

Itatiaia National Park



The first National Park of Brazil

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MINISTÉRIO DO MEIO AMBIENTE



PÁTRIA AMADA BRASIL
BRAZILIAN GOVERNMENT

The history of the first Brazilian Park

Before the Park

Puris Indians lived in the Itatiaia region until the late 18th century.



Only from the early 19th century on, through the Mantiqueira mountains pass, the highlands of Itatiaia begins to be explored by naturalists, Brazilians and foreigners.

1878

Engineer André Rebouças visits the region and proposes the creation of natural protected areas.



1908

The Government acquires 48,000 hectares of Henrique Irineu de Souza's farms, son of Visconde de Mauá. Part of this area is intended for implantation of Colonial Centers for Europeans.



1937

President Getúlio Vargas creates the Itatiaia National Park with an area of 12,000 ha (29,652 acres).



1942

Starts the construction of the Head Office – today Visitors Center.



1982

Park is expanded to 30,000 ha (74,131 acres).



1996

The Museum of Flora and Fauna is now called the Visitors Center Prof. Wanderbilt Duarte de Barros.



1822

Naturalist Auguste Saint Hillaire



1856

The engineer José Franklin Massena is the first researcher to explore the Itatiaia Plateau and to perform altitude measurements of Agulhas Negras Peak.



1872

Botanist Auguste Glaziou



1914

Failure of the colonization project. Installation of the Itatiaia Forest Reserve in the lands of former Colonial Center, by Paulo Campos Porto.



Botanist Campos Porto

1929

Establishment of the Itatiaia Biological Station, managed by the Botanical Garden of Rio de Janeiro, succeeding the Itatiaia Forest Reserve.



1950

Construction of the mountain shelters Massena, Rebouças and Lamego.

Massena Shelter



Rebouças Shelter



2001

Implementation of PREVFOGO



2017

80 years of the Park: revitalization of the Visitors Center and reform of the access road.

