



Rio For Partiers

by Cristiano Nogueira

Sunset outside Azul Marinho restaurant

Rio For Partiers

2013 © Copyright Editora Solcat Ltda.
First Published 2003 - All rights reserved -
Editora Solcat Ltda.

Photography: João Penoni e Cristiano Nogueira,
Ricardo Zerrenner, RioTur, Agencia Globo et al.

No part of this publication may be reproduced,
stored in a retrieval system or transmitted in any
form or by any means electronic, mechanical or
otherwise, without permission of the copyright
holder.

The products, trademarks, logos and proprietary
shapes used in this book are copyrighted or
otherwise protected by legislation and cannot be
reproduced without the permission of the holder
of the rights.

ISBN 978-85-89992-11-4

The editors of the book did their best to offer
information that was up to date at the time
of printing. However, some data is subject
to change and the editors cannot accept
responsibility for changes that have occurred
since the book's printing.

Readers interested in sending their suggestions,
ideas or complaints can do so via email to
cris@rioformpartiers.com or by writing to our
postal address:

Solcat Editora

Rua Nossa Senhora de Copacabana 1183 sl
1001, Copacabana CEP 22070-011 Brazil
tel:+55 21-2247-5674

www.rioformpartiers.com
cris@rioformpartiers.com

Part of "For Partiers" series of guides. Published
and printed in Brazil by Editora Solcat Ltda.
Eleventh Edition. Yay!

Nogueira, Cristiano
Rio For Partiers / by Cristiano Nogueira ;
[photography João Penoni and author]. -- Rio
de Janeiro:
Solcat Editora, 2013. -- (For partiers)

1. Rio de Janeiro (RJ) - Descrição e viagens
- Guias
I. Penoni, João. II. Título. II. Série

03-5742

CDD-918.153

The SolCat Team



Cristiano Nogueira

Editor, writer and design director



Gabriela Alcoforado

Marketing



Alexandre Klayn

Marketing assistant



Ronaldo Alperin

Researcher



Jackie Saysell

Revision Editor



Dupi-dog (aka Mr. Poops-a-lot)

New company dog and chief order barker

MISSING:

Marina Macacchero- Map designer, João Penoni-Photographer.

Luis F. Nunes - research assistant, Pauline Harris,

CONTRIBUTING WRITERS

Felipe Herrera- Business in Brazil; Phil Smith- Brazilian Pride;

Guy Halliday- Gay Rio.

PHOTO CREDITS

João Penoni, Cristiano Nogueira, Dan Littauer, Agência
Globo, Ricardo Zerrenner (RZ) (www.zerrenner.fot.br),
Biblioteca Nacional, Riotur, Iko Olivier (IK): opetit@gmail.com
Ernani Bezerra(ER), Sam Stearman (SS): Sam's Exotic
Travel Photos - www.samsays.com, David Rice (DR),
Amy Sastro (AS), Preston Grant (PG): www.prestongrant.com;
Richard Langsfeld (RL), Christina Sawicky (CS),
Pedro Kirilos, Mauro Menezes (MM), sports instructors and
Secretarias de Turismo of their respective states.

Rio For Partiers is now on the iPhone!



Also on BlackBerry and Android platform.
Visit your app store and download it now, free!



Check our site for updates

www.rioformpartiers.com/travelguide

and up-to-date party calendar:

www.rioformpartiers.com/festa

(both Smartphone ready)

CONTENTS

Intro



Brazil's Talent	—6
10 Rio Commandments	—10
Where to Stay	—11
Lodging Options	—12
Stuff Near Ipanema	—13
Stuff Near Copa South	—14
Stuff Near Copa North	—15
What to bring	—16
Rio Stats and Keys	—18
Brazilian Pride	—20
General Tips	—22
Emergencies	—24
Travel Health Tips	—25
Safety tips	—26
Things You'll Need	—28
Water safety tips	—31
What to do at the Beach	—31
Fashion Crimes in Rio	—32
Getting Around	—33
What's the deal with?	—34

Day Tours



Ipanema	—38
Pão de Açúcar	—40
Joatinga & Barra	—42
Copacabana	—43
Soccer Game	—44
Christ & Santa Teresa	—46
Lagoa & Botanical Gardens	—48
Helicopter Tour of Rio	—51
“Do-It-All” 1 Day Tour	—52
Off-Zona Sul	—54

Adventure

Hang Gliding	—60
Scuba	—61
Surfing	—62
Rock	—63
Off-Road Biking	—64
Kayaking	—65
Tijuca Peaks	—66
KiteSurf	—67

Cultural —69

Downtown	—70
Tour of a Favela	—72
Big Dude Tour	—73
Santa Teresa Tour	—74
Silly Pastimes	—75
Giving Back	—76

Rainy Days —79

Rio when it's Raining	—80
Cooking Lessons	—81
Street-Food Tour	—82
Photo hunting	—83
Ipanema Pub Crawl	—84
Copacabana Pub Crawl	—87

Gift Ideas —89

Brazilian Fashion	—90
Brazilian Art & Design	—92
Pampering Options	—93



Music —94



Samba	—96
Pagode	—96
Chorinho	—97
Brazilian Funk	—97
Brazilian Pop (MPB)	—98
Bossa Nova	—98
Rock	—99
Forró	—99

Events —100

Carnival	—105
New Year's Eve	—107

Nightlife —109

Occasional Parties	—128
After hours	—130

Gay Rio —132

GAY NIGHT	—134
-----------	------

Food —139



Churrascarias	—140
Origins of Feijoada	—141
Popular Lunch Dishes	—142
Lunch Suggestions	—143
Great Restaurants	—143

Stuff to Try



Street Foods	—156
Bar foods	—158
Desserts	—159
Stuff you never ate	—161
Drinks	—162
Fruits and Juices	—164

Around Rio

—166

Ilha Grande	—168
Búzios	—170
Ilha Grande	—170
ANGRA	—171
Petrópolis & Itaipava	—172
Paraty	—174
Honeymoon Ideas	—176

Around Brazil

—179

Salvador	—180
Pantanal	—182
Bonito	—184
Natal	—186
Amazon	—188
Foz do Iguassu	—190

After visiting

Rio —192

Cook moqueca	—193
Brazilian Sayings	—194
Brazilian Ideas	—195
Business in Brazil	—196
Moving to Brazil	—197
Your Carioca I.Q.	—198
Pay Less Than Locals	—200

BRAZIL'S TALENT

“It is a sin to compare places when travelling”, they teach us at tourism school.

True, but hard to avoid such a natural behavior. When I try hot-dogs anywhere in the world, I compare them to New York, Chicago or Vienna style. I can't help it. When I visit a palace, Versailles comes to mind as a reference point to bounce stats off: “This palace has 200 rooms!” “Well, Versailles has 300, so take that! I can't help it. No one can. Sometimes I do manage to avoid comparisons and enjoy the place, thing, food or whatever for what it is, making my experience less frustrating and more appreciative, but that is rare, or whenever I have nothing to compare it with.

So, to contradict this golden rule, for the sake of making a point, I'll put the idea of Brazil as a tourist destination on a comparative basis with other places in the world:

Brazil does not have the most pristine beaches (Tahiti does), the most flavorful dishes (France, Italy and Thailand do), historic landmarks (Rome, Beijing and Athens), Art museums (Berlin and NYC own this), bargain outlet malls (Florida), cutting edge architecture (Shanghai).

So why Rio?

What Brazil does very well, and I go as far as to say “better than anyone” is parties.

Brazilian festivals, whether cultural feasts or large parties, are second to none. If we follow the formula to making a great party that says “the more the merrier”, Brazil can easily put 2 million people at any event, with less than a week's notice. Take the millennium celebration: 5 million on Copa beach. Any carnival in Rio or Salvador, in the recent years, has topped 6 million party goers on the streets, all 6 days. Rock in Rio, 2 million PAYING customers during one week.

The attitude of the party-goers can make or break a party, so “fun-loving” is the adjective attributed to most Brazilians. It will be rare to see a group of Brazilians behaving like diplomats at the Vienna Royal Ball. They'll be the first to take off their tuxedos and take over the band, teaching them how to play a little samba.

Brazilian festivities have funds too. The carnival parade in Rio costs US\$30 million for 2 days of show. 60 thousand dancers and every one dressed beautifully.

Brazil has music, an essential ingredient to any party. It has lots of it, in 32 distinct styles.

Event organizing is a big and profitable business in Brazil and the festival agenda doesn't stop at carnival and New Year's Eve. The same care and attention is given to the Parintins festival, in the Amazon, or Bumba-meu-boi festival in the North-east of Brazil. Then there is Festa Junina in June, all over Brazil, Oktober fest in the south, the Barretos country-rodeo in Sao Paulo. Like a Rolling Stone, a Brazilian's social life catches no moss.

So, we have large numbers of fun participants, money, reasons to party and a well-balanced calendar. The last ingredient, and probably most important, is the fire in the heart. A desire to celebrate life, the here and now, the proximity of others. Whether or not this fire burns on alcohol or passion is neither here nor there. What matters is that Brazilians want to party. Where there is a wish, there is a way. And that desire to constantly celebrate something, anything, is what inspires Brazilian culture, and makes Brazil stand out as the most festive culture in the world.

Brazil is for partiers.



Friend me on Facebook, and ask away!

www.facebook.com/crisnogrio

Btw: This collage artwork portrait of me was commissioned by my awesome girlfriend, Jackie. It is probably the best gift I ever got, so here it is, made of cut-outs from 11 copies of Rio For Partiers, 6 days of non-stop work with 3 artists (Poppy and Leah Wilks, Jackie Saysell).

CITY OF RIO AT A GLANCE

Rio is split into 4 zones: the South Zone, the North Zone, the West Zone and the Downtown area (Centro). As far as general tourism is concerned, the only zone of interest is the South and the Downtown area.

North Zone

The North Zone is mostly poor neighborhoods, with very little appeal for tourists. With the exception of the Tijuca Forest, Maracana and the Salgueiro samba school rehearsals, no other visits are necessary.

West Zone

The West Zone includes everything after Barra da Tijuca (commonly referred to as Barra). Barra is a new middle-upper class neighborhood with tons of shopping areas and nightlife. It is, however, mostly modelled on the average American suburb, with large avenues, strip malls and ample parking. Unless you have never seen an American suburb in your life, we recommend limiting your visits here to Pepe Beach, Nuth dance club, Joatinga beach and Barra Shopping mall.



Downtown

From a tourist's point of view, the Downtown area is a zone of interest due to its historic and cultural buildings (museums, churches, colonial architecture etc.) Although very active during the day, the downtown area (with the exception of Lapa and a few happy hours), is shady at night.

South Zone

The South Zone is the richer and prettier part of the city, with dozens of hills and mountains, the lagoon (Lagoa) and marvelous beaches. It is also safer than other areas, but care must be taken in the slums covering its hills. It is in the south zone where most of your day tours and nightlife will take place, so this is the area where we most recommend staying.

10 Rio Commandments

1 DO STAY IN ZONA SUL

Trust us on this: most of your day and nightlife will revolve around the neighborhood of Ipanema. Try to stay as close to it as possible.

2 DON'T WALK AROUND WITH JEWELRY

Ladies and Gentlemen! This is not your turf, so no matter how much clout you have at home, it is not worth shit here. Necklaces, rings, expensive watches, bracelets etc. are not to be worn except when you are off to a swanky event or club. Otherwise, keep it down low.

3 DON'T ARGUE WITH COPS

The cops here are instructed to take action, as opposed to discussing who is right. It doesn't actually matter who is right, who stole what from whom, or if you didn't know she was under 18. If they want to arrest you for anything, let them, then call your consulate. If they want to fine you for something you did, usually for a driving offense, (a good reason not to drive), then it is up to your slickness to implore them not to give you a ticket.

4 GET CHANGE FOR A 50

The surest way to end up in hell is to walk around with a R\$50

note thinking that the beer guy, bus or taxi will have change. Whenever at a restaurant, shop or bar, pay with the R\$50. Five R\$10 bills can be worth more than one R\$50.

5 DON'T TRY TO DO CULTURAL STUFF IN BARRA

Even though Barra is a nice neighborhood it is, in summary, a taste of American life. We do, however, recommend Pepe beach and Nuth dance club.

6 DON'T STAY FAR AWAY BECAUSE IT IS CHEAPER

Okay, you have a Brazilian connection you met back home or on the Internet. He is the one who begged you to come, and you did. After arriving, you realize he lives in bumble fuck. What to do? Stay at his place and please him rather than enjoy the practicality of staying in Ipanema, as this guide suggests? Or should you tell him that you want to explore Rio by yourself during the day (while he works or goes to school) and that you two can hook up at night? Go for the second option. You will waste time and moolah on cabs traveling to and from his place.

7 DON'T TRY TO DRIVE

Don't rent a car and try to figure out Brazilian road signs. Ok, believe this: not even Cariocas (people from Rio) know how to get around this maze-like city. So unless you've got a very

good reason, don't try to drive around. One wrong turn and you can end up in the slums, being fined by the cops, or stuck in rush hour traffic. Even if it seems more economical, stick to taxis.

8 DON'T TRY THE PEPPERS

I beg you! Your stomach is not used to the chemistry in Brazilian peppers. Even if you can handle them, your intestines are bound to react in an explosive way for days after, ruining your trip.

9 AVOID THE HILLS.

Most of Rio's slums are on the hills, so with the exception of Santa Teresa, Cosme Velho and Joatinga, hillsides should be avoided for your own safety. Only go on trails with a tour guide (see page 74).

