

YOUR HEART BEATS FASTER WITH

RIO FOR PARTIERS

Trip Planning
Day Tours
Rio Sports
Rainy Days
Cultural Rio
Restaurants
Street Foods
Nightlife
Gay Rio
Around Brazil





Rio For Partiers

by Cristiano Nogueira

Sunset outside Temporada restaurant in Arpoador

Rio For Partiers

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Rio For Partiers is great on the iPhone!



Also on Android platform.

Visit your app store and download it now, free!



Check our site for updates and up-to-date party calendar:
www.rioforpartiers.com/rio-quick-guide
(Smartphone ready)



How to Use This Book

Use this nifty chapter navigation bar along the top of the left page to find your way around.

CONTENTS

PORTUGUESE WORDS
USED EVERY WHERE IN
THIS BOOK
Carioca = a citizen of Rio
Rua = Street
Praça = Square
ç = ss like Praça is
pronounced Prassa
Praia = Beach
Morro = Hill

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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. 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 parties.

RIO STATS AND KEYS

TELEPHONES:

How to Call

Within Rio: mobile are now a 9-digit number starting with “9”, ex: 998894-9857

Rio de Janeiro to USA: 00 31 + country code (i.e.: 1 for USA) + area code + telephone number

To call from Rio de Janeiro to other cities in Brazil=

0 + 31 + city area code + telephone number

ARRIVING IN RIO

Distance between International Airport Antônio Carlos Jobim (GIG) to Copacabana = 20 Km (30min w/o traffic) = roughly R\$45

Distance between Santos Dumont Airport to Copacabana = 15 Km (20 mins)= roughly R\$23

Distance between Copa to Novo Rio Interstate bus station = 30mins = R\$28

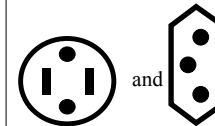
CLIMATE

Rio de Janeiro is a subtropical city. Summer: December to March with temperatures 25°C (77°F) to 42°C (108°F);

Winter: June to August, temperature around 20°C (68°F) to 16°C (60°F).

MOST COMMON

ELECTRIC SOCKET



(So good luck!)

Electric voltage: 110V. (some hotels have 220V. adaptors)

SHOPPING

Commercial hours: 9am to 7pm

Shopping centers: 10am to 10pm

Banks: 10am to 4pm

Cash machines: 6am to 10pm

Cash machines at Galeão airport/ Santos Dumont airport/ Rodoviária bus station are 24h.

Restaurant/bar tip: 10% of the total: usually already included. Look for the word “serviço” on the bill

SUBWAY STATION

From Monday to Saturday: 5am to 12am

Sunday and holidays: 7am to 11pm.

RIO DE JANEIRO'S

NEIGHBORING STATES

West: Minas Gerais

North: Espírito Santo

Southwest: São Paulo

East: Atlantic Ocean

PUBLIC HOLIDAYS

1st of Jan - New Years Day

20th of Jan - Saint Sebastian: only in Rio

Carnival - shifting dates in february and sometimes march

Shifting dates in Mar - Holy Week

21st of Apr - Tiradentes (Independence hero)

23rd of Apr - Saint George's Day (only in Rio)

1st of May - Labor Day

Shifting dates in June - Corpus Christi

7th of Sept - Independence Day

12th of Oct - Our Lady of Apparition - Brazil's Holy Lady

2nd of Nov - Finados (Day of the Dead...ooooooooo!)

15th of Nov - Proclamation of the Republic

20th of Nov - Zumbi Dos Palmares: Black Consciousness day (only in Rio and Bahia)

25th of Dec - Christmas Day

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 zones of interest are 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 its amazing beaches, dance clubs, and malls.

BARRA

SÃO CONRADO

Map not drawn to proportion

CITY OF RIO AT A GLANCE

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.) The new port area has been gentrified, so def worth a look. 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 some of 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

If you are here on tourism, 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. Otherwise Barra or the new port area have some shiny new hotels.

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 offence, (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 100

The surest way to end up in hell is to walk around with a R\$100 note thinking that the beer guy, bus or taxi will have change. Whenever at a restaurant, shop or bar, pay with the R\$100. Five R\$20 bills can be worth more than one R\$100.

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 a few night clubs.

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 to 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 AVOID TRAFFIC JAMS

In the last 12 years every minimum-wage worker bought a car! Hurray! So now the tiny streets and avenues are clogged with everybody pushing 4 wheels! Some areas like Lagoa, Centro and Jardim Botânico have heavy traffic for 15 hours! What to do? Subway it, bike it, or walk it. Or bite the bullet and take a cab or Uber.

8 DON'T TRY THE PEPPERS

I beg you! Your (anyone's) stomach is not used to the unique chemistry in Brazilian peppers. Even if you can handle stronger Habanero peppers, your intestines are bound to react in an explosive way for days after, ruining your trip and your underwear.

9 AVOID THE HILLS.

Most of Rio's slums are on the hills, so with the exception of Vidigal, Santa Teresa, Cosme Velho and Joatinga, hillsides should be avoided for your own safety. Only go on visits or 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



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, Hotel 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 250 hostels in Rio... with varying quality levels. Do your reseach. Alternatively, consider hostels that have a B&B built in, as some have private rooms for 2, at reasonable rates.

www.hostelworld.com

APARTMENTS RENTALS AND AIRBNB

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\$800 for a beach view, 4 bedroom penthouse.

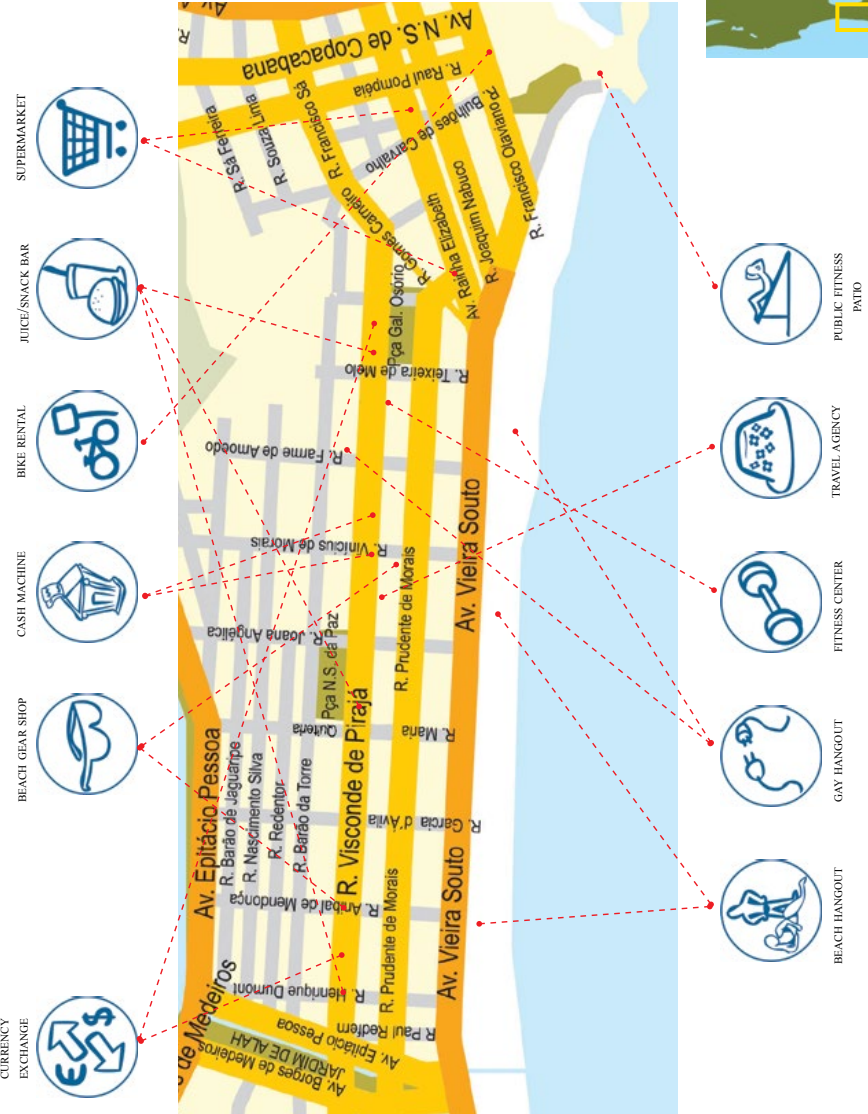
COUCHSURFING

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.



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.



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)

BRAZILIAN

PRIDE

by Phil Smith

PEOPLE

- Pelé: the best soccer player ever: these days he promotes more brands than Proctor & Gamble.
- Gisele Bundchen: tall, beautiful, magical legs, supermodel.
- Paulo Coelho: novelist with a knack for semi-mystic fiction.
- Lula: lower-class born, factory worker and labor leader who became President of Brazil for 8 consecutive years.
- Ronaldo: number 9: bald, big teeth, incredibly skilled soccer star.
- Ronaldinho: number 10: dreads, sprawling teeth, incredibly skilled soccer star.
- Zico: another soccer star, now a top-notch coach. Regular teeth.
- Oscar Niemeyer: modernist architect of the curvy type, designer of Brasilia and most of Brazil's iconic buildings.
- Fernando Meirelles: film director of "Cidade de Deus/ City of God" about gangs in Rio favelas.

- Ayrton Senna: Formula One driver: RIP.
- Nelson Piquet: Formula One driver: still alive.
- Carmen Miranda: 1940's actress, beautiful, born in Portugal, adopted by Brazilians.
- Chico Mendes: Amazon rainforest activist, murdered in 1988.
- Roberto Marinho: founding father of O Globo media empire, recently died age 98.
- Xuxa: former wife of Pelé: TV presenter, singer, aka the Queen of the Kids.
- Chico Buarque: singer/poet/ composer/genius.
- Roberto Burle Marx: father of landscape architecture, designer of Flamengo park.
- Jorge Amado: one of Brazil's most popular writers: Go to Iheus to check out a UNESCO-listed house constructed in his honor.

FACTS

1. Brazil has 20% of the world's fresh water supply (China has 20% of the world's people!)
2. There are 192 million Brazilians running around.
3. They all speak Portuguese, not Spanish or Brazilian!
4. You cannot tell Brazilians simply by looking at them (they have the most diverse mix of races and cultures in the world)
5. Two thirds of them live near the coast (or should we say "By the beach!")
6. Caipirinha is possibly the best drink in the world to sip at sunset.
7. Every year Brazil hosts the two biggest parties in the world: Carnival and New Years Eve!
8. They produce over 50% of the world's coffee!
9. Iguassu Falls, in the southern state of Paraná, is bigger than both Niagara and Victoria Falls! (60 feet higher than Niagara

- and about one and a half times as wide)
10. As well as beach football, we play Fresco ball, which is like tennis, only we don't let the ball bounce ('cos it doesn't).
 11. Brazil has the highest number of species of primates, amphibians and plants in the world and is in the top five in the world for numbers of birds and reptile species. A typical acre of Amazonian rainforest will support around 250 species of trees, compared with around 10 species per acre in typical forests in Europe.
 12. As well as being expert dancers in samba, zouk, pagode, chorinho, bossa nova and forró, Brazil is also home to capoeira, a unique blend of dancing, martial arts and traditional music.

Odd

Favelas (slums) have the highest percentage world-wide of civil engineers (all unlicensed).

Posto 9 and 10 (Ipanema) and Praia do Pepe have the highest ratio of sculpted bodies.

Rio has the bluest skies in the world (source:physicsworld.com)

Quotes

- Fifteen reasons why Brazilians are proud to be "Brazilian":
- (Real quotes from real Brazilians on Ipanema beach!)
1. "Because of the unique energy of the Brazilian people."
 2. "Brazil is a happy and passionate nation."
 3. "We have a lot of natural resources and natural beauty in the world."
 4. "We are always optimistic!"
 5. "Because of all the beautiful women!"
 6. "We are very hospitable, spiritual and sensual."
 7. "We are very open and fun."
 8. "Because of the solidarity here. We are very hospitable, communicative and our people have a wonderful temperament."
 9. "We used to have the best football team in the world."
 10. "We live well and enjoy the natural beauty that God has given us."
 11. "We have incredible cultural diversity which gives us strength and a feeling of togetherness."

Brazilians are what race?

Brazilians are a mixture of different ethnic groups. In fact, so mixed for so long that you commonly get 16 shades of white to black to Indian to Asian. Sociologists consider this mixture a meta-race, since a true genetic melting pot is still at work.

Happiness

Brazilians are the happiest people in the world, according to two independent sociological studies from US and German universities. After analyzing various factors such as emotional balance, financial stability, nutrition, health, family, love, sex, stress and professional outlook, Brazil came out on top of both international studies, with Nigeria in 2nd place.

They concluded that the happiest countries were the ones where its citizens' perception of and hope for life improvement are high. Dealing a blow to political theories, 2 Scandinavian countries came out close to the bottom.

GENERAL TIPS

Guest Tips

by Antonio Pedro Figueira de Mello

REAL GABINETE PORTUGUÊS DE LEITURA

The Royal Portuguese Reading Room is one of the most beautiful places I know. It is ideal to spend a morning there.

BIRA'S BAR AT BARRA DE GUARATIBA

To have a passion fruit caipirinha and to taste the different *pasteis* (fried wontons) while admiring the breathtaking view of Marambaia plant reef is, without a doubt, one of the best options in Rio.

OUIDOR AND MERCADO STREET CORNER

On Friday afternoons, you can't go wrong joining the Cariocas for their happy hour at this revitalized street junction, next to the Centro Cultural Banco do Brasil and the Casa França-Brasil. When the evening starts, the bars offer free live top-notch samba. Cheap and unmissable.

"GLOBO" BRAND AIR-BISCUITS AND MATE TEA ON TAP

You can't leave Rio without trying this perfect duo on a sunny day. When at the beach and you start feeling hungry or

thirsty, try the Globo air-biscuits accompanied by a cup of Mate tea straight from the vendor with the barrel. Be sure to ask him to mix both tea and lemonade flavors "*misturado*". It's always cold, refreshing and goes great together with the biscuits.

JARDIM BOTÂNICO

I find it fundamental to set aside a day to spend enjoying the natural beauty of the Botanical Gardens, one of the favorite places of the great maestro and Bossa Nova co-creator Antonio Carlos Jobin.

JOBÍ

In the wee hours, your best bet is a beer at Jobi, the last bar to close in town. While absorbing Rio's life style, have a *chopp* (draft beer) and *bolinho de bacalhau* (cod cake).

MARACANÃ

You can't miss Maracana on a Sunday... it's obligatory!

Antonio Pedro Figueira de Mello is secretary of tourism for the city of Rio de Janeiro



Tours

3 THINGS TO ASK BEFORE BOOKING A TOUR

What happens in case of rain? Postponed or carried out anyway?

How long does it take to pick up others on the tour?

Is it possible to find transportation back if I break away from the group?

Will there be food vendors and restaurants involved or should I pack some snacks?

Don'ts

Don't get irate with Brazilians who show up half an hour late... that's within reason in Rio. Its called Brazilian time. Salvador time is even worse!

Don't ride in the front seats of buses or vans...they drive too fast.

Don't forget to double check any info you get on the street. Brazilians are always glad to help, even with wrong info.

Rio By Yourself

Want to meet others to make the most of your visit? Use these tricks and team up.

1) JOIN A GROUP TOUR

- Soccer game
- Schooner tour
- Favela tour
- Hiking

2) ASK A TRAVEL AGENT

Whoever booked your hotel, apt or flight can introduce you to others who are in Rio by themselves, so you can make some vacation buddies.

3) HIT THE HAPPY HOURS EARLY

Why not, right? Should make you more extrovert by the time people arrive.

4) ASK YOUR CONCIERGE

They should know who else is staying at your hotel that shares common interests or wants to split a tour, like renting a speed boat, private city tour etc.

5) JOIN A SMALL NIGHTLIFE TOUR

Ask before about the group dynamics.

How to cure a hangover

A nasty hangover can ruin the following day. Follow these tips and you'll be back at the bar by 2pm.

1) Before going to bed drunk, drink as much water as possible.

2) Take Aleve, Tylenol or any powerful painkiller in the morning.

3) Drink some coconut water the next morning. 2 coconuts if you are normal sized, 1 if you are short, 3 if your nickname is Shrek.

4) A beef *pastel* (fried wonton) or a *picanha* burger (rumpsteak) with fries is just what the doctor ordered.

5) Jog and sweat it out. What better place to do it than the beach bike path (for joggers too).

To avoid hangovers

1) Don't drink *caipirinhas* made on the street... they tend to use unfiltered ice.

2) Pace your drinking with a glass of water every so often. (I've never been able to remember to do this, but hypothetically it makes sense.)

3) Before going back to the hotel, throw down a steak sandwich from Lamas or Cervantes (check page 130). I have no idea if this works, but it sure tastes good.

4) Ask for premium *cachaça mineira* or vodka when ordering your *caipirinha*. The cheap brands are not as filtered or selectively distilled.

5) A shot of olive oil before drinking will help you win any binging competition...really!

6) Cut yourself off after 17 *caipirinhas*... I mean, you gotta have limits, man!



Emergencies

A visit to Rio is no trip to Disney World. It is a big city, with its fair share of problems. Should you get into an emergency situation, be sure to follow these procedures to get things back to normal.

ILL OR INJURED

Although Rio has some free medical assistance offered by the state, most 1st world visitors may not like the response time Brazilians have become accustomed to. Long waiting lines and lack of English speaking attendants may worsen your medical problem.



Luckily there is a clinic devoted to working with tourists 24 hours a day and in several languages (English, Spanish and French).



They have the necessary infrastructure or partnerships with other clinics to cure what ails you, from simple colds to minor surgery.

Should you need to, they can also visit you at your hotel, and what's more, they work with most international health plans and traveler's insurance.

Galdino Campos Clinic

Contact: Ronaldo Galdino Campos
Rua NS Copacabana 492
Tel: 2548-9966
www.galdinocampos.com.br
Member of the International Society of Travel Medicine

ROBBED

First say your prayers if you weren't physically assaulted or attacked. Second, hop over to the Tourist Police Station in Leblon (Av. Afranio de Melo 159 or tel: 3399-7170). They may not be able to recoup your belongings, but can issue a police report for insurance purposes and issue an alert to patrol cars to better serve that area.

ARRESTED

Were you a bad boy (or girl)? Or were you set up by "the man"? In either case, nothing like a slick lawyer to squeeze you out of trouble. To find the best one for your needs, contact your consulate (listed in the back cover).

LOST PASSPORT

Should you lose your passport (it shouldn't have left the hotel in the first place), be sure to contact your consulate, as they can produce a quick fix. Check the back cover for a list of local consulates and numbers.

MISSED FLIGHT

Overslept? Unless you are here during high season, you may be able to extend your stay for US\$75 or so. Check the list at the back for the local offices of the major airlines.

STOMACH ACHE

You ate the peppers, right? Or was it the street *caipirinhas* with the questionable ice? We bad mouth it so much, people get curious about them...oh well. What my buddy, who was travelling through India used to do whenever he got the runs would be to mix a finger of vinegar with a finger of water and gulp it down. That would kill whatever was wreaking havoc in his stomach. He would later drink some yogurt to replace his intestinal flora. Soon he would drink a few coconut waters (*agua de coco*) to rehydrate. Has worked for him and others, but naturally this is something I can't recommend because I'm not a doctor...just a trick I heard.

RIP OFFS

Should you get tricked by any establishment in Rio, whether a tampered taxi, a restaurant waiter or a bait & switch shop, contact me. The only things that boil my blood are poor customer service and paying for dumb movies. I live for this and will try to use all my god-like-powers to put them in their place.

cris@rioforpartiers.com

Always remember to keep the Emergency Contacts Card (see back cover flap) in your pocket.

