

**BAHIA, BRASIL**

# Travel Guide



Spirit Vine

## TRAVELING TO SPIRIT VINE

### Step 1: Flying to Brazil

International travelers typically fly into major Brazilian airports such as São Paulo (GRU) or Rio de Janeiro (GIG). From there, you will book a domestic flight to Ilhéus (IOS).

### Step 2: Arrival in Ilhéus & Taxi to Itacaré

Upon arrival in Ilhéus, Spirit Vine will arrange a trusted taxi to transport you directly to your pousada in Itacaré.

- The drive typically takes 1.5–2 hours
- This service helps ensure safety, reliability, and a smooth transition
- Please bring cash to pay the driver, as cards are often not accepted
- Spirit Vine will share exact instructions and coordination details prior to your arrival.

#### Staying in Itacaré Before the Retreat

We recommend arriving 1–2 days early and staying in Itacaré to rest, adjust, and prepare. We've curated a list on [booking.com](https://www.booking.com) of place that we recommend, where you'll find:

- Centrally located pousadas where you can walk to town or the beach
- Reliable reviews
- Comfortable stays

#### What to Do in Itacaré Before the Retreat

Itacaré is a beautiful place to slow down and gently transition into retreat mode. This time is best spent quietly and intentionally, allowing your body and nervous system to settle.

We recommend:

- Walking along the beach
- Swimming in the ocean or nearby rivers
- Eating light, dieta-friendly meals
- Resting and staying hydrated
- Avoiding alcohol, nightlife, and overstimulation

### Step 3: Taxi from Itacaré to Spirit Vine Center

On the day your retreat begins Spirit Vine will send a taxi to pick you up from your pousada in Itacaré and you will travel together with other participants. The drive to the retreat center takes approximately 1 hour.

Once you arrive at Spirit Vine, you will:

- Settle into the retreat space
- Surrender personal items as outlined in the intake process
- Enter the ceremonial container

After arrival, participants are not permitted to leave the property until the end of the retreat, except in special circumstances approved by the facilitators. This boundary is essential for safety, group cohesion, and the integrity of the work.

# Travel FAQ

## **What if my international flight is delayed?**

Do not rush—safety matters more than speed. Arriving a few days early helps prevent stress from cascading delays. If your international flight is delayed, notify us as soon as possible and rebook your domestic flight to Ilhéus if needed. Prepare time to go through customs when you arrive in Brasil.

## **What if I miss my domestic flight to Ilhéus?**

If you miss your domestic connection:

- Rebook the next available flight to Ilhéus
- Inform Spirit Vine of your updated arrival time
- Taxi pickup plans may be adjusted if needed

## **What if my luggage is delayed?**

If your luggage does not arrive:

- File a claim at the airport
- Inform Spirit Vine of essential items you are missing
- Pack critical items in carry-on whenever possible

## **What if I arrive late to Itacaré?**

If you arrive later than expected, stay calm and communicate and Spirit Vine will help coordinate next steps.

## **Can I arrive directly at the retreat center on my own?**

No. For safety and coordination, participants travel together from Itacaré and transportation is arranged by Spirit Vine. This ensures proper arrival timing and group cohesion

## **What if I need to leave early or have an emergency?**

Leaving the retreat early is strongly discouraged but may be possible in special circumstances:

- Inform facilitators immediately
- Transportation will be arranged if appropriate
- Re-entry into ceremony is not guaranteed

## **A Final Travel Reassurance**

Travel is part of the medicine. Delays, uncertainty, and surrender often begin before arrival. Trust that you will be guided step by step—and that we are here to support you.

*Contact us if you have any questions or concerns.*  
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**Spirit Vine**

