

8 Best Places to Visit in Brazil for Nature and Adventure

Dunes, jungle, wetlands, reefs and waterfalls: eight destinations for adventure travel in Brazil, what each one is known for, and when to go

SÃO PAULO, SP, BRAZIL, August 14, 2026 /EINPresswire.com/ -- Covering 8.5 million square kilometers and six distinct biomes, Brazil offers travel experiences that are rarely the same. While most traditional travel lists open with Rio de Janeiro or São Paulo and stop at the coastline, there is a much wilder side to this diverse nation.

To help travelers discover the country's unparalleled biodiversity, [PlanetaEXO](#), a platform specializing in adventure travel in Brazil, has released a new curated guide. The guide highlights eight awe-inspiring destinations—spanning dunes, jungles, wetlands, reefs, and waterfalls—where the landscape itself is the primary reason to visit.

1. LENÇÓIS MARANHENSES: DUNES AND LAGOONS

Recently added to the UNESCO World Heritage list in 2024, Lençóis Maranhenses National Park spans 155,000 hectares in northeastern Brazil. Despite looking like a desert, the region receives heavy rainfall that



A breathtaking sunrise over the dunes of Lençóis Maranhenses, a geographic marvel added to the UNESCO World Heritage list in 2024. (Photo: PlanetaEXO)



An aerial view of a boat navigating the flooded forest on the Rio Negro. With almost no roads, the Amazon is primarily a boat destination, and the landscape changes completely between the flood and dry seasons. (Photo: Katerre)

collects between towering 40-meter sand dunes. This creates thousands of temporary, crystal-clear freshwater lagoons that visitors can swim in. The dunes shift constantly with the wind, meaning the map of lagoons changes every single year. The best time to book Lençóis Maranhenses tours is from June to September, when the rains have stopped and the lagoons are at their fullest.

2. AMAZON RAINFOREST: JUNGLE AND RIVERS

Holding roughly 60% of its massive 5.5 million km² expanse within Brazilian territory, the Amazon Rainforest is a vital global biome. Because there are almost no roads, navigating the sprawling Amazon River and its tributaries is primarily a boat destination. Visitors booking [Amazon Rainforest tours in Brazil](#) from Manaus will find two completely different worlds: a flooded forest canopy perfect for paddling between May and July, and exposed river beaches ideal for land hikes and wildlife spotting from September to November. This region alone shelters over 75% of Brazil's mammal species.



A diver swims alongside a sea turtle. Fernando de Noronha offers the clearest water in the country, with visibility reaching up to 40 meters on a good day. (Photo: PlanetaEXO)

3. PANTANAL: WETLANDS AND JAGUARS

For travelers seeking the absolute best of Brazil's wildlife, the Pantanal is unrivaled. As the largest tropical wetland on Earth, its open fields and low vegetation make spotting animals remarkably easy compared to the dense Amazon. Pantanal tours are famous globally for offering the highest density of jaguars. The Northern Pantanal near Porto Jofre makes dry-season sightings (July to October) along the riverbanks a routine experience rather than a matter of luck, alongside regular appearances of capybaras, giant otters, and macaws.

4. FOZ DO IGUAÇU: WATER AND THUNDER

Straddling the border of Brazil and Argentina, Foz do Iguaçu is home to the majestic Iguazu Falls. This UNESCO World Heritage site is an extraordinary waterfall system featuring approximately 275 distinct drops unfolding over a 2.7-kilometer front. The centerpiece is the Devil's Throat, an 80-meter-deep canyon where a massive volume of water plunges simultaneously. The surrounding national park also protects a crucial fragment of the Atlantic Forest. Visitors can book Iguazu Falls tours year-round, with August to November offering a great balance of strong water flow and fewer crowds.

5. ITACARÉ: WAVES AND FOREST

Located in southern Bahia, Itacaré offers a rare coastal dynamic where the endangered Atlantic

Forest extends straight to the ocean. Instead of paved roads, visitors access a string of pristine beaches by trekking through dense jungle canopy. Regarded as one of the country's top surf destinations, Itacaré tours cater to both wave-riders and ecotourists, with the best warm and dry weather spanning from September to March. The sequential beaches, from Concha to Prainha, offer increasingly thrilling waves.

6. [FERNANDO DE NORONHA](#): REEFS AND TURTLES

Sitting 545 kilometers off the coast of Pernambuco, Fernando de Noronha is a highly protected volcanic archipelago of 21 islands. Known for having the clearest water in Brazil—with visibility reaching up to 40 meters—it is a premier destination for Fernando de Noronha diving. This UNESCO World Heritage site enforces strict daily visitor limits and environmental fees to protect its resident spinner dolphins and nesting sea turtles. The vibrant marine life here makes it a sanctuary for underwater enthusiasts.

7. CHAPADA DIAMANTINA: PEAKS AND WATERFALLS

In the mountainous heart of Bahia, Chapada Diamantina National Park protects 152,000 hectares of deep canyons and rivers. It is home to the Vale do Pati, widely considered the most spectacular long-distance trek in Brazil. Spanning 3 to 5 days, Chapada Diamantina tours take hikers through remote valleys with absolutely no road access, where visitors sleep in the homes of local farming families and hike to jaw-dropping waterfalls during the dry season from April to October. The trails trace historic routes originally carved during the 1840s diamond rush.

8. JALAPÃO: SPRINGS AND SAVANNA

For those looking to escape the crowds entirely, Jalapão State Park in Tocantins highlights the vast Cerrado savanna. Famous for golden dunes and river canyons, its biggest draw are the fervedouros—sand-bottomed springs where underground water pushes up with such force that visitors float upright without swimming. The region is also home to exclusive golden grass craftwork. The ideal time to book Jalapão tours is during the dry season from May to September, when the dirt roads are easily passable.

ABOUT PLANETAEXO

PlanetaEXO is a platform dedicated to responsible ecotourism, connecting travelers to authentic nature experiences while strengthening community initiatives across Brazil. The company operates in partnership with local communities and conservation projects to promote travel that values culture, biodiversity, and sustainability, ensuring that 80% of the value of each reservation goes directly back to local partners and conservation efforts.

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