

Your First Day

Welcome to Rio, where your heart beats faster. We've put together a short guide to your first day in Rio, based on the recommendations and tips offered in the **Rio For Partiers** travel guide, available around the city and in your hotel.



After checking in to your room, if it's sunny, you'll want to get out and sit in the sun to get that "NOW I'm on vacation" feeling started. There are a dozen beaches in Rio, but the one everyone should experience on their first day is Copacabana beach, since it is always busy, famous and close. Before you go, however, there are a few Brazilian rituals to perform. So get out your sandals, lather on sun protector and leave your wallet, just bring R\$100 in small bills:

1) Please: Buy Brazilian swimwear.

If you don't, you'll look just as out of fashion as Brazilians on ski slopes.



If you do, you'll look less like a gringo (detering beach pesky vendors) while tanning better. Your hotel will know a few shops close by (women: mid sized triangles in the back is fine, men: large side-strap speedos... just go with what's in the shop window).

2) Breakfast now

You'll be at the beach till 4pm, maybe more. If breakfast is still available, bulk up. Otherwise, go to the nearest juice-bar (lanchonete), and order a mango juice or Açai (*ah-sigh-ee*) smoothie with a pastel de carne (beef) or queijo (cheese). Then get a misto-queite (ham&cheese sandwich) or an esfiha (triangle shaped closed beef pizza).



pastel de carne



misto-queite

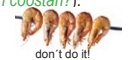


esfiha



3) Beach

Now you can go to the beach. Walk along for a block or two looking for a crowd and spot that's more to your liking. Ask the guys at beach tents for chairs and umbrella (*Kah-day-rah & ba-ha-kah*), which usually go for R\$3 and R\$4. Tell them your name so you can open a tab, and wave to them whenever you want to order more drinks. If drinking beer, remember to drink a bottle of water between every two beers, or you'll dehydrate and fall asleep by 6pm in your hotel room. Don't make eye contact with the walking beach vendors or they'll persistently try to sell you something. If something does strike your fancy, simply asking "What's this?" (*Oh-key air east-o?*) and "How much?" (*Kwantoh coostah?*). Whatever you do, don't eat the beach shrimp: certain death.



don't do it!

If going in the water, someone will have to stay behind and watch the stuff (rock-paper-scissors), or ask someone nearby to watch.

4) Late Lunch

Sitting around doing nothing for a few hours can be grueling - it's time to fortify yourself with a late lunch.

To ease your stomach in to Brazilian food, we suggest one of three:

A) Comida-a-kilo (food-by-the-pound buffet): opt for any place charging over R\$15/ kilo

B) Sanduiche-de-filet at any lanchonete (Steak sandwich): the cleaner the better

C) Chicken with fries/potatoes/rice at any galetto joint in Copa (*gah-lay-toe*).

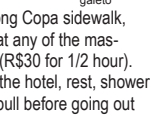
comida a kilo



sanduche de filet



galetto



5) Massage

After lunch, nothing like a stroll along Copa sidewalk, stopping for a half-hour massage at any of the mas-seuses sprinkled along the beach (R\$30 for 1/2 hour). After sundown, time to go back to the hotel, rest, shower and get ready for the night. A Redbull before going out may help trick your body clock.

To plan your day activities for the rest of the week, to know exactly where and when to go, who to contact, how much to spend and what to do to make the most of your Rio trip be sure to get a copy of **Rio For Partiers**.

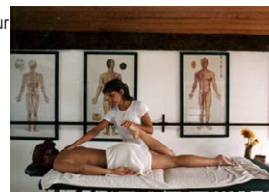
Day Activities Featured in **RIO FOR PARTIERS**

- Happening & Secluded Beaches
- Atlantic Forest Tours
- Tours Of The Favela
- Cultural Tours
- Sugarloaf Mountain
- Corcovado And The Christ Statue
- Lagoa And The Botanical Gardens
- Santa Tereza And Old Rio
- Speed&Sail Boat Tours
- Helicopter Tours Over Rio
- Exploration Bike Tours
- Hangliding
- Marlin Fishing trip
- Mountain Climbing course
- Rafting trips
- Surfing And Body-Boarding lessons

Rio For Partiers won't let bad weather ruin your vacation:

Rainy day option:

Since it's the first day of your well-deserved vacation after a long period at work, nothing would be more appropriate than a few hours relaxing at a **spa**.