Travel Health Tips

INSURANCE

The most common recommendation I hear from doctors that deal with foreign patients is that everyone travelling should have traveller's health insurance. This foresight helps you get attended at hospitals that may come up with excuses as to why they don't want to treat someone who is "promising" they will pay later.

YOUR PILLS

Take your special medication in sufficient quantities for slightly more than the length of your stay, should you get stranded in Rio due to a volcano in Europe or whatnot. Your medication may not exist here, or may have stricter control. If it is very strict or controversial medication, get your doctor's prescription translated to Portuguese, to avoid getting stuck in customs or by the police.

Make sure the medication has your name on it and bring it with your carry-on luggage.

EATING

Take it slow: even though it may all look beautiful and well made, different cultures have slightly different water, oils, climate and seasonings. When all these change at the same time, your body may not know how to adapt in time.

Seafood is great, but only go

for it when you feel confident about its quality and freshness. When in doubt, ask to visit the kitchen (Brazilian law gives all customers this right).

COMMON MEDICINES

- Headache (*Dor de cabeça*) - Aspirin (*aspirina*)
- Hangover (*Ressaca, Mal estar*) - Hangover pill (*Engov*)
- Fever (*Febre*) - Paracetamol (Paracetamol)
- Nausea (*Enjôo*) - Dramamine (*Dramin*)
- Pain (*Dor*) - Dypirone (*Dipirona*) or Paracetamol
- Diarrhea (*Diarréia*) - Floratil (*Floratil*) - Imodium (*Imosec*)
- Cut (*corte*) - Band-Aid (Band-Aid)
- Sprain (*Contusão*) - Ice (*Gelo*)
- Bruises (*Hematomas*) - Heat pack / cold pack (*Compressa água quente/ Compressa água fria*)
- Vitamin C effervescent tablets (Cebion)

TIPS:

Wash your hands regularly.

Only drink bottled water.

Go easy on seasonings and fried street foods.

When it looks sketchy, stay away from fruit and vegetables and of course, mayo and cream.

Beware of vegetables if the town you are visiting is far from farm areas, like it's in the middle of a dense forest, desert or savannah.

During intense street festivals, opt for manufactured foods and drinks, as the street food might be as old as the festival and the sellers' storage procedures for such high demand may be too lax.

In situations where the food quality looks doubtful, like interstate bus-stations, opt for snacks from major brands like Nestle, Kraft and others. A safer bet may also be cakes, breads and the like, that don't involve meat.

VACCINES

Recommended for Brazil: hepatitis A and B, Typhoid, Yellow Fever, Rabies, Tetanus, Mumps.

Yellow fever is obligatory in Amazonas, Mato Grosso, Mato Grosso do Sul, Amapá, Pará, Roraima, Rondônia, Acre e Goiás.

Carry your health plan card with you at all times. After being treated keep the records and receipts for your refund process.

Clínica Galdino Campos

Av. Nossa Senhora de Copacabana, 492
Telephone: + 55 21 2548-9966
Contact: Dr. Ronaldo Galdino Campos:
tel: + 55 21 9605-3349
www.galdinocampos.com.br
clinica@galdinocampos.com.br

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 pick pocketing (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 pick-pocketed, 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 AND SAFARI HATS

Dead give-away.

HAIR CUT

Leave the “50s-Bieber” 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 nerd-button-up 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

Get the TIM VISITOR chip, available at most hotels and some travel agencies. It goes for roughly R\$50 and gets you lots of internet.



Or you can use your roaming and pay thru the nose, unless you have a roaming plan.

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 (*Havaianas*)



Brazilian fashion beach wear



Frescobol (paddleball) paddles



Canga (sarong)

To lie on or to cover your derriere as you head to the beach.

AT THE PHARMACY



Sun-screen (*protetor solar*)



After-sun lotion (*pos-sol*)



Antidiarrheal medicine (*remedio para desarranjo*)



Hangover medicine (*remedio para ressaca*)

AT THE SUPERMARKET



Snacks (*biscoito*)

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.

APPS

99TAXI AND UBER

The taxis on the 99 Taxi app show up faster than Uber cars but Uber has the UberX option, ideal for long distances like going to Barra or Zona Norte, where the 30% means a lot. So get both apps.



INSIDER (INSIDER)

A cute little app where you can ask and get answers from cariocas, for free! Don't expect immediate answers, so ask a few days in



advance.



TRIPPICS

Last-minute booking for tours in Rio! Pay less than others, if spaces are available in the tour/class/experience.



BIKE RIO

Unlock and rent the orange Itau bikes from their stations around the city. If you have a friendly Brazilian at hand, ask them to configure the app for you, as it is not easy...



WHATSAPP

"What? Who doesn't have whatsapp?" Some non-Brazilians do prefer FB messenger, Snap or We Chat or even Twitter! But Whatsapp is the defacto instant messaging app in Brazil, so you can talk to ALL Brazilians (I know cause my mother just joined last month, so it is now 100% saturation). You can also book tours or even get help from yours trully, by whatsapping me at +55 21 98894 9857. Ladies, beware: I'm married! So please, when contacting me for my free gigolo services, use code like "I would like to order a hot-dog" or something that won't get me into trouble.



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...

BODY WATCH

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\$120 to R\$160 an hour.

Don'ts

DON'T TRY THE PRE-COOKED BEACH SHRIMP

Or any seafood at the beach. 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. Only in ski-resorts.

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.

Fashion Crimes in Rio

BLACK SOCKS WITH BERMUDAS AND SANDALS



You are not in Germany.

SAFARI HAT

Come on! Brazil has already been discovered! 512 years ago!

BACKPACK AT THE BEACH

What the heck have you got in there that is so important? Black socks? Go to the beach with your beach clothes and that's it. It's the beach experience, not an expedition.

LARGE WATERBOTTLE

There are juice stands and bars on every corner...do you really prefer your warm water over a freshly blended iced mango juice?

BEAN NECKLACES ON MEN

That's so 90s... and not yet retro. Wait 7 years.

BRAZILIAN FLAG CANGA (SARONG)

Yup, muggers love it when you wear those, cause they can rob you, then indirectly sell the sarong back to you, how's that for irony?

THE LATEST ITALIAN FASHION



It hasn't caught on yet in Brazil, so it will just make you look scandalous.

CROCS

Unless you are under 8 years old, you'll just look silly. (Personal opinion)

PANTS WITHOUT BUTT-CRACK



Just not sexy...

FLIP-FLOPS AT NIGHT

Rio is not Club Med... put on shoes like everyone else, specially if you are going to restaurants or clubs.

TOWELS AT THE BEACH

The sun will dry you faster than the towel, so why bother?

MOTEL FLIP-FLOPS IN PUBLIC



The best way to look clueless. Leave them at the motel.

BRAZILIAN SOCCER TEAM SHIRT

Only during World Cup games.

ARGENTINIAN SOCCER TEAM SHIRT

Threat to your existence.

GETTING AROUND



Getting around Rio is easy: just get in a cab! 1 out of every 3 cars is a taxi (or so it seems). What's more: it's cheap. You can go from downtown to Ipanema for about R\$40 (US\$11). From Ipanema to Barra for about the same. The meters have 2 rates (*bandeirinhas*): "1" for daytime (6am to 9pm) and "2" for nighttime, weekends, holidays and the month of December. The "2" bandeira charges 20% more than the "1", so check. Just remember to ask the taxi driver if he knows how to get to where you want to go before you step in "*voce sabe chegar no*" pronounced "vo-say sa-bee shay-gar no [insert place here]...". If he doesn't know, hand him your hotel card or take the next cab. You can also request a cab pickup using the 99 Taxi app, available in English, and you can also pay with paypal or credit card, just as easily as the Uber process.

CAR RENTALS

Driving a rented car has become easier with the advent of the

GPS. It does become helpful if you are planning on visiting the Off-Zona Sul attractions (see page 54), or if you plan on visiting Buzios, Petropolis or Paraty (cars are not allowed on *Ilha Grande*) (see page 170).

SUBWAY

Very efficient, not too packed, cheap and fast! Check the Rio Big Map attached to the back of this book.



BUSES



The other, less recommended, transportation method are the public buses. Although a lot cheaper, these take longer (up to 55 minutes from downtown

to Ipanema, where a cab would take 20 minutes).

Enter thru the front, pay inside for each route. There are no day-passes.

FRESCÃO

A safe and comfortable option if you are going between Barra, Leblon, Ipanema, Copa and centro is to take the "*Frescão*", an air conditioned passenger bus that serves the business commuters.



They go for R\$14 and run more frequently during rush hours.

UBER

Uber drivers are everywhere, offering their "better than cabs" service. Use the Uber English option for English speaking drivers.



BIKE

If you plan your activities nearby, you can use a bike for at least half of your stay in Rio, as most attractions are under 1 hour away from Copa/Ipanema.



WHAT'S THE DEAL WITH?

BEACH VENDORS?

Just like the street vendors, the beach vendors tend to offer more practical stuff like snacks, ice cream, beer or sunglasses. Forget the hammock guy.



RUNNING STOPLIGHTS AFTER MIDNIGHT?

For safety reasons, most people slow down at red lights, check for traffic, then speed up again, as stopping at a red light in the dark can be dangerous, due to car robbery.

STREET VENDORS EVERYWHERE?

Selling mostly stuff made in China, street vendors account for about 1/3 of Brazil's work force. This type of business is illegal but frequently overlooked, as most escape the regulating street cops.

DOG TV?

These are rotisserie chicken ovens, referred to as television for dogs. For around R\$18 you can get diced chicken to go.



POOR PEOPLE IN RICH AREAS?

They come to nicer neighborhoods to beg from the rich (makes sense), but donation is not recommended unless they have an obvious condition. Many of them are in a condition to work but choose to beg. Don't give them anything, as this doesn't help anybody. If you want to help, check page 76 on how to give back.

RECKLESS DRIVING?

Since most Brazilians bought their license, or forgot most of the rules and regulations, everyone drives like its Super Nintendo.

LACK OF TRIBES?

Where are the punks? The nerds? The hippies? The heroin addicts? The emos? The rastas? Rio doesn't have visible factions of any of the above. It is mostly preppies, jiu-jitsu fighters (pit bulls), artsy-fartsy (neo-hippies) and normal people. You can find more tribes in São Paulo.

SHANTY TOWNS ON THE HILLS EVERYWHERE?



Why do the poor have the views, while the rich are locked down to the flat areas? A law from when Brazil was still a colony is still in use, prohibits anyone from building on the hillsides, allowing Cariocas to have a green view from wherever they live. In the last 40 years, the hills have been overtaken by the poor however, and the government has had little luck in stopping them.

HOT WOMEN BY THE SIDE OF THE ROAD?

These tall, hot prostitutes are state-of-the-art transvestites or transsexuals. Don't fall in love.

THE LACK OF LUXURY CARS?

Brazilians get hit with 120% tariff on imported cars, so a BMW325e goes for about US\$80K.

MINI "WASHINGTON MEMORIAL MONUMENTS"



Those are placed by the city to prevent pig-parkers from parking on the sidewalk.

EXCESSIVE WAITERS?

Given that the minimum wage is R\$990 (US\$290 per month), most businesses can afford a large staff to improve service. Unfortunately, most of this staff is under-trained, which lowers the quality.

EXPLOSIONS AND SCREAMS?

Don't worry! Those are soccer fans rooting for their teams... more like roostering for the teams... Usually on Wednesdays and Sunday nights.

WHAT'S THE DEAL WITH CONSUMING BEER ANYWHERE?

I know, isn't it great?

AND OTHER FREE-TO-USE

ChoobeeDoobee

BUDDY TRIP CATCH-PHRASES:

Ever notice how every time you are on a trip with your buddies, at the start of the trip one of them will crack a joke that will make everyone laugh, and pretty soon that keyword or phrase becomes repeated throughout the trip? Those are called Choobee-doobies, and they can be used even after the trip is over, well into the end of your marriage (probably the cause of).

"Ain't that right Jackie honey?"

"Yup!"

"Choobee-doobee!"

And we all laugh for a split second. She sighs.

So here are some phrases you can BORROW during your trip to Rio, in case you dont come up with one by day 2.

Choobee-doobee = totally free from meaning, which is great and very versatile.

Nya-banyeh = like above.

Tchoo-roo = whenever "thing-a-magig" or "doo-hickey" is too long, Tchoo-roo (2 syllables) will flow right off your tongue. Great for explaining foreign words. (Example "Get me one of those tchoo-roos"... but you have to point at the same time, otherwise you might end up with nothing, or a churo.)

Tchup-Tchoo-roo (how you would call your buddies over, or

to get their attention).

That's what she said (props to the writers from The Office (US)).

That's said she what (once the above gets tiring).

Pew-Pew-roo (said in a condescending way to anyone who seems to bitch about little shit. If you puff up your cheeks so you look like a sad Saint Bernard puppy, you'll add the cherry to this reply).

I hears ya (only say it sarcastically, whenever it is clear you didn't hear them).

RETRO CHOObI-DOOBIES

Are ones that can be revitalized if repeated over and over, and always at the right context:

- Hot-diggity! (said in 50's style, with a victory punch to the left side the side).
- Ass if (a variation of the overused "as-if".)
- Uh-huh! He said [word!] (imitating Butthead).
- In ya face!
- Ooooh! Diss!
- Finger!
- Booosh!



DAY TOURS

Here is the digested version:

If you want to try a little of everything, this is what we recommend:

Day 1: Sit on Ipanema beach all day and unwind.

Day 2: Do a bike tour from Copacabana to Glória, stopping to go up Sugar Loaf.

Day 3: Santa Teresa and Corcovado.

Day 4: Hang-glide or paraglide, followed by a tour of a *favela*.

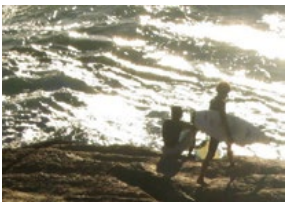
Day 5: A cultural tour of downtown, Christ statue at sunset.

Day 6: Eco-tourism hiking tour.

Day 7: Diving in the Cagarras Islands.

Day 8: (or Saturday): Joatinga beach, followed by body boarding lessons at Pepe beach in Barra.

Day 9: (or Sunday): Ipanema beach and hippie-fair. Soccer game at 5pm.



Relax: Ipanema

The first thing anyone arriving in Rio should do is sit on Ipanema beach for at least a few hours. But of course, you can't just "go" to the beach - there is a ritual to follow. **Estimated Total Time (T): 8h Estimated Total Cost (C): R\$ 130 Best on: Sunny Weekday**



1 BEACH GEAR

First, buy yourself some fashion-conscious beach gear, as Brazilian beach fashion is different from other countries: swimming trunks are wide on the side and bikinis are medium-small triangles with horizontal straps, while women use sarongs.

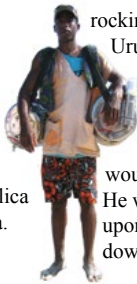
2 BREAKFAST

Go for a juice and "pastel" (see page 161) at any of the juice bars on Visconde de Pirajá street.



3 IPANEMA BEACH

You can now go to the beach. If you want the hip young spot, look for "Celebridade" tent by the big tall coconut tree between Joana Angelica Street and Maria Quitéria. If you want to eat good food and drink world-



Mate tea w/ lemonade: A must

rocking caipirinhas, opt for Uruguai's tent just to the left of the Posto 9 life-guard post. Tell the beach tent vendor you are a **Rio For Partiers** reader and you would like special treatment. He will find a chair for you upon request (R\$4). Plunk down and let the view sink in.



Ipanema girls

Don't order a beer just yet. Butt-watch instead.

You are in one of the world's most blessed cities and you are on vacation. Now you can order a beer. Ask for a beer holder (*isopor*) as the heat can warm up your beer before you get half way through it.



You can try most of the stuff the beach vendors have to offer, with the exception of the shrimp, which turns to poison under the sun.

If you want to try something different, go to the "Uruguai" beach tent. He makes probably the best chicken



sandwiches in Rio, using his own "chimi-churi" sauce. Don't add the peppers though.

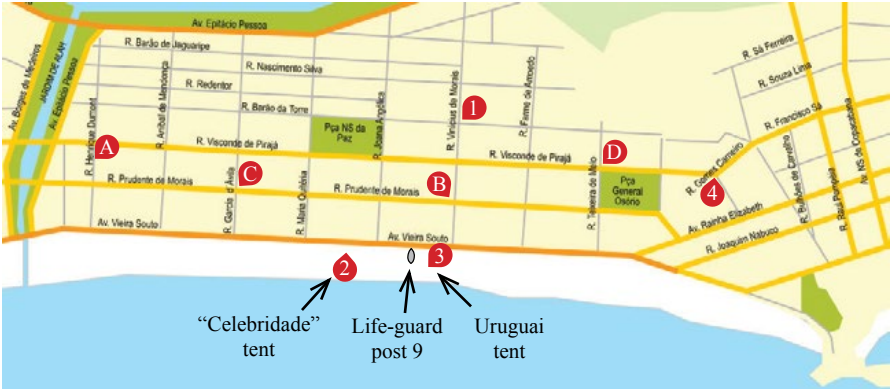


4 After the beach, wash off the sand at the lifeguard station and head over to A Balada mix (sandwiches and salads), B Garota de Ipanema (steak

and fries), C Delirio Tropical (health foods) or D Big Nectar (sandwiches) for a late lunch.

WINDOW SHOPPING ON VISCONDE STREET

Check out the shops along Visconde de Pirajá, walking counter-traffic till sundown. Cut through to the beach and hopefully catch the sunset in Ipanema, drink in hand. Head back to the hotel for a late siesta.



Relax: Pão de Açúcar & Boat tour

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 SUNSET

SCHOONER BOAT TRIP

Cab to Marina da Gloria and look for the Saveiros Tour agency, which offers 2 hour schooner tours, leaving at 9am. For roughly R\$60, they will take you on a traditional Brazilian sail boat around Guanabara Bay.

Saveiros Tour
(21) 2225-6064
www.saveiros.com.br



3 2-HOUR WALK THRU

FLAMENGO PARK

Walk from Marina to Urca, along the coast, passing by Flamengo then Botafogo beach.

4 SUGAR LOAF

Walk or cab to Urca to get there by noon. 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\$85). 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.



View of Pão de Açucar (Sugar Loaf) Mountain and Botafogo bay from Mirante Dona Marta

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

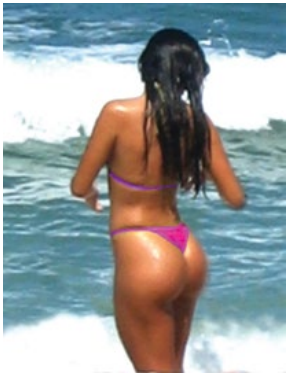
Hop into a cab and ask for Joatinga. Although the cab fare may be expensive (Ipanema to Joatinga=R\$33), it will make sense once you check out the view from up above.



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 cliff 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.

HIKE WILD BEACHES



Get to Wild Beaches in the west part of Rio hiking through the rainforest with amazing views. 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\$225pp for 9 hour tour (4 hours hiking)

SPECIAL DEAL FOR OUR READERS CHECK FRONT FLAP



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\$ 180 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.



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 \$120 an hour).