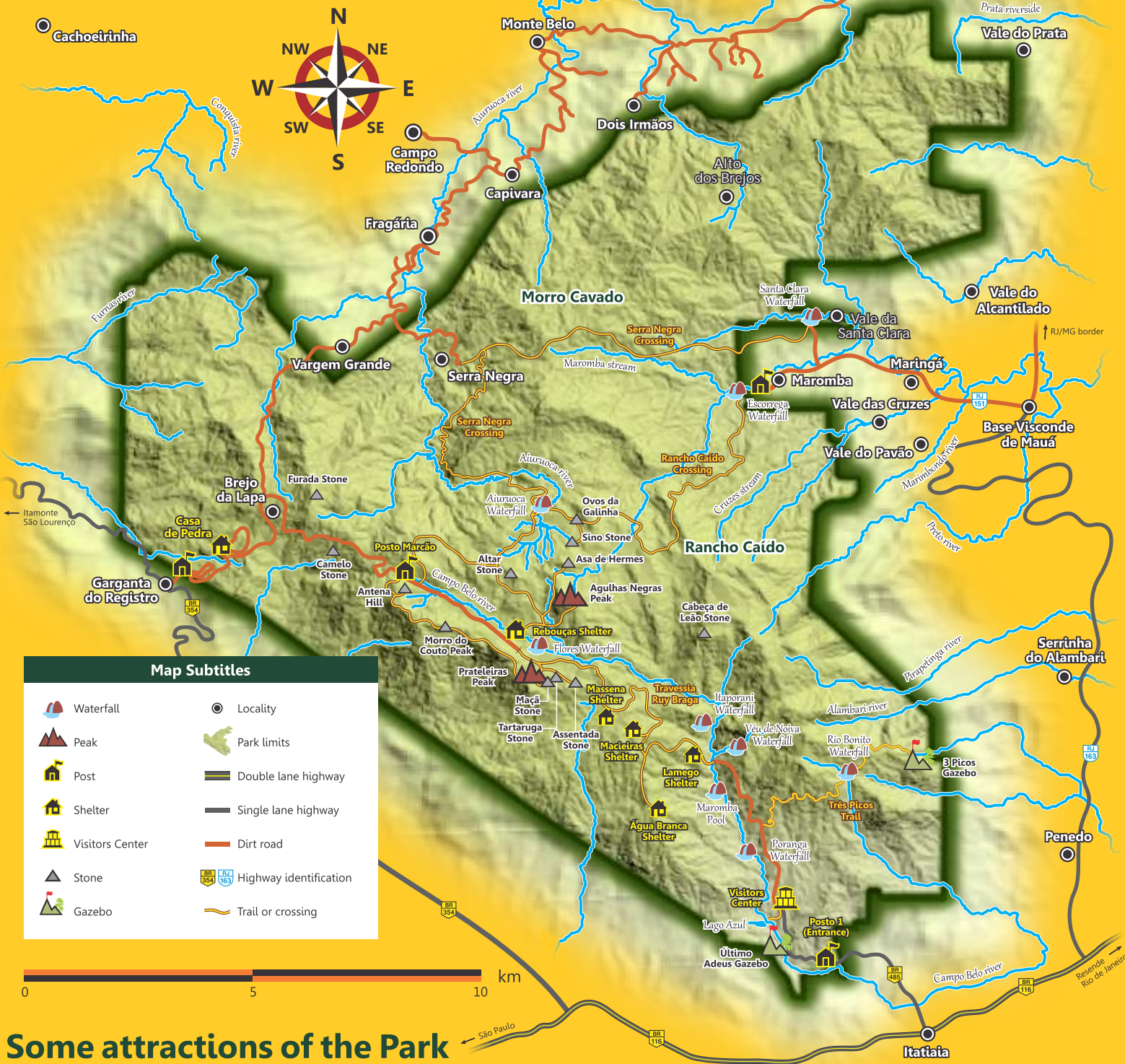
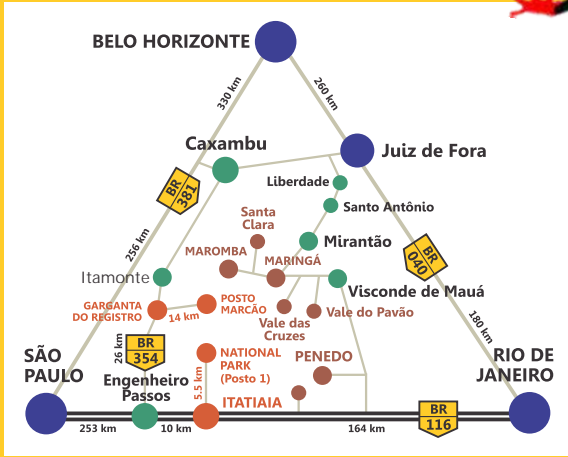