10 DON'T ASSUME THE WEATHER WILL STAY NICE

The weather in Rio, as in most tropical cities, can change drastically within an hour. If it's sunny, don't waste your time doing indoor tours like museums or shopping.

WHERE TO STAY



Carioca = a native of Rio

Ipanema Beach with Two Brothers mountain in the background



Lodging Options

THE AREAS

If you are here more for the nightlife and beach, stay in Ipanema. If you are here for traditional daytime tourism, go with Copacabana, which is closer to most of the attractions and offers “Yes-now-I’m-on-vacation” ocean views. If you can’t find anything affordable there, opt for Botafogo, Flamengo or Gloria, which are all excellent options, despite being 20 minutes from Ipanema beach. Santa Teresa is the ideal option for those looking for a boutique hotel or bed & breakfast with a mountain view and quaint streets.

HOTELS

Most of Rio’s hotels were built in the 70s, and many have not been remodeled since. If you want 5 stars with a unique design, consider the Fasano, Santa Teresa or the Copacabana Palace. For a traditional deluxe hotel, consider the Sofitel, Marriott, Pestana, Caesar Park, Marina or Atlantica. The Sheraton Rio almost feels like a resort, as it has its own beach and tennis courts. If you want a 3 or 4 star hotel, they vary very little in accommodation style (same beds, same tv, same shower etc). So choose according to location. Go at your own risk to those lower than 3 stars.
www.booking.com has become the leader in best prices

HOSTELS

There are over 80 hostels in Rio... with varying quality levels. Do your research. Alternatively, consider hostel’s that have a B&B built in, as some have private rooms for 2, at reasonable rates.
www.hostelworld.com

APARTMENTS

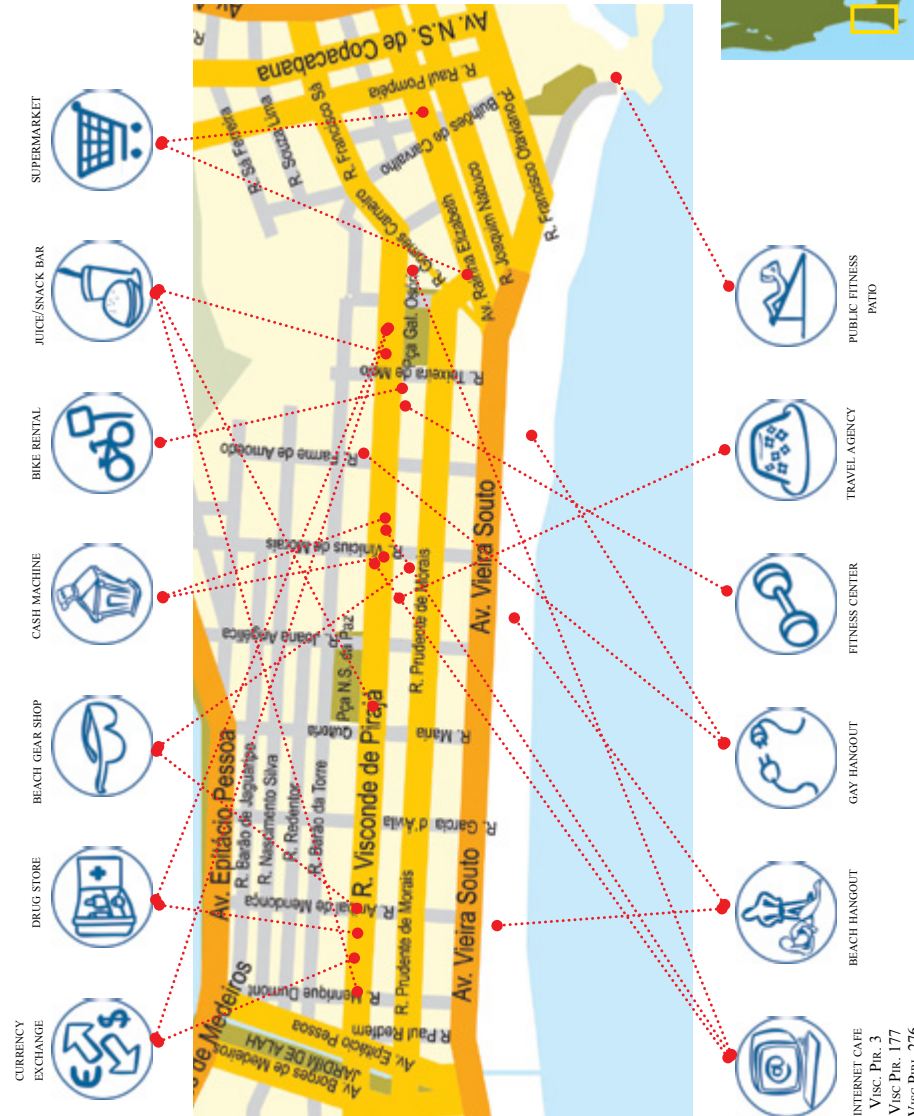
The best option, if you are coming with a group, is to rent an apartment. Most have doormen, maid service (US\$50 for a day’s cleaning and laundry), TV, DVD etc. Some may even have beach gear, like bodyboards, surfboards or bikes. Prices range from US\$120 for a one-bedroom to US\$500 for a beach view, 4 bedroom penthouse.
www.craigslist.com has better prices, but www.airbnb.com offers greater security in the rental process

COUCHSURFING

Young, by yourself and staying only a few days? Consider the couchsurfing style of lodging, where you crash in someone’s extra room or living room, for FREE! You just have to become a member, and tons of cariocas will be happy to have you around. What’s their motivation? Maybe they want to practise their English, maybe they want some company, maybe they feel like having an apartment they can crash across the globe.
www.couchsurfing.com

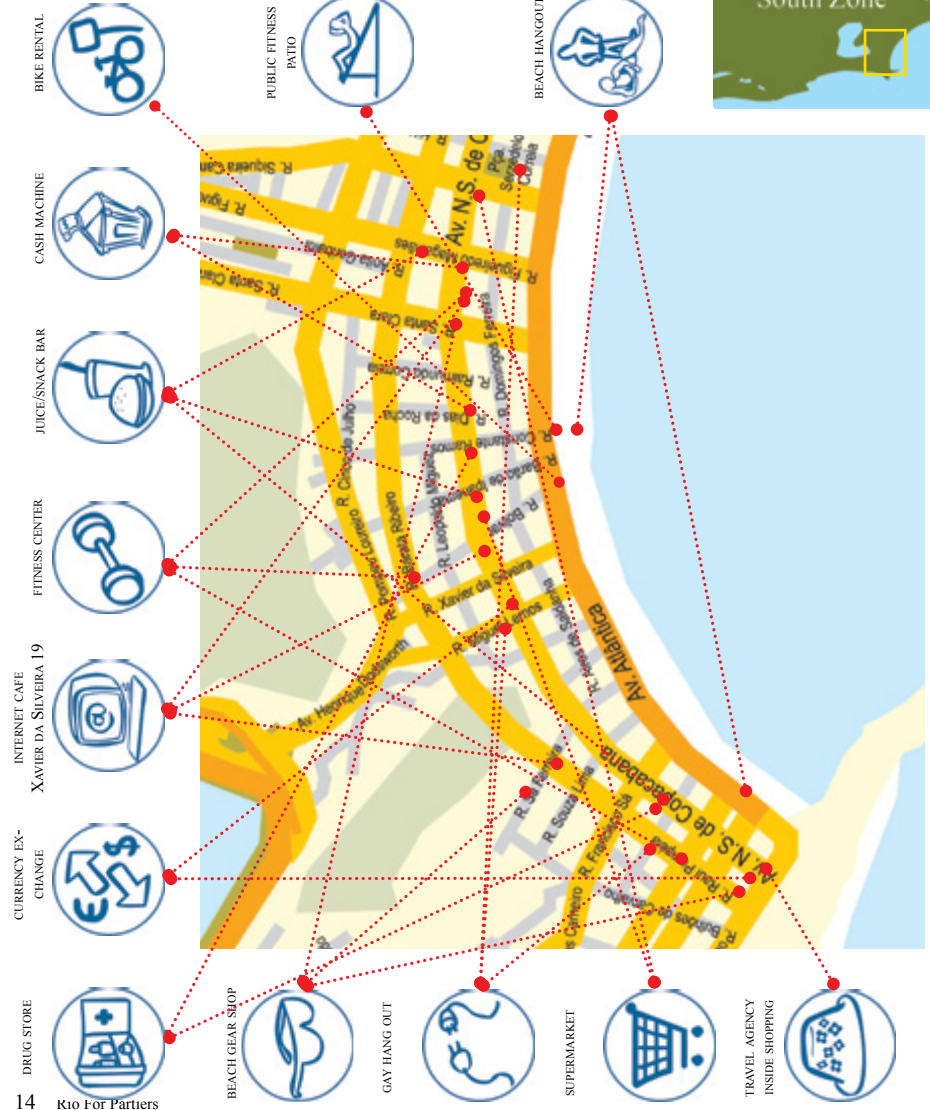
Stuff Near Ipanema

The commercial zone is along Visconde de Pirajá Street. The “young” beach spot is within a block’s radius of the #9 lifeguard station (Posto 9). Ipanema is extremely safe, day and night.



Stuff Near Copa South

This side of Copacabana is privileged by being close to Ipanema. It has two busy streets, N.S. Copacabana and Barata Ribeiro, where most shops can be found. The beach is the third best in Zona Sul, after Ipanema and Leblon, packed with gringos, beach vendors and a few obvious hookers.



Stuff Near Copa North

Copacabana North is a good option if you want to stay close to downtown and the main tourist attractions. It is just as busy during the day, but quieter than the south part of Copa at night. It is also a little more dangerous at night, so cab back and forth for any distance further than a few blocks.



WHAT TO BRING

SUMMER CLOTHES

It is constantly hot and humid during the summer months, when you may not even want to wear a pair of pants, let alone a sweater at night. Ladies stick to shorts, skirts, summer dresses, tank tops (vests) and T-shirts. Men stick to sandals, Bermuda shorts and T-shirts.

WINTER CLOTHES

Winter (June to August) in Rio feels like mid-May in the northern part of the US and Europe, or like the beginning of April in the southern part of the US and Europe. Dress accordingly. During a cold night in mid winter, temperatures drop to 60F, 15C

EQUIPMENT

- Sunglasses
- Cheap watch
- Digital camera (the smallest possible)
- Disposable camera (for street events)
- Anti-diarrhea medication
- Sunscreen and after-sun
- Cap
- Travel-socket adapter



GSM MOBILE PHONE

A GSM ready cellular phone will help you stay connected

with the world by using the roaming service from Brazilian carriers. If your phone has a built-in camera, even better: take and send pictures and videos to make all your friends instantly jealous. (To learn how to activate your phone in Brazil, see page 28)



BUDGET AND MONEY

Cheap spending (eating at the hostel, few restaurants, no hardcore clubbing, basic tours): US\$75 a day.

Average spending (restaurants and street food, hostel or cheap hotel, most of the tours): US\$130 a day

All-out good living (nice hotel, restaurants, all the tours, clubbing, shopping, massages etc): US\$250 a day

You should bring half of your budget in cash and have the other half available on your credit card.

PETTY CASH

If you are in a group, instead of each person paying for his or her beer, taxi, entrance and other small stuff, why not choose someone to carry the petty cash. Each morning, each member

chips in R\$50 or R\$100.

IDS AND CARDS

- Passport
- Student ID
- Driver's License
- Tourist Visa
- 2 Credit Cards (Visa & Mastercard) Call your card company and let them know you'll be travelling to South America, as they sometimes freeze your card on seeing irregular activity, till you call in to explain.

WHAT YOU DON'T NEED TO BRING

- Towel or swimming gear (you'll look silly, buy it in Rio instead)
- Snorkel or Hawaiian shirts
- Winter jacket
- Laptop
- Black socks

BEFORE FLYING TO BRAZIL

Call the closest Brazilian consulate and check with them about the required vaccines and visas. Check the listing of consulates worldwide at: www.brazil.org.uk



Joatinga Beach (pg. 36)

SAFETY TIPS

As a general rule, gringos are somewhat untouchable by drug-lord rules. Your chances of being kidnapped, held hostage, etc are a lot smaller than that of an upper class Brazilian. The small fish, such as young pickpockets and out-of-town criminals, take their chances.

Beware on empty streets just as much as at overly crowded events. The new trend in pickpocketing (some new Eastern-European techniques are now arriving in Brazil) is to create a situation in a crowd where your hands are distracted while they go for your pockets.

A good example is the Russian mustard trick, where they put mustard on your head in the subways. While you check to see what the heck is on your head, they go through your pockets.

Another common trick here in Brazil is the “fight breaks out” trick, when right in front of you there is a scuffle in the middle of a crowd. While everyone is being pushed away from the scuffle and while you are holding someone who is being pushed onto you, someone behind you (sometimes a woman) goes through your pockets.

Don't be a hero: if you are held at gun point, slowly pass over the money and leave it at that.

Get the hell out after any dangerous situation: if you manage to stop a pickpocket in his tracks, get out, as his partners may come after you.

Another very common technique is for the crook to rob you while on a bike. They can snatch your cellular phone, necklace or purse while passing by at high speeds.

If you are passing a shady character on an empty street at night, wave an eager “Hi! I'm over here!” to your imaginary friend who's a block away. This should throw a monkey wrench in his scheme at the last second.

