anaconda / Piranha - Fishing – Piranha! - Paddle one direction through the Delta -	Day 1/ 2/ Hammocks 3/ Camp 4/ Hammocks	1 – 3 - 110km Kayak to the camp from Morichi Largo - 100 km south of Maturin - through jungle waterways, piraña infested waters, fishing, loads of wildlife 5 - Boca de Uracoa
17/21 (cont. day)	5	Uracoa > La Paragua	350k	Cycle	100km Cycle to La Paragua - Ciudad Bolivar – colonial / gold shops! - 170kms – La Paragua	O/N – Camp Uracoa – Chris	Uracoa > San Felix – good flat - Lobos - Puerto Ordaz – San Felix – River Crossing - 20km – O/N Lobos - address? - 100km – O/N - Peters camp outside C Bolivar - address?
22/24	3	La Paragua > Canaima	100k	Cycle / Paddle	Cycle / Hike / River Adventure - Rough Mtb trail / Rio Paragua crossing - Bongo - Off road trail to mining town San Salvador - Cross Rio Caroni	O/N – Camp	Organise bongos / crossings ahead

					- Off-road cycle to Canaima – Adventure!		
25/26	2	Canaima – Angel Falls	110k	Cycle / Hike / Paddle	Cycle / Hike – Adventure to Salto Angel – Cycle right to the falls! - Angel Falls – longest waterfall - Cycle / Hike to falls – over 700 indigenous plants	O/N – Camp	Discuss further with Chris
MAY / JUNE 27 / 05	10	Canaima > Main Road junction - Gran Sabana	300k	Cycle / Paddle	Remote Cycle / Paddle / Hike Adventure! - Route unlikely ever been done before! - Bongo down river to Camarrata > Pedal to Cavanayen > Apponowao > Main Road Gran Sabana - Very remote!	Camp	Travelling light as poss – A lot of carrying the bike!
JUNE 06/09	4	Road Junction > Roraima base camp	300k	Cycle	Tepuis / Waterfalls / Natural Springs - Cycle right to Roraima base Camp – Highest Tepuis - Pemon – Indian settlements - The lost World	Camp	
09/10 (cont. day)	2	Roraima		Climb	Summit Roraima – Worlds highest 'Tepuis' - Camp two days on summit – Incredible landscape - Incredible endemic fauna (2000 species)		
11/12	2	Roraima base camp > Saint Elena	150kms	Cycle	Tepuis / Waterfalls / Natural Springs - Pemon – Indian settlements - The lost World		

## BRAZIL

- Through the largest Equatorial Rain Forest - the vast Amazon to the Andes

DATE	DAYS	TRAVEL	DISTANCE	SPORT	HIGHLIGHTS	OVERNIGHT	NOTES
JUNE 13 - 14	2	Santa Elena > Boa Vista	150 km	Cycle	Venezuela / Brazil border - Nat. Park of Roraima – Beautiful mountain region - Home of the Yanomani Indian	Camping - Consolacao ? - Boa Vista	Hot and a lot of rain - Steady cycle
15 - 16	1	Boa Vista > Caracarai	150 km	Cycle	Brazil - Nat. Park of Roraima – Beautiful mountain region - Home of the Yanomani Indian	Camping / Posada - Col Agrícola da Preta - Caracarai	Hot and a lot of rain - Steady cycle
17 - 20	4	Caracarai > Manaus	500kms	Cycle	Brazilian Amazon - Largest Equatorial rain forest: - Amazing flora and fauna	Camping	Poss. Trip with bongo / canoe
21 - 26	6 + 1 cont.	Manaus	-	Paddling Hiking	Brazilian Amazon centre - Boat trips through the Amazonian jungle - Festival mid June - Fishermen spectacular river procession	Camping/ Posada	Guy called Christian
JUNE/ JULY 27 – 3	8	Manaus > Port Velho	800kms	Cycle	Amazonian Jungle – Remote - BR319 – Highly deteriorated road – possible bridges washed out? - (River trip alternative)	Camping	Awaiting news from <a href="http://www.tilman.com">www.tilman.com</a>
JULY 04 - 09	4 + 1 cont.	Port Vehlo > Abuna > Guajara Mirim / Guayaramerin	400kms	Cycle	Trans Amazonian – Brazil / Bolivia border – river crossing - Rio Madeira / Rio Mamaore / Rio Berri - Through Reserva Biológica do Guapore - Archeological sites	Camping	River crossings