Itatiaia National Park



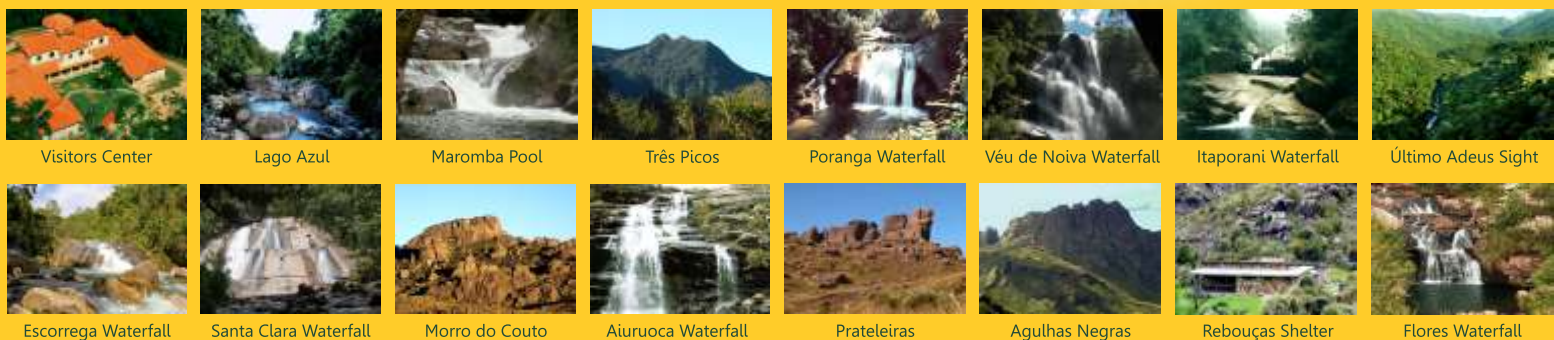
Directions

From Rio or São Paulo, the access to the Park is via Presidente Dutra highway (BR 116). In Itatiaia (exit 318) the access is via BR-485, further 5.5 km to the entrance of the Lower Part of the Park. For the Upper Part, the access is via Engenheiro Passos (exit 330A of the Dutra Highway). After 26 km (16 miles) on the BR-354 highway you reach the place called Garganta do Registro, that is the access to the Upper Part of the Park. Further 14 km through a dirt road, you reach the reception of the Upper Part of the Park (Posto Marcão) – that is the access to the main attractions of the highlands. From Belo Horizonte, take the Fernão Dias highway and enter (BR-381), through Caxambu and follow the BR-354 route to Garganta do Registro to reach the Upper Part or take the Presidente Dutra highway to access the Lower Part of the Park.



Map Subtitles	
	Waterfall
	Peak
	Post
	Shelter
	Visitors Center
	Stone
	Gazebo
	Locality
	Park limits
	Double lane highway
	Single lane highway
	Dirt road
	Highway identification
	Trail or crossing

Some attractions of the Park



Visitors Center

Lago Azul

Maromba Pool

Três Picos

Poranga Waterfall

Véu de Noiva Waterfall

Itaporani Waterfall

Último Adeus Sight

Escorrega Waterfall

Santa Clara Waterfall

Morro do Couto

Aiuruoca Waterfall

Prateleiras

Agulhas Negras

Rebouças Shelter

Flores Waterfall

Trails: beautiful walks through Nature

Observation: All times (estimated) and distances are for the **outward journey** only.

Lower Part of the Park

Lago Azul

A nice walk starting in the Visitor Center. Goes next to the snack bar, down a staircase of 124 steps (or the observation trail with 460 m) and, at the end, a beautiful natural pool of the Campo Belo river.

Difficulty level: Easy.



500 m (546 yd.) / 15 min

Maromba Site

At 4 km by the road from the Visitors Center is the starting point for the main waterfalls of the Lower Part. Starting at Maromba Bridge by trail, Maromba Pool is 170 m away, Véu de Noiva Waterfall, 380 m and Itaporani Waterfall, 640 m.

Difficulty level: Easy.

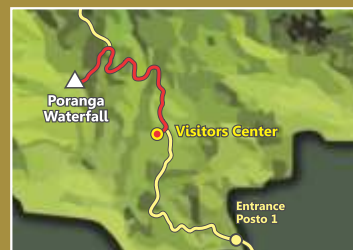


4 km (2.49 mi.)

Poranga Waterfall

The walk should start at the Visitors Center. Initially, going by the access road to the Maromba Site by 800 m and another 400 m of trail to the waterfall.

Difficulty level: Easy.

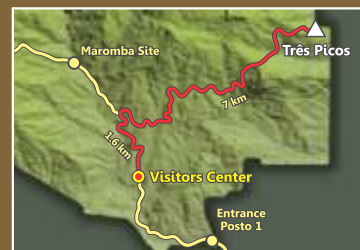


1.2 km (0.74 mi.) / 40 min

Três Picos Trail

At first it seems to be easy, but later becomes hard and requires good physical conditioning. Requires the signing of a disclaimer in the Visitors Center. Get out early and bring food, warm clothes and a flashlight. It must be started until 10 am.

Difficulty level: Hard.



7 km (4.35 mi.) / 4 h

Upper Part of the Park

Asa de Hermes

Rock formation curiously shaped between the Altar Stone and the Agulhas Negras Peak. We recommend contracting the services of a local guide.

Difficulty level: Moderate, with final stretch of hard climbing.



3 km (1.86 mi.) / 2.5 to 3.5 h

Flores Waterfall

Just after the Reboças Shelter, following the path to the Prateleiras, a trail to the left leads to this icy waterfall.

Difficulty level: Easy.



500 m (546 yd.) / 10 min

Morro do Couto Peak

This walk allows a privileged view of the Serra da Mantiqueira and the Vale do Paraíba. It starts at Posto Marcão. This trail is also the initial stretch of the Couto-Prateleiras circuit.

Difficulty level: Moderate.



3 km (1.86 mi.) / 1.5 h

Altar Stone

It is located halfway to the Aiuruoca Waterfall. Provides a great view of the Agulhas Negras Peak. A visitors guide is recommended.