Don't trust the cops' intelligence or integrity: if you get pickpocketed, say “what the hell!” and go on with your tour instead of getting caught up in reporting incidents and other red tape.

Not only is that an exercise in futility, but it will eat up your time and mood. Like a friend of mine said after getting \$200 pick-pocketed in the north of Brazil, “F*ck it! I consider it a small tourist tax” and went back to drinking. Not the best point of view as a long-term philosophy, but it worked fine for that week.



Local

Gringo

How to avoid being a target

As a general rule, you want to dress down. The grungy look will do you good. Since you are on vacation, you don't need to worry about your reputation. Here are some general rules to abide by to better guarantee your safety:

BASEBALL CAPS

Dead give-away.

HAIR CUT

Leave the “bed-head” hair style for the trendier clubs.

ACCENT

When in a crowd of dubious types, keep your talking to a minimum.

SHIRT

T-shirt instead of a Hawaiian shirt, also leave the Brazilian soccer team shirt for when you get back home.

MONEY & IDS

Don't bring too much or too little money, as they will shake you down till they get something. Don't carry a passport, nor all your credit cards or more than R\$200. Bring one major CC and one form of ID: student or state ID or driver's license. Don't trust your pockets, keep them zipped or buttoned up.

CAMERA

Don't walk around thinking the strap will guarantee your camera's safety.

BERMUDAS SHORTS AND FLOOD PANTS

You can wear bermuda shorts, but wear the styles the Brazilian boys wear, not what's in style back home. Flood pants never caught on in Rio, so forget it.

SANDALS

Wear tennis shoes or flip-flops instead. And, Lord, no black socks!

THINGS YOU'LL NEED TO GET

GETTING ACCESS ON YOUR SMARTPHONE

You can now get a pre-paid SIM chip from TIM telecom, called Inifinity-Pre, or Claro Pre-pago Ilimitado, to browse the web and get mails on your smartphone.



What's even better is the price for internet usage on these pre-paid chips: 50 centavos per day! That's right, you can browse, email and even Skype all you want for 50 cents. Imagine how your trip will improve!

To get a pre-paid chip, and if you have the help of a Brazilian or a concierge at your hotel, you can simply go to consumer electronics chain stores like Casas Bahia or Lojas



Americanas and buy the chip, R\$10, together with R\$18 worth of credit, asking the sales person for "credito, por favor". Then install in your unlocked smart phone, Call any number and you will be transferred to a TIM or Claro customer service. After you get to a live customer rep, say "Do you speak English?". You'll be transferred to the

English speaking department who will register you after getting some basic passport info. In a few minutes your phone should be working.

THE PRICEY

ALTERNATIVE: ROAMING

Your GSM mobile works in Brazil. It roams calls using local carriers, so you can send text messages, pictures and videos, access the internet and, of course, make and receive calls.

To make calls in Rio, use the following dialing process:

- **Making local calls: simply dial the number**

- **Calls within Brazil: 0 + long distance carrier code + city code + phone number**

- **Calls outside Brazil: 00 + international long distance carrier code + country code + phone number**

If you don't know the codes for long distance carriers, simply let your phone choose one from its automatic programming. To save money, it's best to check with your phone's carriers for partnerships with Brazilian carriers.

Your contacts back home can reach you simply by dialing

your regular number, with no prefixes.

BRAZILIAN MONEY

At the airport, only change US\$50, enough to pay for the cab to your hotel. Once there you'll be able to exchange at fairer rates.

AT THE BEACH GEAR SHOP



Flip Flops



Brazilian fashion beach wear



Frescobol (paddleball) paddles

AT THE PHARMACY



Sun-screen



After-sun lotion (Aloe Vera)



Antidiarrheal medicine
"remedio para desarranjo"



Hangover medicine
"remedio para ressaca"

AT THE SUPERMARKET



Snacks

CARRY AT ALL TIMES



Reals (Pronounced "Hey-ice")
in small bills



Photo ID (or a xerox of your passport)



1 Visa or Mastercard credit card

HOTEL CARD



Should you get lost, you can hand this to the cab-driver.

WHAT TO DO AT THE BEACH

READ THIS BOOK

During your first day at the beach, while you wait for a butt to pass by, read this book! It will guarantee you a great time and lots of savings.

FRESCOBOL



The paddle ball game the Cariocas play is one of the few non-competitive sports in the world. Stand 15ft (5m.) apart, close to the water and paddle away.

BODY SURF



Body surfing is probably the purest water sport in the world. That means you can have fun with nature without any equipment, or even swimming trunks. As a wave breaks, jump with it, do two strokes so your body catches up to the speed of

the wave and ride the wake.

BEER



Hey! Now we're talking! Beer drinking at the beach is everybody's favorite sport. But do drink some water every now and then, as you are probably dehydrating faster than you think, which will make you sleepy by dusk.

JOG



Feel like exercising or sweating off yesterday's hangover? Jog along the beach. No further explanation needed...

BODYWATCH

Inevitable.



WALK

Duh...

VOLLEYBALL



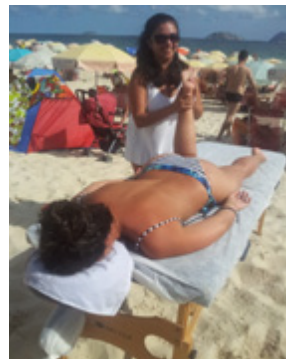
Yes, you want to play volleyball, but the Cariocas playing it won't even notice that you are waiting to be asked in. You can either be persistent and ask someone if you can join, or you can rent or borrow a ball from someone and play on an empty court (unlikely to happen on weekends). If you can hang with the best or if you are tall, they may let you in. If you suck, practise elsewhere.

SOCCER – FOOTBALL



In most cases, since the teams run from 4 to as many as 16 players on each side, you can just ask any one of the team players if you can join their game. This is if you can hang. If you can't, go back to paddle ball.

MASSAGE



You can get a beach massage with any of the masseurs posted every 6 blocks close to the sidewalk. Their prices range from R\$60 to R\$100 an hour.

Don'ts

DON'T TRY THE

PRE-COOKED BEACH SHRIMP

Or any beach seafood. Certain death.

DON'T MAKE EYE CONTACT WITH THE VENDORS

If you do, they will come and pester you for several minutes. When they catch your attention, quickly, give them the "no" sign by shaking you index finger just twice.

GUYS: DON'T LIE DOWN ON THE SAND

That's for women or guys accompanied by their girlfriends.

DON'T FORGET TO TAKE OFF YOUR SUNGLASSES

Raccoon eyes are not cool in Rio.

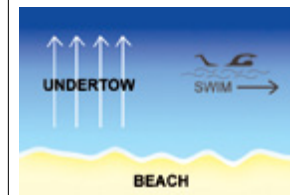
DON'T LEAVE YOUR STUFF UNGUARDED

When going into the water, simply ask your beach neighbor to watch your stuff for you. If you brought a digital camera or any amount of money, one of your group should stay behind.

Water safety tips

Whenever a fierce wave is coming your way, you should swim towards it so you can jump through it before it breaks on top of you.

If it does break in front of you, drop to the bottom, stay as close to the sand as possible and wait for it to pass over you.



If you get caught in the undertow (or any water current pulling you out to sea), two simple rules: 1) don't struggle against it; 2) swim parallel to the beach till you are out of the current.

If there are more than a few surfers in the ocean, try to stay as far away from them as possible. One slip and their board could crack your head open (sorry about the visual).

If you can't swim you should stay close to the lifeguard posts; in case you need to get pulled out.

Relax: Pão de Açúcar & Schooner

Flamengo, Botafogo bay and Urca with Sugar Loaf are panoramic areas. Visit Sugar Loaf, followed by a schooner boat tour. **Estimated Total Time (T): 8h Estimated Total Cost (C): R\$100 Best on: Sunny Weekday**

1 BREAKFAST

Start off with an *açaí* and pastel at any juice bar close to where you are staying.



2 SUGAR LOAF

Cab to Urca by 11am. Catch a cable car to the two peaks. Take your time: on the first mountain, “Urca”, look for a bar called “Abençoado” and buy a bottle of bubbly (R\$65). Champagne is never expensive when you have a good reason to open it. Take it to the chaise by the deck and enjoy the height of your trip, soaking it all in.



3 1 HOUR LONG WALK THRU FLAMENGO PARK

Walk from Urca to Marina da Gloria, along the coast, passing by Botafogo beach, then Flamengo park, arriving at Marina da Gloria, where you'll do a...



4 SUNSET SCHOONER BOAT TRIP

Once you get there, look for the Saveiros Tour agency, which offers 2 hour schooner tours, leaving at 3pm. For roughly R\$60, they will take you on a traditional Brazilian sail boat around Guanabara Bay, hopefully catching the sunset.



View of Pão de Açúcar (Sugar Loaf Mountain and Botafogo bay from Corcovado (Christ Statue)

Relax: Joatinga & Barra Beaches

Joatinga is one of Rio's most charming yet hidden, beaches. It is only visited by locals during weekends, or weekdays in January, when surfers are on school vacation.

Estimated Total Time (T): 7h Estimated Total Cost (C): R\$ 120 Best on: Sunny Weekend

1 BREAKFAST

A *suco de mamão* (papaya juice) with a *kibe* (Arabic beef snack) or *misto quente* (toasted ham & cheese sandwich) at your closest juice bar.



2 JOATINGA

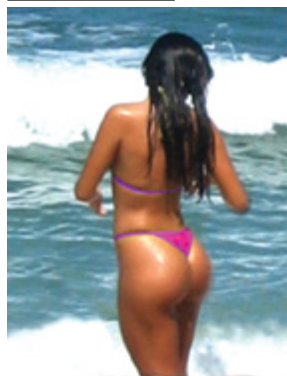
Hop into a cab and ask for Joatinga. Although the cab fare may be expensive (Ipanema to Joatinga=R\$29), it will make sense once you check out the view from up above.



Walk down the precarious path to the beach. There are one or two beach tents to offer you chairs and drinks. They charge more than others because of the remote location. Shadows are

cast early, due to the stone walls around Joatinga, so once that happens (usually around 3pm), get back up and call a taxi from the nearest phone booth, or ask a Brazilian with a cellular phone to dial 2434-0553 and call a cab for you.

3 PEPE BEACH



Take the cab to Praia do Pepe in Barra. Once there, sit on the sand and for the next few hours check out the hard-bodied people around you.

WILD BEACHES



If you also want to visit other famous, distant blue water beaches, like Grumari, Prainha and Guaratiba, we suggest you get a guided tour. Jungle Me offers a hike to deserted beaches, and saves you money on taxis.

Jungle Me
 Contact: Thiago tel: 4105-7533
 booking@jungleme.com.br
 www.jungleme.com.br
 Price: R\$180pp for 9 hour tour (4 hours hiking)



Relax: Copacabana

Copacabana still remains a place of Brazilian ethnic, cultural and social diversity. This alone makes it interesting. Est.Total Time (T): 8h Estimated Total Cost (C): R\$ 130 Best on: Sunny Weekday

1 BREAKFAST

Start off with a hearty breakfast (in case you missed yours at your hotel) at Colombo, in the Copacabana Fort, on the extreme right of the beach, where you can absorb the killer view. R\$4 to enter to the fort.



2 POSTO 6

Walk to the beach, get a chair and bask in the sun for a few minutes.



Cervantes. Sit down at "Galeto Sats" (the grungy restaurant next to Cervantes) and there you will enjoy another Brazilian meal: game

3 WALK AND PEOPLE WATCH

Walk up and down Copacabana's sidewalks and check out the diversity of people.

4 MASSAGE

After your lunch, walk along Copacabana beach looking for a shiatsu massage specialist. They do a great job at a cheap rate (roughly \$80 an hour).



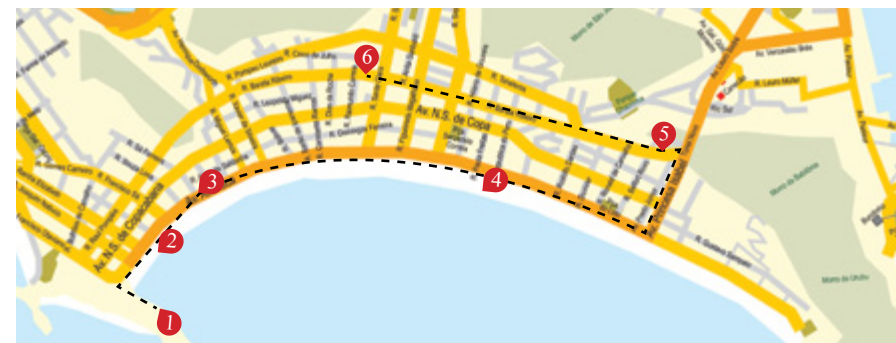
5 LATE LUNCH

Once you get to Atlantica Hotel, head in three blocks and ask for

hen in lemon sauce. Ask for *batata portuguesa* (pan-fries) as a side dish, *farofa* (manioc flour), *pao de alho* (garlic bread) and *molho-a-campanha* (vinaigrette).

6 SUNSET

Head over to Arpoador and applaud the sun's final blessing on today.



Relax: Soccer Game

Wimbledon to tennis, Madison Square Garden to basketball, Maracanã to soccer. An extremely exciting experience. **Estimated Total Time (T): 4h Estimated Total Cost (C): R\$ 60 Best on: Sundays**



Maracanã, formerly the world's largest stadium, is officially capable of holding 120,000 people, yet it has seen over 150,000 at some popular soccer finals.