5 LATE LUNCH

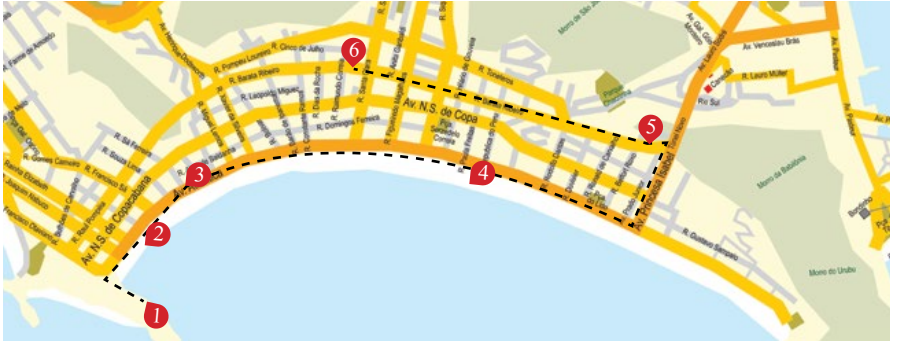
Once you get to Atlantica Hotel, head in three blocks and ask for

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

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 80,000 people, yet it has seen over 150,000 at some popular soccer finals.



Soccer 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.



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

Brazil Expedition

Contact: Eduardo

tel: 99998-2907

info@brazilexpedition.com

Price: R\$130 = Soccer game with tickets & transfer. Every Sunday, occasionally on Wednesdays.



Relax: Christ Statue & Santa Teresa

This is one of those days when you wake up on top of the world: First stop, *Corcovado* (Christ statue).

Estimated Total Time (T): 6h Estimated Total Cost (C): R\$ 90 Best on: Clear weekday

1 BREAKFAST

After breakfast go to your local fruit stand/ grocery store and buy one mango, one *caju* fruit and one *fruta do conde*, (we'll explain on page 164).



2 TREM DO CORCOVADO

Get a cab to the Trem do Corcovado, so you can take the train along an eye opening track up to the statue. [Rua do Cosme Velho 513, 8:30am to 6:30pm](#).

The taxi driver will try to tell you he can drive you up to the statue for *X reais*, but it is not the same as the train experience.



3 CHRIST STATUE

Once up there, check out the view, shoot photos, have a morning beer, hang out for an hour and then head back down.

4 SANTA TERESA

Cab to "Largo do Guimarães" in Santa Teresa. You are now in the heart of St. Teresa, a 19th century neighborhood filled with cute little houses in the traditional Portuguese post-colonial style.



5 LUNCH

Sit for lunch at any of these places, whichever is open: Sobrenatural, Bar do Mineiro or Espirito Santa. They all carry typical Brazilian dishes at fair prices. After you can walk or catch a tram towards Lapa.

6 LARGO DA CARIOCA

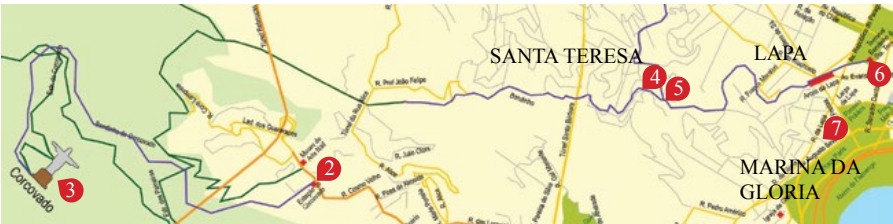
Hop back on the tram and get off at the last stop. Ask around for Largo da Carioca.

There, you will find a mixed bag of Brazilian street life: kiosks selling products infringing on copyright, fire-eaters, circus freaks, etc. After checking out this human zoo, head over to the Church São Francisco da Penitencia, one of Brazil's most beautiful Baroque churches.



7 HAPPY HOUR

You can then, as a reward, head over to Beco das Sardinhas (ask around, 'cause most think they know where it is, but they don't) for a dozen cold ones.



Corcovado Train climbing up to Christ statue

www.zerrenner.fot.br

Relax: Lagoa & Botanical Gardens

Cycling around Lagoa is a great option when the weather, or your head, is cloudy. [Estimated Total Time \(T\): 5h](#) [Estimated Total Cost \(C\): R\\$ 60](#) [Best on: Cloudy Weekday](#)



1 BREAKFAST

Get breakfast at a juice bar: *Acai* (see page 164) with a *misto-quente*.



2 RENT BIKE

Rent a bike for the whole day. Ask your hotel reception for the nearest bike rental, or consider the Samba Bikes (see page 52).

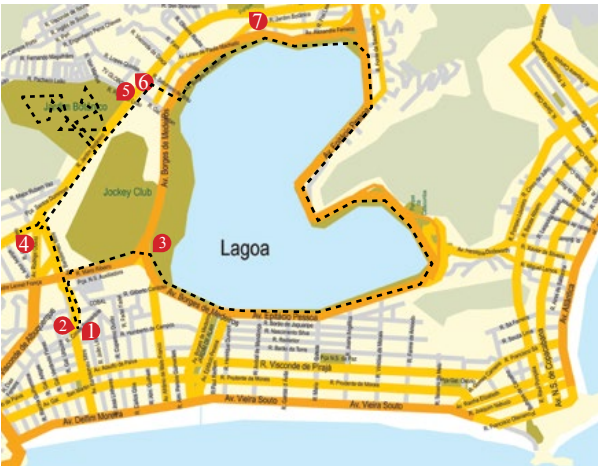
Make sure you rent the lock too, as you will be leaving it locked here and there.

3 CYCLE AROUND LAGOA

Head over to Lagoa and cycle around it anti-clockwise, stopping at any of the coconut stands for some coconut water.

4 LUNCH

Stop for lunch at Che Boludo (R. Marquês de São Vicente, 188) after the Gavea mall.



of designer creations. [Rua Lopes Quintas, between 87 and 167](#)

7 PARQUE LAGE

Then bike over to *Parque Lage*, right next door. Nice. Snoop Dogg's "Beautiful" video was filmed there. Chill at their cafe and soak it all in. Plan out your music video clip for your future smash-hit.



Beach-hopping in a Convertible

Truly explore Rio's coast.

Why would you rent a sports car in Rio?

Here is a better question: Why wouldn't you rent a sports car in Rio?

Rio's coast is something remarkable, especially what the cariocas call the "Leme to Pontal" stretch (ask any carioca and they'll sing this back to you, then ask you how much of it have you seen).

Leme is the beach between Sugar Loaf and Copacabana. Pontal is a cartoonishly egg-shaped peninsula at the end of Recreio Beach, after Barra.

This 60 km stretch must be lived, at your pace, and not in a bus or a car transfer. It has

8 beaches, depending on how you count them (Recreio and Barra are geographically the same beach, Leme and Copacabana like-wise, etc.)

All of these are beautiful, despite being urban beaches, they are all different from each other, and hence they all deserve to be enjoyed, even for an hour. A good way to explore Rio's beaches at your own pace would be by car. But the absolute best way would be in a convertible.

Rio finally has a sports car rental company, Rio Exotic Cars, with a fleet of 16 cars,

from the affordable yet stylish Mini Cooper to powerful Ferraris and classic Porsches. "But Cristiano, won't these cars attract crooks' attention?" Yes, but crooks don't like highly visible targets, like these attractive cars, don't dare rob the extremely rich and powerful (which is what you will feel like inside one of these machines) and there is no aftermarket for these cars' parts.

So you can roll down the convertible roof, put your Kennedy RayBans on and explore beyond the tourist area known as zona sul.

WHERE TO RENT A SPORTS-CAR

RIO EXOTIC CARS
WWW.RIOEXOTICCARS.COM
(21) 2569-9148
(21) 96490-8340

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAP

RESTAURANTS A TOP THIS HILL HAVE THE BEST SEA-FOOD MOQUECA IN RIO

GRUMARI BEACH
INFIERNO BEACH
IDEAL FOR SURFERS

PONTAL BEACH

AMAZING SHRIMP
APPETIZERS

PEPE BEACH, THE
HOTTEST BODIES
IN THE WORLD

JOATINGA BEACH,
A LITTLE SLICE OF
HAWAII

PEPINO BEACH,
WATCH HANGLIDERS
LAND

LEBLON BEACH -WHERE
THE RICH HANGOUT

IPANEMA
BEACH
BEST IN
BRAZIL

POSTO 6 - STANDUP
PADDLE SPOT

ARPOADOR
BEACH,
BEST
SUNSET

LEME BEACH

VERMELHA
BEACH
AMAZING
SCENERY

FLAMENGO BEACH
NEXT TO OUTDOOR
SPORTS PARK

AMAZING VIEW
AMAZING FOOD

SURFER BEACH,
HOT BODIES, GREAT
SCENERY



THE OFF-ZONA SUL ATTRACTIONS

If you've got a car, or know a Brazilian with one, then take some time to explore these lesser visited, yet impressive parts of Rio:

West Zone: BAR DO BIRA OR TIA ALZIRA



Famous seafood and moqueca restaurants in Pedra de Guaratiba with unique views of the sunset over Guaratiba marshlands. [Caminho da Vendinha, 68 in Pedra de Guaratiba](#), Tel: 2410-8304



PRAINHA & GRUMARI BEACH
(image below)
A picturesque beach populated by surfers (and their girlfriends. Don't touch!). Amazing waves, no buildings nearby. What Rio looked like before being colonized.

BURLE MARX MUSEUM
(Top image)
The father of landscape architecture's own house, so you know it can't be bad. [Estrada Roberto Burle Marx 2019, Pedra de Guaratiba](#) . Book a tour first via tel: 2410-1412



PONTAL MUSEUM
Brazilian figurine museum, worth a 40 minute run thru (sneak a beer in a Starbucks cup, like in all museums). [Estrada do Pontal nº 3295, Recreio](#)

RECREIO BEACHES
(image to the right)
Drive and stop at every one of the beach huts, trying out their finger foods.



Cloudy day? Get all your Brazilian gift shopping done. Also lots of other things to do in the mall, like classy restaurants, movie plex etc. [Av das Americas 4666, Barra](#)



North Zone:
FEIJOADA AT PORTELA, SALGUEIRO OR MANGUEIRA
(bottom image)
Check with your reception, as the feijoada parties (big samba parties where they also serve feijoada) alternate between



Saturdays and Sundays. Great fun with the locals, not a gringo in sight. [Salgueiro: Rua Silva Teles 104, Andaraí](#) or go with [Be Carioca Tours](#) [www.facebook.com/becariocattours](#)



FESTA PORTUGUESA
Every Saturday at noon the Portuguese ex-pat community (everyone has a moustache, everyone!) get together to eat cod-fish, drink green wine (the perfect daytime drink, other than beer) and dance to some terribly weird sounding music. Lots of fun, and probably the best bbq codfish steak you'll ever eat. [Cadeg in Benfica](#)

THE OFF-ZONA SUL

East Zone (Niteroi):

The drive over the Rio-Niteroi Bridge is picturesque.

CONTEMPORARY ART MUSEUM:

(left image)

The art in it is of dubious talent (like contempo art should be), but the building is probably Oscar Niemeyer's most distinguished work. Built in the 90's, and commonly referred to as flying-saucer, it unites all his architectural styles and theories (for instance, that buildings should be visually distinct from their surroundings).

[Mirante da Boa Viagem, Boa Viagem - Niterói](#) tel: 2620-2400



BAR DA GEMA, ORIGINAL DO BRAS, CAXAMBEER



Some of Rio's top butequins (Brazilian/Portuguese style pubs) in the North Zone. Ideal for a pubcrawl, or a drive-crawl if you have a designated nerd.

BONDINHO DO COMPLEXO DO ALEMAO



TOUR ATTRACTIONS (CONT.)



ITACOATIARA BEACH

(top image)

The only beach in Rio that can match the beauty of Ipanema-Leblon, Guaratiba or Pepe, both in views as well as surfer dudes and their girlfriends.

NITEROI CITY PARK

(bottom right image)

The provincial joke amongst cariocas is that the best thing about Niteroi is the view (of

Rio). Dispute aside, the view from this park up on the hills is amazing.

CAMBOINHAS BEACH

(top image)

A family beach (no hot bods), but nice waters, lots of boats and great shrimp made by the beach kiosks and restaurants. If you are pressed for time (woke up late) visit this one, otherwise invest in Itacoatiara beach.

NITEROI FISH MARKET



Got access to a kitchen? Get some rock-lobsters (the big-butted sisters of the regular, less-meaty, athletic lobster), shrimps and pargo fish (porgy) and dinner them up!

BEACH HOP MARICA AND SAQUAREMA BEACHES

The beaches after Niteroi extend for a hundred miles, in a straight line all the way to Arraial do Cabo. Get a cooler full of drinks, some snacks and a beach umbrella, and visit them all, at your own pace.



Buy the print edition and you'll get Freebies, Perks, Advantages & Benefits

You can't ask for more. There is so much in this travel guide!

15 FREE DRINKS AROUND RIO

Get free drinks at Rio's coolest bars, clubs and restaurants! Saves you over US\$100 right there!



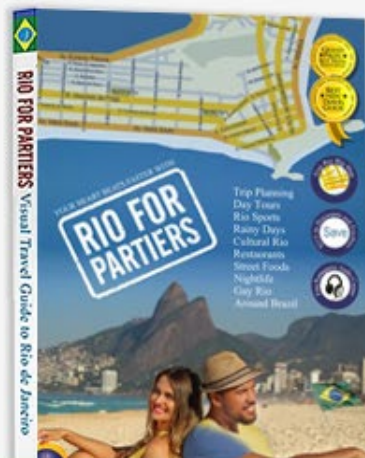
PORTUGUESE AUDIO COURSE

Bonus download: "Portuguese For Tourists" in MP3 (a US\$9.95 value)



PANORAMIC POSTERS

2 Stunning panoramic views of Rio de Janeiro (Free with print edition)



BUY RIO FOR PARTIERS



GET TREATED LIKE VIP!

Get discounts on popular tours.
Get freebies in shops. Cut in line at clubs!



4 PRACTICAL TRAVEL TOOLS

Tear-out cheat sheets: Basic Portuguese, Street Price Guide, Emergency Contacts (Lord forbid), Taxi fare estimator



FREE LARGE MAP

Large map with all our recommended points of interest.

Relax: Helicopter Tour of Rio

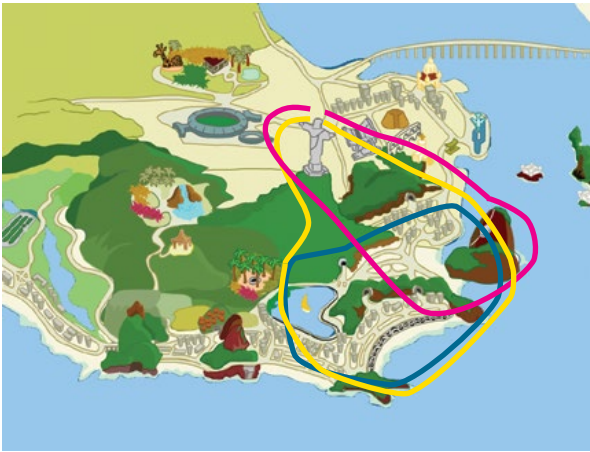
Rio brings an avalanche of memories of all the geography lessons you were forced to sit through at school (without, of course, avalanches and glaciers). *Est. Total Time: 7min to 1h. Est. Total Cost: R\$ 220 to R\$875pp*

Rio has ice-age-rounded mountains (yep, that's what made them smooth), peninsulas, bars, bays, rivers, lakes, islands, reefs, forests, shanty towns, grid and non-grid neighborhoods, forts, airports, ship yards, industrial districts, cumulous clouds stuck on a mountain and a giant Christ, making sure everyone is well-behaved.

There are several interesting tours that fly over the main attractions, such as Sugar Loaf, Christ statue, Maracana, Lagoa, Tijuca forest, Copa & Ipanema.

There are two helicopter companies in Rio, Helisight, with their heliport conveniently on Lagoa, and UltraPilot, with

their base in Jacarepagua, which is at least a 40 minute drive from Ipanema. UltraPilot's tours, to compensate for the distance, are cheaper.



Arbina Montanismo

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.

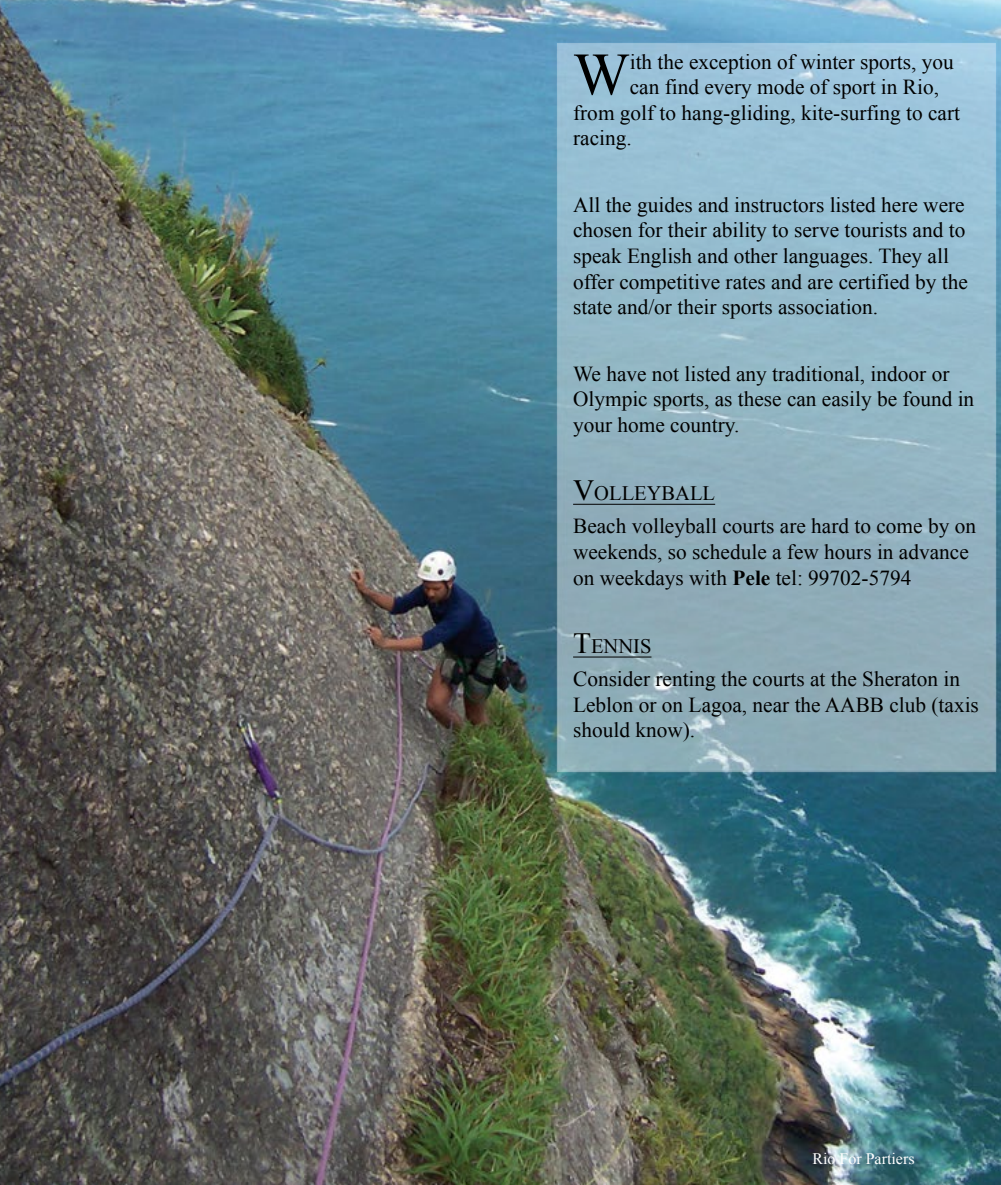
We have not listed any traditional, indoor or Olympic sports, as these can easily be found in your home country.