## BOLIVIA

- From the Amazon into the mighty Andes and a totally different country and culture offering diverse undiscovered challenges

DATE	DAYS	TRAVEL	DISTANCE	SPORT	HIGHLIGHTS	OVERNIGHT	NOTES
JULY 10 - 15	5 + 1	Guayaramerin > Rurrenabaque / San Buenaventura	500kms	Cycle	River characteristics change – narrow rivers - Rurrenabaque – bustling frontier settlement - Rio Beni - Beautiful - Incredible changes in flora and fauna	Camping	River trips possibilities
16 - 20	5	Rurrenabaque / San Buenaventura > Sorata – 2695m	400kms	Cycle	Bolivia / Amazonian Basin meets the Andes - New Culture Indians to Incas - Mountains - Anden Corda Real – 4600m pass - Fauna change from tropical to alpine	Camping	

JULY AUGUST 21 – 11	21	Sorata – 2695m	-	Cycle Mountaineering Trekking	The most beautiful setting in Bolivia! - Beneath the snow capped peaks of Llamp / Ancohuna 6427m - Trips to the San Pedro Cave - Parque National Ulla Ullah - Climb Ancohuma 6427m – (second highest) - Trekking El Camino de Oro	Camping	Need Mountaineering equipment - Climb Ancohuma 6427m
12 - 17	5 + 1 cont.	Sorata > Lake Titicaca Tour - Copacabana - Isla de Sol - Tiahuanaco	200kms	Cycle Hike	Tour of Lake Titicaca – the worlds highest navigable lake - An oasis amidst the dry parched antiplana - Ancient villages - Tiahuanaco on the Peruvian border – stone slabs up to 175 tons - Pyramids	Beach Camping	
18 - 19	2	Tiahuanaco > Valle de Luna	90kms	Cycle	A maze of canyons and pinnacles - Bizarre Wooded hillside	Camp	
20 - 22	3	Valle de Luna > Sajama National Park	300kms	Cycle	Vast Salt flats / multicoloured lakes and volcanoes - A land of lonely mirages and indeterminable distances -	Camp	
23 - 28	5 + 1 cont	Sajama National Park	-	Mountaineering / Trekking	Mountaineering - Sajama 6549m – highest mountain in Bolivia - The park contains the worlds highest forest - Three volcanoes -	Camp	Mountaineering – Glaciers - Need Mountaineering equipment
29 – 1 AUGUST / SEPT.	4	Sajama National Park > Oruru	300kms	Cycling	Oruro lies at an altitude of 3702m - Lake Uru Uru / Lake Poopo -	Camp	
SEPT. 2 - 4	3	Oruro > Lago Uru Uru > LagoPoopo > Pampas Aullagas	200kms	Cycling	Glaring salt deserts - a land of mirages	Camp	Gets very windy and cold at night. - Alt stay: Hotel Bernal
5 - 8	4 + 1 cont.	Pampas Aullagas > Sevaruyo > Uyuni	200kms	Cycling	Salar Uyuni - Biggest Salt pan at an altitude of 3653m	Camp	Carry lots of water
9 - 11	3	Uyuni > Tupiza	170kms	Cycling	Spectacular red-rock country	Camp	
12 - 15	4	Tupiza	60kms	Hiking, Mtn-biking Horseriding climbing	Rainbow -coloured rocks - Amazing rock formations - Deep gorges /canyons - Cactus forest	Camp	Poss O/N - Hotel Mitru
16 - 17	2	Tupiza > Villazon / La Quiaca	60kms	Cycling	Border to Argentina - Festival - mid-end August most popular Festival “Fiesta de Chu” tillos - traditional dancing from all SA -	Camp	