SOCCKER GAME

As soon as you get to Rio, ask around to see if there is a game going on and if it will be good: meaning big teams or championship finals. This will be an experience like you've

never had.

BREAKFAST

First you will need a strong breakfast to line your stomach. It shouldn't be beer, as you'll be pounding them in the next 30 minutes.

TAILGATING

After the good boys from Brazil Expedition pick you up from your hotel, you'll be taken to outside the stadium where you should get yourself a T-shirt of the team you will be rooting for (Flamengo, Botafogo, Fluminense and Vasco are the better ones from Rio). Try the food from the vendors, even the *filet-meow*, (meat kebab possibly made from street cats...) The air is charged, as enthusiasm and hope are conjured on both sides.

MARACANÃ

Once inside, you'll experience Rio at its most religious: 100K+

people independently stopping to wholeheartedly pray for their teams. Moments after "Amen", you'll be playing "Simon Says" for the next two hours: a little guy acting like a maestro sitting all the way down there will be showing 10,000 fans what to do, sing and shout. This is called an "organized fanclub" since that faction of fans all have their chants, stadium-sized flags and sneaked-in fireworks. The most common chants involve the "judge's ass" or "mother". Once a goal is scored everyone has an orgasm and the chants get re-energized. If you see the beer vendor, get 2 at once as they are scarce. After the game, stick together to go home.



Note: Maracanã is undergoing remodelling, and won't be ready before 2014. All games are being played in other stadiums around Rio.

To go with experienced guides and a safe, large group of young travelers (great mingling), contact:

Brazil Expedition

Contact: Eduardo
tel: 9998-2907 info@brazilexpedition.com
www.brazilexpedition.com

Price: R\$80 = Soccer game with tickets & transfer. Every Sunday, occasionally on Wednesdays.



Brazilian Fruit Jams

8 Flavor Tasting Set



50ml/1 1/2 oz each

Only R\$ 59!



Not available in stores!

To Order Call 8894-9857
 Free 24hr delivery to Copacabana and Ipanema
 Or buy it online at www.fruitbrazil.com

Arborea Montanhismo

ADVENTURE SPORTS

With the exception of winter sports, you can find every mode of sport in Rio, from golf to hang-gliding, kite-surfing to cart racing.

All the guides and instructors listed here were chosen for their ability to serve tourists and to speak English and other languages. They all offer competitive rates and are certified by the state and/or their sports association.

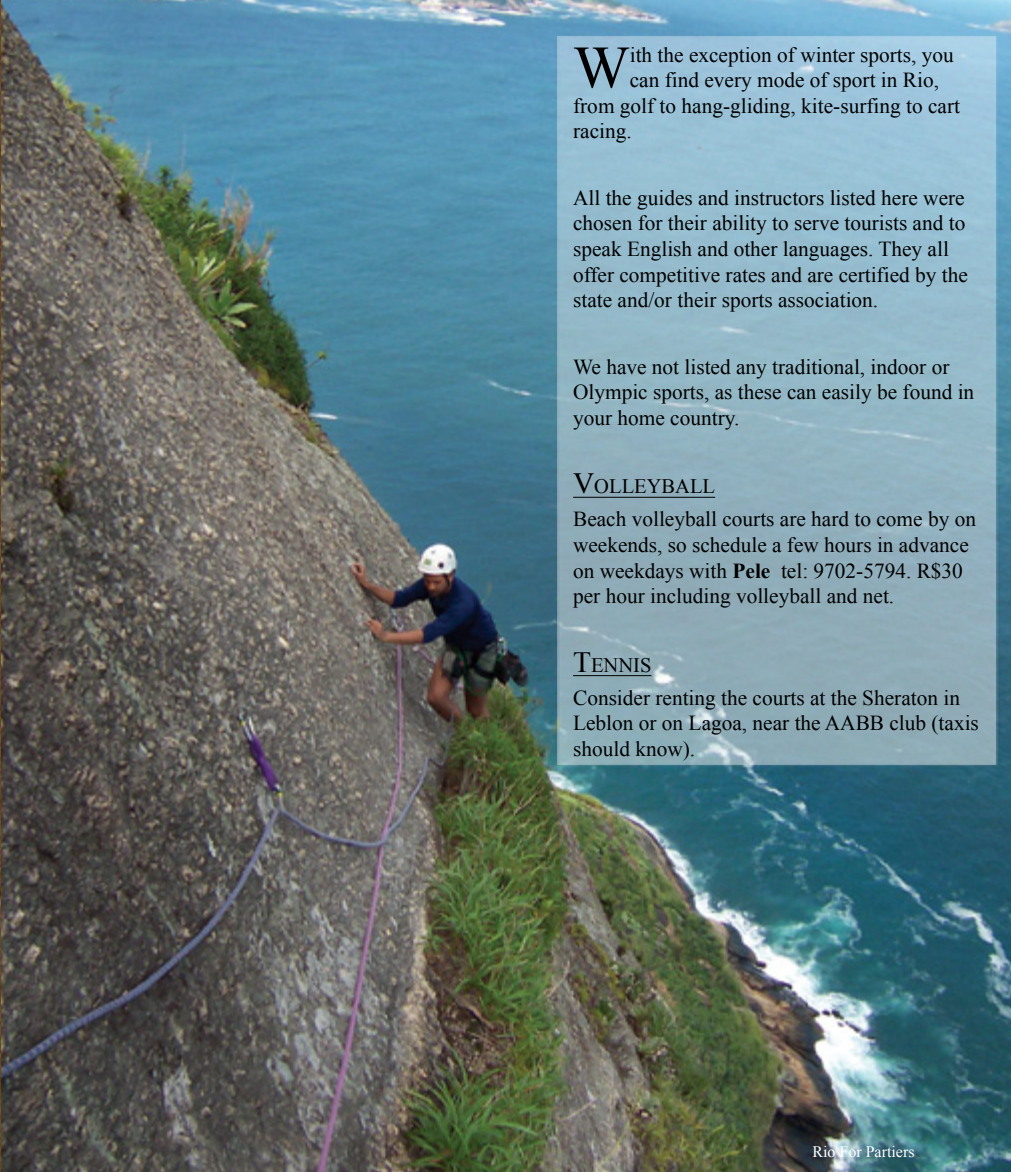
We have not listed any traditional, indoor or Olympic sports, as these can easily be found in your home country.

VOLLEYBALL

Beach volleyball courts are hard to come by on weekends, so schedule a few hours in advance on weekdays with **Pele** tel: 9702-5794. R\$30 per hour including volleyball and net.

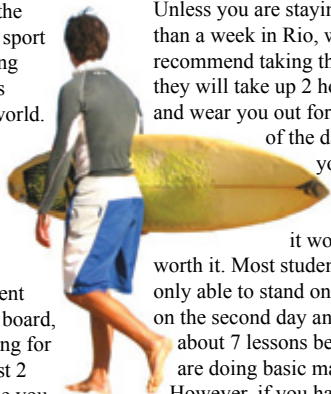
TENNIS

Consider renting the courts at the Sheraton in Leblon or on Lagoa, near the AABB club (taxis should know).



Surfing

Surfing is still the coolest beach sport and just mentioning it impresses ladies anywhere in the world. But learning it is hard, exhausting and takes many days. For the two hours you spend in the water, over 60 minutes are spent swimming on the board, 58 are spent waiting for a wave and the last 2 minutes is the time you spend riding the wave. (Really, no shit).



Unless you are staying more than a week in Rio, we don't recommend taking the classes as they will take up 2 hours a day and wear you out for the rest of the day. Unless you are in Olympic condition, it won't be worth it. Most students are only able to stand on the board on the second day and it takes about 7 lessons before you are doing basic maneuvers. However, if you have started taking lessons elsewhere, feel

confident about your physical condition and want to try it anyway, we recommend this world famous instructor:

Rico de Souza Surf School

Contact: Rico or Andreia

Barra beach at posto 5

Tel: 2438-1692 or 8817-7190 or 2438-4096

Prices: R\$80 per person per hour of individual lessons or R\$50 pp per hour in group of 3.



Rock Climbing



Rio is the largest urban rock climbing center in Latin America.

There are many mountains and hills to climb, specially the two most famous postcards of Rio: Sugar Loaf and Corcovado mountain.

Rock climbing tours are available to everyone moderately fit, even if you've never climbed before.

The safety harnesses, ropes and helmets help guarantee you go back home in one piece. What's more, imagine how cool it would be to make a poster

from a picture of you climbing up to the Christ the Redeemer Statue, with the rest of Rio in the background!

Crux Ecoaventura

Contact: Marcelo

Tel: 3322-8765 or 9392-9203

rio@cruxecoaventura.com.br

more tours: www.cruxecoaventura.com.br

From R\$ 330 pp for a day climbing tour on Sugar Loaf.

From R\$ 390 pp for a day climbing tour on Corcovado mountain.

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAP



Off-Road Biking & Bike Tour

Even beginners will enjoy the bike tours in Rio, through Tijuca Forest.

Following the mud trails you will bike through the city, crossing the Atlantic Forest, appreciating panoramic views of Rio de Janeiro, such as from Vista Chinesa or Corcovado mountain (Christ Statue).

The cycle up takes 2 hours, while the slalom down is done in a fraction of that.

If you opt for the full day tour, you'll cycle through Tijuca Forest up to the Christ Statue.

Alternatively, one hour from Rio, the countryside of Petrópolis is all hills and mountains, a great place to bike, where you can pick up some speed. This is adjusted for the moderately experienced biker.

An ideal sport for cloudy days, even for those who can totally relate to Garfield.

Crux Ecoaventura

Contact: Marcelo
tel: 8894-9857
rio@cruxecoaventura.com.br
more tours: www.cruxecoaventura.com.br



Tours range from R\$190pp for a half day bike tour in Tijuca Forest to R\$290pp for a full day tour in Petrópolis off-road districts.

Tijuca Forest tour has a late version starting at 10am or 11am, for people who party the night before. Ask for group discounts.

Gear (bike and helmet), hotel/tour transfers, trail snacks and guide included.



Ocean Kayaking



Ocean kayaking is one of the best ways to explore Rio's beautiful coast and enjoy unique views of the city and its forested mountains.

You'll start your trip at Praia Vermelha, where Sugar Loaf Mountain is located and paddle for one hour to the Cotunduba Island, a few miles off-shore. There you'll stop for snacks, swimming and snorkeling, appreciating the beauty of Rio from a totally different viewpoint. Back at the beach you can shower and change at the Kayak Base. No previous experience is required. Snorkeling equipment, hotel pick-up and drop-off are all included.

Crux Ecoaventura

Contact: Marcelo
Tel: 3322-8765 or 9392-9203
rio@cruxecoaventura.com.br
more tours: www.cruxecoaventura.com.br



Price: R\$230pp, including instructors, equipment, insurance waiver and snacks.



CULTURAL

A 90 SECOND HISTORY OF BRAZIL

For those of you who haven't done your research, here goes:

Brazilian history is closely paralleled with that of the US: It was discovered in 1500 and soon after was colonized by the Portuguese who soon began to extract Brazilwood for its braze-colored pigment used to make in red dye (hence the name "Brazil").



By 1600 the Portuguese were trying to cultivate the land with slave labor.



The natives wouldn't be enslaved, so most were killed and African slaves were brought to Rio and Bahia to help with the cultivation of new plants, mostly coffee, cotton, tobacco, sugar and cocoa.



In the 1700's a gold rush broke out in Minas Gerais. Most of

the gold and precious stones were extracted (under the strict supervision of the Portuguese crown) and sent to Europe for trading.



The locals didn't like the idea of not seeing the profits, so they started plotting independence from Portugal.



The capital of Brazil was moved from Salvador to Rio (not because of the nightlife).



In the middle of the 19th century, the British abolished slavery and forced other emerging economies to do the same, so no one would have a competitive advantage. Brazil followed suit and abolished slavery.

In the meantime, Brazil became a republic after the King of Portugal lost his throne to democracy.



In the 20th century, there was a massive influx of Germans, Italians and Japanese, which helped organize the place a bit.



Brazil was never in any major war, mostly because Brazilians don't really want to live anywhere else in the world.



Luckily, it was never attacked by anyone, except the French and the Dutch, who kept trying to invade, but were repeatedly defeated.

Baroque wrought-iron work on front door of the São Bento monastery

Cultural: Downtown

Although Rio has a lot of history and cultural attractions, we have narrowed down our recommendations to include only the essentials, doable in a 2 day tour of the center. **Est.Total Time (T):** 5h per day **Estimated Total Cost (C):** starts at R\$ 100 **Best on:** Cloudy/Rainy Day

As far as museums, churches and historic areas go, our recommendations are to spend a day or two visiting as many of the following as quickly as possible (1 hour visits):

Day 1

1 MUSEU DE ARTE MODERNA

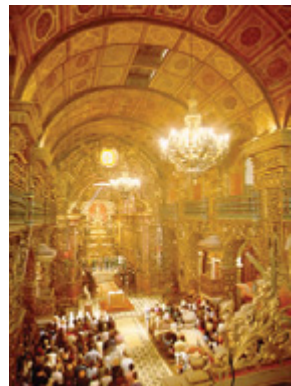
MODERNA



The Modern Art Museum is in itself a work of modern art by one of Brazil's great architects Eduardo Affonso Reidy, also responsible for the Flamengo park project (together with Burlle Marx) and the *Catedral* (Cathedral).