VOLLEYBALL

Beach volleyball courts are hard to come by on weekends, so schedule a few hours in advance on weekdays with **Pele** tel: 99702-5794

TENNIS

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



Hang Gliding & Paragliding

Hang-gliding and paragliding are by far our highest recommendations, as Rio is one of the few tropical cities in the world where you can fly over the city and land on a beach.

A tandem flight is an instructional flight, where you can get a taste for the sport without needing any previous experience. On this course, each person gets a personal trainer, grade A equipment and service within an hour.

Regardless of the weather, you should call as soon as you arrive in Rio to ask to be on standby and request for more

information about the climate conditions. There are various factors that determine whether you can fly and this analysis is included in the service. Don't book your flight for the last day of your trip in Rio, if weather conditions don't allow, you may end up losing out on the chance to fly over the Marvelous City.

To learn more about the sport, contact RioCharm Tours, who work solely with professional instructors and have safety in mind first and foremost, a huge differential.



RioCharm Tours

Contact: Max
tel: 98894-9857
info@riocharm.com
www.riocharm.com

Price: Tandem Hang or Paraglide lesson = R\$650 with free transfers for RFP readers.

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAG

Scuba Diving -Dive Day

Photo merely illustrational



Angra dos Reis is a paradise. Only 2 hours from Rio, with warm sunlight, calm and crystalline waters, virgin Atlantic Forest and indescribable natural beauty. There are many bays, more than 1,000 beaches and around 365 islands. The largest island is called Ilha Grande, the perfect place for a boat trip or diving.

There are 3 ways to go diving: Doing a Dive Day, a Solo Dive or a Dive Weekend.

DIVE DAY

This is ideal for those who have never been scuba diving, or to Ilha Grande. With this option, you learn the basics of diving with a certified instructor, then go underwater for about an hour. This is plenty of time to enjoy

your eye-opening experience.
Price without transfer: R\$300 pp.
Includes equipment, instruction,
boat pick up from Angra dos Reis.
Minimum 2 people.



SOLO DIVING

If you have diving experience, you can rent equipment and choose your own spot to explore.

Price: R\$300 includes all the equipment and 2 dives w/ boat rental with sailor. Pick up in Angra dos Reis.
Minimum 2 people.

DIVE WEEKEND

You can also enjoy Ilha Grande by staying the weekend at their island B&B, diving during the morning, exploring the island in the afternoon and hanging with the locals and travelers at night.
Price: R\$1400 pp, the 2-Dive Day package with 4 dives, while staying 2 nights at a B&B with dinner, transfer from Rio to Ilha Grande (car service and boat). Minimum 2 people.

All these tours are offered by:

Océan Centro de Mergulho

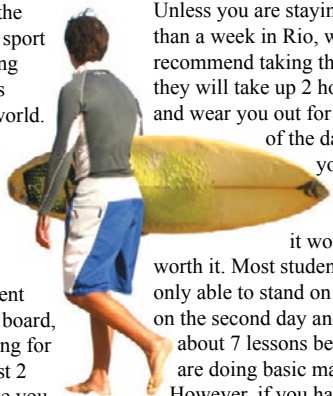
contact: Flávia Fonseca
www.ocean.com.br / info@ocean.com.br
Tel: 2524-4000 or 99529-8776
Oper. Base: Enseada do Bananal
Ilha Grande - Angra dos Reis

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAG



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 manoeuvres. 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

Barra beach at posto 5

www.ricosurf.com.br



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

Contact: Marcelo

Tel: 3322-8765 or 98734-0581

marcelo@cruxecoaventura.com.br

more tours: www.cruxecoaventura.com.br



From R\$ 550 pp for a day climbing tour on Sugar Loaf.
From R\$ 360 pp for a day hiking in Tijuca National Park and Waterfall Rappelling.
From R\$ 390 pp for a day hiking and mountaineering in Pedra da Gávea.
Minimum of 2 pax. Ask for group discounts.



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: 3322-8765 or 98734-0581
marcelo@cruxecoaventura.com.br
more tours: www.cruxecoaventura.com.br

Tours range from R\$ 420 pp for a half day bike tour in Tijuca Forest to R\$ 850 pp for a full day tour in Petrópolis off-road districts. Minimum of 2 pax. Ask for group discounts.



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.

Rio Natural

Contact: Daniel
contato@rionatural.com.br
Tel: 99992-1666
more tours: www.rionatural.com.br



Price: R\$210pp, including instructors, equipment, insurance waiver and snacks. Does not include transfer.



Tijuca Forest Half-day Hike

TIJUCA PEAK

This dramatic mountain is a well-known Rio landmark and also an under-explored tourist attraction. Why not try the unique experience of reaching the summit on your own two feet?

Discover the nature and history of the park, its amazing scenery, experience nature and adventure as you hike through peaks and waterfalls with landscapes not featured in classic tours. Understand the history of Brazil and learn all about the coffee farms that used to exist there, in its golden years before

reforestation started in XIX century.

The Jungle Me hike is designed for regular people, who workout when guilt mounts up, so the hike is relatively light, picturesque, educational and entertaining. You can also ask for a more challenging hike. The guide knows how to make a walk in the woods very interesting, going over the history of Brazil and how that pertains to this urban forest (one of the largest in the world). He will drive you up halfway up the Tijuca mountain, to where the hike will start, then you'll

hike for 2 hours till you get to the peak. You'll stop for lunch, which you brought in your backpack, then head to the waterfall down below, for a revitalizing shower (bring swimming gear) before heading back home.

Jungle Me

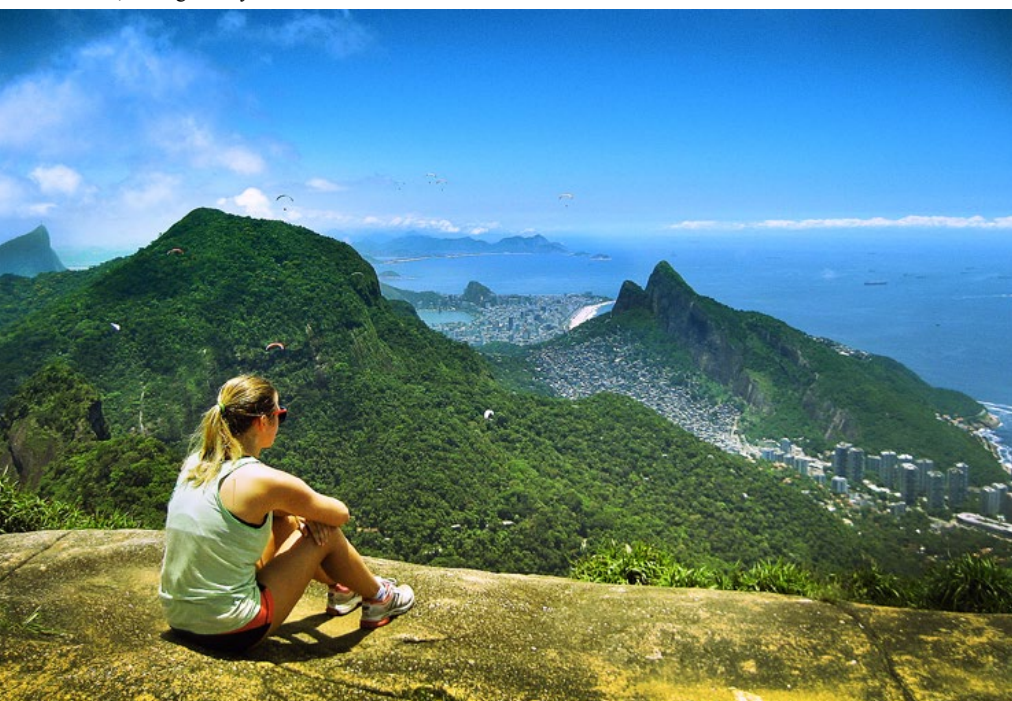
tel: 4105-7533

booking@jungleme.com.br

www.jungleme.com.br

Price: Tijuca Forest Hike (full-day): from 245pp. Total duration 8 to 9h, hike 4 to 5h

Tijuca Forest Hike (half-day): from 195pp. Total duration 4 to 5h, hike 1,5 to 2h.



Stand-up Paddle



They should call stand-up paddle “stupid paddle”, because it is stupid-simple: you stand on the extra wide and long surfboard and paddle out to sea, checking out places you normally can't (boats aren't allowed close to the beach, for swimmers' safety).

The best part is that you can rent a SUP board and oar for R\$60 an hour, which is the maximum amount of fun one can have on the board. This is a sport for anyone from 8 to 80 and that several people can do at the same time. You can rent one near Posto 6 in Copacabana (all the way to the right of Copa, when looking out to sea). Our buddies at Eco Clube SUP have granted our readers a R\$20 discount!

Eco Clube SUP
Posto 6, Copa (near Rua Rainha Elizabeth, on the sand).

ecoclube@live.com

Price: R\$50 for SUP equipment, R\$10 for lesson. Pay R\$40 for either equip or equip and lesson.



Beach Tennis

Beach Tennis was probably developed by a team of marketers wired on Redbull: it is a lot like table-tennis, but instead of a table you have a beach that you stand on, and a big paddleball racket that you use to hit a tennis ball over a badminton net. They first considered “Swamp tennis” but soon discarded it as soon as they realized that anything with “Beach” sells better.

What’s best is that private lessons are very affordable (R\$60 per hour) and one hour is enough to get you going.

Instructor: Daniel Fink

www.abterj.com

97132-8273 (court right in front of Rio

Othon Palace hotel in Copacabana).

Price: R\$60 per hour (R\$10 off for our readers, so R\$50)

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



Mixed Martial Arts



It’s baffling: while I’m sometimes too lazy to get off the couch to answer the phone, some people travel around the World to practice MMA (and get beat up).

Ever since the Gracie family went from teaching martial arts to winning global street-fighting competitions in the 90s, Brazil started becoming a hot-bed for mixed-martial arts training. Students keen to learn jiu-jitsu, aikido, krav maga, boxing and even capoeira now flock to Rio.

Mauro Salgueiro has been teaching Aikido for 20 years and is the best person to teach you or help you find the right gym.

Aikido Mauro Salgueiro

www.yamatodojo.com

mauroaikido@gmail.com

Price: as low as R\$50 per hour of class... inquire by email.

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



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: 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), 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
info@brazilexpedition.com
www.brazilexpedition.com
Price: Starts at R\$95pp for 3 hour tour.



Rio For Partiers

Cultural: Big Dude Tour

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

Estimated Total Time (T): 7h Estimated Total Cost (C): R\$ 160 Best on: sunny or partially cloudy weekdays

Brazil expedition offers this tour that summarizes a lot of the best 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.

Brazil Expedition's Big Dude Tour
info@brazilexpedition.com
www.brazilexpedition.com
Price: from R\$140. Monday to Saturday. 6 Hour tour includes hotel pick-up and entrance to Christ Statue.



Cultural: Lapa & Santa Teresa Tour

Meander thru the boheimiam corner of downtown (Lapa) and it's charming hilltop neighbor (Santa Teresa). Ask around for the tram that takes you from Centro to Santa Teresa.

SANTA TERESA

Rio has many facets: rich, poor, jungle, urban and ... quaint. Yes! Santa Teresa is one of the more quaint neighbourhoods in Rio, specially due to its small town feel and the fact that it is on a mountain overlooking the rest of the city.

What's more, it is colonial, so most of the houses still have that century-old charm. A street tour will do the trick: you'll get a good idea of local history, while riding the tram and checking out the main attractions.

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, Selarón, the late Chilean-born artist painted different cartoons on ceramic tiles, the most famous being the pregnant favela women (see page 72).

CATEDRAL



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



Silly Pastimes



SKOL TIME

Down here to party all week with your buddies? Draw a watch on your wrist, pointing the hour hand to a "Skol" marker and leave your real watch at home. Whenever your buddies ask what time it is, it will be "Skol Time" and you all have to chug one.

serve beer and barbecue! The famous "amateur league" games to watch for are the Doorman teams against the Waiters. To get there, ask your taxi driver for "Campo de futebol no Aterro do Flamengo"

CHICK WATCH

Not stalking, just anthropology... and it's the funniest shit. Hang around Padaria Ipanema on Rua Visconde de Pirajá with Rua Joana Angelica during the day, waiting for a foxy woman to pass by. Follow her (with your eyes). Now watch everyone's reaction as she passes: eyes will open, jaws will drop, cars will stop, drool will splatter and necks will crack out loud, turning to get a complete evaluation.

MIDNIGHT SOCCER GAME IN FLAMENGO PARK

There are freaks playing soccer till 5 in the morning at the soccer fields in Flamengo. And they

BEER UNDER BAT TREE

Into Batman? Who isn't. How about a beer under the Bat Tree, in Praça Nossa Senhora da Paz in Ipanema? Walking around the park you'll see bats on a tree like electrons on a proton. They usually don't bite, but that's how the adrenaline kicks in.

GETTING DRUNK ON THE PADDLE BOATS

They've got these super-cheesy swan paddle boats on the Lagoa during November to December at night

(during the day all year round), but if you bring a bottle of champagne, vodka or wine, the cheesiness will melt away, specially if accompanied by a cigar or what not.

Taxi instruction "Pedalinho da Lagoa, na reta do Corte de Cantagalo".

Afterwards head over to Palaphita Kitsch, the Amazonian kiosk (100 ft away) for exotic caipirinhas.

VISIT SELARON STAIRS

Selaron is already mentioned in two other spots in this book, but his work is so cool it is worth emphasizing. Get to Lapa and ask for "Escadaria Selaron".



GIVING BACK



My Chicago buddy passed a beggar on the street and handed him a R\$50 note before I could stop him. When asked why, he replied that he was grateful for what God had given him and wanted to give back.

Unfortunately, the beggars and “injured mothers” sitting in Ipanema are predators of your pity: they pay as much as R\$2000 rent to the local mafia to be able to sit outside an international bank and beg. Some women rent babies, give them sleeping pills and beg at the rate of R\$120 a day.

So for those of you wanting to give something back to those in need, we have done some research and selected 4 NGOs that are making a change and setting an example to others in developing world countries.

And, as with any NGOs, before you give, you should do your due diligence... but who has the time? It will be a small donation...

Luickily, these few NGOs are

the ones that the Les Clef D’Or (Rio’s concierge association) sponsors, so not only is it monitored by them, but you can talk to any concierge in the 5 star hotels in Rio about the charities, and even schedule a visit.

Most of these are not structured to accept web payments such as Paypal or credit cards, but all have a website with methods of donation. You can also visit them personally, giving you a chance to understand how your donation will be used. The charity workers will be more than pleased to show you around and any amount is welcome.

CASA DE APOIO À CRIANÇA COM CÂNCER DE SANTA TERESA

A charity located in Santa Teresa to help kids with cancer. “But Cris, there are kids in my city

that suffer from cancer!” Yes, that’s always true, but where will your dollar go further?
contact: Sandra Nobrega
tel: 2502-8343
www.caccst.org.br

LAR AMAR

An orphanage for kids from socially vulnerable situations. Located in Duque de Caxias, a suburb of Rio.
contact: Solange de Paula
tel: 2775-3617
www.larbeneficenteamar.org.br

STREET KIDS: PROJETO UERÊ

Projeto Uerê is a non-profit organization working with children and youth at risk in the streets and in very poor communities in Rio de Janeiro, Brazil.

Children and youth living on the streets can display self-destructive behavior and are at



high risk from diseases like HIV, drug addiction and violence. In Brazil there are at least 23 million youngsters nationwide that live under similar conditions.

The work Uerê offers inside these poor communities is of a preventive nature due to interpersonal and intergroup conflicts. Rio has narcotic dealers that keep the poor population under their “protection”, which makes change very difficult and dangerous.

Projeto Uerê contributes by improving the quality of life for some of those children, synthesized within



a school providing special education, as well as a day-care center, adapted to the very special needs of the kids it cares for. They work with a specific methodology for each child to care for their particular learning difficulties.

To learn more about how you can help them:

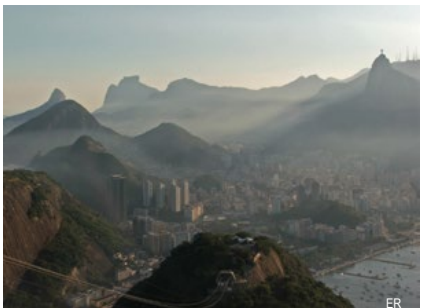
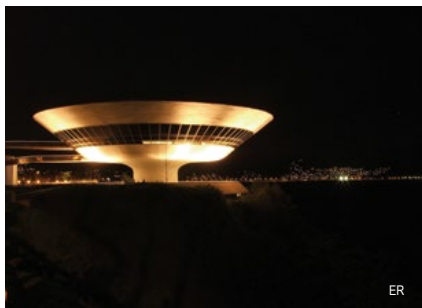
www.projetooure.org.br/eng

YOU CAN HELP: IKO PORAN

If you want to help in other ways, you can donate sweat instead of money. You can join Iko Poran and become a volunteer, staying a few weeks to a few months in Brazil and putting your back into helping any of the various NGOs associated with them.

The Iko Poran Association has as its purpose the fight against many forms of social exclusion. It coordinates national and international volunteers in various areas, notably ecology, education, health, artistic, cultural and science. They provide social assistance directly or indirectly to infants, teens and to socially excluded communities, caring for the rescue of their citizenship and social reintegration.

Acting as a volunteer you will develop a totally new perspective on the world, whilst committing yourself to a social responsibility that can turn the Earth sustainable for all its inhabitants.
www.ikoporan.org



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\$100 per person includes everything you'll be tasting.

Book in advance.

Fruit Brazil

Contact: Cris

Tel: 98894-9857

www.fruitbrazil.com info@fruitbrazil.com

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*.

Rio Samba Dancer

contact: Helio

98229 2843

info@riosambadancer.com

R\$90 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: 98894-9857

info@cookinrio.com www.cookinrio.com

Price: US\$ 75 per person, includes drinks and food. Schedule ahead.



THE TASTY IPANEMA

LEBLON PUB CRAWL



If the weather is lousy, a pub-crawl can be a socio-cultural-gastronomical method of anthropologically observing locals while getting hammered... so... perfecto-mundo!

Of course, you don't want to go it alone or with just one friend, as that can get boring or repetitive. So my idea is for everyone doing a crawl around Ipanema and Leblon to be at the established times and places mentioned here, so you can make new friends and have fresh conversations. Flash this book on your table, so others recognize you. Or you can hire my services, which don't cost anything, just my beer expenses. Don't have breakfast or lunch before starting. This pub-crawl route is designed to get you to discover Ipanema and Leblon's bars, taste all the popular Brazilian bar foods and snacks

and of course, to get tipsy. An average of 2 beers and 45 minutes per bar is a good pace to keep. Also, before leaving, write your hotel's name and room on your arm with a thick marker, so the hospital knows where to send you.

0 PHARMACY

Go to any pharmacy (*farmacia*) and ask for 4 ENGOVs per person in your group, a hang-over deterrent. Take two each.

1 BRASILEIRINHO AT 1PM

Brasileirinho, on Rua Jangadeiros on Praça General Osório is the eastern most bar in Ipanema. Order a *chopp* and some *pastel de angu* (corn-crust beef pasties).

2 BELMONTE

Belmonte's winner snack is the *pastel de camarão* (shrimp fried

wonton), which they manage to stuff with 13 shrimps. Their other prized item is the *empada de camarão* (shrimp cupcake). If you're not into shrimp, ask for *carne seca* (jerked beef). Their Brahma *chopp* is top notch.