Difficulty level: Moderate.



3 km (1.86 mi.) / 2 h

Ruy Braga Crossing

Trail that connects the Upper Part and the Lower Part of the Park and can be performed in both directions. It is essential to be in good physical condition, and together with local guide. The tour must be previously scheduled and authorized by the Park Administration.

Difficulty level: Hard.



22 km (13.67 mi.) / 2 days

Água Branca Shelter

Located on an extension of the Ruy Braga crossing to 1,700 m altitude. It offers a very nice hosting and privileged scenic beauty. Must be scheduled and previously authorized by the Park Administration.

Difficulty level: Hard.



4 h of Lower Part
7 h of Upper Part

Serra Negra Crossing

Long trail that connects the Reboças Shelter to Maromba and Maringá villages, passing by the Santa Clara Waterfall. The night can be done in Serra Negra. It requires good physical conditions and we recommend contracting services of a local guide. Must be scheduled and previously authorized by the Park Administration.

Difficulty level: Hard.



32 km (19.88 mi.) / 2 days

Rancho Caído Crossing

Connects Reboças Shelter to Visconde de Mauá region, arriving in Escorrega Waterfall or Vale das Cruzes. The night can be done in wild camping at a site called Rancho Caído. It requires good physical conditions and preferably a visitors guide. Must be scheduled and previously authorized by the Park Administration.

Difficulty level: Hard.



27 km (16.78 mi.) / 2 days

Agulhas Negras Peak

Highest point in the state of Rio de Janeiro, accessed by rock trail with acclivitous and, sometimes, slippery stretches. Requires the use of climbing equipment.

Difficulty level : Hard and with a stretch of climbing.



2.5 km (1.55 mi.) / 2.5 h

Prateleiras Peak

Departing from Rebouças Shelter to the base, requires moderate walking of 1.5 hours. For ascending to the peak, it is necessary to have climbing equipments required by the Park.

Dificulty level: Moderate to the base and final stretch of hard climbing.

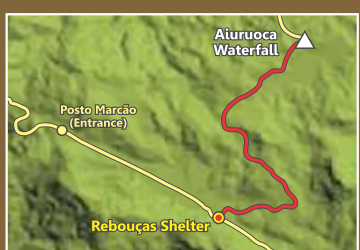


2.5 km (1.55 mi.) / 2.5 h

Aiuruoca Waterfall

Waterfall with a height of 20 m (66 ft.) and a large natural pool. Be prepared for weather changes and start early. Long trail, beginning at the Rebouças Shelter.

Difficulty level: Moderate.



5.3 km (3.29 mi.) / 3.5 h

Assentada Stone

Rocky massif east of the Prateleiras, through Maçã and Tartaruga stones. It is necessary a moderate hiking to reach the base of the rock and climbing to access the summit. The trail begins at the Rebouças Shelter.

Difficulty level: Moderate to the base and final stretch of hard climbing.



3 km (1.86 mi.) / 3.5 h

Recommendations: get off early, be accompanied by a licensed conductor of visitors and do not forget the basic safety equipment.

Attention to climate changes!

The Itatiaia National Park, with altitudes between 540 and 2,791 meters, has very different climate in its two environments – Upper Part and Lower Part.

The Summer

Between December and March, temperatures are between mild and high and there is a lot of rainfall. On the Plateau, temperatures may fall sharply, but in the Lower Part they are generally between 20 and 28°C. Both regions are subject to storms, which can result in dangerous flash floods in the Lower Part.

The Winter

July is the coldest month in the Plateau, being common temperatures below zero degree, with frequent frosts. In the Lower Part, the winter is dry, but not as much as in the Plateau, thanks to the dense Atlantic Forest vegetation, with temperatures between 10 and 25°C.

The Autumn and the Spring

There are 6 months of mild temperatures, without abrupt climate changes.

What is the “cabeça d’água”?

The “cabeça d’água” is a flash flood in the river beds, caused by heavy rain in the headwaters. Strong rapids drags all that lies ahead. You must get away from the rivers when you notice the appearance of large amounts of leaves, twigs or mood in the water or a water mass increase.

“Cabeças d’água” occur more frequently in the rainy season between December and March. When there is a threat of a flash flood occurrence some recreation areas are closed for safety reasons.



Sudden weather change.



