

In your pocket



Los Roques

Los Roques is beautiful group of islands that charms with long white beaches, green-blue shining water and unforgettable sailing trips. Thousands of birds will be

above you while you snorkel down into the mystic underwater world. Just like in paradise! There are flights everyday from Caracas forth and back.



Choroni

The dream beach is just 4 hours by taxi from Caracas. The ideal solution for those who need to get a flight to Caracas in the next days. The accommodations and the restaurants are near the beaches, which are quiet and lonely during the week. There are excursions to the jungle of one to three days. Other activities are fishing, diving and snorkeling.



Los Llanos

Los Llanos is known as the animal paradise of Venezuela. The animals you will observe are pink River-dolphins, Iguanas, Turtles, Capybara, Howler Monkeys, Caymans, Snakes (inc. Anacondas), different



fish and different kinds of birds. Highlights of tour are the boat and car safaris. **The tour is 4 days and 3 nights and starts either in Merida or in Barinas.**

Autana

The Autana Mountains are situated in the South West and are home to most of the



Indian tribes living in Venezuela. You will pass through Savannah and have great views of the big granite rocks known as lajas. You will receive a great impression of the Indian Culture. **The tour is 3 days and 2 nights and starts and ends in Puerto Ayacucho.**

Yanomami

The Yanomami tribe is one of the last primitive living Indians on our planet. We are visiting the Yanomami tribe at the Siapa River or at the Casiqiare River. We



also organize more extreme Expeditions to the Ocamo River where almost nobody goes. **The tour is 12 days and 11 nights and starts and ends in Puerto Ayacucho.**

Isla de Margarita

This island offers white beaches in every size and every taste. It is known for its flair, the diversity and its great night live. One famous sand beach beneath palm is Playa el Agua. You go to Isla de Margarita by ferry from Puerto La Cruz or Cumana. Also there are different planes going everyday from Caracas to Porlamar.



Carupano

This town is known for its great spectacle during the Carnival season and it charms during the year with lonely white beaches beneath palm trees. Here are the most beautiful beaches of Venezuela: Playa Medina and Playa Puri-Puri. Further more you can visit Cacao Plantations and test the products yourself, an ecological buffalo farm and a wellness farm with 15 different natural thermal pools.



Orinoco Delta

The Orinoco Delta extends over 40.000 km² and has 375 river arms that lead the water from the Orinoco to the Atlantic ocean. You can observe different parrots, toucans, hoatzin birds,



piranhas and caimans. You will meet the Indian tribe called "Warao" meaning "man with boat" who lives in this region.

The tour is 2 days and 1 night and starts in Piacoa.

Angel Falls

The Canaima national park is the key attraction of Venezuela. It charms with its natural beauty and five waterfalls next to each other feeding at once the famous Lagoon. The breathtaking highlight is the enormous Angel Fall with over 1000 meters free fall. It is the highest waterfall in the world. By boat you will go to fantastic viewpoints



and spend one night opposite the Angel Fall. **The tour is 3 days and 2 nights and starts and ends in Ciudad Bolivar or Santa Elena.**

Roraima

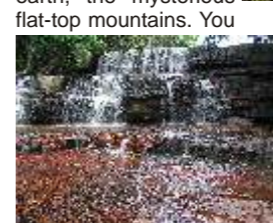
The Top of the Roraima Mountain is 2800 meter above sea level and is one of the best trekking trips world wide. It offers incredible views and seems to be another world with 70% of endemic life. Furthermore it charms with its Crystal Valley and its Yacuzis.

The tour is 6 days and 5 nights and starts and ends in Santa Elena.



Gran Sabana

The Gran Sabana is a truly unique place. It charms with many different waterfalls, the rainforest, the 1000 m high savannah and the oldest mountains on earth, the mysterious flat-top mountains. You



will be amazed by the red shiny stones of Quebrada de Jaspe! **The tour is 3 days and 2 nights and starts and ends in Santa Elena or Puerto Ordaz.**



Useful Phrases

Good Morning/Evening!
Good Night!
How are you?
Fine, and you?
Thank you!
You are welcome!
Please!
How much costs ...?
Where is ...?
The bill, please!
Can I pay with credit card?

