

Brazil – Atlantic Rainforest Extension

Naturetrek Itinerary 2026



Espinheiro Negro Lodge Feeding station

Outline Itinerary

Day 1	Arrive in São Paulo and overnight near to the airport.
Day 2	Morning departure and transfer to Espinheiro Negro Lodge.
Day 3	Guided day at Espinheiro Negro Lodge
Day 4	Guided day at Espinheiro Negro Lodge
Day 5	Morning birding and transfer to São Paulo airport

Summary

This is a 4-night extension to the fantastic Espinheiro Negro Lodge in search of a wonderful array of brightly coloured Atlantic rainforest species. The lodge owns 17 acres of land and 90% of this is covered in native Atlantic Forest vegetation. Bird feeding stations and trails will occupy our time here as we go about seeing as many special birds as we can. Such highlights will include a mouth-watering variety of tanagers, hummingbirds, euphonias, toucans, woodpeckers and much more. 320 species have been recorded here in total and we can expect to see around 180 bird species on this extension. As you will have a private guide

and vehicle, you will also have the option to visit Trilha Dos Tucanos Lodge for a day trip, to maximise sightings.

Itinerary

Please note that the itinerary below offers our planned programme of excursions. However, adverse weather & other local considerations can necessitate some re-ordering of the programme during the course of the tour, though this will always be done to maximise best use of the time and weather conditions available.

Day 1

Your main tour will finish today and you will fly back to São Paulo. On landing in São Paulo you will be met and transferred to the Hampton Hotel close to the airport.

Day 2

São Paulo to Espinheiro Negro Lodge

You will be met this morning by your guide to begin the journey to Espinheiro Negro Lodge. We may first visit the Serra da Cantareira – a Brazilian mountain range a little to the north of the city. Here, before moving to Espinheiro Negro Lodge we will aim to find the Southern Bristle Tyrant, and the location is a great introduction to the birds in south-east Brazil! From common Atlantic forest birds to endemics. We will then travel for around 2.5 – 3 hours into the forested hillsides south of São Paulo arriving at the fantastic Espinheiro Negro Lodge for our three night stay. Depending on our arrival time we may have chance for some light birding and an orientation before dinner.

Days 3 – 4

Espinheiro Negro Lodge and Day Trip

Our time at this superb forest reserve will see us birding the gardens of the lodge in search of a special range of stunning birds and some forest trails. Tanagers should include Black-goggled, Red-necked, Golden-chevrons, Azure-shouldered and Brassy-breasted, to name but a few. Many other brightly coloured rainforest specialists will also be in abundance and showing exceptionally well on natural perches around the feeding stations, making it a fantastic location for photography.



Red-breasted Toucan

The trails close to the lodge also offer an opportunity to discover the other delights of the rainforest, and amongst the commoner species we will find, we may get lucky and discover Hooded Berryeater, Squamate Antbird, Swallow-tailed Manakin and Black-throated Grosbeak.

It can be expected that around 180 species of bird will be seen during our extension with a range of hummingbirds, tanagers, euphonias, woodpeckers, and parakeets amongst the varied highlights. Some of

the species we would expect to see include Black Jacobin, Dusky-throated Hermit, Scale-throated Hermit, Black-throated Mango, Festive Coquette, Swallow-tailed Hummingbird, Violet-capped Woodnymph, Sombre Hummingbird, Versicolored Emerald, Sapphire-spangled Emerald, Red-breasted Toucan, Yellow-fronted Woodpecker, Blond-crested Woodpecker, Plain Parakeet, Maroon-bellied Parakeet, Violaceous Euphonia, Chestnut-bellied Euphonia, Red-rumped Cacique, Olive-green Tanager, Red-crowned Ant-Tanager, Ruby-crowned Tanager, Azure-shouldered Tanager, Golden-chevroned Tanager, Palm Tanager, Green-headed Tanager, Red-necked Tanager, Brassy-breasted Tanager, Blue Dacnis, Green Honeycreeper, Saffron Finch, Bananaquit, Green-winged Saltator and many more.

The rooms, food and general hospitality at Espinheiro Negro is excellent, coupled with special birding and lovely habitat and then you will also venture off site to explore other areas to pick up a wider range of species.

Day Visit to Trilha Dos Tucanos Lodge.

As well as our time spent birding around the grounds of Espinheiro Negro, as you will have a private guide and vehicle, you may also travel for a day trip to the superb Trilha Dos Tucanos Lodge if you wish. This lodge is around two hours away and is again a special place for birding. The feeding station next to the lodge dining area regularly has Saffron Toucanet visiting along with Red-breasted Toucan with Plain and Maroon-bellied Parakeets in abundance with a host of tanagers and striking woodpeckers including Blond-crested and Yellow-fronted. A hummingbird garden often holds multiple species including Sapphire-spangled Emerald and Brazilian Ruby and trails can be walked to explore the habitat. Some species are easier to see here than at Espinheiro Negro and vice versa. Use of your time will be maximised to achieve the best possible sightings.



Bonde-crested Woodpecker, Green-headed Tanager and Maroon-bellied Parakeet

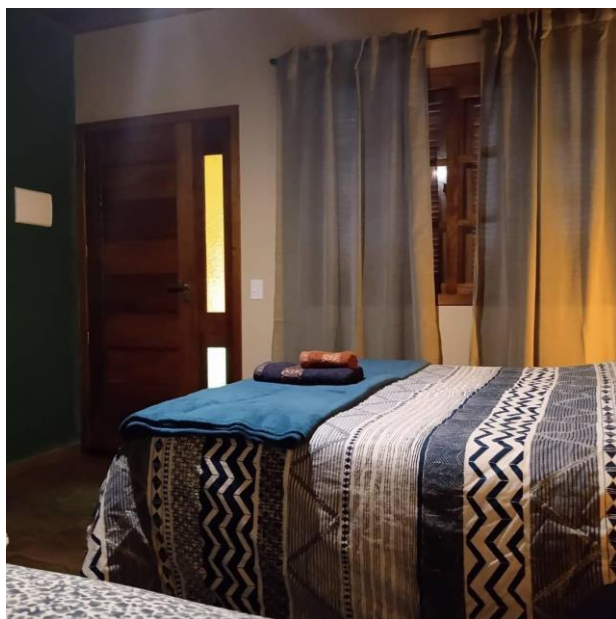
Day 4

Transfer back to São Paulo

Today, after another morning of birdwatching, we will transfer back to São Paulo airport in time for your onward travel plans!

Accommodation

The three nights will be spent at Espinheiro Negro Lodge. The rooms are clean and comfortable and all en-suite with fans. The lodge accepts payments with credit and debit cards and they sell plug socket adaptors for around R\$8,50 (2 USD each).



Cost

The prices per person for 2026 are as below.

1 person: £2485 (including single room supplement)

2 people: £1985 per person

3 people: £1685 per person

4 people: £1585 per person

Where required, a single room supplement of £165

Included in the Cost

4 nights' accommodation and all meals and water throughout. (apart from dinner on night one in São Paulo)

Private return transfers between São Paulo airport and Espinheiro Negro Lodge.

Private English-speaking birding-guide.

A private vehicle for exploration off site.

Day trip to Trilha Dos Tucanos

Entrance fees.

Additional Expenditure

The only extra expenditure will be for tips and any alcoholic drinks.



Red-necked Tanager