Frost on Agulhas Negras (Black Needles), very frequent in the winter time.



Snow in 1985.

Flash flood at Campo Belo river.

What is a National Park



Human behavior

National Parks are full protection conservation units – areas that have the basic objective of preservation of natural ecosystems of great ecological significance and scenic beauty, enabling the conduct of scientific research and the development of educational activities and environmental interpretation, recreation in contact with nature and ecological tourism, regulated by a management plan.

In Brazil National Parks must be public areas and only the indirect use of natural attributes is allowed. Are vetted activities that generate environmental modifications, as mineral exploration and agricultural activities.

Human interference is allowed only for structures related to the objectives of the park and recovery of it’s ecological systems.

The administration is performed by the Chico Mendes Institute for Biodiversity Conservation (ICMbio), a government agency under the Ministry of Environment.



Respecting nature



Attention! In a National Park is NOT allowed:

Light fires. Enter pets. Write in rocks, trees, poles, buildings and signs. Religious or political demonstrations. Use soap or shampoo in river baths. Harvest fruits, flowers, plants or rocks. Feeding or capture wild animals. To use stereos or produce any noise pollution. Throw trash on the trails (take your trash out of the Park).

RECOMMENDATIONS: In the lower part the areas most appropriate for carrying picnics are on the tables of kiosks near Blue Lake, the tables in the cafeteria or on the lawn next to the Visitor Center parking lot. On the plateau, you can use the table of camping Rebouças Shelter.

For the hikes, take water and food, like dried fruit, sandwiches, cereal bars and chocolate. Always drink water, but in small quantities. Be sure to bring water bottles, sunscreen, hat, warm cloth and flashlight with batteries.

Avoid walking alone and do not get off the trail or open shortcuts.

For your safety, be accompanied by a guide certified by the Park.

Attention in the **rainy season**. Be informed about the possibility of flash floods, because the park closes the access to some waterfalls for safety reasons.

During the **dry season** wildfires are common. At the sight of any fire get out immediately and notify an employee of the Park.

PLASTIC takes over 100 years to degrade • **PAPER** takes 3 to 6 months to degrade • **CLOTH** takes 6 months to 1 year to degrade
CIGARETTE BUTTS take 5 years to degrade • **NYLON** takes 30 years to degrade • **GLASS** takes more than 1 million years to degrade

Biodiversity: The flora and the fauna of the Park



Graphystilis itatiaiae



Agarista hispida



Paepalanthus itatiaiensis



Fernseea itatiaiae



Actinocephalus polyanthus



Língua-de-tucano
Eryngium glaziovianum



Amarilis
Hippeastrum morelianum



Alophia sellowiana



Hydrocotyle sp.

The region of the park above 2,000 m of altitude has an extension about 50 km, with approximately 415 found species of flora, 11% endemic to the Itatiaia Plateau.



Hindsia glabra



Drosera montana



Buddleja speciosissima



Lupinus gilbertianus



Macaco-prego
Sapajus nigritus



Quati
Nasua nasua



Tucano-de-bico-verde
Ramphastos dicolorus



Jacu
Penelope obscura



Muriqui
Brachyteles sp.



Sapo-flamenguinho
Melanophryniscus moreirae



Caxinguelê
Guerlinguetus ingrami



Saracura
Aramides saracura



Saí-andorinha
Tersina viridis



Pingo-de-ouro
Brachycephalus ephippium



Jararaca
Bothrops jararaca



Saíra-da-serra
Tangara desmaresti



Maria-leque-de-sudeste
Onychorhynchus swainsoni

Many endangered species are found in the park, including the Muriqui (largest primate in the Americas).

The Itatiaia National Park is also an internationally recognized paradise for bird watchers. Here have been seen more than 350 species.