Maria Bonita launched their urbanspa in Ipanema, offering 23 types of massages, amongst other zen-esque style relaxation options. Av. Prudente de Moraes 729, Ipanema

Other rainy day ideas covered in the book: brazilian dance lessons, capoeira lessons, beauty clinics, happy-hours etc.

Cloudy day ideas:

You can still go to the beach and pray, or to a nearby bar and drink, or to a churrascaria and eat. You may be too tired for museums and churches. Our different but highly sensual (as in the 5 senses, not sexy) suggestion may be to go to a fruit market and try as many fruits as you can. Rio For Partiers describes the 18 most exotic fruits and their nutritional benefits.



Fruit Fair Schedule:

- Monday: Rua Henrique Dumont (Ipanema)
- Tuesday: Praca Gen. Ozorio (Ipanema)
- Wednesday: Praca Edm. Bittencourt (Copa)
- Thursday: Rua Min. Viero de Castro (Copa)
- Friday: Praca NS Paz (Ipanema)
- Saturday: Rua Frei Leandro (Jd. Botânico)
- Sunday: Rua Serzedela Correia (Copa)

Other cloudy day option are: secret shops, favela tours, jungle tours, rappel on sugarloaf mountain and lots more.



Dinner

After resting and showering, and trying to trick your body clock into Brazilian time, you should be hungry enough for dinner. Since it is your first night, you can and should keep it safe while your stomach accustoms to all the changes: contemporary cuisine or seafood.

Zuka

Ludmilla, head chef at Zuka, has a history of making the most photogenic plates in Rio, and what's more, they are just as tasty. The menu covers an array of food styles, from risotto to grill to sandwiches, so everyone is bound to find something. True works of art. Bring a camera! Ask to sit by the bar... it's more entertaining to watch the chefs.

Rua Dias Ferreira 233 in Leblon (call for rsrvts 3205-7154)

Don Camillo

Our top seafood option, Dom Camillo, is a mix of sea-foods and italian, so you can't go wrong. For under R\$45 you can have lobster with risotto, served on the outside deck facing Copacabana beach.

Av. Atlantica 3056, Copacabana



Rio For Partiers selected another 10 restaurants that are indispensable to your trip, from feijoada bean chowder to tropical innovations. Plus, an extensive food guide to all the various street snacks, juices, drinks, deserts and bar foods you can't miss.



Nightlife

Rio doesn't sleep till it's found enough passion. So there is always something going on.

Since you arrived today, you may be running out of energy by now... so if you arrive here on a Sunday or Monday, slow nights, your best bet would be to have a beer at **Shenanigans** (R. Visconde Pirajá 112, Ipanema), a great place to meet other travellers as well as Brazilians.

If it's Tuesday to Saturday and you have the energy, be sure to check out **Rio Scenarium**, the most beautiful joint this writer has ever seen, and listen and dance to brazilian samba/chorinho/MPB. (Rua do



Lavrado 22, Lapa). If you are into clubbing, and it's Thursday to Saturday, and you want an environment that's behaved yet bumpy, check out **00 (Zero-Zero)**, in Gavea. If it's the weekend and you just want to lounge with a nice caipirinha facing a beautiful view, check out **Palaphita Kitch**, on Lagoa.

Rio has 340 bars and clubs. With RFP you'll know the top 4 places for each night of the week, for whatever mood you are in. The book also lays out how to date Brazilians, maps out the after-hour foods and late drinks, goes into the gay scene, and explains the various Brazilian music styles. Detailed in **Rio For Partiers**. All recommendations are updated every 6 months, so you don't miss out.



00 (Zero Zero)

The Party Has Only Begun.

Get **Rio For Partiers** and make sure the rest of your vacation is as unforgettable as Day One.



**Your Heart Beats Faster
With Rio For Partiers**

What you get with **Rio For Partiers**:

- The complete guide to Rio – where to drink and eat, what to explore, what to buy, what to do at every moment
- Avoid tourist traps. Discover the real Rio, from alternative tours to off-the-beaten-track restaurants, clubs & bars.
- Up-to-date recommendations, so you can be sure that "in" spot hasn't gone cold.
- More than 500 photographs. Free day & night maps.
- Save up to R\$430 per person in one week with exclusive discounts at restaurants, adventure sports & tours.
- Street price guide, Portuguese cheat sheet, emergency contacts & safety tips.
- Highly recommended by tour guides, hotels, locals, and 26 amazon.com top reviewers.
- Grand-Prize winner of the North American Travel Journalists Association 2005 awards.
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Travel Guides