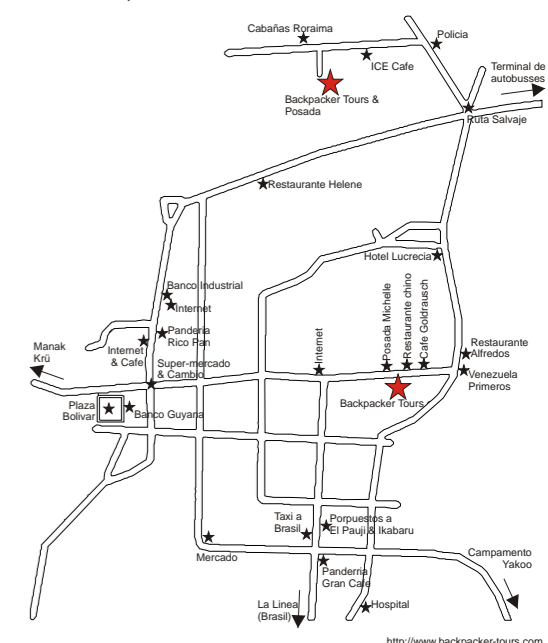
¡Buenas Días/Tardes!
¡Buenas Noches!
¿Cómo estas?
Bien ¿ y tu?
¡Gracias!
¡De nada!
¡Por favor!
¿Cuánto cuesta ...?
¿Dónde esta ...?
¡La cuenta por favor!
¿Puedo pagar con tarjeta de credito?

Can you help me?
I do not understand!
Sorry?
I am sorry!
I like to reserve ...
a double room
a single room
Do you speak English?
Please repeat!
Please speak more slowly!

¿Puedes ayudarme?
¡No entiendo!
¿Perdón?
¡Lo siento!
Quiero reservar ...
una (habitación) doble
una (habitación) sencilla
¿Hablas Ingles?
¡Por favor repite!
¡Por favor habla mas despacio!

Ofrecemos también cursos de español con Yari quien estudió Ingles y Aleman in Caracas.
http://www.backpacker-tours.com/en/language_school.htm

Santa Elena de Uairén



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Roraima

Roraima is one of the best trekking trips in Latin America or even world wide. The mystical mountain charms with incredible views and special vegetation as there is 70% of endemic life. This is unique in the world!



Legend:

According to legends collected by Koch Grunberg in the Gran Sabana in 1911, the Mount Roraima was originally a big magnificent mythical tree. The tree reached far up to the sky over the clouds and the rainforest. Its top was heavily laden with fruits. The ancestors of the Pemón people wanted to harvest these fruits and somehow felled the great tree. While doing so, the tree pumped so much water out of its cut trunk that it flooded rapidly the savannah country. The top of the tree with its delicious fruits fell down into the inaccessible forests to the north and was lost.

Since the Pemón were only accustomed to live in the savannah they continued to cultivate "conucos!" (shifting crops) on the nutrient poor soils of the Gran Sabana while the stump of the great tree remained them always of the experiences of their ancestors.

Facts on a single view:

- Location:** meeting point of Venezuela, Guyana and Brazil
- Size:** 34 square kilometers big
- Hight:** the Triple Point is at 2.723 meters above sea level.
- Vegetation:** almost no vegetation, 70% endemic plants.

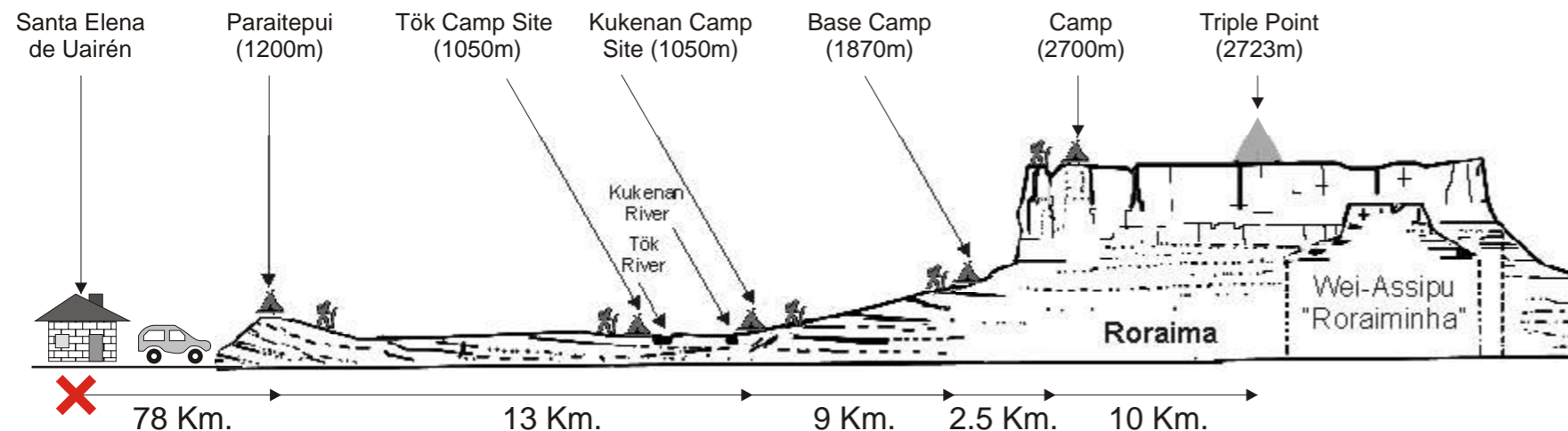
The original name of "Roraima" is not clear but the Pemón people refer to it differently:

- "Mother of all Waters" - caused by various cascades and waterfalls
- "Gran Verde-Azulado (Great Green- Blue) - caused by its appearance
- "Mantawi" (mystical existence) - caused by strange feeling or odd dreams which report some visitors.

The Roraima Trek:

Day 1:

In the morning you leave Santa Elena for a 2 hours drive to the last Indian village before Roraima. Paraitepui is 1600m above sea level and will be your starting point for the trekking to the Lost World.



Day 2:

After a good breakfast you start your five-hour walk to the base camp, which is 1870m above sea level. In order to reach it you need to cross two rivers, which can be tricky because the Kukenan River grows after rainfall to a respectful stream. Our experienced guides will help you with the first adventure crossing the river. For reaching that height, you have to walk uphill for about two hours. On your way you will cross smooth hills in the savannah and beautiful landscapes covered with orchids and carnivores. Lunch will be waiting for you in the base camp. Here starts the jungle so you should use the late afternoon light to find some attractive shots for your camera.

Day 3:

After having breakfast in the camp you start off to the tough part of the day: A 2-hour steep hike in the jungle. Afterwards you will be exhausted but amazed by the beauty and the overwhelming number of bromeliads, ferns and other rare plants. Finally you can touch the wall of the Roraima Mountain and a small waterfall will bring you your much needed refreshment!

From there you need another hour to ninety minutes to reach the top, which is 2700m above sea level. The path leads you through the jungle and over stones of different forms and shapes. Stones looking like sea turtles or dragon's heads welcome you finally at the top. A light lunch will be served at the camp. Now you have the whole afternoon for discovering the closer area around the camp. The evening will end with a delicious meal served by our guides.

Day 4:

You will discover the mystical top of the Roraima and feel the magic related to the mountain. You will find thousands of faces and sculptures in bizarre stone formations, some might remind you of lizards or Fidel Castro, others will seem to you like fantasy creatures or fairy tale witches. You will be amazed by the valley of crystals and the fantastic view from the top of Roraima to the valley. When the fog rises up the mountain you can feel the mystery. And do not be surprised when you feel like you are walking on the moon because the surface looks just alike. A light lunch will be given on the way and a delicious meal will be served at the camp in the evening.

Day 5:

In the morning you will have a last chance to take some pictures before you descend the mountain again to reach the campsite at Rio Tök. Today you have to walk about 7

hours downhill that means from 2700m down to 1050m above sea level. Shortly before the camp you have to cross the two rivers from the first day again. A light lunch is given to you on the way and at the camp there will be served a warm meal. At the end of the day you can enjoy a great swim in the river with a fabulous view to the Kukenan and Roraima mountains.



Day 6:

After the last four hours of walking you will reach the Indian village Paraitepui again. Please watch out! Every tourist is searched by the park rangers for crystals. The crystals are a lot more beautiful on the top of Roraima than in your apartment at home! Our Toyotas are already waiting for you with cold drinks and lunch. After lunch you go back to Santa Elena. In agreement of the group there is a short stop at the Quebrada de Jaspe with its brilliant red shining Jaspe stones.