2 MOSTEIRO DE SÃO BENTO

BENTO



The Monastery of Saint Benedict boasts one of the most elaborate baroque style churches in Latin America, with tons of gold work.

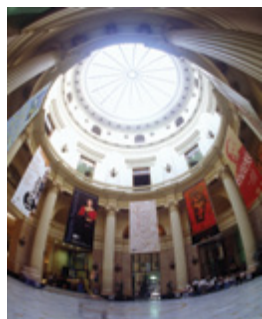
LUNCH

Esch Cafe: Rua do Rosario 107

Delirio Tropical: Rua Assembleia 36

3 CENTRO CULTURAL BANCO DO BRASIL

BANCO DO BRASIL



The Bank of Brazil Cultural Center hosts different technological, art and cinema events throughout the year.

4 PAÇO IMPERIAL

The Imperial Palace, now transformed into an art museum.



Day 2

5 ESCADARIA SELARÓN



The 80 meter Selaron stairs are composed of tiles from all over the world and a true work of art. Over the past 20 years the Chilean-born creator Selaron painted different cartoons on ceramic tiles, the most famous being the pregnant favela women (see page 72).

6 CATEDRAL



The City Cathedral is another one of Reidy's works. Although unattractive from the outside, inside it has very powerful lighting and acoustics.

7 BIBLIOTECA NACIONAL



One of the largest libraries in the world, the National Library stores over 4 million works.

8 TEATRO MUNICIPAL



Inspired by the Paris Opera, with the outside walls inscribed with the names of some of Brazil's most famous artists, the eclectic style Municipal Theatre has recently been restored to its former beauty and shi.

GUIDED TOURS

You can't really "wing" a cultural tour anywhere, and Rio is no different. You visit and see it all, but where's the context, background, significance and anecdotes? We recommend:

Lisa Rio Tours

Tel: 2237-4615 or 21-9894-6867

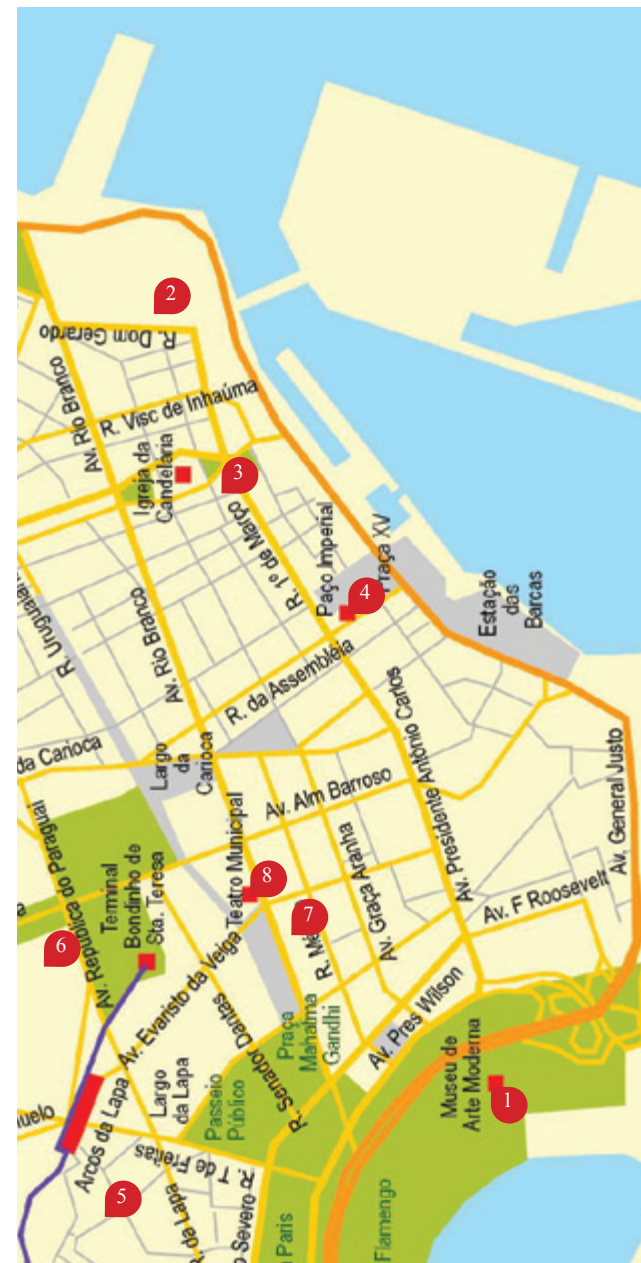
www.lisariotours.com

lisa_tours@hotmail.com

skype: [lisa.rio.tours](https://www.skype.com/name/username/lisa.rio.tours)

Price: R\$160 pp for 5 hour tour of Centro and Santa Teresa

or R\$110 pp for 4 hour tour of Centro



Cultural: Tour of a Favela

One of the most unforgettable tours you will ever take! The tour through a Rio de Janeiro *favela* shows how many lower class Cariocas happily live in minimal, yet organized conditions. A must for everyone.

Touring a Favela is obligatory if you want a better understanding of Brazilian society. The tour is very safe and not voyeuristic at all. There are different operators proposing different types of tours in favelas and they are not all the same: some offer a closer and deeper analysis of the social aspects involved.

Most tours introduce you to Rocinha, the biggest favela in Brazil, next to the affluent area of São Conrado. Most are three-hour tours, partly walking and partly driving through these

two communities. You'll get the chance to visit the commercial area and the handicraft center in Rocinha and the local school in Vila Canoas, as well as taking in some impressive views over the city.

The tour changes the reputation of favelas, all too often related to violence and poverty. Don't worry, you are very welcome there and your presence is important to help them finance local schools. If you want a better understanding of Brazil, don't leave Rio missing this unique experience.

As a great primer, rent "City of God" (Cidade de Deus), and Elite Squad (Tropa de Elite) and the sequel, chilling movies around the control by the drug lords in the favelas in the past. But don't be misled as it has changed drastically: Most favelas have now been pacified by the mayor's new plan to re-integrate them.

Favela Tour
Contact: Marcelo
Tel: 3322-2727 info@favelatour.com.br
www.favelatour.com.br
Price: Starts at R\$80pp for 3 hour tour.



Cultural: Big Dude Tour

This 5 hour tour is a fantastic opportunity to see many sides of Rio de Janeiro.

Estimated Total Time (T): 5h Estimated Total Cost (C): R\$ 95 Best on: sunny or partially cloudy weekdays

Brazil expedition offers this tour that summarizes a lot of the good parts of Rio: First stop:

SÃO CONRADO BEACH

The hang-gliding landing area on Sao Conrado beach where the hang gliders land after they take off from Pedra Bonita.

TIJUCA NATIONAL PARK



From there, the mini-bus will take you to the Tijuca National Park for a glimpse of this famous Atlantic rainforest.

CHRIST STATUE

From the forest you will take the bus and arrive at the Christ The Redeemer Statue. The biggest wow factor of the day.

SELARON STAIRS

Lastly a visit to the Selaron stairs (see page 79) where Snoop



Dogg shot his famous video "Beautiful". To finish your day, why not opt to be dropped off at Sugarloaf mountain (ticket not included) in time for sunset.

BrazilExpedition

Contact: Eduardo
Tel: 9998-2907
rio@brazilexpedition.com
more tours: www.brazilexpedition.com

Price: from R\$95. Monday to Saturday.
Includes hotel pick-up and entrance to Christ Statue.





RAINY DAY TOURS + SHOPPING & SERVICES



What to do in Rio when it's Raining



FRUIT TASTING SESSIONS

South America is the origin of the biggest variety of fruits in the world. Coconut, passion fruit, avocado, pineapple, cocoa, açaí, custard apple, star fruit, guava, cashew to name but a few... There are literally hundreds of them and dozens are part of everyday Brazilian life, specially in or near the Amazon or the Cerrado.

This fruit tasting session introduces you to over a dozen of these exotic fruits. You can cut open, smell, taste and drink them, whether as fruit, juice, ice cream or jam. The presenter will talk about their nutritional value, culinary uses and economic importance.

Each session lasts 1 hour and the cost of R\$60 per person includes everything you'll be tasting.

Book in advance.

Fruit Brazil

Contact: Cris Tel: 8894-9857
www.fruitbrazil.com info@fruitbrazil.com

**SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE**

DANCE LESSONS

You can either sit around waiting for the sun to come out, or you can go learn a few dance moves! Really! Just call and schedule private lessons (individual or group). Dance lessons last 2 hours and should

be enough for a lifetime of showing off.

Your options of dance lessons are: *Samba (Samba de Pe)*, Ballroom samba, *Zouk* (a new, more sensual Lambada) and *Forro*.

Centro Cultural Casa Rosa

contact: Rodrigo
 8877-8804 or 2557-2562
 Rua Alice 550, Laranjeiras
R\$50 per person, minimum 2.



1-Day Brazilian Cooking Lessons

Like to cook? Want to play around and learn some Brazilian recipes to show off to your friends back home? Take one of these 4 hour cooking classes with Cook in Rio. Learn it all and of course, eat it all.

Simone, the instructor, focuses not only on the techniques and ingredients, but on introducing Brazilian culture through food.

A) FEIJOADA MENU:

Pork meat and black bean stew, rice, collard greens, oranges, farofa, (rice), accompanied by caipirinha, pork rinds and *brigadeiro* for dessert.

B) MOQUECA MENU:

Batida de coco drink, fried cassava, shrimp moqueca with rice and farofa, followed by coconut *manjar* for dessert.

These lessons only include ingredients that can be readily found in the US or EU countries.

Cook in Rio

Contact: Simone
 tel: 8761-3653
info@cookinrio.com www.cookinrio.com
Price: R\$150 per person, includes drinks and food. Schedule ahead.

**SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE**



Street-Food Tour of Rio's Centro



Forget hoity-toity French dishes. This tour is for those who are curious to eat what the average Brazilian eats when on the go. Rio's centro hasn't yet been invaded by international franchises, making it an open-air food tasting mecca of traditional corner bars and *lanchonetes* (snack-bars).

What you'll taste on the food tour:

- Flip-flop sandwich (*sandwich de chinelô*)
- Beef Esfiha (*Esfiha de carne*)
- Brazilian Cheese Bread (*Pão de queijo*)
- Veggie omelette sandwich (*Fritada de legumes*)

- Breaded fried sardines (*Sardinha frita*)
- 20 layer ham sandwich
- Steak sandwich
- Corn-meal beef pasty (*pastel de angu*)



- Corn-meal chowder (*angu de carne*)
- Oversized shrimp in a blanket (*camarao empanado*)
- Everything hot-dog (*cachorro quente de padaria*)
- Beef Kibe
- Shrimp Risoles
- Jilo, a bitter vegetable,

marinated and sliced

- Side-walk steak skewer (*fillet miau*)
- Coconut candy (*alfinim*)
- *Doce de Leite* Churros
- Arabic nut nest (*ninho de nozes*)

Rio Street-Food Tours

Weekdays, noon to 3pm and 3pm to 6pm
Regular price: R\$100 pp for 3 hour tour
min 2 participants (price includes foods but not drinks)
tel: 8894-9857

www.riostreetfood.com



Photo hunting tour of Rio



Get ready to take some unique photos of Rio's visually rich landscape and people. The award-winning instructor on this tour will guide and advise you through various hidden and eye-catching areas of the city, so you end up with million-dollar shots. The tour starts in the hectic historic center, heading to charming Santa Teresa and ending with cinematographic views of Rio from above.

Rio Photo Tour

Everyday, 3pm to 7pm tel: 8894-9857
Price: R\$100 pp for 4 hour tour, min 2 participants (not including equipment or transportation). www.riophototour.com



GIFT IDEAS FOR

ALL YOUR LOVED ONES

The only trick to shopping is knowing where to go and what to get, so here are our suggestions for gift ideas and stores. These are a must for those into import-export.

Coffee-table books on Brazil
found at: bookstores



Brazilian soccer team shirt
found at: souvenir shops



Bottle of Cachaça
found at: supermarkets



BIO-JEWELRY FROM MARIA OITICICA

Bio-jewelry? That's right: jewelry made, not from slave gold and blood stones, but exotic and rare seeds and plants from deep in the Amazon. The design is vibrant and the philosophy refreshing.

For 20 years, Amazonia-native designer, Maria Oiticica, has been designing jewelry and accessories that attract the attention of the entire ball, true works of art. Get it while it's still incredibly affordable!

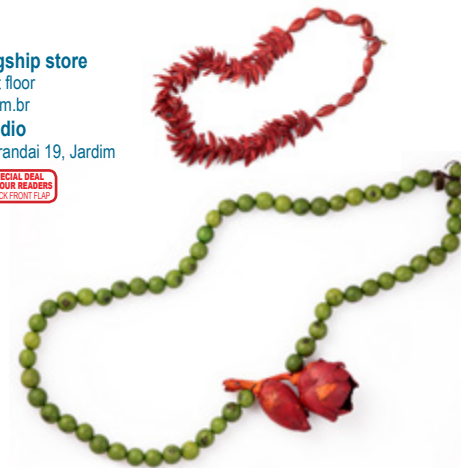
Maria Oiticica flagship store

Shopping Leblon, 1st floor
www.mariaoiticica.com.br

Maria Oiticica studio

Rua Visconde de Carandai 19, Jardim Botânico
tel: 2275-4197

SPECIAL DEAL FOR OUR READERS CHECK FRONT FLAP



Pot of Doce de leite
found at: supermarkets



Requeijão (super creamy cheese)
found at: supermarkets



Brazilian Jam Tasting Set
found only at: FruitBrazil.com



Goiabada (Guava sweet)
found at: supermarkets



Havaiana Flip-Flops
found at: souvenir shops



"Dona Flor" Brazilian Cubans
found at: souvenir shops



Brazilian Music CDs

Best place to find good stuff: Bossa Nova store (Rua Duvivier 37 in Copa).



