



Sacred
PATHWAYS

HOW TO ARRIVE AT THE ILHA GRANDE RETREAT LOCATION

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PARAÍSO AZUL RETIRO

We understand that traveling to a new continent can be both exciting and challenging, especially when navigating unfamiliar places and cultures. To make this journey as seamless as possible, we've crafted this guide with care to support you every step of the way. Our goal is to ease any travel-related worries so you can fully embrace the transformative experience that awaits you. Below, you'll find two main travel options to arrive at the retreat, whether you are flying into **Rio de Janeiro** or **São Paulo**.

OPTION 1: FLIGHT TO RIO DE JANEIRO (GIG)

This is the most direct route
for participants coming from abroad.

1. Flight and Arrival to Rio de Janeiro Galeão International Airport (GIG):

Flight and Arrival to Rio de Janeiro Galeão International Airport (GIG): Upon landing at GIG on the arrival date, March 19, 2025, there's no need to worry about additional arrangements for getting to the retreat center. Our team has everything covered for you! We'll arrange group pick-ups and car transfer to the Port of Angra dos Reis, followed by a boat transfer to the retreat lodge. Both transfers are included in the retreat package, so you can simply relax and allow us to guide you on the final stretch of your journey.

2. Group pick ups

Once you land at GIG, our team will arrange complimentary group pick-ups based on the arrival times of all participants. You'll be transported from the airport to the Port of Angra dos Reis, which is approximately a 3-hour drive, depending on traffic. We'll confirm pick-up details around 2 months before the retreat, so please share your arrival times with us as soon as possible.

Here is a Google Maps link showing the distance between the airport and the port:



3. Boat Transfer from Angra dos Reis to Paraíso Azul Retiro

From the Port of Angra dos Reis, a boat will take you to the retreat lodge. The boat transfer cost is already included in your retreat package, so there are no extra transportation fees to consider.

OPTION 2: FLIGHT TO SÃO PAULO GUARULHOS (GRU) & DOMESTIC FLIGHT TO RIO DE JANEIRO (GIG)

For participants who find it easier to fly
into São Paulo.

1. Flight to São Paulo Guarulhos International Airport (GRU)

São Paulo Guarulhos International Airport (GRU) is a major international hub, making it a convenient entry point for travelers worldwide. From GRU, you can book a short domestic flight to Rio de Janeiro Galeão International Airport (GIG), where our team will take care of all further transfers to the retreat on Ilha Grande.

2. Domestic Flights to Rio de Janeiro

From GRU, you can book a domestic flight to Rio de Janeiro Galeão International Airport (GIG). Domestic flights between São Paulo and Rio de Janeiro are frequent, with flight times around 1 hour. You can easily find flights on Skyscanner or other booking platforms like [Skyscanner](#).

3. Arrival at Rio de Janeiro (GIG):

Once you arrive in Rio, follow the same procedure as outlined in Option 1, point 2&3.



IMPORTANT TIPS FOR A SMOOTH JOURNEY

Traveling together

In order to make your journey smoother and more comfortable, we are happy to help connect you with other participants traveling from similar areas. By gathering in pairs or small groups, you'll have the option to travel alongside others attending the retreat, creating a sense of shared experience and added security. Many participants find that traveling with others not only enhances their journey but also supports their decision to join, especially for those coming from overseas.

Booking Flights

We recommend using Skyscanner to search for flights, especially if you're looking to combine international and domestic routes into one itinerary. Selecting the "multi-city" option in the search field can help you add domestic flight options easily, simplifying your travel planning.

Domestic flights between Sao Paulo and Rio de Janeiro are frequent, and the main airlines operating this route are [LATAM Airlines](#) and [Gol Linhas Aéreas](#).

There are several flights per day, starting from early morning until late evening, giving you plenty of flexibility.

Flight prices typically range from R\$ 200 to R\$ 500 (approximately USD 40 to USD 100) for a one-way ticket, and the flight duration is about 1 hour.

Arrival Timing

We recommend that participants arrive at Rio de Janeiro (GIG) on March 19th. Based on your flight times, we'll coordinate complimentary group pick-ups and confirm specific transfer details closer to the date. Arrival at Paraíso Azul Retreat Center is possible from 12 p.m., though check-in is only guaranteed from 2 p.m. A free transfer from the airport, including a boat ride, will be arranged for this day.

No workshop activities are scheduled on the 19th, other than a 1.5-hour Opening Circle in the evening around 8 p.m. Lunch will be served at 2 p.m., and dinner at 7 p.m., allowing everyone to settle in comfortably before we begin.

Earlier Arrival

For participants wishing to arrive before the retreat start date, please reach out to us directly. We're happy to help coordinate transport arrangements to the retreat location if needed.

Return transfer to the airport

The 28th of March 2025 marks our final day at Paraíso Azul Retreat Center. Participants are invited to check out after breakfast, with departure from the retreat center scheduled by noon. A complimentary airport transfer (boat + car/minibus transfer) will be available for everyone leaving that day.

For those wishing to extend their journey, we warmly invite you to join the optional [3-day Spirit of Brazil Experience](#), an immersive continuation that celebrates the spirit and beauty of Brazil. The group for this extended experience will depart right after breakfast.

We hope this document helps simplify your journey to Paraíso Azul Retiro on Ilha Grande. Should you have any questions or need further assistance with travel planning, please don't hesitate to reach out. We are here to make your arrival as seamless as possible.

Warmly,
The Retreat Team



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Travel manager

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8:00 am - 4:00 pm (BST, UTC+1)
3:00 am - 11:00 am (EDT, UTC-4)