What is included:

- transfer from Santa Elena to Paraitepui and back
- professional bilingual guide
- porters for food, cooking gear and tents
- first aid kit
- sleeping bags
- ground mats
- tents
- 5x breakfast, 4x light lunches and 5x full dinner.
- a mobile for communication on the way
- first aid kit
- transportable toilet

What to bring:

- good walking shoes
- thick socks
- short pants
- t-shirts
- insect repellent
- sun hat
- some sweets
- sandals
- long light trekking pants
- a thick sweater
- sun protection
- good raincoat
- a bottle of water
- a flash light

Mantopai

This excursion is a perfect combination of off-road driving, jungle trekking, Indian culture and wild romantic camps in the outdoors.

Day 1:

You start from Santa Elena in the morning and go to the Jaspe waterfall which is hidden in the jungle with its red shiny stones. After a four to five hours drive you reach Kavanayen, in the heart of the Gran Sabana. You visit the mission where the fathers teach the Indians to improve their agricultural techniques. The further way to Mantopai is covered with orchids and insect eating plants. The camp is located next to the Karuai River and is at the foot of the Sororopan Tepuy (flat-top mountain). It is one of the most beautiful camps in the Gran Sabana.

Day 2:

In the morning you walk through the jungle and observe different medicinal plants. The local Indian guide will explain some techniques of hunting and you will see the Indian way of planting their vegetables and fruits. You will also experience how they brew their typical beer. In the afternoon you can enjoy a natural water slide and a waterfall just 15 minutes from the camp. The shore is covered with insect eating plants and orchids.

Day 3:

You go to the Indian village Iboribo and taking a small boat for 20 minutes in order to arrive at Chinak Meru (Aponguao), the highest waterfall in this region. It has 107m free fall! You will have the chance to walk down to see the enormous power of the water from nearby. Afterwards you return to the Indian village for lunch and you go on to the next camp. It is near the 55m high Kama waterfall in the National Park Canaima.

Day 4:

After breakfast you can enjoy a refreshing bath at the Kawi waterfall with a 8 meter high drop from where you can jump into the water. Afterwards you walk to a viewpoint of the flat-top mountains and have lunch in the Indian community of San Francisco. The last attraction is the adrenalin-pushing walk behind the waterfall La Cortina. This attraction depends on the water level because safety comes first, but in 80% of the excursions we can do it! An unforgettable experience! The tour ends in Santa Elena in the late afternoon.

The Mantopai Tour is 4 days and 3 nights and starts and ends either in Santa Elena or Puerto Ordaz.

Gran Sabana

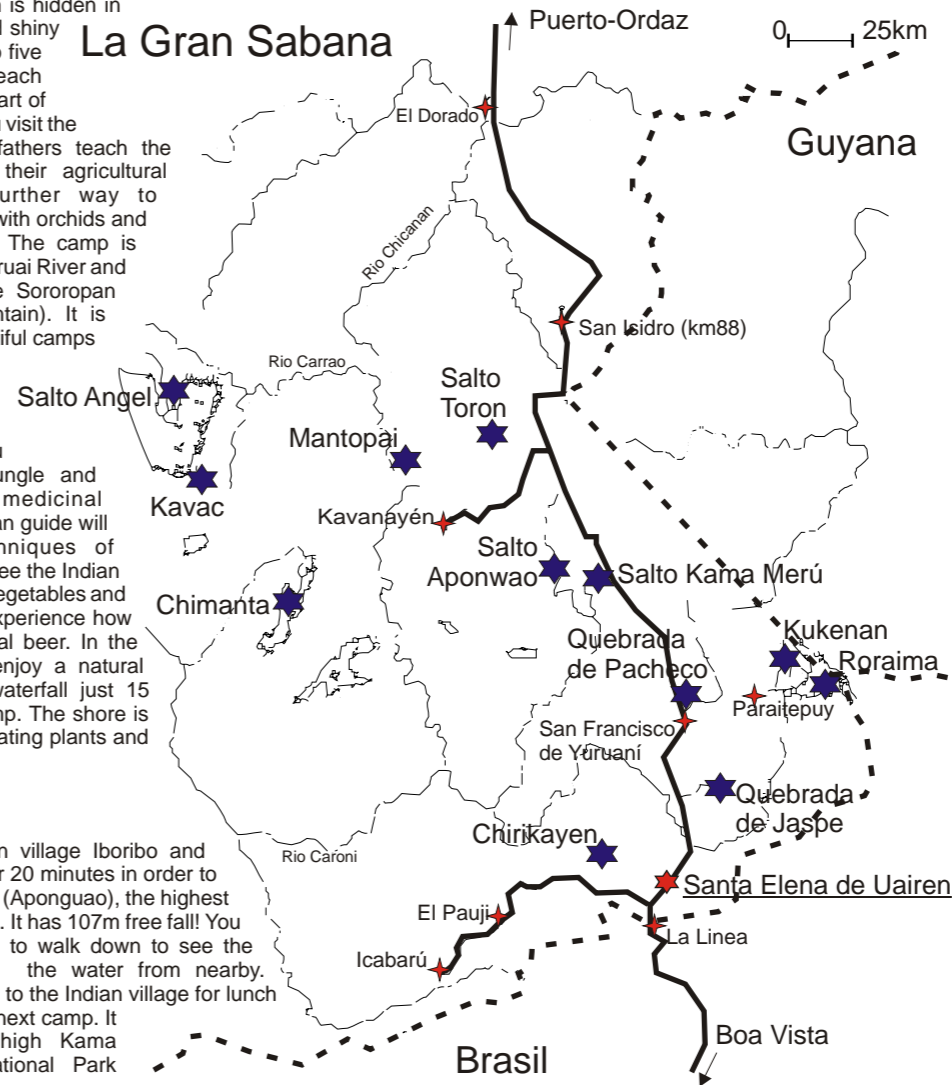
The Gran Sabana is a truly unique place! It charms with waterfalls, rainforest, the 1000 m high savannah and the mysterious flat-top mountains. Enjoy with us a unforgettable tour through this wonderful lost world!