Premium Brazilian Coffee
found at: supermarkets



Caipirinha pestle and mortar
found at: souvenir shops



Brazilian Art & Design

Brazilian design Must-sees:

Here is a shortlist of places where design is the attraction:

MUSEUM DE ARTE MODERNA



Apart from the permanent works on display and temporary exhibitions, their design store called Novo Design is an attraction in itself.

Av. Inf Henrique, 85 - Glória, tel: 2240-4944 site: www.novodesenho.com.br

MUSEU DE ARTE CONTEMPORÂNEA (IN NITERÓI)



The Contemporary Museum of Art is one of Brazilian architect Oscar Niemeyer's best works.
Av. Gal Milton Tavares Souza - Niterói tel:2620-2400

CENTRO CULTURAL BANCO DO BRASIL



Always has something worth checking out, like this chair by the Campana brothers, from the south of Brazil.

Rua Primeiro de Março 66, Centro, tel: 3808-2020

CAIXA CULTURAL RIO DE JANEIRO



Another place with frequent art and design exhibits.

Avenida Almirante Barroso, 25, Centro, Tel: 2544-4080

GALERIA ANITA SCHWARZ

Rua José Roberto Macedo Soares 30, Gávea tel: 2540-6446

GALERIA SILVIA CINTRA

Rua Acacias 104, Gávea Tel: 25210426

MARIA OITICICA



World's foremost biojewelry designer. Visit the store in Shopping Leblon, 1st floor.

PARCERIA CARIOCA



Part store, part social project, they develop funky designs that are later produced by favela kids.

Rua Jardim Botânico 728, Jardim Botânico, tel: 2259-1437

DUILIO SORTORE

Home decoration store.

Rua Lopes Quintas 87, Jardim Botanicotel: 2108-8144

DONA COISA

Show-room for Brazil's up and coming new designers, as well as some established brands.

Rua Lopes Quintas 153, Jardim Botânico

Pampering Options

Weather cloudy or rainy? Use and abuse the various beauty services available in Rio.

NIRVANA DAY SPA



What's the best way to start your vacation? That's right: massages at a stylish day spa. And since you are here, why not go all out?

After popular request the exclusive Nirvana Spa is now open to non-members, so you can get a single massage or treatment, or go for the full or half-day options. Since it is Brazil's most complete urban spa, services can be done concurrently with others in your group, so no waiting. Your best bet is to schedule something before 4pm, as most cariocas have their appointments scheduled from 5pm onwards.

FULL DAY SPA PACKAGE:

Yoga

Sauna

Lunch

Stimulating Body Peel

Aroma-therapy bath with essential oils

Ayurvedic massage

Oriental Cranial massage

Foot reflexology

Reiki

MASSAGES



At Nirvana Spa you can choose from a huge variety of massages, including:

- Jet lag massage
- Relaxation massage
- Vodder-style lymphatic drainage
- Body-modeling massage
- Quick massage
- Foot reflexology
- Shiatsu
- Ayurvedic massage
- Sport Tonic massage
- Thai massage
- Spiritual massage

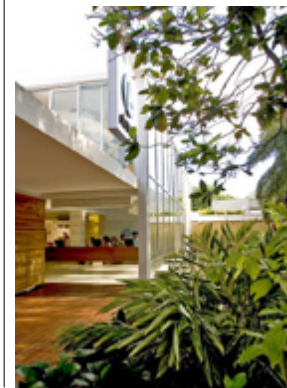
TREATMENTS



They also specialize in the following treatments:

- Clay body-therapy
- Hot stones treatment
- Bamboo therapy
- Body peel
- Aromatherapy bath
- Facials
- Auriculotherapy (ear acupuncture)

Half-day packages are also available. Check their website for details of their dozens of options.



Nirvana Spa
Praca Santos Dumont 31 (inside the Jockey Club), Gávea
tel: 2187-0100
nirvana@enirvana.com.br
www.enirvana.com.br
Prices start at roughly R\$100 for 1 hour, depending on the service.

RIO NIGHTLIFE



STAYING IN THE LOOP

These next few pages list the best guaranteed places to have fun at night in Rio. We have only included establishments with a proven track record, not likely to close mid-year. This means that the newest spots in Rio haven't been included, as they need to pass their first anniversary before we consider listing them.

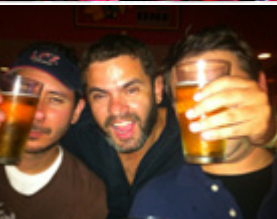
To avoid missing out on extra-fun parties, visit the two following free web services:

RIO FOR PARTIERS PARTY BLOG
WWW.RIOFORPARTIERS.COM/FESTA

Lists everything that is happening... we don't filter anything. If we were emailed about it, it is there. We don't moderate or predict good parties, so you should check out the list with a local.

WWW.LISTAAMIGA.COM

A great concept of a website where all of the week's parties are listed by the number of people going. If you want to go, you can register with your Facebook account and click on "Eu Vou". Your name will automatically appear in the guest list, granting you a small discount.



CLUBS

The clubs found in this guide are usually frequented by Rio's elite, 20 to 35 year olds. Clubs tend to be for the single crowd, where they go to *not* be single for that night. Cariocas like to arrive at clubs very late and most start around midnight, some even after 1am (Casa da Matriz, Dama de Ferro) This doesn't mean that everyone is at home waiting for the clock to strike twelve. Instead, they pre-party at the nearest *botequim* to warm up.

There is no alcohol curfew, so bars and clubs close as soon as the house starts to empty. Since Cariocas are sun worshippers and have a beautiful day at the beach to look forward to, most places are empty by 5am.

STREET PARTIES

These are places where different tribes congregate to hang out in the street, obviously with a beer in hand, where you'll probably find a younger college crowd. These are a great option if you want to talk to other Brazilians and the events are easy on your wallet, as there is never any entrance charge and beers aren't marked-up.

LIVE MUSIC

We've listed the places with Brazilian music being

performed by local musicians. No international pop or big concerts found here. Although these places offer a great cultural experience, they tend not to attract single people, especially during the week.

CHILLING

These are places where you can sit and enjoy a conversation with your friends over drinks and bar finger-foods. Similarly, some of these are great for couples looking to get away from meat-markets and wanting a more casual evening.

BAR HOPPING AREAS

With the exception of Lapa and the south side of Leblon, there are very few bar-hopping areas in Rio. If, however, you want to paint the town red and visit several spots in one night, we recommend hiring a guide instead of cabbag back and forth.

LUAUS

There are hardly any luaus in Rio, as Cariocas mysteriously tend to stay away from the beach at night (it could be a safety thing or the moisture ruining girls' hair). Your chances of finding one are limited to January and February, when the weather is hot enough.

CONSUMPTION CARD SYSTEM

The control card most clubs hand you as you walk in is called a consumption card. The bartender marks on it what you



order. Before leaving the place, you go to the cashier and pay for everything you had. This way, you don't have to handle money during your night, nor do you need to tip in excess. They will add 10% as an automatic tip for the waiter. Note: Do not lose the card as they will fine you over R\$300 to allow you to leave their establishment if you do.

APPROACH INDEX:

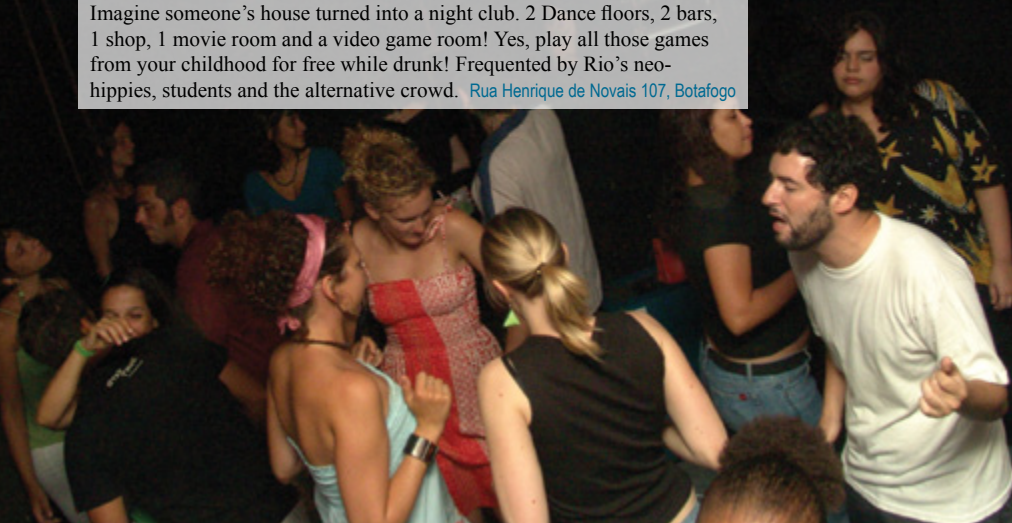
The potential for approaching someone (or being approached by someone) is rated here based on our personal experiences. From 1 (mostly couples) to 5 (mostly singles out on the hunt).

Sunday- Clubbing

Also good on Tue-Sun
Approach index: 4
Get there at: 10pm
Ages 22 to 35
Dress casual

CASA DA MATRIZ

Imagine someone's house turned into a night club. 2 Dance floors, 2 bars, 1 shop, 1 movie room and a video game room! Yes, play all those games from your childhood for free while drunk! Frequented by Rio's neo-hippies, students and the alternative crowd. [Rua Henrique de Novais 107, Botafogo](#)



Sunday- Live Music

NIGHTLIFE

Also good on Fri & Sat
Approach index: 5
Get there at: 7pm
Ages 20 to 30
Dress casual

CASA ROSA- SAMBA DA ALICE

Hidden in Laranjeiras neighborhood, Casa Rosa, an ex-bordel, is the most fun place in this part of the city. It is a large house modified into a party club, with rooms, garden, pool tables and lots of places for you to be naughty. On Sundays, they have the samba and pagode circles, where different bands will perform while more down-to-earth visitors will crowd around and sing along. A very different and relaxed atmosphere. [Rua Alice 550, Laranjeiras](#)

SPECIAL DEAL FOR OUR READERS CHECK FRONT FLAP



Sunday- Street Party

Also good on Mon
Approach index: 3
Get there at: 8pm
Ages 18 to 30
Dress casual



BAIXO GÁVEA

This is where every college student living in Zona Sul (the south side) is to be found on Sundays and Mondays. People hang out in the street from 6pm till midnight, on Mondays from 8pm to 1am. A guaranteed good time for all. [Baixo Gavea, Gavea](#)

Sunday- Chilling

Also good all week
Approach index: 2
Get there at: 9pm
Ages 25 to 60
Dress casual



COBAL HUMAITÁ

A huge open-air patio filled with tables for Rio's various tribes to go and gossip about their weekend exploits. Various restaurants to choose from. Well behaved. [Cobal do Humaita, Humaita](#)

NIGHTLIFE

Thursday- Clubbing

Also good on Thu-Sun
Approach index: 5
Get there at: 10pm
Ages 20 to 35
Dress up



PRAIA

2011's most disputed dance club in Rio, with selective entrance. DJs in the various ambiances.

Av. Borges Medeiros 1436,
Lagoa | www.clubpraiacom.br



NIGHTLIFE

Thursday- Live Music

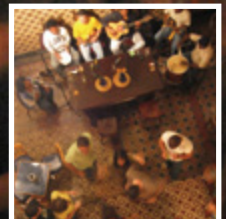
Also good on Fri & Sat
Approach index: 3
Get there at: 10pm
Ages 25 to 65
Dress casual



TRAPICHE GAMBOA

Although hard to find, it offers true samba, chorinho and pagode and a very bouncy dance floor. Upstairs lounge and outdoor patio at the back, ideal for hot nights. Worth checking out, specially since the finger food is well made.

[Rua Sacadura Cabral 155](#)



Thursday- Street Party

Also good on Wed-Fri
Approach index: 4
Get there at: 6pm
Ages 30 to 50
Dress casual



ARCO DO TELES

A series of happy-hour bars filled with downtown's "what-a-day-I-need-a-drink" crowd. Be sure to check out the live pagode at "Kamikase"...free!

[Arco do Teles, Centro](#)



Thursday- Chilling

Also good all week
Approach index: 4
Get there at: 7pm
Ages 25 to 40
Dress hip



VELOSO

Where the Leblon hip & single crowd meets. Get there early, 6ish, if you want a table. But if you are single, you don't want a table...

