**BRAZILIAN EXPLORERS FINISH ONE OF THE GREATEST AND MOST EXTREME MULTI-SPORTS EXPEDITIONS**

When documentary filmmakers and explorers Fernanda Lupo and Márcio Bortolusso presented their unlikely goal just over a year ago, few believed they would be able to do something so grandiose and risky.

**Mega challenge never before dared by any adventurer, for twelve months and more than twenty thousand kilometers**, from the Amazon to the south of Brazil, the extraordinary project “**6 Hard Xpeditions**” was a scientific-exploratory journey truly extreme and with an innovative format on the world stage. Part of an even greater challenge that will be realized from 2020 to 2021 and against the "Outdoor market" by avoiding media clichés intended for the general public - such as the already massed Everest, Seven Summits, diving with sharks, etc. - according to important journalists, advertisers and athletes, was **one of the greatest and most extreme multi-sport expeditions ever held**.

Normally expeditions are not performed in sequence. When they return from a great endeavour, adventurers need months or even years to leave again, due to the numerous logistical procedures (training, research, authorizations, etc.) and the high risk, cost and physical and psychological wear and tear. In addition, generally each explorer has a unique specialty, such as a climber that concentrates only on mountaineering techniques or a paddler that is limited to some mode in sea or rapids.

Impressively, in addition to this couple have a rare multisports expertise, with extensive knowledge in several quite complex activities - Cave Diving, Sea Kayaking, Big Wall Climbing, Ultramarathon, Canyoning, Stand Up Paddle, etc. - after **six years of meticulous preparation and arduous training** Fernanda and Márcio successfully have done **six extreme and pioneering expeditions practically in sequence**. Detail, dispensed support teams and shippers, adopted routes considered impossible, during the challenges used only human traction and did not take breaks, boycotted guides and pack animals, faced constant dangerous situations, among other daring minimalist choices.

With singular energy, courage and technical ability, the duo lived countless experiences of suffering and pleasure, confined for weeks in some of the most dangerous terrain of the Brazilian mountaineering or in complex navigations crossing fearsome areas even by the Armed Forces, hanging on cliffs for many days in arduous turns of up to 24 hours, hoping not to be hit by huge rocks that fell, dragging up to 170 kilos of cargo, running hundreds of kilometers with 15 kilos in the back, being hurled against sharp walls during refluxes in underwater sea caves, paddling against strong winds and currents, wallowing in muddy waters infested with snakes and alligators and overnight in areas with the highest concentration of jaguars in Brazil, punished with large bruises and severe injuries, bearing thermal sensations from -10 to +45 ºC, suffering with thirst or sipping water from unhealthy ponds, frightened by buffalo or sneaky alligators, hunters and night gunslingers.

And what is even more incredible, as is common in their explorations, while fighting against extreme fatigue and to stay alive, with the support of entities such as SOS Mata Atlântica and Brazilian Society of Speleology (SBE) still developed valuable research and environmental actions with unprecedented discoveries , as unpublished inventories of species, caves and springs and chemical analyzes of the water quality of streams, rivers and seas of endangered paradisiacal areas.

**KNOW WHAT THE SIX EXTREME CHALLENGES OF THE COUPLE**

It all began with **the demanding climb of the imposing southwest face of the "Pico Sem Nome"** (Nameless Peak), one of the most impressive and isolated mountains of the extensive Mantiqueira Range, **one of the last of Brazil with long rocky slopes with more than two thousand meters of altitude that remained without climbing routes**. In total, there were 22 days of tension and martyrdom alongside climbers Kelvyn Medeiros and Diego Moreira. Preview here >>> https://bit.ly/2WxZHhE.

In sequence They went into remote labyrinths of the largest fluvial-maritme archipelago in the planet and carried out **one of the hardest kayak expeditions ever undertaken in Amazonian rivers**, under strong tension in the "worst pirate zone in Brazil" - hundreds of kilometers connecting rivers separated by isolated springs obstructed by dense vegetation, paddling against powerful currents or even running dozens of miles under scorching sun. Preview >>> https://bit.ly/2I4rWQZ.

