



PERMANENT ON BOARD PROGRAM

MON, TUS, WED, FRI & SAT

06:00	SUNRISE LOVERS BREAKFAST AT UPPER DECK
11:00	LECTURE ABOUT THE AMAZON LANGUAGE-1
11:45	LECTURE ABOUT THE AMAZON LANGUAGE-2
11:45	VISIT TO THE BRIDGE – MEETING POINT: LOBBY RECEPTION
12:00	PORTUGUES LANGUAGE BASIC CLASS - LIBRARY
12:30	HIDROGYMNASTIC / LOCAL DANCE CLASS / GAMES – UPPER DECK
18:00	SIGN UP FOR NEXT DAY ACTIVITIES
18:00	CLASSIC / MEDITATION MUSIC AT UPPER DECK
19:30	QUESTIONS AND ANSWERS WITH THE GUIDES - DISCO
22:30	MUSIC BAR AT THE DISCO

AVAILABLE

- ✓ TABLE GAMES AT RECEPTION
- ✓ BOOKS AT LIBRARY – ASK AT RECEPTION
- ✓ FITNESS ROOM
- ✓ DVD PROGRAM–08 DIFERENT CHANNELS ON CABIN TV – FILMS ARE BEEING CHANGED EVERY 24 HOURS

EXCURSION PROGRAM

Time/ Day	Monday	Tuesday	Wednesday	Friday	Saturday
06:00			Early Morning Boat Trip		Early Morning Boat Trip
08:00	Trekking	Trekking & Pink Dolphins		Trekking	Streams & Lakes
08:00	Streams & Flooded forest	Flooded forest & Pink Dolphins	Visit of an indigenous community	Lakes & Flooded forest	Streams, Lakes & visit of local farmers house
16:00			Streams, Lakes & Flooded forest	Piranha fishing	Streams, Lakes & Flooded forest
16:00	Lakes & Flooded forest	Lakes & Flooded forest	Piranha fishing	Lakes & Flooded forest	
21:30	Alligator spotting			Alligator spotting	



RIO NEGRO CRUISE

1st Day (Sunday)

- 15:00 Check-in at Iberostar reception
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 18:00 Departure in direction of the Rio Negro
- 18:00 – 20:00 Sign up for trips of the next day
- 19:00 – 19:45 Welcome Cocktail and general information at the salon
- 20:00 – 21:30 Welcome -Dinner at Restaurant Kuarup
- 21:30 – 01:00 First contacts at the salon and open bar on the upper deck

2nd Day (Monday)

- 05:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 08:00 – 10:00 Trekking at Jaraqui region
- 08:00 – 10:00 Boat trip through streams and flooded forest at Jaraqui region
- 11:00 & 11:45 Lecture at the salon – Introduction “The Amazon”
- 12:00 – 15:30 Snack – Buffet at Tucano Grill (upper deck)
- 13:00 – 14:30 Lunch at Restaurant Kuarup
- 14:30 – 15:30 DVD – documentary at the salon
- 16:00 – 18:00 Boat trip through lakes and flooded forest at the “Três Bocas” region
- 18:00 – 20:00 Sign up for trips of the next day
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 20:00 – 21:30 Dinner at Restaurant Kuarup
- 21:30 – 01:00 Music at the salon and open bar on the upper deck
- 21:30 – 22:30 Alligator Spotting



3rd Day (Tuesday)

- 05:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 08:00 – 10:00 Trekking & Pink Dolphin watching in Novo Airão
- 08:00 – 10:00 Pink Dolphin watching & Boat trip through streams and flooded forests of Novo Airão
- 11:00 & 11:45 Lecture at the salon – “Fish of the Amazon”
- 12:00 – 15:30 Snack – Buffet at Tucano Grill (upper deck)
- 13:00 – 14:30 Lunch at Restaurant Kuarup
- 16:00 – 18:00 Boat trip through lakes and flooded forest in the Anavilhanas archipelago
- 18:00 – 20:00 Sign up for trips of the next day
- 18:00 – 18:30 Sunset Classic Music at the upper deck
- 20:00 – 21:30 Dinner at Restaurant Kuarup
- 21:30 – 01:00 Music at the salon and open bar on the upper deck