[Rua Aristides Espinola 44, Leblon](#)

Friday- Clubbing

NIGHTLIFE



Also good all week
Approach index: 5
Get there at: 10pm
Ages 25 to 40
Dress nice



LAPA 40 GRAUS

One of the best places in Lapa: 4 floors. The first floor has a botequim with live music and a pool hall, the second a lounge, the third another pool hall and the fourth a large dance floor and stage featuring Rio's top names in Samba and other sounds. Amazing! Lots of dancing. Come early and stay till the wee hours. Rua do Riachuelo 97, Lapa | www.lapa40graus.com.br

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAP



Friday- Street Party

NIGHTLIFE



Also good on Sat
Approach index: 3
Get there at: 9pm
Ages 25 to 65
Dress casual

LAPA

Lapa is great any day of the week, specially on Fridays and Saturdays: you have a choice of over 12 bars and areas to hang out at, most of them with live Brazilian music. A definite must. [Anywhere in the Lapa neighborhood](#)



RUA DO MERCADO

Happy hour central. A colonial part of downtown is the Rua do Mercado, which has pagode street parties every Friday evening. The area offers a dozen bars to hop around, with a square for the pagode get-together. [Rua do Mercado, Centro](#)

Also good all week
Approach index: 4
Get there at: 7pm
Ages 25 to 40
Dress casual



Popular Lunch Dishes



ALMOÇO EXECUTIVO

(Executive Lunch): A cheaper version of the main dishes on the menu, normally served during lunch. No MBA, suit or tie needed.



GALETO

Grilled game hen, a smaller, juicier cousin of the chicken. Usually served with *batata portuguesa* (pan fries), garlic bread and vinaigrette.



SANDUICHE DE FILET

Filet mignon on bread.



PF (PRATO FEITO)

Daily dish. Beans, rice, meat (chicken, steak, fish or pork), salad and fries or potatoes: the typical lunch dish eaten by 150 million Brazilians. Coincidentally, it is an incredibly well-balanced diet of carbs, protein, fat and fiber.



PRATO DE VERÃO

Tropical Fruit Dish made with various fruits, ham, cheese and maybe a boiled egg.



BAURI

Open steak sandwich with fries, ham, fried egg and salad.



Recommended Lunch Places

Here is a list of our favorite lunch places in the South Zone and downtown Rio. Ask any carioca for directions.

\$ = Under R\$30

\$\$ = Between R\$0 and R\$50

IPANEMA

Frontera \$\$ (by-the-pound)

Fazendola \$\$ (by-the-pound)

Papa Fina \$\$ (by-the-pound)

Delirio Tropical \$ (salads)

Gula-Gula \$\$ (executive lunch)

New Natural \$\$ (by-the-pound)

Aipi & Aipim \$\$ (by-the-pound)

Bella Blue \$\$ (by-the-pound)

Big Nectar \$ (sandwiches)

Garota de Ipanema \$\$ (steak)

Galitos \$ (chicken)

Koni \$ (japanese)

Real Kebab \$ (arab)

Azteka \$ (mex)

Balada Mix \$\$ (salads)

LEBLON

Felini \$\$ (by-the-pound)

BB Lanches \$ (sandwiches)

BiBi \$ (sandwiches)

Zona Sul \$ (pizza)

COPACABANA

Beterraba \$\$ (by-the-pound)

Siqueira Grill \$\$ (by-the-pound)

Balbec \$\$ (arab)

Monchique \$\$ (bbq)

Galeto Sat's \$ (chicken)

Amir \$\$ (arab)

JARDIM BOTANICO

Couve Flor \$\$ (by-the-pound)

BOTAFOGO

Spoletto \$ (pasta)

FLAMENGO

Lamas \$\$ (steak)

Devassa \$\$ (executive lunch)

CENTRO

Delirio Tropical \$ (salad)

Gula-Gula \$\$ (executive lunch)

Angu do Gomes \$ (exec. lunch)

BARRA

Benkei \$\$ (japanese)

BRAZILIAN COUNTRY COOKING

Brasileirinho Ipanema

Truly authentic Brazilian country cooking, with all the trimmings Brazilians love. They now serve the following for around R\$20: bean soup for starters, main course: ground beef, shoestring potatoes, fried egg, rice, beans, salad or veggies and farofa. Dessert: banana or guava sweet with minas cheese.

Rua Jangadeiros 14, Ipanema tel: 2513-5184 | www.cozinhatipica.com.br



Bolinho de aipim



Feijão Tropicão



STEAKHOUSE

Churrascaria Palace

The legendary Churrascaria Palace was one of the bossa-nova artists' hang-outs in the 50's. Today it is considered the steakhouse in Rio with the best cost/benefit ratio. Their specialty is picanha, cupim (hump) and lamb ribs. Ask the maitre D' to serve you "tuti", the softest, most succulent part of the rib. Also ask for "picanha borboleta" and the Amazonian fish steaks. They also offer calamari, shrimp, sushi, oysters and salmon, as well as scores of side dishes, anti-pasti and salads. (R\$78 for all you care to eat)

Recent Awards and Prizes: ★ "Top 3 churrascarias in Rio" - Época Magazine 2012 ★ "Best cost x benefit churrascaria" 2012 - O Globo ★ Top 3 churrascarias (steakhouses) in TripAdvisor Rio de Janeiro

Rua Rodolfo Dantas 16, Copacabana | tel: 2541-5898 | www.churrascariapalace.com.br



Lamb ribs with mint jelly



Butterfly rumpsteak

AMAZONIAN

Espirito Santa

With Amazonian ingredients and world-class culinary techniques, you'll be wowed with what Natacha Fink has in store for you. Fish and vegetables are all fresh from the Amazon. Since everything is exotic, let the maitre D design your experience. (entrees vary between R\$35 and R\$70)

Recent awards and prizes:

★ Nominated for "Best Brazilian Cuisine" - VejaRio Magazine 2011 & 2012

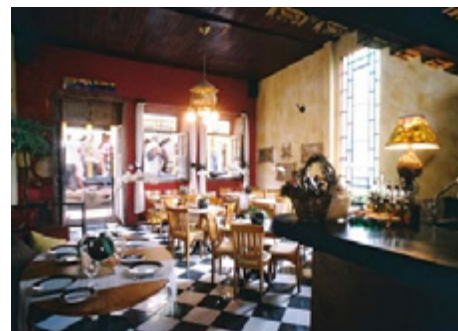
★ Top 3 Brazilian Restaurants in Rio - Isto É Magazine 2011



Rua Almirante Alexandrino 264, Santa Teresa | www.espiritosanta.com.br | tel:2507-4840 Closed on Tuesdays



Pacu fish in Kale wrap with banana cins



Fried Steak & cassava cake

SEA FOOD

Sobrenatural

You have got to check out Santa Teresa during the day and at night. You just have to. And the highest recommendation we can think of for a decently priced, superb meal is Sobrenatural, which has some of the freshest fish in Rio. Go on a Monday, Wednesday or Friday, when they have live Samba and Chorinho music by renowned local artists. As for food: consider their beer battered shrimp as an appetizer, followed by fish or shrimp moqueca (from Bahia, a must) or coconut surubin fish with brazil-nut rice and plantains. Afterwards, bar hop the neighboring spots. (entrees from R\$40 to R\$80 pp)

Recent awards and prizes: ★ Nominated by "Revista Veja Comer e Beber" for 5 years (2008 - 2012)

Rua Almirante Alexandrino 432 Santa Teresa | Tel: 2224-1003 | Tue -Thu + Sun 6pm to 2am, Fri+Sat 6pm 5am



Shrimp Bobó



Saffron rice with Prawns

MINEIRAN AND BAHIAN FOOD

Brasileirinho Copacabana



The two regions in Brazil that have their own, authentic and traditional cuisine are Minas Gerais and Bahia. The other regions have a limited number of recipes or are heavily influenced by foreign food, such as the German recipes in the south of Brazil. Brasileirinho in Copa is the deluxe version of the Brasileirinho in Ipanema, and their focus is on Bahian and Mineiran food. What to order: the moqueca, the *bobo de camarão* (cassava stew with prawns), *tutu a mineira* (the best bet here, refried black beans with pork chops and kale). The view, by itself, is worth the visit! (entrees from R\$30 to R\$60)

Av. Atlantica 3564, Copacabana | tel: 2267-3148 | www.cozinhatipica.com.br



Shrimp Bobó in Pumpkin



Pork chops with "tutu" beans

JAPANESE

Sushi Leblon

Japanese food is huge in Rio and Sushi Leblon has been a runaway success for 20 years. Unless you show up before 8pm, you'll have to wait in line however, and no, tables don't free up at midnight... the place boils till 2am! Their success stems from their innovations in sushi and Japanese dishes as well as from their hip Leblon address. Note: it is customary for Japanese restaurants in Brazil to over fill your sake box, as a sign of generosity. Be sure to try the strawberry caipisake, to get the night started.

Recent awards and prizes: ★ Winner of "best Japanese" by "Revista Veja Comer e Beber" for many of the last ten years.

Rua Dias Ferreira, 256 - Leblon tel: 2512-7830 | Mon-Fri 12pm-4pm and 7pm-2am; Sat 12pm-2am & Sun 1pm-12am |



Octopus w teriaki on rice cakes



Truffled Salmon Sashimi with caviar

FEIJOADA

Casa da Feijoada

Casa da Feijoada's specialty is probably the most typical dish from Brazil: a black bean stew with hearty sausages and sun-dried beef, served with rice, collard greens, cassava (manioc) flour and orange slices. This may slow you down on the dance floor. A "must" experience. Feijoada with *caipirinha* go together like Starsky & Hutch, sticks & clutch. Ask for a caipirinha made with their oak-barrel aged "Vendaval" brand *cachaça*. (R\$79 for all you care to eat feijoada)

Rua Prudente de Moraes 10, Ipanema tel: 2247-2776 | 11am to 1am www.cozinhatipica.com.br

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAP



Complete Feijoada

DESIGNER FOOD

Zuka

We call it “designer” because apart from being super tasty, the plates look like works of modern art. Ludmilla, the award-winning head-chef at Zuka, produces some of the most creative presentations for her international mix restaurant, serving everything from Brazilian classics to Thai satays to French nouveau. Bring a camera, as you will want to photograph, print in large format and frame these true works of art. Be sure to make reservations, as it quickly packs on weekends. (entrees from R\$40 to R\$80 pp)

Recent awards and prizes: ★ “Best Contemporary cuisine” Rio Show 2009 ★ “Best varied cuisine” Gula Magazine 2011
Rua Dias Ferreira, 233 in Leblon tel: 3205-7154 | or at Barra Shopping on Av. das Americas 4666 Lj 147 in Barra tel: 2512 85 45 |
Mon 7pm-1am, Tue- Fri 12pm-4pm & 7pm-1am; Sat 1pm-1am, Sun 1pm-midnight.

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE



Steak Tartar



Chimichuri Rump steak



ROMANTIC

Zazá Bistro

Zazá Bistro, a charming corner house restaurant decorated to South Asian chic, is ideal for couples as well as for groups of friends. The downstairs has a small patio, while the upstairs has cushions and rugs surrounding low Moroccan tables, where you have to take off your shoes. The menu is light and balanced, exploring combinations between flavorful spices such as ginger, lemon grass and curry with healthy, non-fried organic foods. Reservations recommended via their website (www.zazabistro.com.br). (entrees from R\$40 to R\$80 pp)

Recent awards and prizes: ★ Best Up-and-coming Chef - Veja Rio 2011 ★ “Coolest place in Ipanema” - GQ UK

★ Top 5 restaurants in Rio on TripAdvisor

Rua Joana Angelica 40, Ipanema | tel:2247-9101 Sun-Thu 7:30pm - 12:30am, Fri-Sat 7:30pm-1:30am

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE



Thai Seafood Salad



Sweet & Spicy Asian Shrimp

WINE BAR

Brigite's

Brigite's is one of those tasteful places you could just hang out in all night: it's got Rio's favorite wine list, a varied gourmet cuisine, a hip cocktail bar and a chic lounge crowd after 11pm. Located next door to Zuka and Sushi Leblon. (entrees from R\$35 to R\$70 pp)

Recent awards and prizes: ★ "Best Wine Bar cuisine" Rio Show 2012

Rua Dias Ferreira 247, Leblon tel:2274-5590

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE



Chimii-churi sea bass with pumpkin sauce

PANORAMIC

Azul Marinho

There are two dishes in this restaurant that make it worth coming back: the first is the "pargo" fish in a rock salt mount, served with rice or potatoes. The rock salt is not used to season, but to cook the fish at an even temperature, allowing the meat to end up white, soft, moist and flaky, as opposed to dark, dry on the sides and under-cooked in the middle. *Pargo no sal grosso* is the name. The second is the Bahian Shrimp Moqueca, a shrimp-coconut milk stew to die for. Worth checking out day and night, as it's

outdoor tables overlook Ipanema and Leblon beaches. (entrees from R\$40 to R\$80 pp)

Av. Francisco Behring, Arpoador (Ipanema) tel: 2513-5014 | All week 12pm to 12am | www.cozinhatipica.com.br

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT PAGE



Seafood Mix



Seafood Paella

EVERYTHING YOU

Alcoholic

(Let's talk about these first)

CERVEJA

From an international point of view, all Brazilian beers taste the same: they are all lagers or pilsners, as any other type of beer would not agree with the weather. Given an option, ask for Devassa.



CHOPP

A light draft beer on tap. Preferred over bottled beer. Ask for Devassa or Brahma.



CAIPIRINHA

The most refreshing alcoholic mixed drink in the world! Cachaça, lime, sugar and ice. Great on any occasion: bar, restaurant, clubbing... breakfast. Just don't buy it from street vendors, as they sometimes use ice made from unfiltered water that can make you sick. Also, try the caipivodka (with vodka) and the caipisake (with sake, duh). Some of the trendier bars offer caipirinhas with different fruits: pineapple, strawberry, tangerine etc. When given a choice of cachaça, opt for the ones from the region of Salinas.