Day 1:

You start from Santa Elena in the morning and go to the Jaspe waterfall which is hidden in the jungle with its red

shiny stones. Afterwards you arrive at the long natural water slide of Soruape. Furthermore you will see insect-eating plants. You can observe five species out of 18 worldwide. Then you continue to an ancient holy Indian place, where the natives used to ask the gods to make their wishes come true. From here you have an amazing panoramic view of the six flat-top mountain. The overnight stay is next to the 55m high Kama waterfall in beds.

La Gran Sabana



Day 2:

This day is identical with day 4 of the Mantopai Tour the only difference is that you go back to Santa Elena to spend the night.

Day 3:

Today you go to El Pauji a cultured mixed community. 75 km west from Santa Elena is the famous El Abismo! You climb a mountain for 20 minutes and then continue to a viewpoint over the Venezuelan and Brazilian rainforest. You won't forget this absolute amazing panorama! After another 20 minutes through the jungle, you reach a cave which is full of bats. The entrance of the cave is very tropical, all stones and trees are covered with ferns, orchids or moss! The whole walk takes about 3 and a half hours. After a fabulous lunch you can swim in the emerald waterfall in the woods. You get back to Santa Elena around 7 pm.

The Gran Sabana Tour is 3 days and 2 nights and starts and ends either in Santa Elena or Puerto Ordaz.

What is included:

- transportation
- professional bilingual guide
- food and drinks
- excursions

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Angel Falls

Canaima is the key attraction in Venezuela. It charms with its natural beauty of the five waterfalls feeding at once the Canaima Lagoon. Here is situated the highest waterfall in the world with more than 1000m free fall: The breathtaking Angel Fall. An unbelievable experience!



Day1:

Early in the morning you leave either from Santa Elena or Ciudad Bolivar to Canaima. The flight takes about one-hour in a small Cessna. During the flight you will have a great bird view over Canaima and the Gran Sabana. Arriving in Canaima you will discover the famous lagoon in which lead five different waterfalls all are next to each other. This panorama gives you a great photo opportunity. You pass the waterfalls closely in a small boat. Afterwards you walk for about 20 minutes to the impressive waterfall Sapo. Here you are walking behind and for sure you will get wet! You will have a warm dinner and an overnight stay in Canaima in beds at the opposite of the lagoon.

Day2:

After breakfast you will have a nice boat ride on the Carrao River. In dry season it is possible that men have to push the boat. You will enjoy beautiful views of the Flattop Mountains when you enter the Devil's Canyon. After a 4 hours dugout ride you start a 90 minutes hike to the viewpoint for the Angel Falls. Imagine being under the highest waterfall in the world! Lunch is served next to the river. There will be a warm dinner in the evening and an overnight stay in hammocks on the opposite of the Angel Falls.

Day 3:

After breakfast you have one last chance to take a photo of the Angel Fall in the morning sun. Then you return back to the Canaima airport. From here you fly back to Ciudad Bolivar and can enjoy the beautiful bird perspective of Venezuela's greatest attraction.

Backpacker Tours Pocket Map

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