3 MANUEL & JOAQUIM

Bolinho de bacalhau (cod cake balls), is their specialty.

4 DELIRIUM CAFE

Microbrew mecca, with a trillion labels to choose from.

5 RAIZ 3:30PM

Very good all round gastro-bar. The classiest spot you will visit today. If you need to go potty, this is it!

6 GAROTA DE IPANEMA

The *chopp* is great and their portion of "kibe" stands out from the rest.

7 BARTODOMEU 6PM

Great Brahma beer, while their cheese-stuffed sausage (*calabresa recheada com queijo*), if the fat doesn't kill you, is to die for. On completing this, if still tipsy and not drunk, get in a cab and head to your next destination, Leblon.

8 BRACARENSE 7PM

Their *Empada de camarão* (shrimp cupcake), is amongst Rio's best.

9 ACADEMIA DA CACHAÇA

Linguica acebolada (onion with fried sausage). Seriously

consider the caipirinhas here, as they are world-class.

10 CHICO & ALAIDE 9PM

Cab to the beginning of Rua Dias Ferreira. Their angle is kick-ass cod-fish cakes, so order 2 *bolinho de bacalhau* per person.

11 BELMONTE (AGAIN, YES!)

This Belmonte feels more like a tapas bar, and so it packs with hot women, which in turn attracts guys (not necessarily hot, but definitely hungry!)

12 BREWTECO 11PM

Mostly guys appreciating local micro-brews... what could be better?

13 JOBI

Pours one of Rio's top *chopp*. Also has good finger foods, but *carne seca com aipim frito* (fried cassava with jerked beef) is a must.

14 PIZZARIA VEZPA

Rio's end of the night stop for those not getting any. Their extra crunchy New York style pizza is a good substitute.

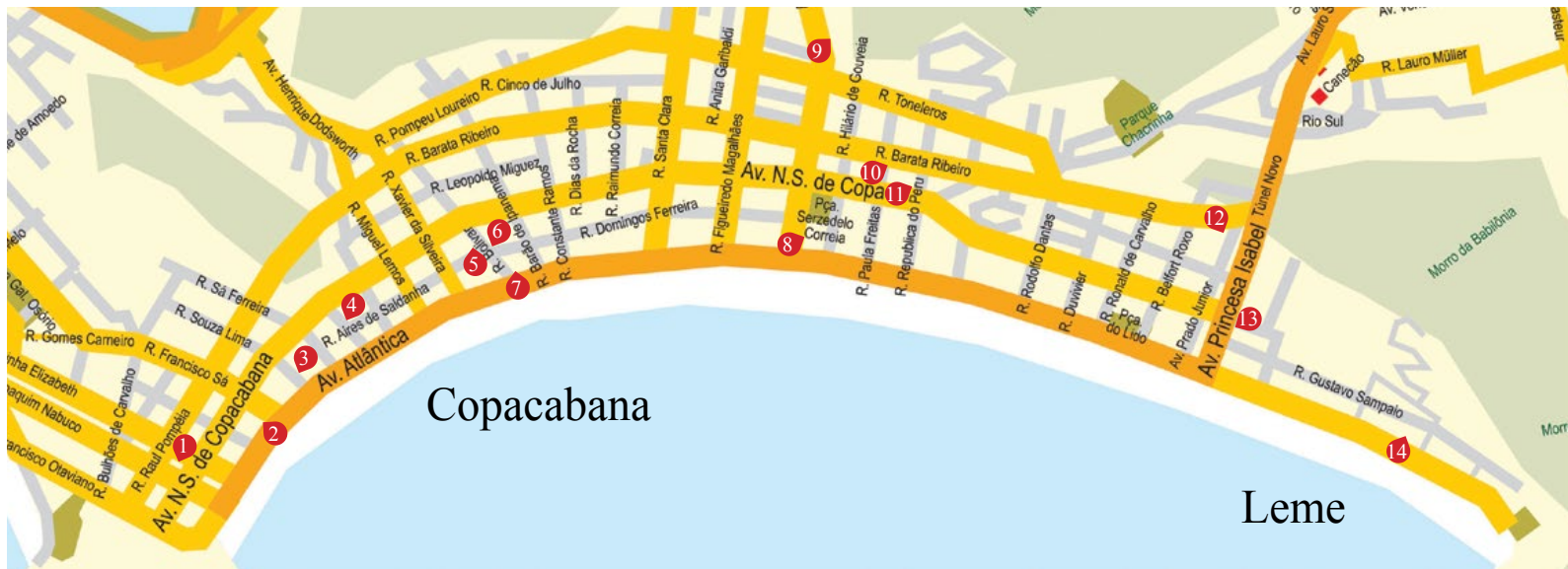
15 ENGOV AND COCONUT

Engov only works if you take it again at the end of the night, so take two or three and chug a coconut water or two.

By now you should be pretty plastered. So get in a cab and show the driver your hotel card. You can drive drunk, as long as you don't turn the car on.

THE LEGACY COPA

CABANA PUB CRAWL



Copacabana is an interesting neighbourhood in the sense that it feels like a cross-section of Brazil. It has everything: old, young, rich, poor, church-going and quite the opposite types. It has both quiet corners and the busiest streets in Rio. What better way to soak in the culture than by soaking up some drinks?

All these pub-crawls should start from Arpoador. In Copa's case, you'll be heading towards Leme. This selection of bars and *botequins* is arranged geographically, but not in any sort of ranking. So reverse, skip or repeat bars and you'll be fine as long as you have a drink in your hand.

1 ADEGA DO CESARE

Brazilians consider the lager served here "awe-fucking-some". The *Caldeirada Aperitivo* is the best option to get your stomach started: mid-sized, award winning seafood stew.

2 VENGA

Get some tapas and sangria in you, cause, it's always good to mix.

3 BAR DO ABOIM

The one thing they do phenomenally: *Pastel de carne*, (beef fried turn-overs), for only R\$6 a pop! Only after 3pm.

4 BIP BIP

Help yourself to a beer from the fridge, no food. Opens after 8pm.

5 BOTECA DA GARRAFA

Look for beer brands like Teresopolis, Eisenbahn or other Brazilian micro-brews.

6 BELMONTE

Order *pastel de camarao*, an overly packed shrimp fried wonton and their *empada de siri*, a filling crab cake! Great Brahma beer too!

7 PAVÃO AZUL

Their reknowned *pataniscas de bacalhau* (cod fritters) is worth the trip. Gets very packed, very friendly.

8 MANUEL E JOAQUIM

Bolinho de bacalhau (cod cake) and a chopp.

9 ADEGA PEROLA

An extremely traditional *botequim*, with rare portuguese bar foods and tapas. You'll notice they are old school, as nothing is sugar-coated: squid and fish ceviche, anti-pasti and other weird preserves... a must visit! Closes early, at 11pm!

10 REAL CHOPP

A great place to hang out, because of the varied, affordable dishes and busy location. Great chopp.

11 INFORMAL

Check out their counter, as they have a great selection of tapas type food to choose from. Otherwise, their *bolinho de aipim* (cassava cake) is the best bet. Great *escura* from Brahma, the stout version.

12 GALETO SAT'S

Check out their spring-chicken dishes (*galeta*), as well as their portuguese fries (*batata-frita portuguesa*). Great chopp!

12 CERVANTES

The mecca of sandwich bars in Rio! The *Sanduche de file com queijo e abacaxi*, (cheese-pineapple-steak sandwich) their flagship offering is worth the sheik-shocking R\$28.

Also consider the *lombinho de porco* (pork chop), *peito de peru* (turkey breast) which are also great orders. Be sure to notice how fast they put the sandwich together! It's part of the experience.

13 ARMAZEN CARIOCA

For a nice place to have the *saideira* (the last few beers) check out this spot.

14 LA FIORENTINA

A nice place to have the *expulsadeira* (the last of the last beers) for the night.

Caipirinha Crawl

Of course, this pub crawl could be replaced with caipirinhas. One per pub and if you make it past Belmonte, call a coroner.

Cachaças to ask for: Magnifica, Salinas, Ferreira, Meia Lua, Boazinha, Vendaval, Germana.

FRUITS TO ASK FOR ARE:

- Lime- *Limão* (regular)
- Lemon- *Lima*
- Cashew fruit - *Caju*
- Pineapple - *Abacaxi*
- Strawberry- *Morango*
- Passion Fruit - *Maracujá*
- Lychee- *Lichia*

GIFT IDEAS FOR ALL

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



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



YOUR LOVED ONES

**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.marioitica.com.br

Maria Oiticica studio

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

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



World's-Best Chocolate Tasting



Cocoa is a fruit native to Brazil, but, ironically, Brazil never really gave any value to it, limiting its involvement to solely cultivation and export. So after 400 years of cocoa exports, Brazil finally has a contender when it comes to high-quality intense dark chocolate: Chocolate Q.



The Aquim family, famous for their gastronomical services around Rio, decided to out-do all the other products on the market and come up with an intense chocolate made purely of the crème-de-la-crème from Fazenda

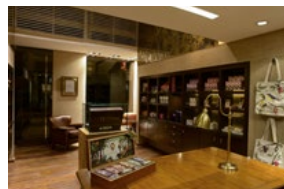
Leolinda, one of Brazil's most selective cocoa farms in Bahia.



The chocolate is available in six grades of cocoa mass, with the range divided into "suaves" (soft – 55%, 60% and 65%) and "intensos" (intense – 75%, 80% and 85%). In 2015, Q 65% won a Bronze Award by the UK Academy of Chocolate and in 2013 the entire range were granted a Bronze Lion from Cannes Design Awards

for its beautiful and exclusive packaging.

You can taste their entire collection, starting at 55% and finishing at 85%, in a private tasting session in their Ipanema store, while also learning about the process and history of chocolate in Brazil.



The sequence of chocolates fires up your heart with serotonin and endorphins!

Chocolate Q

Ipanema: Rua Garcia D'Ávila, 149
Tel: 2274 1001

Village Mall, Barra da Tijuca:
Tel: 3252 2631

Galeão Airport Terminal 2:
Telephone: 3398 2127 Weekdays only.

Regular price: R\$50 per person for 90 minutes tasting, minimum 2 participants (price includes chocolate tastings but not drinks or others gifts from their store)
RFP readers get R\$20 off per person!
marketing@aquimgastronomia.com.br
www.chocolateq.com



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.



SPECIAL DEAL FOR OUR READERS CHECK FRONT FLAP

Nirvana Spa
Praça Santos Dumont 31 (inside the Jockey Club), Gávea
tel: 2187-0100
nirvana@enirvana.com.br
www.enirvana.com.br
Prices start at roughly R\$140 for 1 hour, depending on the service.

Rio has always been the fashion capital of Brazil, but once Carmen Miranda starred in Hollywood movies, the rest of the world started taking notice of tropical themes. She was not only an entertainer, but a fashion designer, designing her own signature headwear, as well as her colorful dresses.



Jump 60 years ahead to the mid 80's and fashion was seen to take a backseat to bodies. The result? Rio overtook California and French beach fashion by designing skimpier swimwear and selling it to a relatively fit and good-looking crowd, grabbing media attention. Soon,

BRAZILIAN FASHION



Blueman selection

brands like Blueman, Zoomp, Lenny, Forum and Bee Brasil took over the market.

Fashion Rio (www.ffw.com.br) and Rio-a-Porter (www.rioaporter.com.br).

Nowadays, dozens of Brazilian brands have established a solid market on home soil, competing with the international names, while some opening abroad, like Havaianas and Osklen.



Fashion brands worth checking out:

CLOTHES

- Addict
- Afghan
- Alessa
- Animale
- Ateen
- Cavendish
- Cantão
- Checklist
- Farm
- Foxton
- Leeloo
- Maria Filó
- Osklen

- Reserva
- Rudge
- Santa Cor
- Shop 126
- Victor Dzenk

BEACHWEAR:

- Blueman
- Bumbum
- Lenny
- Osklen
- Redley
- Salinas
- Totem
- Wollner

JEWELRY, BAGS AND ACCESSORIES:

- Antonio Bernardo
- Gilson Martins
- HStern
- Maria Oiticica
- Mr. Cat
- New Order
- Victor Hugo

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, Gavea Tel: 25210426

MARIA OTTICICA



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 Botânico tel: 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

Aroma-tourism

Got a fine tuned sense of smell? Or did you bring your dog? These spots around Rio are very distinct and memorable.

JARDIM BOTANICO

(Botanical Gardens)

2500 Plants are bound to be worth something. Visually they are all green, aromatically, they are over the rainbow of smells.

FARMER'S MARKET

20 Tropical fruits plus 20 vegetables plus fish and meats are bound to feel like the Disney of aromas. (Check Fruit-Brazil's fruit tasting tour to find the weekly market schedule and location.)

TIJUCA FOREST OR PAINEIRAS

Hike through an Atlantic tropical forest and smell the earthy, fresh aroma of nature.

CHURRASCARIA PALACE

43 cuts of meat, all straight from the grill, some on skilnet carts! Carnivore heaven!

GRUMARI OR RECREIO BEACH

Beaches far away from strong influences like factories, smog or city pollution.

VIDIGAL OR ROCINHA (OR ANY FAVELA)

A funky, almost nasty mix of odors.

SAARA (MARKET AREA IN CENTRO)

A potpourri of everything, from nice to foul to food to chinese electronics.

MARACANA DURING A SOCCER MATCH

The smell of testosterone-filled sweat beating the layer of deodorant.

GAROTA DE IPANEMA

Their skillets are taken to clients' tables, so it becomes picanha steak aroma galore!

MARINA DA GLORIA

Tropical marina smell, yet not too pungent!

LAGOA RODRIGO DE FREITAS

Not surprisingly, most parts smell like a lake.

GALETO (CHICKEN) RESTAURANTS IN COPA

Their grills are right by the entrance instead of in the back kitchen, so all the customers are free to smell-all-they-want.



SOUNDS FROM BRAZIL

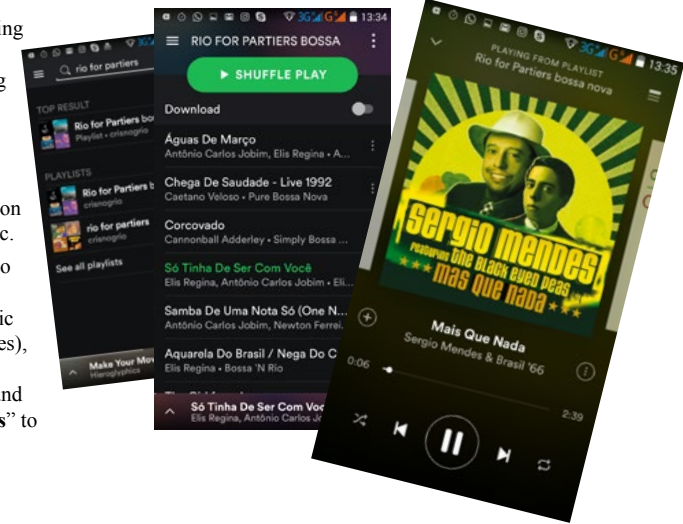


Ask a Brazilian to explain to you the personalities on Andre Brandani's incredible "Brazilian Musician Wall of Fame" Street Art on Rua Joana Angelica 174, Ipanema

Taste Brazilian Music on

For all the dinosaurs reading this, Spotify is an app that lets you stream any song instantly by paying \$20 per month. The difference from other sites and apps is the number of songs available (millions) and the organization by artist, genre, collections etc.

In this edition of this book, to help you get a taste for the 8 main types of Brazilian music (technically there are 33 types), we have created playlists on Spotify. Download the app and search for “Rio For Partiers” to find our playlists.



W Bush's Contribution to Culture

The one thing George W. Bush did to help improve non-US countries is to promote the love of their own culture through a common disapproval for American politics, and hence all things Americana.

Picture this: it is 2003, music piracy is picking up and record studios are sticking to what sells, therefore spewing out commercial crap (Britney and Black Eye Peas). Brazilians are cruising on what was produced a few years back, but then, BAM!, the US becomes a political bully, beating up Iraq and Muslims. Anti-americana comes back full force.

What is a person to do? Buy bubblegum music exports, or, hey, blow the dust off those national LPs and dig for oldies? Sure enough, within a few months, circa mid 2003, listening to MPB (Brazilian music from the 60s and 70s) was triply hip and emotional because: 1) it was/is great music, brilliantly composed and poetic; 2) it's a political statement against Uncle Sam culture and 3) it's a retro-sound refreshingly new to young Brazilians. And what's more, a topic for you to reminisce with your parents.

Names like Chico Buarque, Raul Seixas, Jorge Benjor, Tim

Maia, Caetano Veloso, Gilberto Gil and others became cool again, specially amongst the 20 somethings. Soon samba and bossa nova, the natural step in retro-digging, were also rediscovered. By 2009, carnival in Rio had once again become the place to be in Brazil, (It had been the place NOT-to-be for the previous dozen years).

Ever since, samba and MPB have been revitalized and are now thriving styles, desired throughout Brazil.

That's my Bush!

SAMBA

The most famous Brazilian music, mostly percussion and *ukelele* guitars and very hard to stay still to. Ask someone to teach you the dance moves, which might look hard, but are even harder when you try them! Can be heard at any of the samba club rehearsals. Goes great with beer or more hyper stuff.

CDs AND BANDS TO LOOK FOR:

Sambas De Enredo Carnaval De 2007

Cartola

Jamelão

Casa De Samba (Coletânea)

WHERE TO HEAR IT LIVE:

Salgueiro Tue and Sat (page 129)

Mangueira Wed and Sat

Lapa (various spots)

Rio Scenarium

LESSONS

[check page 90](#)



PAGODE

An improvised samba, made by beating anything that can be found at a bar table: spoon to a bottle as the cymbal, a chair as the drum, matchbox as the shaker etc. Dirty lyrics. Usually women start to dance along to it. Great for afternoons and barbecues.

CDs AND BANDS TO LOOK FOR:

Jorge Aragão

Zeca Pagodinho

Fundo De Quintal

Beth Carvalho

WHERE TO HEAR IT LIVE:

Beco do Rato (page 118)

Bip Bip (page 117)

Rua do Mercado (page 122)



CHORINHO

A slower and more vocal version of samba, with fewer beats, making it more melancholic. It emerged in the 19th Century and it is still around. Not for daily consumption, as its pace can mellow out any excitement.

CDs AND BANDS TO LOOK FOR:

Pixinguinha

Jacob Do Bandolin

Joel Nascimento

WHERE TO HEAR IT LIVE:

Praia Vermelha on Mon and Fri

Centro Cultural Carioca (page 118)

Rio Scenarium (page 120)



BRAZILIAN FUNK

Nothing like American funk, Brazilian Funk is the biggest musical revolution that Brazil has seen in the last 35 years. All the others are dwarfed by the advancements in it's empowering ability. Up until this you would have to have a voice, a band, a producer, a label, a marketing plan etc, etc to become famous and heard. Now the marginally oppressed, poor and vocally limited all have a chance to make a social commentary on any topic, exposing their new reality. Isn't that what art is about? Showing us what we somehow don't see?

So mix simple electric piano loops with dirty lyrics and what

do you get? Wild fire. Girls love dancing to it, guys love singing the naughty lyrics and parents hate it. In other words, just the way teenage music should be.

One of the most famous songs is "The p***y is mine and I give it to who I want" which became a war-cry for new-age feminists.