BATIDA DE CÔCO

Very creamy drink that will get you drunk without you knowing. Coconut milk, cachaça, sugar and other stuff blended into a milkshake. Not usually served in real coconuts, except at beach resorts



A SHOT OF PINGA

Cachaça (pr: ca-sha-ssa)

Only for the macho. Straight cowboy shot of pinga. You won't need to display your ignorance any further. Don't shoot it, sip it,



PINGA COM MEL

Cachaça with honey, mixed to a point where you don't taste the cachaça at all. You can drink it all night and wake up sober. Now that's responsible boozing.

BRAZILIAN WINES

A few Brazilian wines are starting to make it on the international scene, like the Valduga and Miolo winery product line up. Sparkling wine is Brazil's forté. Look for Valduga, Miolo and Salton.



SHOULD DRINK

Non Alcoholic



GUARANÁ

The most popular Brazilian soft drink, great on any occasion.

(Reg. Trademark AmBev SA LTDA)



MATE

A strong-flavored iced tea from the south of Brazil, made from the mate herb. Available in diet or regular and in natural or lemon flavors.

(Reg. Trademark Leão LTDA)



AGUA DE COCO

Coconut water, not milk. Very good for whenever you are dehydrating. Two will cure most hangovers.



AGUA

Since tap water is not drinkable in Brazil, you should always look for bottled water.

SEM GAS= non-carbonated
COM GAS= carbonated.

(Reg. Trademark Alimentos e Bebidas Campos do Jordão LTDA)



CAFEZINHO - SMALL COFFEE

Since the weather is hot, you don't want to walk around with a steaming pint of coffee, so people drink espresso-sized cups of very concentrated coffee, to get the kick without raising your body temp.



ADES JUICES

Tasty soy milk juices made from various fruits, found in supermarkets.

(Reg. Trademark Unilever Best Foods Brasil LTDA)

FRUITS AND JUICES

The fastest way to try all the various fruits is to participate in Fruit Brazil's fruit tasting session page 80. Alternatively, any of the juice bars have most of these and others in juice form.

MANGA –MANGO

Considered by many the one fruit they would take with them to a desert island. Sweet and creamy. Vitamin A and C.



MARACUJÁ- PASSION FRUIT

Slightly bitter to a point that it makes your cheeks pucker, but very refreshing. Rich in complex B vitamins, iron and has natural soothing properties.



CAJÚ- CASHEW

Sweet and refreshing with a very distinctive taste and dominating smell. Rich in vitamin A, C and complex B.



GOIABA- GUAVA

Thick, sweet and smooth, just like me. Vitamin A, C, complex B and other minerals. Not recommended for those with digestive problems.



CANA-SUGAR CANE

The sweetest of all things on God's green earth. Always squeezed on the spot for best flavor.



ABACATE - AVOCADO

Thick and creamy it has the largest number of nutrients and vitamins. Great for breakfast.



MAMÃO - PAPAYA

Just as healthy as avocado, papaya is great for your intestinal works. Vitamin A and C, a natural laxative and stress reliever. Try it as a "vitamina", a smoothie.



ACEROLA

The king of vitamin C (each has more Vit. C than 40 lemons), acerola juice is refreshing and slightly citric.

AÇAÍ

Blended together with guarana, acai shakes (or very thick smoothies) should be consumed with a spoon and optionally a side of granola for sprinkling. Very caloric yet rich in proteins, fiber, vitamin E, minerals and is a natural cholesterol controller.



COCO - COCONUT WATER

The best thing when you are dehydrating under the sun. Drink 2 to cure your hangover. Rich in minerals, potassium and sodium.



GUARANÁ

Sold normally in concentrate juice form (refresco), guaraná could be considered a distant cousin of root beer, but, like every juice in Brazil, a lot sweeter. A stimulant and digestive. And dig this: clinically proven to enhance sexual performance.



PITANGA

Healthy fruit with citric yet milky taste. Rich in calcium, iron and phosphorus. A natural stimulant and anti-diarrheal.



FRUTA DO CONDE - CUSTARD APPLE

Ugly on the outside (looks like a grenade), sweet on the inside. Talk about



philosophical dualities! Very milky juice. Vitamin C and complex B.

JABUTICABA

A distant cousin of the grape, yet sweeter and thicker. Great in fruit form, specially when frozen. Bite, spit the seed and skin out. Rich in complex B vitamins.



AMORA

Dark South American blackberry. A highly effective cholesterol reducer.



CARAMBOLA - STARFRUIT

Star shaped football with a juicy, citric zing to it. Great in fruit or juice form.



MATE

Slightly caffeinated herb used to make iced tea, with a deep rich flavor.



CAMÚ-CAMÚ

Great name, but that's it. Terrible. dirt-like taste. Good for practical jokes. Rich in vit C.



Fruit fair weekly schedule:

They all start at 8am and end at 1pm!
 Mon: Rua Henrique Dumont (Ipanema)
 Tues: Praça General Osorio (Ipanema)

Wed: Praça Edmundo Bittencourt (Copa)
 Thu: Rua Min. Viveiro de Castro (Copa)
 Fri: Praça N. S. Paz (Ipanema)

Sat: Rua Frei Leandro (Jardim Botânico)
 Sun: Rua Serzedelo Correia (Copa)

GREAT DESTINATIONS CLOSE TO RIO

There are two ways to extend your vacation in Brazil. One way is to visit the neighboring tourist spots in the state of Rio; the other is to take a plane or bus to other popular tourist destinations. If you intend on coming back on future trips to different parts of Brazil, we highly recommend staying in the state of Rio. It offers a little of everything Brazil is known for, namely parties, beaches, jungle and colonial history. All these spots take under 3 hours to get to, by bus or car.

If you are staying longer than 7 days in Rio, we highly recommend checking out these neighboring areas, as they each offer things that Rio doesn't: Búzios is a party town with great beaches, the Petropolis area is great for mountainous sports, Ilha Grande has the best eco-tourism in the state and Paraty is knee-deep in culture, history and charm.



Paraty 👍👍👍👍
Historic town with beautiful beaches



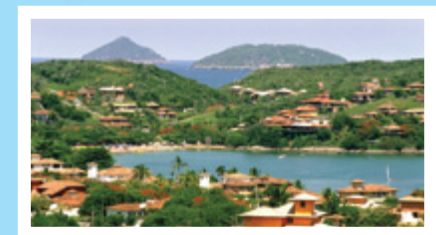
Ilha Grande 👍👍👍👍
Eco-tourism heaven



Petropolis & Itaipava 👍👍👍
Imperial city in cozy mountain range

Buzios 👍👍👍👍👍
The party town of the Southern Hemisphere

Rio de Janeiro



Rio For Parties

BÚZIOS



Búzios is a claw shaped peninsula, with about 27 beaches, making it the St. Tropez of South America, with all the snobbery. Between December and March you can find the trendy 30 somethings there, as well as the young crowd, mostly partiers and surfers.

It has a complete tourist infrastructure that allows you to stay a week without getting bored.

Reservations are recommended for the week around Xmas, New Year and Carnival. Otherwise, finding a place to stay won't be hard, as it accommodates thousands of people during high season. Look for a pousada at Geribá (the coolest beach and where you will be spending your daytime) or downtown, close to "Rua das Pedras" (Centro) where you will be spending your evenings. Other areas will be too out of the way and not worth the savings.

To get to Búzios, take the 1001 bus from Novo Rio Bus Station, which takes 3 hours. Alternatively you can hire a car service for speed and comfort. Once there, you can rent a dune buggy or a car. Other good dates to go are during national holidays, should they land on a weekday, as everyone in Rio takes a sick day and makes it a 4-day weekend. Check: www.buziosonline.com.br

ACTIVITIES:

Surf lessons and body board rentals (Geribá), wind surfing (Manguinhos), wake boarding (Ferradura Beach), jet skiing (Centro Beach)

NIGHTLIFE:

Different clubs and bars along Rua das Pedras.

QUICK DECISION MAKER:

Main activities: Partying, dancing, beach, eating, surfing, windsurfing, jetskiing, snorkelling, etc.

Who usually goes: Singles, couples, groups

When to go: All year round on weekends, all week December to March. How long to stay: 3 to 10 days.

HOW TO GET THERE:

Rent a car from Localiza, type in the GPS "Buzios" and follow the directions. There will be 2 or 3 tolls on the way, so bring cash. Drive time from Rio: 3 hours.



South end of Geriba beach, the cool side



ILHA GRANDE



Ilha Grande used to be where they incarcerated Brazil's most violent criminals, until they deactivated the prison, which is now a wildlife preserve. So much so, it can only be explored by walking or sailing. Given its size (hence the name Big Island) you should stay at strategic places like Vila do Abraão, where there are plenty of *pousadas*, restaurants and a relaxed nightlife. Don't expect big parties, but live music shows and *luau*s instead. Don't go during New Year or Carnival, as it gets packed and unbearable. More at: www.ilhagrande.com.br

ACTIVITIES

The island offers a lot: diving, surfing, hiking, cycling, rappelling and trekking, as well as eco-tours and tours of the various forts and prisons.

QUICK DECISION MAKER

Main activities: Partying, dancing, singing, beach, eating, sailing, drinking etc.

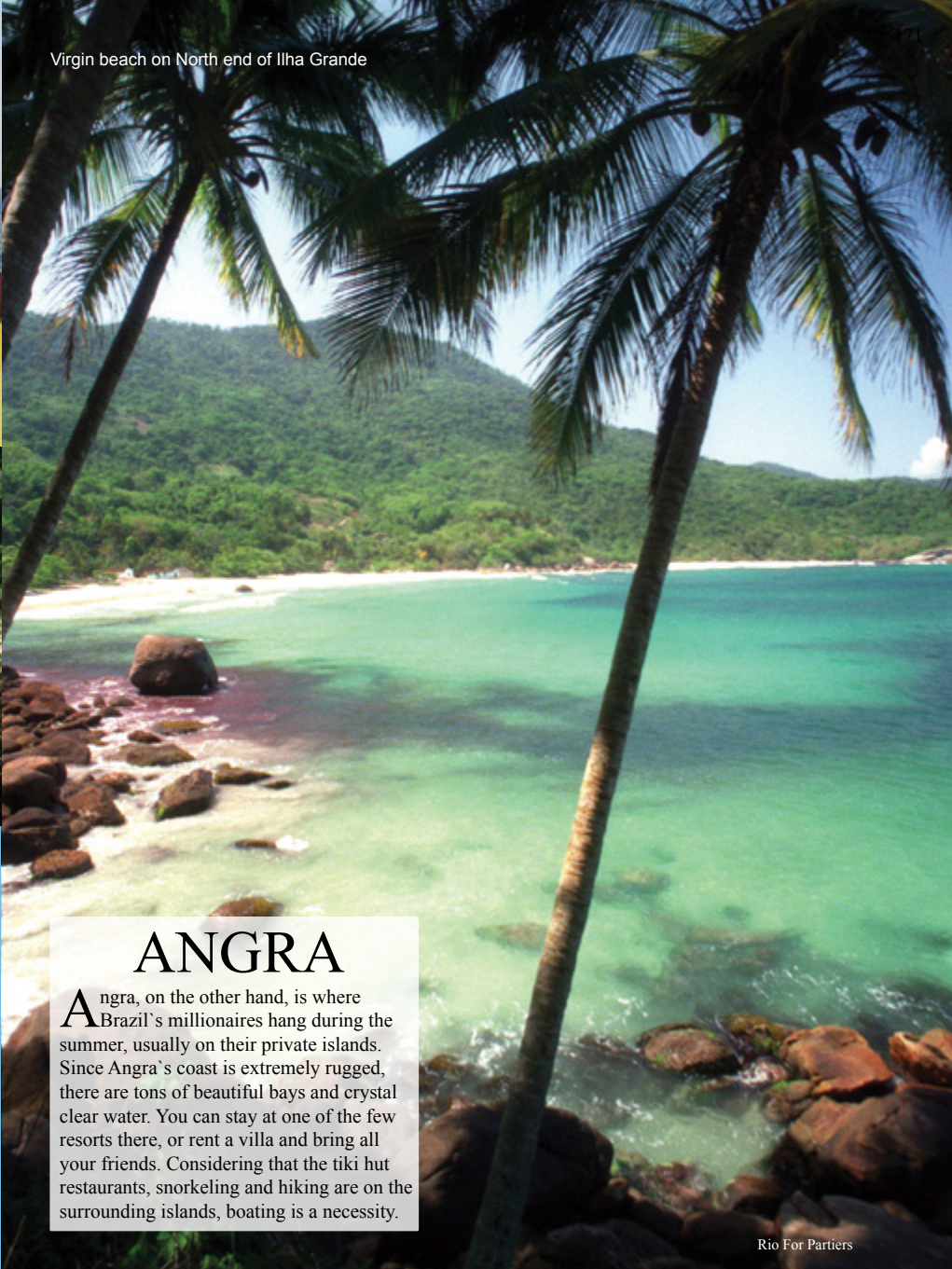
Who usually goes: Singles, couples, groups

When to go: All year round.

How long to stay: 4 to 10 days



Virgin beach on North end of Ilha Grande



ANGRA

Angra, on the other hand, is where Brazil's millionaires hang during the summer, usually on their private islands. Since Angra's coast is extremely rugged, there are tons of beautiful bays and crystal clear water. You can stay at one of the few resorts there, or rent a villa and bring all your friends. Considering that the tiki hut restaurants, snorkeling and hiking are on the surrounding islands, boating is a necessity.