## ARGENTINA / CHILE / PATAGONIA

DATE	DAYS	TRAVEL	DISTANCE	SPORT	HIGHLIGHTS	OVERNIGHT	NOTES
16 - 17	2	Tupiza > Villazon / La Quiaca	60kms	Cycling	Border to Argentina - Festival - mid-end August most popular Festival “Fiesta de Chu” tillos - traditional dancing from all SA	Camp	
18 - 31	12 + 2 cont.	La Quiaca > Abra > Pampa >Tres Morros > San Antonio de los Cobres > Solar de Pocitos > Caípe	900kms	Cycling	Scenic desert - Agriculture is precarious and peasants subsist on llamas, sheep, goat - Canyons large Indian population /colonial churches / saltlakes , mountain routes	Camp	
OCT 1 - 3	4	Varillas >Taltal > Parque National Pan	200kms	Cycling	Coastline - Sheltered coves / white sandy beaches / wildlife / otters, sealions,	Camp	

		de Azucar			- Unique flora		
4 - 6	3	Parque National Pan de Azucar > Caldera > Pta. Diaz	150kms	Cycling	Coastline - Sheltered coves / white sandy beaches / wildlife / otters, sealions, - Unique flora -	Camp	
7 - 8	2	Pta.Diaz > Pta Carrizal	100kms	Cycling	Coastline	Camp	
9 - 17	9	Pta.Carrizal > La Serena > Villa de Mar >Talca > Temuco	1000kms	Cycling Skin-diving Fishing/	Coastline - Fishing villages / wine yards	Camp	
18 - 19	2	Temuco > Pucon	100kms	Cycling	Beautiful lakeside - Volcan Villarrica	Camp	
20 - 23	4	Pucon	-	Trekking, Climbing Mtn biking White-water rafting Fishing	Beautiful lakeside - Superb view of Volcan Villarrica 2847m - With many hot springs - Climbing 'Mecca' - The V.V: is best southern flanks and return at Palguin.	Camp	Accommodations with kitchen are cheaper than the campsite .12km toward Volcan V.
24 - 26	3	Pucon- Parque Nacional Huerquehue	35kms	Mtn biking Trekking	12'500h of rushing streams - 200m-deep canyons cut - Bird life is abundant	Camp	camping 8\$
27 - 28	2	Parque nacional Huerquehue- > Curarrehe – > Pass Mamuil Malal > Junin de los Andes	120kms	Cycling	Verdant mountain forest - Beautiful mountain scenery - Waterfalls. Birds incl. Anden Condor	Camp	Pass 1300m – 600m
29 - 30	2	Junin de los Andes > San Martin des los Andes > Corren toso	120kms	Cycling	Passing Parque Nacional Lanin - Beautiful mountain scenery - Waterfalls - Birds including Anden Condor	Camp	Pass 600m-2430m-1514m
OCT / NOV 31 - 2	3	Corren toso – parque Puyehue	35kms	Mtn. Biking Fishing Trekking Bathing	Awesome Volcanic scenery - Park covers 1o70oo h dominant - Multi-trunked tree - Bathing hot springs -	Camp	O/N - Ulma ,
NOV 3 - 4	2	Parque Puyehue > Osorno > Pto.Montt	150km	Cycling	To research fully - Beautiful town	Camp	Good hostel
5 - 7	3	Pto Montt > Chiloe	250kms	Cycling Fishing Trekking Kayaking	To research fully	Camp	
8 - 10	3	Chiloe > Chaiten > Co Sarros Arana	140kms	Cycling	To research fully	Camp	
11 - 13	3	Co. Sarros Arana > Parc Nacional de lasTorres	150kms	Cycling	To research fully	Camp	
14 - 16	3	Parc nacional de las Torres	-	Multi	To research fully	Camp	
17 - 18	2	Parc nacional de las Torres > Pto.Ing Ibáñez > Perita Morena	170kms	Cycling	To research fully	Camp	
19 - 20	2	Perita Morena > Bajo > Caracoles > Hotel las Horquetas	150kms	Cycling	To research fully	Camp	

21 - 22	2	Hotel las Horquetas > Parc nacional los Glaciares	170kms	Cycling	To research fully	Camp	
23	1	Parc nacional los Glaciares	-		To research fully	Camp	
24 - 30	6	Parc Nacional los Glaciares > Glaciar politico Moreno > Torres del Paine > Rio Gallegos	500kms	Cycling / Multi	To research fully	Camp	
NOV / DEC 31 - 4	5	Rio Gallegos > Sombrero > S.Sebastián > Rio Grande > Ushuaia	500kms	Cycling	To research fully	Camp	
DEC		Ushuaia > Antarctica					Researching / Reviewing options