Without taking a breath, they undertook **one of the largest waterfalls explorations in the world**, which resulted in the **largest mountain descent in Brazil** (~ 1,900 meters of unevenness), exploring for the first time the Neblina Waterfall, **one of the highest and most beautiful waterfalls in Latin America** that became "**the highest Brazilian waterfall**" (almost 450 meters). After identifying the highest springs of one of the most important river basins of the Southeast of Brazil, with the reinforcement of the canyoneers Anor Sassaron and Juliano Hojah they fought a struggle for survival, being dragged by seven vertiginous kilometers, realizing dozens of rappeling with 120 kilos of cargo, under sharp and unstable stone blocks that destroyed their resistant ropes. Preview >>> https://bit.ly/2I6n7Xx.

In one of the most complex and dangerous outdoor activities and with the support of diver João Andreoli They began **the first inventory of underwater caves of a Brazilian archipelago**. In difficult access points of Ilhabela Archipelago, they explored, recorded and mapped cavities for cataloging in the National Caves Registry, sometimes under heavy reflux in narrow passages, working with their cameras, measuring tapes, clipboards and reels with a few meters of visibility (even with lanterns) and shaking between sharp walls that resulted in broken equipment, bruises or hedgehog spines through the body. Preview >>> https://bit.ly/2ODkpd6.

From Ilhabela the couple set off for an **exhaustive ultramarathon of about 240 kilometers - 90% on soft sand - traveling all along the Uruguayan ocean coast, from Brazil to the border with Argentina** - running with 15 kilos in the back, for endless dunes sizzling and without the usual aid in competitions - route signaling, water and food stands, doctors, accommodation with bathrooms, awards or other runners to motivate them. They had agreed that "even in the face of the worst incident one of the two would have to complete this expedition." Therefore, after a severe injury neutralize Fernanda, despite the difficulties (twisted ankle, nails were about to fall, knee locking, etc.) Márcio bravely completed more of this pioneering feat. Preview >>> https://bit.ly/2FQYKLK.

Without losing their motivation they performed **one of the most insane SUP crossings ever made, treading for 16 days hundreds of kilometers of one of the most beautiful, isolated and biodiversity rich regions of Brazil**, crossing unexplored labyrinths formed by thousands of islands and canals, through the night, dragging heavy cargo through treacherous and almost impenetrable forests and mangroves, devoured by thousands of mosquitoes in long sleepless nights over an unstable tent armed on their SUP boards, awakening every half hour for fear of being swept away by the high tide, and so on. Preview >>> <https://bit.ly/2UdCHI7.>

**DO NOT MISS THE DOCUMENTARY AND OTHER ACTIONS OF THE COUPLE**

With complex and costly logistics, the 6 Hard Xpeditions project became a reality thanks to the trust of its sponsors Duracell, LG, Gore-tex and Brazil Kirin and dozens of supporters who collaborated with the viability of around 300 equipment and services, besides to courses and training ranging from Wilderness First Aid, night diving and in caves to the unusual sessions of apnea loading stones on the seabed.

Seemingly insane, the unprecedented journey of this unusual couple has yielded countless stories filled with strong emotions, experienced by the richest cultures and in some of the wildest regions of Brazil - they spotted whales and isolated flocks of primates, paddled among otters and dozens of dolphins, swiming in rivers filled with alligators and piranhas, they crossed colonies of sea lions and even a small shark, they were impressed with footprints of jaguars and rare birds like a beautiful specimen of toucan not cataloged by science.

Fernanda and Márcio have finally returned to their safe harbor in ilhabela archipelago and soon promise to present their joys and misadventures in a web series, in lectures, in their social networks and in a documentary. **To know more about this magical and unforgettable adventure, just go to www.6HardXpeditions.com** and register in your profiles and channels.

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**PHOTOS TO ILLUSTRATE EVERY ACTIVITY** (attention because some are repeated):

Project 6HX (Open and general) - 1, 2, **15**, 20, 28, 29, **30**, **33**, **36**, **37**

Climbing - 3, 4, 5, 13, 24, 32

Kayaking - 6, 14, 23, 27, 31, **37**

Canyoning - 7, 8, **15**, 16, 21, 22, 26, 34, **36**

Diving - 9, 17

Ultramarathon - 10, 18

SUP - 11, 12, 19, 25, 29, **30**, **33**, 35

**PHOTOS SUBTITLES:**

1 - One of the largest multi-sport expeditions ever held

2 - More than 300 equipment was used in the six expeditions of 6 Hard Xpeditions

3 - The isolated and imposing Nameless Peak - Márcio Bortolusso

4 - The 170 kilos of cargo used in the climb of the Nameless Peak - Photoverde Archive

5 - More than three weeks of hard work to climb the Nameless Peak - Kelvyn Medeiros