CDs AND BANDS TO LOOK FOR:

Mr Catra

Dj Marlboro

Gaiola Das Popozudas

WHERE TO HEAR IT LIVE:

Via Show, Lapa, Favelas



BRAZILIAN POP (MPB)

In the 60s and 70s, Caetano, Chico, Gil, Djavan and Jorge Benjor, amongst many others, used to play a smooth and upbeat Brazilian version of pop. Unfortunately, most of them offer poetic lyrics that don't mean anything when translated, making its enjoyment harder, but the instrumentals, melodies and voices are very pleasant to the ear. Get a Jorge Benjor for your car, Djavan for your sofa, Gil for your garden and Marisa Monte for your bed. If you make a Brazilian friend who is willing to translate, get Chico Buarque and get ready for a major head-rush.

CDs AND BANDS TO LOOK FOR:

Gilberto Gil
Jorge Benjor
Caetano Veloso
Djavan

WHERE TO HEAR IT LIVE:

Rio Scenarium (page 124)
Lapa 40 Graus (page 126)
Fundição Progresso
Circo Voador



Bossa Nova

Bossa Nova is the grandfather of lounge music, that tranquil sound you hear when you think of casinos in the 50's, Frank Sinatra and ocean views. Tom Jobim (Antonio Carlos Jobim) is the Picasso of this music genre and, many believe, did more to put Brazil on the international music scene than any other individual. Today it is still enjoyed by mature listeners and everyone else on the lounge scene. Ideal for before and after sex.

CDs AND BANDS TO LOOK FOR:

Tom Jobim
Vinicius de Moraes
João Gilberto

WHERE TO HEAR IT LIVE:

Quase 9 (beach kiosk, Ipanema)
Acqua
The Maze
Esch Cafe



Forró

Forró music is a slowed-down version of a barn dance: very country. It was so out of style that it came back in and is popular again. Basically, you grab a girl (a great reason to grab women) and dance like everyone else in the room: real close, rotating clockwise, two steps out, two steps in, then on the other foot. Repeat all night.

CDs AND BANDS TO LOOK FOR:

Luis Gonzaga
Dominginhos
Jackson Do Pandeiro

WHERE TO HEAR IT LIVE:

Severyna on Mondays
Estudantina on Tuesdays
Democratitos on Wednesday

Feira de São Cristovão (page 128)



Rock

If rock lyrics barely make sense in English, then in Portuguese they are just as impenetrable. Given the music industry's woes, talented new artists have not emerged in a while. What the kids have been doing is reviving bands from the 70's, like the Mutantes, Raul Seixas (Brazil's answer to Bob Dylan, but on even more drugs), Secos e Molhados and others, all of whom still have a very fresh sound. (Rumor has it that Kurt Cobain gave a CD of the Mutantes to Beck back in '94 and told him to analyze their style.) For a glimpse of the new talent, start with Pitty, Los Hermanos and Detonautas.

CDs AND BANDS TO LOOK FOR:

Cauza
Rita Lee
Pitty (photo)
Casia Eller
Cidade Negra
Mutantes

WHERE TO HEAR IT LIVE:

Teatro Odisseia
Circo Voador
Fundição Progresso



YEARLY EVENTS

JANUARY



VACATION MONTH

January is vacation month for schools and government offices, so everyone is partying it up day and night. Most of the upper class won't be in Rio this month, but can be found in Buzios, Ilha Grande and Paraty, as well as other parts of Brazil. The samba club rehearsals are heating up, so attend as many as you can.

20TH OF JANUARY

Saint Sebastian Day: Only in Rio

CARNIVAL SCHEDULE

To get the most up-to-date info on the carnival parties, visit our site at www.rioforparties.com/samba.html

FEBRUARY



CARNIVAL

Carnival is also the largest party of the year here: 190 million people partying for a week. If you are here during carnival, be sure to get tickets for the Samba school parade held at the Sambodromo, or wait till the Saturday after carnival and watch the top 5 winning schools parade for the second time (*Desfile das Campeãs*). See page 106 for more info.

MARCH



ELECTRONIC DANCE MUSIC FESTIVALS

Different international brands have been sponsoring music events bringing famous international DJs. Pricey entrance, but a very well-behaved crowd at properly structured venues.

BRAZILWIDE

Carnaporto- off-season 6 day music fest/street party in Porto Seguro – BA

APRIL



PASCOA-EASTER

Easter is a big event in Brazil, as this is a 90% catholic country. A national holiday occurs on Good Friday, so people tend to take the whole week off. Everyone goes somewhere, so if you are in Rio, it is a fun time to visit Buzios, Paraty or Ilha Grande.

21ST OF APRIL

Tiradentes Day (Independence hero)

23RD OF APRIL

Saint George's Day (Only in Rio)

SKOL BEATS

A music festival sponsored by Skol, the beer brand. Lots of national and international DJs playing dance music.

MAY



1º DE MAIO- LABOR DAY

May 1st is Brazil's Labor Day, when no one works. Some larger parties and concerts may be sponsored by clubs or rave-promoting companies.

COMIDA DI BUTECO

Most bars participate in this month-long bar-foods competition. Each bar around town invents a new dish and serves it to customers, along with a ballot. After a month, it's all tallied and a bar is crowned the king of the Comida di Buteco for that year. Ideal for foodies and drinkers.

JUNE



Festa Junina

Festa Junina is a hilarious hick fest. Everyone dresses like hillbillies and goes square dancing, Brazilian style of course. Usually these events are held between large groups of friends (100 or more), but some are run by party promotion companies. Def worth a visit. Ask your concierge for the public ones sprinkled throughout the city. Please dress the part!

CORPUS CHRISTI

Shifting in June.

BRAZILWIDE

Carnabelô

Belo Horizonte-Minas Gerais

Bumba-meu-boi

Parintins- Amazon

LEAVE RIO DURING NATIONAL HOLIDAYS

When planning your trip, watch out for national holidays, checking to see if they land close to a weekend. If so, be sure to make reservations to check out Buzios, Paraty, Ilha Grande or Petropolis, as Rio's elite flock to these places, making it much more fun than during off-season.

TO GET MORE INFO ON THE ABOVE:

Get the Friday edition of O Globo newspaper with the "Rio Show" insert magazine or ask your concierge to find out what is going on as far as one-off events, shows and festivals.

YEARLY EVENTS

JULY



WINTER FESTIVAL

Petropolis, Teresopolis and Friburgo host a 2 week winter festival (weekends mostly), with different shows, food stands, drinking etc.

SCHOOL VACATION

All month

BRAZILWIDE

Fortal - off season 4 day music fest/street party.

Fortaleza-Ce
www.fortal.com.br

AUGUST



BRAZILWIDE

Micarecandanga - off-season 3 day music fest/street party.

Brasília-df
www.mondaymonday.com.br

JF-FOLIA

Off-season 3 day music fest/street party in Juiz de Fora, in Minas Gerais

www.jffolia.com.br

SEPTEMBER



ROCK IN RIO

The biggest rock concert on earth, with one week of shows, with big names in classic rock as well as the flavour of the month.
www.rockinrio.com.br

7TH OF SEPTEMBER

Independence Day

OCTOBER



RAVES

Raves come and go in Rio, as government pressure mounts to stop them. Most are held in outdoor areas, country clubs or huge garden complexes. The rave culture hasn't influenced people's fashion style yet, so you may see thousands of people wearing regular clothes. Also, the recreational drugs associated with raves (you know what I'm talking about) are scarce and expensive compared to London and Berlin. During the summer, look for beach raves along Ipanema after midnight.

12 OF OCTOBER

Our Lady of Aparition - Brazil's Holy Lady

BRAZILWIDE

Oktober Fest

The German beer drinking festival, run by Brazil's German community. What could be a better mix?

Blumenau, Santa Catarina

NOVEMBER



PARTIES ON SUGAR LOAF

Famous Brazilian bands performing on top of Urca Hill, (the one before Sugar Loaf), overlooking the city at night. The setting couldn't be better, the crowd well-selected and the atmosphere is as cool and romantic as it gets. As soon as you get to Rio ask around for which bands are worth checking out, as the styles vary. Shows going on between November and Carnival.

2ND OF NOVEMBER

Finados (Day of the Dead)

15TH OF NOVEMBER

Proclamation of the Republic

20TH OF NOVEMBER

Zumbi Dos Palmares: Black Consciousness Day (Rio only)

DECEMBER



LIGHTING OF THE XMAS TREE ON LAGOA

The world's largest Xmas tree is lit up 4 weeks before Xmas, remaining lit till after NYE. Take a bottle of champagne and go on a trip on the paddle boats at night, getting closer to the tree.

NEW YEARS

NYE is huge in Rio. It is actually the largest get-together in the World: over 2 million people gather on Copacabana beach to watch the firework displays. (See page 107 for more info.)

XMAS

24th-25th Dec. (duh)

BRAZILWIDE

Carnatal - off season 4 day music fest/street party in Natal, RN.
www.carnatal.com.br

A WORD ON FREE EVENTS IN BRAZIL

If it is free, there will be at least a million people there. If it is good, another 2 million. If you are in Rio during the time a major free concert is taking place, ask for the paid venues and parties to watch it from: VIP areas, apartments or boats with a view all may cost you R\$200 or more, but will guarantee you a safe time, less hassles and all you can eat and drink (usually). Don't skip out.

NEW YEAR'S EVE

New Year's Eve is a huge event everywhere, but it is special in Rio: the world's largest gathering usually registering up to 3 million people on Copacabana beach (5 million during the millennium party). Traffic clogs up the city all night long, so don't plan on bar hopping that night. What to wear? All Brazilians celebrate NYE wearing white to ask Yemanjá, the sea goddess, for peace. Don't come dressed in anything else as you'll look stupid and if you didn't pack white clothes, buy some. Where should you party? All the clubs offer an "all inclusive special"

from R\$450 to R\$1200 pp. The more you pay, the more you get, the less you pay, the more you wait in line to get a beer. The club parties are fine, but if you make acquaintances with Brazilians, finagle your way into their party, preferably if it's in someone's flat facing Copacabana beach, so you can watch the amazing firework display put on by the city.

What's also cool about the Copa flat parties is that you can party till 11:30pm, walk down to Copa beach to watch the fireworks with the masses, then come

back to the party. Since most people woke up early and sat on the beach all day, most will be pooped by 4am, even with Redbull in their veins.



CARNIVAL

The world's largest party takes place in Rio, topping 4.7 million people spread over the city for 6 consecutive days.



WHAT IS CARNIVAL?

Carnival is an exuberant celebration of the carnal sins, as its Latin name suggests (carni=meat, val=galore). This originally developed in response to the Catholic church's rule of demanding celibacy for 40 days before Lent. What's the natural thing to do when you know you are going to starve? That's right, to stuff yourself! Carnival started in Florence, Italy and was soon picked up by the Portuguese living in Brazil centuries ago.

The Florentine feasts involved masks to keep party goers' identity and reputation intact. The feather costumes were influenced by the Brazilian natives and the drums by the African slaves. Mix it all up, never stop and you get a 200 year tradition involving an assault on all the senses for the 5 days before Ash Wednesday.

THE SAMBA SCHOOLS

Despite the name, they are not traditional schools, but large membership clubs of musicians, costume designers, dancers and coordinators who spend 11 months of the year planning what show their school is going to put on during the next Samba championship.

They get a theme to work on in April, start developing ideas in May, choose the songs in August and make the costumes in September. They rehearse till the end of January and present their parade in the Sambodromo during the weekend of Carnival, hoping to amaze the 4 judges in each of the 10 categories. The categories involve best lyrics, best drums, best costumes, best floats, best dancing, best melodies etc. Similar to the Oscars.



On Ash Wednesday the voting is tallied and a winner is announced.

The top five schools then perform their parade again in

the "champion's parade" the following Saturday. Since the schools have already won, this parade is more casual and non-members can buy a costume and join in.



Parading with a samba school during carnival becomes one of life's most unforgettable experiences, so if you can get hold of a costume, by all means take it or buy one if you can afford it.

Prices for ground level costumes range from R\$500 to R\$1200 depending on the school, whereas the float costumes can go for R\$5000 and you have to look super-model hot and know how to samba to be considered for possible inclusion. As far as getting an amazing experience for a decent price, the R\$500 costumes will do. Once you get the costume, you'll be assigned a sector from that samba school. The 4000 costumed members wait for an hour before parading through the Sambodromo, a mile long stadium designed for this competition. Since you are instructed by the sector leader to just "jump around and have

CARNIVAL

fun”, The 80 minute parade goes by quickly, as opposed to the lifetime lasting memories.

THE SAMBODROMO

Should you not want to parade, but just watch the show, you have two options: the bleachers or the sky boxes.

THE BLEACHERS

This is where the masses go, despite the R\$300 to R\$900 price tag on the tickets. Being a first-timer, you probably won't have the Brazilians' patience to arrive early and wait all day to grab the good seats. Beer is sold by beer-cooler yielding guys, so you don't have to move around the packed stadium too much. You can get tickets through your receptionist and if prices permit, opt for the 3, 5 or 7th sector, as these offer full views of the parade. The 1st sector is too close to the start to get a good view and the 9th is receded, offering only a partial view of the show.

THE SKY BOXES

The sky boxes are usually bought out by large corporations to schmooze clients. Tickets can range from R\$2000 to R\$4000 for each day of the show. The views are closer than from the bleachers and the food and drinks more bountiful.

WHAT TO DO DAY AND NIGHT:

Street Block Parties:



Rio is sprinkled with 800 big street carnival parties, where bands will play old-time favorites. Ask your concierge for the schedule and locations.

Beach: Ipanema and Copacabana will be packed and this is always the option before you start drinking.

Carnival Balls: Usually expensive, yet well organized costume parties held in hotels or big clubs. The advantage being the controlled environment (no street kids or drunken beligerance).

Samba School Parade at the Sambodromo: As mentioned above, get tickets and watch at least one night of the event.

FOR TICKETS AND

COSTUMES

Rio Charm Travel Services Ltda.

Contact: Bryan

Rio +55 21 98894-9857

info@riocharm.com

Contact for prices on samba parade tickets, samba costumes, sky box tickets or NYE parties.

SPECIAL DEAL
FOR OUR READERS
CHECK FRONT FLAP



HOW TO CHOOSE

Blocos are carnival block-parties and sometimes the *raison d'être* for many Brazilians. Hence the importance of proper planning.

1st: Find the list of blocos by searching for “blocos de carnaval rj”. Most have funny names like “sweaty in the middle” or “honey I’ll be right back”. They will be organized by date and time.

TIME:

Some of the more popular blocos start early, like a sickening 8am, which is just ridiculous. What if my boss finds out I CAN wake up early? Who would do that to themselves? They do it for a reason: the bloco is Good. Worth it? No, not at an ungodly hour. But, if you consider yourself a partier, you’ll be ready to tear it up at noon (the weekend drinking hour), so hit those blocos that have the “concentracao” (meeting time) at 11am or any time after. City ordinance wants the blocos to stop their music by 9pm, so showing up late will mean you’ll be a day late and a “real” short, meaning you’ll be late for serial smooching.

MOVING VS.

STATIONARY BLOCOS:

“trajetorio” = trajectory, while “parado” or “fixo” = stationary. Moving blocos are ideal for smaller groups of friends, or for those who are single and are out to make out. Stationary blocos are best for larger groups, as

you don’t have to worry about where everyone went, where the bathroom, ice or caipi bar are at any time. It will always be in the same places, unlike a moving bloco. My rule of thumb is: if you want to make out, go to a moving bloco. If you want to socialize (as in talk), a fixed bloco is better. But either is great for dancing and singing (which doesn’t apply to you, as you probably can’t dance samba, nor sing brazilian songs). But don’t worry, if you drink some more, both abilities will come to you.

MUSIC:

Marchina = old carnival music in “gazebo in the park” band style, very fun, but all in portuguese, so you’ll be at a loss to understand all the puns.

Samba drums = 50+ large drums penetrating your tiny ear drums. Great for 15 mins, then hang around 50 yards off or so, or somewhere you can have a conversation.

MPB = brazilian 60-80s rock. Very hip, great music even if you don’t get the lyrics.

LOCATION:

Moving about is complicated, as that’s what another 4 million people are also trying to do (those b*tches!). So choose a bloco that’s close to your lodging, preferably walking distance, as cabs become scarce

and public transportation a nightmare. BUT, you can’t experience a real carnival until you hit a block party with over half a million people. These happen in centro, by Av. Rio Branco, Cinelandia, Presidente Vargas, Santa Teresa or Aterro do Flamengo. If you hit the “Cordao da Bola Preta”, you can retire, as you will have climbed the Himalayas, and everything else now looks like K2.



BLOCO SIZE:

This factor is important for those out on the hunt for some tongue jiu-jitsu. There are two theories:

- 1) larger blocos have more people, and a higher chance for you to find your tongue mate.
- 2) Conversely, larger blocos means that you might want to check out EVERYONE before choosing the absolute best for you.

From personal experience (is that phrase even necessary?), I prefer smaller blocos, as I’m not picky, and I don’t want to be near picky people (they won’t pick me, I just know it).

So in the 5 days or so of carnival in Rio de Janeiro, aim

CARNIVAL BLOCOS

for 1 big bloco, and the rest smaller blocos with under 2000 members. But once again, this is the least important factor. Bloco movement, location, hours and music style are way more important.

BACK-UP:

If a Brazilian swears to God that a certain bloco is the absolute best (preferably showing pictures of their romantic conquests), do your due diligence: ask another Brazilian. If it is confirmed, have a back-up bloco up your sleeve any way. Some blocos are great one year, then stale the next. Some blocos appeal to an older crowd (while others are for university students). The only way to know is by sticking your head in.

SAFETY:

Be smart, don’t be dumb. (This one rule is worth a tattoo!) If you are dumb, hang out with someone who is smart (not book-smart, even though they are cool, but not as safe and useful as street-smart).

BOOZE:

Don’t, for the love of bacon, drink caipis made or sold on the street. Stick to beer, Skol Beats, Smirnoff Ice or anything that is pre-packaged and won’t dehydrate you, as the sun can drain your battery. If you like whiskey, transfer your Jack Daniels to a plastic bottle, then buy cans of



Coke from the nearby bars or street vendors, mixing it in the plastic mug that should already be hanging from your neck.

COSTUME:

This is crucial. Don’t think buying a hat and a funny necktie will do the job. Wigs are just as lame. So here is a costume idea (and if you do use it and I see you on the street, I’ll be the person high-fiving you, saying something like “How do you like my carnival tips?”) Ready?



Here goes: go dressed as a mummy! OOOOOhhhh! Why? Apart from being really cool and original (even if everyone does it is still rocks), it is really cheap and easy to put on. I’ll explain: go to a drug store and buy gauze or “gaze” (pronounced “gah-z”, or mime your way to

full communication), and some surgical tape (“esparadrapo”), then do yourself up. If you don’t leave it raggy, you’ll look like a Space Shuttle crash survivor, which is cool too. And that’s it! If you see a park bench, plank down facing up, so you look like a mummy in a tomb or museum. The get-up will cost you US\$5, you won’t look like an un-inspired muh-fuh-ing party crasher, and in case of bowel emergencies, you’ll have toilet paper substitute.

HOW TO HOOK-UP:

- 1) Get bubbly (but not too drunk).
- 2) Since you can’t pretend to be Brazilian, play the “lost gringo”: ask questions about the music like “what’s this song about?”, which always evokes emotional responses (you can ask in English, half will understand).
- 3) If they start singing it to you, hug, dance or make your move, whatever it is. My move is to stay put, not do anything, and check to see if my wife is looking...

RIO NIGHTLIFE

WHAT'S HOT FOR 2017

Rio is now overcome with "bailes" (balls) that are managed by list-promoters, instead of club owners, meaning they migrate around the city. This means that you would be better off following the promoters than heading straight to a famous club. Look for these on Facebook: Bailinho, Coordenadas, Cha da Alice, Baile do Ze Pretim, Baile da Favorita, Rockeria and Modinha.