4th Day (Wednesday)

- 05:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 06:00 – 07:00 Early morning excursion on the Cuieiras river
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 08:00 – 10:00 Visit of an indigenous community at the Cuieiras River
- 11:00 & 11:45 Lecture at the salon – “Birds of the Amazon”
- 12:00 – 15:30 Snack – Buffet at Tucano Grill (upper deck)
- 13:00 – 14:30 Lunch at Restaurant Kuarup
- 16:00 – 18:00 Boat trip through streams and lakes of the Rio Negro
- 16:00 – 18:00 Piranha Fishing
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 20:00 – 21:30 Farewell dinner at Restaurant Kuarup
- 20:00 – 23:00 Check out at reception
- 21:45 – 22:45 Folklore show at the salon
- 22:45 – 01:30 Music at the salon and open bar on the upper deck

5th Day (Thursday)

- 05:30 – 06:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 06:00 – 06:30 Observation of the “Meeting of the Waters”
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 07:00 – 08:30 Check out at reception
- 08:00 Arrival at Manaus
- 08:30 Disembarking of passengers and luggage



RIO SOLIMÕES CRUISE (3 NIGHT)

1st Day (Thursday)

- 15:00 Check-in at Iberostar reception
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 17:30 Departure in direction of the Rio Solimões
- 18:00 – 20:00 Sign up for trips of the next day
- 19:00 – 19:45 Welcome Cocktail and general information at the salon
- 20:00 – 21:30 Welcome -Dinner at Restaurant Kuarup
- 21:30 – 01:00 First contacts at the salon and open bar on the upper deck

2nd Day (Friday)

- 05:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 08:00 – 10:00 Trekking at Manacapuru lake region.
- 08:00 – 10:00 Boat trip through streams and flooded forest at Manacapuru lake region
- 11:00 & 11:45 Lecture at the salon – “Plants & Fruits of the Amazon”
- 12:00 – 15:30 Snack – Buffet at the Tucano Grill (upper deck)
- 13:00 – 14:30 Lunch at Restaurant Kuarup
- 16:00 – 18:00 Piranha fishing
- 16:00 – 18:00 Boat trip through lakes and streams of Manaquiri / Jacaré
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 20:00 – 21:30 Dinner at Restaurant Kuarup
- 21:30 – 22:30 Alligator Spotting
- 21:30 – 01:00 Music at the salon and open bar on the upper deck

3rd Day (Saturday)

- 05:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 06:00 – 07:00 Early morning excursion at Janauacá lake region
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 08:00 – 10:00 Boat trip through streams of Janauacá lake region
- 08:00 – 10:00 Boat trip through streams and visit of local farmers house
- 11:00 & 11:45 Lecture at the salon – “People and culture of the Amazon”
- 12:00 – 15:30 Snack – Buffet at Tucano Grill (upper deck)
- 13:00 – 14:30 Lunch at Restaurant Kuarup
- 16:00 – 18:00 Boat trip through lakes and flooded forest of Janauari
- 18:00 – 18:30 Sunset Classic Music at upper deck
- 20:00 – 21:30 Farewell dinner at Restaurant Kuarup
- 20:00 – 23:00 Check out at reception
- 21:45 – 22:45 Folklore show at the salon
- 22:45 – 01:30 Music at the salon and open bar on the upper deck



4th Day (Sunday)

- 05:30 – 06:30 Sunrise Lovers Breakfast at upper deck (Continental Breakfast)
- 06:00 – 06:30 Observation of the “Meeting of the Waters”
- 07:00 – 09:00 Breakfast at Restaurant Kuarup
- 07:00 – 08:30 Check out at reception
- 08:00 Arrival at Manaus
- 08:30 Disembarking of passengers and luggage

“EXTRA PROGRAM” ACTIVITIES

- Music Show with the band “Sovaco de Cobra”
- Live Music Show “Sons Andinos” (the sounds of the Andes)
- Local Handcraft workshop with the guides
- Portuguese language class
- Movies at the salon
- Expedition Fun – Shows, Entertainment, Games at the salon or upper deck – Bingo, Caipirinha contest etc.
- Stretching and relaxing class at upper deck