Itatiaia: "pointed rocks", in the Tupi-Guarani language

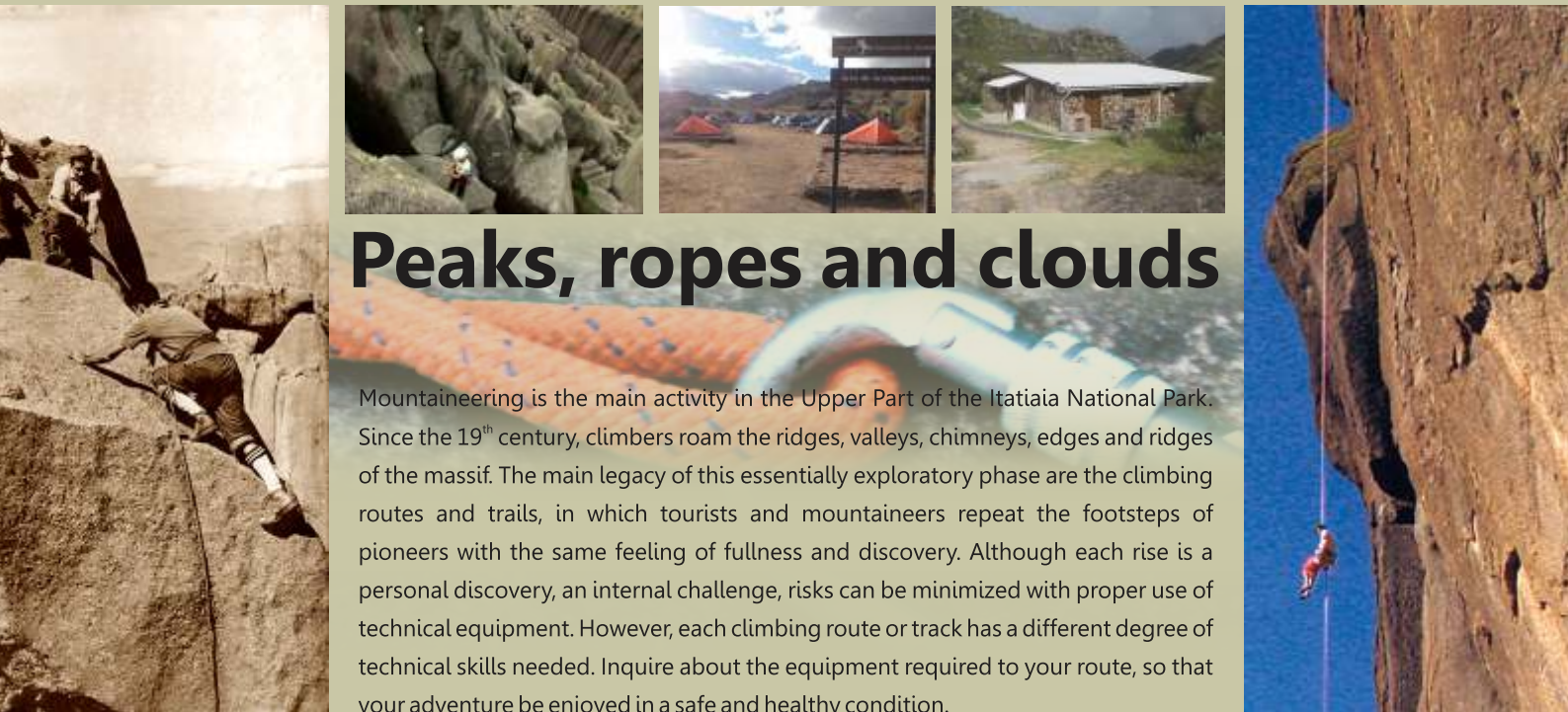
The Itatiaia massif reveals deeper layers of an ancient volcano.

This erosion of millions of years continues today and can be seen in the grooves that form the Agulhas Negras (Black Needles).



The unusual shapes of the Itatiaia rocks.

The mountains of Itatiaia, an icon for Brazilian and foreign climbers.



Peaks, ropes and clouds

Mountaineering is the main activity in the Upper Part of the Itatiaia National Park. Since the 19th century, climbers roam the ridges, valleys, chimneys, edges and ridges of the massif. The main legacy of this essentially exploratory phase are the climbing routes and trails, in which tourists and mountaineers repeat the footsteps of pioneers with the same feeling of fullness and discovery. Although each rise is a personal discovery, an internal challenge, risks can be minimized with proper use of technical equipment. However, each climbing route or track has a different degree of technical skills needed. Inquire about the equipment required to your route, so that your adventure be enjoyed in a safe and healthy condition.

E-mail: parnaitatiaia.rj@icmbio.gov.br • Phones: (55-24) 3352-1292 / 3352-2288 / 3352-6894

Mantiqueira Mountain Range Protected Areas Mosaic

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