BEST FLOORS TO DRINK ON

Maybe I was drunk when I thought of this ranking, maybe I passed out on the floor, and got inspired. Have you ever thought how different floors influence the pleasure of drinking with your buddies? Of course you haven't, cause it's borderline retarded to even discuss it, so allow me. From best to worst:

- Sand
- Grass
- Cobblestone
- Country Dirt
- Gravel
- Carpet
- Marble
- Portuguese Black and White stones
- Long wood tiles
- Asphalt
- Smooth concrete
- Bathroom tiles

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 singles 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, La Paz) 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 cabbage back and forth.

LUAUAS

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

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! Frequentated by Rio's neo-hippies, students and the alternative crowd. [Rua Henrique de Novais 107, Botafogo](#)

Also good on Tue-Sun
Approach index: 4
Entrance: Over R\$30
Get there at: 10pm
Ages 22 to 35
Dress casual



Sunday- Live Music

NIGHTLINE

Also good Thu to Sun
Approach index: 5
Entrance: free
Get there 8pm
Ages 23 to 50
Dress down

PRAÇA SAO SALVADOR

A square filled with fun-loving Cariocas just hanging out, chilling, catching up on the skinny, the 411, updating the lowdown and so on... BUT, someone always plays some music, to liven up the square and piss of the neighbors!
[Praça Sao Salvador, Laranjeiras](#)

Sunday- Street Party

Also good on Mon
Approach index: 3
Entrance: Free
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
Entrance: Free
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](#)

Monday- Clubbing

NIGHTLIFE

Only good on Mondays
Approach index: 5
Get there at: 11pm
Ages 20 to 30
Dress to party

BOAT PARTIES BY BEM-BRASIL

Incredibly fun boat parties with great DJs, barbecue and drinks, for an all-inclusive price. Look for their Facebook page www.facebook.com/rioboatclub. Only on Mondays, pre-sold via site.

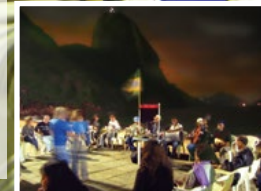
Monday- Live Music

NIGHTLIFE

Also good on Mon & Fri
Approach index: 1
Entrance: Free
Get there at: 10pm
Ages 40 to 70
Dress casual

PRAIA VERMELHA

The closest thing you'll get to a luau, since it's on the beach right next to Sugarloaf, in the safest area in Rio (Urca's military complex is around it). Free show of chorinho, pagode and samba by some of Rio's diehards. The latin simplicity: free music, panoramic view and cheap beer, makes this one of the most important nightlife stops of your tour, even if for an hour. Cancelled on rainy evenings. [Praia Vermelha, Urca](#)



Monday- Street Party

Only on Mondays
Approach index: 5
Entrance: Free
Get there at: 6pm
Ages 22 to 40
Dress down

PEDRA DO SAL

For the last 4 years, the funnest place to be on Monday. Packs the street as a happy-hour with a samba circle where everyone sings along, then it becomes hungry-hour, so try the soups served nearby. [Praça São Francisco da Prainha, Saúde](#)



Monday- Chilling

Also good weekdays
Approach index: 5
Entrance: Free
Get there at: 6pm
Ages 22 to 40
Dress casual

OVELHA NEGRA

Brazil's first "champagne only" bar. Friendly atmosphere and affordable bottles starting at R\$38... you can't go wrong. A great break from the beer and caipirinha scene. [Rua Bambina 120 Botafogo](#)



Tuesday- Clubbing

NIGHTLIFE

Also good on Tue-Sat
Approach index: 5
Entrance: Over R\$15
Get there at: 6pm
Ages 25 to 45
Dress normal



JAZZ IN?

A happy-hour champagne bar that becomes a club after local office workers reach a “bubbly” stage. Affordable bottles.
Rua Sacadura Cabral 63, Saude (Centro)
www.facebook.com/jazzinchampanheria



Tuesday- Live Music

NIGHTLIFE

Also good all week
Approach index: 2
Entrance: Free
Get there at: 9pm
Ages 25 to 70
Dress casual



BIP BIP

Another down and dirty dive where the locals come to jam various styles of Carioca music, from samba to bossa nova to chorinho. Very authentic, very mixed. [Rua Almirante Gonçalves 50, Copacabana](#)

Tuesday- Street Party

Also good on Wed-Sat
Approach index: 3
Entrance: Free
Get there at: 10pm
Ages 30 to 60
Dress down



BECO DO RATO

Real Brazilians having a real good time. Since it has no cover charge, it becomes a street party. The samba musicians are often on Rio's A-list. Dress down to fit in. Sing along and dance to Samba or try their *pastel de angu de carne* (beef fried wontons made of corn mash). [Rua Joaquim Silva 11, Lapa](#)

Tuesday- Chilling

Also good all week
Approach index: 3
Entrance: Free
Get there at: 8pm
Ages 25 to 50
Dress casual



BAR URCA

A quaint “sunset” bar in a quiet part of Rio, that hides one of the best views of Botafogo bay and the Christ statue. Get a chopp at the bar and hang around by the sidewalk overlooking the water. Try their shrimp pastel too. [Rua Candido Gaffre 205, Urca](#)

Wednesday- Clubbing

NIGHTLIFE

Also good on Fri & Sat
Approach index: 4
Entrance: Over R\$30
Get there at: midnight
Ages 18 to 40
Dress club

FOSFOBOX

Rio's most likeable underground club, Fosfofox is always packed, always fun. Electro on Fridays for an older crowd (28 to 40), Dance on Saturdays to the younger crowd (18 to 25). Check their site for schedule.
[Rua Siqueira Campos 143, Copacabana](#) [www.fosfofox.com.br](#)

Wednesday- Live Music

NIGHTLIFE

Also good on Tue-Sat
Approach index: 3
Entrance: over R\$35
Get there at: 9pm
Ages 25 to 65
Dress up

RIO SCENARIUM

A live music saloon with three floors, a dance floor and a central balcony dispersing the music between them. It is beautifully decorated with antique items from 1910 to 1960, adding to its charming ambience. Lots of seating is available to those who arrive early. Apart from superb caipirinhas made from Magnifica cachaça, this joint also offers great finger food such as the "bijus". A must for anyone staying in Rio. [Rua do Lavradio 20, Lapa](#)



Wednesday- Street Party

Also good all week
Approach index: 4
Entrance: Free
Get there at: 11pm
Ages 18 to 30
Dress down

VOLUNTARIOS DA PATRIA STREET

There are a bazillion bars at the end of Voluntarios street. Mostly small bars so the university crowd hangs around outside on the street, some have live music, some have a soccer game, but all have amazingly cheap beer!
[Rua Voluntarios da Patria with Praia de Botafogo](#)

Wednesday- Chilling

Also good all week
Approach index: 1
Entrance: Free
Get there at: 7pm
Ages 25 to 50
Dress nice

PALAPHITA KITCH

Super-zen Amazonian themed outdoor lounge, facing sparkly Lagoa with lots of rustic sofas and benches, accommodating couples or groups. Amazonian finger foods and various exotic flavored caipirinhas. [Kiosk da Lagoa \(reta do Corte Cantagalo\)](#)



NIGHT LIFE

Thursday- Clubbing

Also good Wed to Sun
Approach index: 5
Entrance: Varied
Get there at: 8pm
Ages 25 to 50
Dress hip

PALAPHITA GAVEA

From the makers of the loungey Palaphita Kitch comes a hipper version in Gavea, with great dance floor and beautiful garden setting. Hot crowd with an explosive approach index. [Jockey Club in Gavea. Entrance next to Miguel Couto Hospital.](#)



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
Entrance: Free
Get there at: 7pm
Ages 25 to 40
Dress casual



NIGHT LIFE

Thursday- Live Music

Also good on Fri & Sat
Approach index: 3
Entrance: Over R\$25
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- Chilling

Also good all week
Approach index: 4
Entrance: Free
Get there at: 9pm
Ages 25 to 40
Dress grunge



COMUNA

Brazilians are mostly republicans, but the 1% of democrats convene at Comuna, in true democrat trappings: artsy-fartsy brandless hipster clothes. [Rua sorocaba 585, Botafogo](#) www.comuna.cc



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FREE LARGE MAP

Large map with all our recommended points of interest.

Friday- Clubbing

NIGHTLIFE

Also good on Sat
Approach index: 5
Entrance: R\$40
Get there at: 9pm
Ages 25 to 50
Dress rock

BUKOWSKI CLUB

A real phenomenon: packs whenever they open and stays packed till late! One of the few rock and roll bars in Rio with many ambiances (3 bars, 3 dance floors) and DJs playing at the same time. Perfect for singles!
[R. Álvaro Ramos, 270 - Botafogo](#) www.barbukowski.com.br

Good on weekends
Approach index: 4
Entrance: Over R\$30
Get there at: 10pm
Ages 20 to 35
Dress casual

TEATRO ODISSEIA

A favorite music show hall in Lapa, with top Brazilian MPB and rock artists performing regularly. The place always packs, adding to the experience. Ages 20 to 38 | Approach index: 4 | Get there at: 9pm | Dress casual. [Rua Mem de Sa 66, Lapa](#) | Also good on Thu-Sat

Friday- Street Party

NIGHTLIFE

Also good on Sat
Approach index: 3
Entrance: Free
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](#)



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](#)



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



Rio For Potters

Friday- Live Music

NIGHTLIFE

Also good Wed to Sat
Approach index: 5
Entrance: Over R\$30
Get there at: 8pm
Ages 25 to 40
Dress nice



LAPA 40 GRAUS

One of the best places in Lapa: 5 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](#)

CIRCO VOADOR

One of the best and largest concert venues in Rio, fitting roughly 10k hip music lovers. Manages to get big Brazilian artists almost every night! Check the line up on their site.

[Lapa www.circovoador.com.br](#)



Good on weekends
Approach index: 5
Entrance: Varies
Get there at: 9pm
Ages 20 to 50
Dress nice



Friday- Chilling

NIGHTLIFE

Also good Tue to Sat
Approach index: 5
Entrance: free
Get there at: 7pm
Ages 27 to 45
Dress nice



CANASTRA WINE BAR

A bar that had everything going against it: The french owners chose a former bike-repair shop in the darkest, dingiest part of Ipanema to open a wine bar for the hipster crowd. Usually a recipe for failure. But no! And thank God, cause their food is incredibly delicious, affordable, and they pack every night they open! C'est incroyable! [Rua Jangadeiros 42, Ipanema](#)

BOTEQUIM BELMONTE DO LEBLON

A large chain of botequims with exceptional draught beer, Spanish *tapas*, Brazilian bar food and Rio's best *pastel de camarao* (shrimp turn-overs). Lot's of fun at any time of the day, every day. [Look for a crowd on Rua Dias Ferreira in Leblon](#)

Good all week
Approach index: 5
Entrance: Free
Get there at: 7pm
Ages 20 to 50
Dress nice



Saturday- Clubbing

NIGHTLIFE

Also good on Thu-Sun
Approach index: 3
Entrance: Over R\$35
Get there at: 11pm
Ages 18 to 35
Dress up

ZERO ZERO (00)

You can spend all night at 00 and not get bored. Rio's crème de la crème hit this flawlessly designed modern lounge, part outdoor (mingling area), part indoor (tables), with cutting edge contemporary cuisine (try the salmon burger) and a tiny dance floor that somehow fits everyone. Try a cigar on the Asian chaises outside under the stars.

[Av. Padre Leonel Franca 240, Gávea \(Planetario\)](#) | [www.00site.com.br](#)

CABARET

A small and packed (always good) dance club in Botafogo, usually playing classic Rock and 80s dance.

[Rua Voluntários da Pátria 449, Botafogo](#) [www.cabaretlounge.com.br](#)

Also good on Wed to Sun
Approach index: 5
Entrance: over R\$40
Get there at: 10pm
Ages 30 to 55
Dress up

Saturday- Street Party

NIGHTLIFE

Also good on Wed 27
Approach index: 3
Entrance: Over R\$30
Get there at: 11pm
Ages 25 to 65
Dress casual

SALGUEIRO

Salgueiro samba school has won a lot of samba championships during carnival. At the same time, they are one of the clubs closest to the south side (R\$35 cab from Ipanema to Salgueiro) and by far the funnest and most comfortable of these events. Hang out outside at the street party till midnight, then go in. Pricey entrance in January (\$30 to \$40), but worth it. [Quadra do Salgueiro, Tijuca](#) | Only happening between August and Carnival



Saturday- Live Music

NIGHTLIFE

Also good on Thu & Fri
Approach index: 2
Entrance: Over R\$30
Get there at: 9pm
Ages 30 to 60
Dress up

CENTRO CULTURAL CARIOCA

Located right behind Lapa, CCC manages to get Rio's best bands to perform every day. You can go in blindly and have a great time. Good food and drinks. [Rua do Teatro 37, Praça Tiradentes, Centro.](#)

FEIRA DE SÃO CRISTOVÃO

AKA Feira dos Paraibas, this arena has scores of bars, with live music stages at both ends, playing ultra cheesy *arrocha*, *forro* or *axé*. Extremely "latin" decoration makes this place anthropologically eye-opening. Lots of stalls sell Northeastern food, arts and crafts. [Feira de São Cristovão.](#)

Also good on Fri
Approach index: 2
Entrance: R\$5
Get there at: 10pm
Ages 30 to 70
Dress casual

Saturday- Chilling

NIGHTLIFE

Also good all week
Approach index: 2
Entrance: Free
Get there anytime
Ages 25 to 65
Dress ice-cold

MEZA BAR

Rio's hippest bar and food joint. A new drink is created every day, and the chef experiments with new ideas regularly. Better book a table on weekends. [Rua Capitaio Salomao 69, Humaita \[www.mezabar.com.br\]\(http://www.mezabar.com.br\)](#)

BAR DO MINEIRO

Bohemian carioca central. Always packed. Great Brazilian bar food. Ask for their caipi made with Ferreira Cachaça.

[Rua Paschoal Carlos Magno, 99 - Santa Teresa](#)

Good everyday
Approach index: 4
Entrance: free
Get there anytime
Ages 22 to 55
Dress casual



OCCASIONAL

JAZZ AT THE MAZE

Definitely the most unique nightlife experience this writer has had in a while: Jazz at the top of Rio's safest favela, overlooking Guanabara Bay, facing Sugar Loaf. The place is literally a maze of a building, inside the friendly streets of the favela Tavares Bastos, where they filmed the Hulk 2. [Ask for The Maze](#) after you get to the end of Rua Tavares Bastos, in Catete. If you are going, feel free to call me, cause I'm going! Cristiano - 98894 9857



Approach index: 5
Get there at: 9pm
Entrance: Over R\$40
Ages 25 to 55
Dress up

BAILINHO

Bailinho has been probably the hottest party in Rio in the last few years: great music, great ambiance (think The Great Gatsby, 2013), hot guests and just a fun and non-pretentious party. Look for tickets in advance, as they sell out pretty fast! <https://www.facebook.com/festabailinho>



Approach index: 5
Get there at: 11pm
Entrance: Over R\$120
Ages 20 to 35
Dress hip

PARTIES

VIDIGAL PARTIES

The Vidigal favela, just off Leblon, holds 2 parties every now and then. One is called Alto Vidigal, and the other Morro Eletronico. Both are amazing. Some Brazilians will try to deter you from going, but it is safe. The entrance price is affordable (up to R\$50), the DJs world class and the view as good as it gets. To get there, take a cab to the base of Vidigal, then take a van to the party. [Alto Vidigal](#) [www.altovidigal.com](#) [Morro Eletronico](#) [www.facebook.com/MorroEletronico](#)



Approach index: 5
Get there at 12am
Entrance: Over R\$40
Ages 20 to 40
Dress nice

BAILE DA FAVORITA

A funk party for Rio's rich crowd, where everyone looks so amazingly hot you spend 5 hours wandering around seriously considering everybody. And so does everybody. Which is odd, cause, shouldn't everyone be hooking up by 1am?

www.facebook.com/BaileDaFavorita/

Approach index: 5
Get there at: 10pm
Entrance: Over R\$180
Ages 20 to 35
Dress snazzy

AFTER HOUR FOODS & MOTELS

Motels are not for truckers, but for lovers who rent them by the hour, so the rooms are cheesy-swank, with jacuzzi, ceiling mirrors, sauna and maybe ocean views.

But if you didn't hook up during your night out, you might as well go for a quick snack before crashing. There aren't a whole lot of sit-down breakfast or middle-of-the-night restaurants in Rio, so Cariocas turn to hotdogs or *caldo de feijao* (black bean soup) to absorb all those caipirinhas. The 4 most recommended spots are:

- 1 Pizzaria Guanabara: very cheesy and doughy slices of pizza, a traditional after-hour hangout. If you didn't hook up and still have the energy, give this joint a try.
- 2 Cervantes: every taxi-driver's favorite. The bartenders are the fastest at assembling a pineapple-steak-and-cheese sandwich: 7 seconds.
- 3 Hot-dog do Humaitá: you can spot the chef's hat from far away and the hotdogs are pretty darn good.
- 4 Lamas: easily the best US\$6 steak sandwich (file mignon, mind you) you'll ever taste in the history of the world for ever and ever. True that. Taxi-driver directions are in Portuguese.



Vezpa Pizza
Rua Ataulfo de Paiva 1063

TIJUCA

Motel
"Bambina"
Rua Bambina

Motel
"Panda"
Rua São
Clemente perto
Dona Marta

Snacks
"Fornalha"
Rua Humaitá
em frente ao
Ballroom

Hot Dog
"Cachorro quente
do Oliveira"
Rua Humaitá em
frente Ballroom

Fast Food
"Bob's"
Rua Fonte da Saudade
com Lagoa, inside
"Shell" gas station

Fast Food "Bob's"
Av. Borges de Medeiros
dentro do posto "Shell"

GAVEA

Motel
"Vip's"
Av. Niemeyer

Fast Food
"BB Lanches"
Rua Ataulfo de Paiva
em frente Pizzaria
Guanabara

Motel
"Toy"
Rua Maria
Luisa Pitanga

Motel
"Shalimar"
Av. Niemeyer
perto do Vidigal

BARRA

SÃO CONRADO

Motel
"Sinless"
Av. Niemeyer
perto do Vidigal

24 hr Supermarket
"Zona Sul"
Rua Dias Ferreira

Beer
"Clipper"
Av. Ataulfo de
Paiva ao lado
Cinema Leblon

Beer
"Empório"
Rua Maria
Quitéria perto do
"Caesar Park"

24 hr Super-
market
"Zona Sul"
Começo da Pru-
dente de Moraes

Fast Food
"Bob's"
Av. Atlântica ao
lado do "Sobre
as Ondas"

All-night diner "Stallos"
Av. N.S. Copacabana
com Xavier da Silveira

SANTA TERESA

HUMAITA

COPACABANA

LEME

Sandwich
"Cervantes"
Av. Prado
Júnior com
Barata Ribeiro

Fast Food
"Mc Donald's"
Av. Nossa
Senhora de
Copacabana ao
lado do Bingo

FLAMENGO



Steak Sandwich
(Churrasquinho)
"Lamas"
Rua Marques de
Abrantes 18

SUGAR LOAF AND URCA

Snack bar
"Padaria Santo
Amaro"
Rua Santo
Amaro com Rua
do Catete

GAY RIO



Farme de Amoedo Beach in Ipanema

GAY

Welcome to Rio, recently voted the most popular gay destination in the world! Apart from the stunning beaches and incredible landscapes, there's far more to catch the eye, starting with the Cariocas themselves - an exotic mix of sensual, passionate and mostly gay-friendly folk who love nothing more than a party.