6 - One of the hardest paddling expeditions in rivers of the Amazon, facing obstructed springs and murderous pirates - Márcio Bortolusso

7 - One of the largest waterfalls in the world with 1,9 kilometer of unevenness - Márcio Bortolusso

8 - Seven days fighting for survival by 7 vertical kilometers, 1.9 kilometers of gap and rapelling of up to 250 meters each - Márcio Bortolusso

9 - High risk during the first inventory of underwater sea caves of a Brazilian archipelago - Márcio Bortolusso

10 - Ultramarathon unprecedented for hundreds of kilometers along the ocean coast of Uruguay - Fernanda Lupo

11 - Overnight on floating boards and other new techniques in one of the most arduous SUP expeditions - Márcio Bortolusso

12 - Feet and hands destroyed after 16 days exploring forests and mangroves with a SUP - Photoverde Archive

13 - Fernanda on the sixth day of Climbing facing an 24 hours of uninterrupted work - Márcio Bortolusso

14 - Fernanda cut her hair with a penknife during the climb and in the Amazon scraped to avoid harassment of the pirates - Marcio Bortolusso

15 - During the expeditions the couple performed important scientific researches - Márcio Bortolusso

16 - Partial view of one of the largest waterfalls in Latin America explored for the first time over seven risky days - Márcio Bortolusso

17 - The couple during the first inventory of underwater sea caves of a Brazilian archipelago - Márcio Bortolusso

18 - Nearly 250 kilometers of unpublished race for soft and unsupported sand, signposted routes, accommodation or water and food stands - Evaldo Plado

19 - For 16 days the couple paddled hundreds of kilometers for a route considered impossible even by experienced hunters - Márcio Bortolusso

20 - Dragging 170 kilos between cliffs for a week / Filtering unhealthy water with the eye on alligators / Sleeping watchful for pirates - Photoverde Archive

21 - The 115 kilos of cargo used in the 10 days of the Canyoning expedition, one of the biggest explorations of waterfalls of the World - Márcio Bortolusso

22 - During 7 days descending 7 kilometers of rivers and 1.9 kilometers of slope, the sharp corners and the loose blocks destroyed the 200 meters of rope of the team - Fernanda Lupo

23 - With scares with alligators and sneaky gunmen, forced nocturnal Amazonian paddling in the worst area of pirate attacks in Brazil - Márcio Bortolusso

24 - After weeks of arduous and dangerous adventure, the couple celebrating on the summit of the imposing Nameless Peak - Márcio Bortolusso

25 - During one of the hardest expeditions of SUP the couple traveled for 16 days hundreds of kilometers of land considered impossible - Márcio Bortolusso

26 - Hands destroyed after 10 days of hard work in one of the most dangerous terrain of the Brazilian Mountaineering - Fernanda Lupo

27 - Hundreds of miles sowing rivers and springs in the largest fluvial-marine archipelago in the world, paddling against strong currents and hiding daily from dangerous pirate gangs - Waldecy Donato

28 - In total among the six extreme expeditions were more than 20 thousand kilometers inland from North to South of Brazil - Márcio Bortolusso

29 - Without support teams, during the six extreme expeditions the couple traveled by routes considered impossible even by military and experienced hunters - Márcio Bortolusso

30 - During 12 months and more than 20 thousand kilometers the couple experienced rich cultural experiences - Photoverde Archive

31 - When crossing hundreds of kilometers of one of the worst areas of pirates in Brazil, the couple had to camouflage and hide dozens of times in small hiding places in the woods - Márcio Bortolusso

32 - Displaced shoulders and other serious injuries, ropes cut by blocks and stones with killer sharp blades, backpacks with tens of kilos, risk of fatal falls of tens of meters - Márcio Bortolusso

33 - To compensate for the constant risk and difficulties the couple enjoyed and recorded endless breathtaking scenarios - Márcio Bortolusso

34 - Only one of the dozens of falls down in the 7 kilometers of waterfall had 250 meters and demanded the maximum of the team through the night - Fernanda Lupo

35 - At last a good camp to compensate for the sleepless nights on unstable SUP boards floating in fetid mangroves full of alligators and jaguars - Márcio Bortolusso

36 - The six extreme expeditions were carried out in some of the most isolated and inaccessible areas in Brazil - Márcio Bortolusso

37 - When at last the couple reached some point of civilization was always received with great hospitality and amazement - Photoverde Archive