Being Brazil's main tourist city, you won't just meet locals and foreigners - there's a constant stream of Brazilians on holiday from all over the country and being on holiday means that most are in an adventurous party mood.

GAY RIO BY DAY

The focal point is the gay beach in Ipanema, just in front of Rua Farme de Amoedo, perhaps the gayest street in Rio. Don't worry if you can't speak Portuguese, body-language is universal.

On weekends the beach in front of Copacabana Palace attracts a mature as well as a bear crowd.

There is more to Rio than just beaches, however. There are top attractions like Sugar Loaf Mountain, the Christ statue and the Botanical Gardens and if you're a culture vulture

then Rio, as former capital and current hot spot, offers lots of history, architecture and GLBT cultural events, like a film festival, theatre and many fascinating museums.



GAY NIGHT

If it's parties you're after, then you're in for a treat. Every night you can club and party, the only problem is choice. Occasional Circuit Parties such as B.I.T.C.H, R:Evolution, the Original Pool Party and Maxima are all spectacular (get the flyers on the beach) and events like Carnival, Pride and New Year's Eve all attract many dancing queens.



RIO

by Guy Halliday



SUNDAY

If it's sunny, it's a beach day. After, where better than **Rio G Spa** to wash the sand out of those tricky places. Just across from the gay beach in Ipanema, this is by far the most popular Sunday post-praia meeting place. You just might bump into the very person you've been admiring all day at the beach. But don't linger for too long, as everyone else has gone for a drink at **To Nem Ai** on Farme. You can't miss it, it's where the gay crowd bursts out onto the street. You might like to dine later at **00 (Zero Zero)** in Gávea - the chiquest club with the hippest crowd. If you want something beefier, the go-gos at

Le Boy may be your thing.

MONDAY

A quieter evening in town and a chance to recover from the excesses of the weekend. Fancy a coffee and boy-watching? Head for **To Nem Ai** on Farme. For the girls, **Buteskina** a corner bar, serves drinks. **Le Boy** also opens a smaller part of the club on Mondays.

TUESDAY

Having had a relatively chilled out Monday you are ready to party. One choice is to hang out around **Posto 6** bars (Copacabana) and then move on

to **Le Boy's** Strip Night. Here you can dance all night to the latest tunes and watch a show of Rio's best strippers.

WEDNESDAY & THURSDAY

Great days to hang out in Ipanema. Around midnight, leave Farme and walk one block away to Teixeira de Melo, to **Galeria**. Alternatively, you could try **TV Bar** followed by **Fosfobox**.

FRIDAY

Friday is the night for Lapa, a very queer-friendly, antique neighborhood with a fabulous atmosphere! Apart from bars

Farme de Amoedo Beach



GAY RIO

such as **Sal y Pimenta**, you can hang out on the pedestrian street Joaquim Silva, which later becomes a huge street party welcoming all types, making for one of the most fascinating crowds that you will experience during your stay. Not far away is **Buraco da Lacaia**, always teeming with local low-life glamour. On Fridays the waiters are nude and the entrance fee includes an open bar.



SATURDAY

No trip to Rio would be complete without visiting the recent temple of gay clubbing **The Week**. As with most clubs, don't think of arriving before 1am. To warm up you could start the night off around **Baixo Leblon** where lots of trendy bars and restaurants stay open till late.

Explore the area around **Cazuza Square**. Then head off to **Galeria** which has an excellent party with DJ Dudu Candelot playing groovy house tunes.



If it's summer, don't miss the **Unidos de Tijuca Samba School** rehearsal, the most gay-friendly and accessible of all the Samba Schools. Saturday's the big night in all the clubs, so take your pick. Just don't forget to make the taxi trip home via the sea front, where the rising sun reminds you that you could be in no other place than Rio.

RIO GAY NIGHT TOUR

Guided tour around Lapa with dinner at **Rio Scenarium**, followed by clubbing at **Galeria Café** till 5am.

Rio G Travel Services
tel: 3813-0003
www.riog.com.br contato@riog.com.br
Rua Prudente de Moraes 167 C, Ipanema

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CLUBS & BARS:

Clube Radar
Rua Marechal Mascarenhas de Moraes,
191 – Copacabana

Casarão Cultural Dos Arcos
Rua Mem Sá, 23 - Lapa

Galeria Café
Rua Teixeira de Melo nº 31 Ipanema

Buteskina
Rua Santa Clara 145, Copacabana

La Cueva
Rua Miguel Lemos, 51 Copacabana

Le Boy
Rua Raul Pompéia 102 Copacabana

Blue Angel
Rua Cinco de Julho 15-B Copacabana

Fostobox
Rua Siqueira Campos 140 / 22-A
Copacabana

00 ZeroZero
Rua Pe Leonel Franca 240 Planetario
/ Gavea

Turma OK
Rua do Resende 43 Lapa

Cabaret Casa Nova
Av. Men de Sá 25 Lapa

Buraco de Lacaia
Rua André Cavalcante 58 Lapa

For more info visit:
www.riog.com



BRAZILIAN FOOD

Brazilian traditional cuisine uses a wide variety of readily available ingredients, but most are cooked with simple culinary techniques: boil it or fry it. This makes the different dishes seem almost rudimentary and very 18th Century. At the same time, most of the ingredients are rich in flavor and therefore do not need complicated culinary complements.

The three most traditional dishes, *Feijoada*, *Bacalhoad* and *Tutu à Mineira* were all colonial foods: rich in carbohydrates, proteins and fat, as all needed to compensate for excessive manual labor. Due to their rich flavors, they were eventually adopted by all social classes.

Bahian food has a flavorful African influence, consisting mostly of sea food, beans, coconut milk and palm oil.

The *Churrasco* is of Argentinean influence. With the exception of salt, the meats are cooked without spices or sauces, because the chef wants to show his guests that the quality and flavor of the meat does not need to be camouflaged.

Sugar cane cultivation in Brazil has had a strong effect on desserts: most traditional Brazilian desserts being nothing more than fruits blended with tons of sugar. Most of these can be eaten along with cheese.

The contemporary-cuisine chefs in Brazil are making an impressive rediscovery of local ingredients, adding new twists to old recipes, or inventing new dishes altogether and finally out-growing the more traditional French school.

COMIDA A KILO

Food by weight. You pile your plate from the buffet, weigh it and pay proportionally. Prices range from \$35 to \$70 per kilogram.

LOCAL CUSTOMS

Water does not come free at restaurants, as it does in the US/UK.

Tipping (10%) is supposed to be included at the end of your bill. If you don't see it ("serviço"), add it.

Farofa, cassava flour usually served in bowl, which can be added to your dish and used to dry up whatever sauces are on your plate. Mix it in and eat!

The Churrascaria Experience

Even though Argentines and Uruguayans may claim it's theirs, the Brazilians have also appropriated the *churrasco*, much like the falafel belongs to half a dozen middle-eastern countries.

Churrasco is a popular Brazilian style barbecue that offers a wide variety of different cuts of beef, pork, lamb, chicken and fish, which are slowly cooked on special grills to preserve all their natural juices and flavors. *Churrascarias* are restaurants that serve endless rounds of meats on an all-you-can-eat basis, with drinks and desserts served separately. The most sought after meat is the "picanha", aka rump steak, Brazil's favorite cut due to its blend of softness and flavour. Ideal for those nights you want to treat yourself to lots of good food.

The modern Brazilian churrascaria steakhouse offers not just grilled meat, but a whole "all you eat" experience involving: cow, chicken, pork, goat, seafood, game, sushi, salads and traditional Brazilian finger food. For drinks they go beyond the beer and caipirinhas, some offering quite an impressive wine list. So, the churrascaria is not only obligatory, but possibly an experience to relive several



times during your trip. Hence, the following guide on how best to enjoy a premium churrascaria.

Spoiler alert: there is no trick that will let you eat more than your stomach can handle.



The Chinese strategy is to go in, eat like there is no tomorrow, as if it were a race and be out of the place in one hour, burping, with your belt starting to rip. You will eat everything they have, in no particular order, as long as it ends up inside you.

The French strategy is the opposite: appreciate different things individually, spaced out and slowly. Kick off with a liquor and accompany the food with wine or caipirinhas. You can indulge in the items on the salad bar followed by the grilled meats or seafood, but not both, because you are not a barbarian. Here you will focus on what you like, not on quantity or value.



The Brazilian strategy is to eat as much value and stay the longest, while ordering non-traditional items. Here you befriend the Maitre'D before asking him for the special meats of the day, which may be lamb ribs, extra large shrimp, roast boar, quail, trout, raw tuna or alligator. While he sees what he can do, you visit the salad bar, just to ease your guilt. You limit your carb intake of course, since your goal is to eat expensive foods, a.k.a. rare proteins. After about 3 hours you ask for the cheque.



Tip: Try the *cupim* (hump steak, not to be confused with rump steak), common amongst the Zebu breed of cows, a soft, fatty and stringy meat cut, popular in Brazil.

True Origins of the Feijoada

Contrary to what most Brazilians will tell you, feijoada wasn't slave food. It was an Iberian recipe introduced to Brazil by the Portuguese, who had the habit of mixing pork meat, veal, lamb, sausages and veggies in a black bean stew.

Sales receipts from upper-class butchers in colonial cities like Rio and Salvador reveal a shopping list of what is essentially a feijoada, discarding the popular notion of the dish being African slave food served on farms. Angolan slaves in Brazil didn't have the habit of mixing meat in their stews.

The bandeirantes, Brazilian colonial pioneers, helped spread the recipe geographically, taking cassava flour, sun-dried meats and black beans, which they planted to guarantee food on their way back east.

Today's variations of feijoada recipes are regional adaptations, such as the brown bean that is preferred in the Northeast, instead of the famous black bean version.

Andre Paranhos

Feijoada Expert

Author of the Feijoadas Cariocas blog
feijoadascariocas.blogspot.com

To find out about the next feijoada party, check the Facebook link on the blog above.



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.



BAURU
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)
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**
Spoleto \$ (pasta)

- FLAMENGO**
Lamas \$\$ (steak)
Devassa \$\$ (executive lunch)

- CENTRO**
Delirio Tropical \$ (salad)
Gula-Gula \$\$ (executive lunch)
Angu do Gomes \$ (exec. lunch)

- BARRA**
Benkei \$\$ (japanese)
Balada Mix \$\$ (salads)

BRAZILIAN COUNTRY COOKING

Brasileirinho Ipanema

Truly authentic Brazilian country cooking, with all the trimmings Brazilians love. They now serve the following for around R\$50: 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



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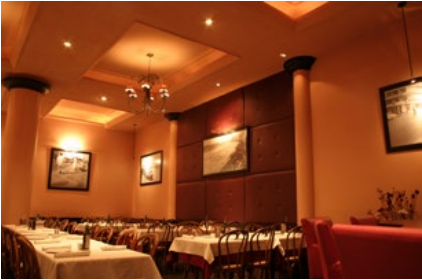
STEAKHOUSE

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.

Recent Awards and Prizes: ★ “Top 3 churrascarias in Rio” - Época Magazine 2012, 2014 e 2015 ★ “Best cost x benefit churrascaria” 2012 - O Globo ★ #1 churrascarias (steakhouses) in TripAdvisor Rio de Janeiro since 2014
Rua Rodolfo Dantas 16, Copacabana | tel: 2541-5898 | www.churrascariapalace.com.br

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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

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



Shrimp with some damn good stuff on it



Rice orgy

ITALIAN FUSION 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 modern gourmet italian cuisine, a hip cocktail bar and a chic lounge crowd after 11pm. (entrees from R\$40 to R\$95)

Recent awards and prizes: ★ "Best Wine Bar cuisine" Rio Show 2012
Rua Dias Ferreira 247, Leblon tel:2274-5590

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Grilled veggie lasagna

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.

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.

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Steak Tartar



Chimichuri Rump steak



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\$89 for all you care to eat feijoada)

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

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Complete Feijoada

MINEIRAN AND BAHIAN FOOD

Brasileirinho Copacabana

The four regions in Brazil that have their own, authentic and traditional cuisine are Minas Gerais, the Northeast, the Amazon and Bahia. The other regions have a limited number of recipes or are heavily influenced by foreign food, such as the German or Argentinian 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 *bobó de camarão* (cassava stew with prawns), *tutu a mineira* (the best bet here, refried black beans with pork chops and kale).
Av. Atlantica 3564, Copacabana | tel: 2267-3148 | www.cozinhatipica.com.br

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Shrimp Bobó in Pumpkin



Pork chops with "tutu" beans

PORTUGUESE

Rancho Portugues

I have always wanted to recommend a portuguese restaurant in Rio, as that is Rio's biggest community: portuguese descendants. There are many cod-fish serving portuguese joints around Rio, but most are either far away or have never been able to send me photos, showing their lack of interest in helping those trying to help them. So I never recommended one, until now: Rancho Portugues is the newest addition, already occupying pole-position, due to its clean ambiance, polite staff and top-notch dishes. Word of caution: don't let the prices scare you. Most cod-fish platters serves 3 to 4, so bring friends! Do start off with cod-fish cakes, and harmonize it all with a green, red or white Portuguese wine.
R. Maria Quitéria, 136 - Ipanema, Phone:(21) 2287-0335



Roasted cod steak with veggies and olive oil



PIZZA

Ferro e Farinha

A New Yorker making a mean-ass pizza in the heart of Rio. This means that not only can eat well but you can ask the pizza chef or owner to explain their story, as both have english as their first language. What's cool about the place: the menu has 4 pizzas to chose from (preventing analysis paralysis), the beer is only Heineken (fair enough) and the place packs, giving it the club feel. Ask for seating at the balcony overlooking the pizza making. Decent prices!
R. Andrade Pertence, 42 - Catete. Don't try calling... just show up.



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 of flavorful spices such as ginger, lemon grass and curry with healthy, non-fried organic foods. Reservations recommended via their website (www.zazabistro.com.br).

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



Thai Seafood Salad



Sweet & Spicy Asian Shrimp

[illegible]

STREET FOODS

PÃO DE QUEIJO:

Cheese puffs like you never had them before. Absolute must.

PASTEL DE CARNE:

Very much like a deep fried beef fried wontons. Must try.

PASTEL DE QUEIJO/CAMARÃO:

Just like above, but with cheese or shrimp.

EMPADA DE CAMARÃO:

Shrimp cup pastry.

KIBE:

Arabic snack made from deep fried whole-wheat surrounding a spicy ground beef center.

COXINHA:

Shredded chicken inside deep-fried dough.

BOLINHO DE AIPIM:

Deep-fried cassava dough with a ground beef center.

CROQUETE DE CARNE:

Oven baked whole-wheat dough with ground beef center.

PÃO DE BATATA:

Potato bread with chicken, sausage, or ground beef center.

CACHORRO QUENTE (HOT DOG):

A variation of the NY style hotdog: bread, sausage, tomato sauce with onions and peppers, then optionals: corn, string potatoes, parmesan and other stuff. Forget the other stuff.

CACHORRO QUENTE DE FORNO:

Oven baked hotdog in croissant shaped bread.

ESFIHA:

A tri-folded pizza of Arabic origin. Must have.

AND SNACKS

CHURROS:

Deep fried dough filled with none other than doce de leite (caramel's rich cousin). Then rolled in cinnamon sugar. Mmmmm good.

MISTO QUENTE:

Ham and cheese sandwich, made with stringy mozzarella. A must and usually very safe.

HAMBURGER/X-BURGER:

Hamburger/Cheeseburger

X-TUDO:

Double cheese burger with everything they have to offer: bacon, fried egg, sausage, shredded chicken, string potatoes, corn, etc.

SALSICHÃO:

A big hotdog sausage on a stick, grilled then pointlessly dipped in vinaigrette and *farofa*.

PASTEL DE FORNO:

Oven baked folded pie with various flavored fillings. Usually great.

BOLINHO DE BACALHAU:

Cod fish cake in ball format. Very good. Eat it with olive oil. Don't try the peppers.

FOLHEADO:

A flat croissant filled with ham and cheese, spinach or chicken

JOELHO:

The poor man's ham and cheese croissant. So doughy, you'll need 3 cokes to choke this down. Waste of money.

SANDUICHE NATURAL:

Simple sandwich with lettuce, tomatoes, cheese and ham and/or variations of these, without any condiments. Light and healthy.

BAR FOODS



PORÇÃO DE PASTEIS

Portion of deep fried wontons, comes in different flavors (beef, shrimp or cheese) Where to try: Belmonte (Ipanema or Copa)



PORTION OF BOLINHO DE BACALHAU

Portion of cod fish cakes. Where to try: Bracarense (Leblon)



AIPIM FRITO

Deep fried cassava, a stringy cousin of the potato. Where to try: everywhere!

CARNE SECA COM

AIPIM FRITO

Just like Aipim Frito but with sun dried jerked meat, very popular. Where to try: Informal (Leblon)



CALDO DE FEIJÃO

Bean soup with bacon bits. Where to try: Devassa



FRANGO A PASSARINHO

Deep-fried chicken parts. All of them. Where to try: Sindicato do Chopp (Ipanema or Copa)



TORRESMO

Pork rinds, very macho (and nutritionally stupid). Where to try: Brasileirinho (Ipanema)



LINGUIÇA ACEBOLADA

Sausage and onions. Where to try: Chico e Alaide.

MANJUBINHA

Deep fried and breaded tiny fish, somewhat disgusting, as you eat the entire fish: head, tails and guts. Where to try: Sindicato do Chopp (Ipanema)



BRIGADEIRO

Condensed milk meets chocolate on the stove, is then rolled into a ball and sprinkled with... chocolate sprinkles... must try.



PUDIM DE LEITE

Just like a "flan", but sweeter.



PUDIM DE CLARA

Before egg whites and sugar become a meringue, it becomes a *pudim de clara*, a very soft, sweet and airy pudding. A must for sweet-toothed people.

DESSERTS

If you are into desserts and all things sweet, you can't miss any of these, all of them Brazilian and all very, very sweet. (Sugar was so common in colonial Brazil that it was used in abundance).



QUINDIM

Egg yolk, sugar and other sweet stuff makes this another must-try.



PASTEL DE BELÉM

Vanilla in an oven baked doughy cup. Portuguese dessert. Very good.



ROCAMBOLE

A roll with a *doce de leite* center... absolute must.



BELEU

Crunchy bread nest with nuts and honey topping.



CUZCUZ

A harder tapioca pudim with condensed milk on top.



SALADA DE FRUTA

If you are on a diet, or are a sugar-hater, then a tropical fruit salad is in order, Wuss.

STUFF YOU

All these things can be found in the local supermarkets (Zona Sul,

DOCE DE LEITE

Caramel's cousin, but sweeter, darker and creamier. Made from sugar and milk. Try it in bar and paste form.



GELEIA DE MOCOTÓ

Sweet bone-marrow jello, definitely fun to eat. (Squeeze it between your teeth and cheek.)

(Reg. Trademark Arisco SA)



DANONINHO

A thickened-up yogurt so small you must eat it with the tiniest spoon available (borrow Barbie's).

(Reg. Trademark Danone LTDA)



REQUEIJÃO

Delicious creamy soft cheese, easily spreads over anything... anything!

(Reg. Trademark -Santa Clara LTDA)



TORRONE

A chewy bar with peanuts or cashew nuts. Italian in origin, but now nationalized in Brazil.



BOMBOM GAROTO

A box with an assortment of different bonbons and miniature chocolate bars. Great to have at the hotel.

(Reg. Trademark- Chocolate Garoto S.A.)



NEVER ATE

Pão de Acucar etc). They all make great gifts for your friends and family.

PALMITO- PALM HEARTS

The center of a Palm tree trunk. Eat them straight out of the jar. If you don't like them, send it to me. Av. N. S. Copa 1183-1001. CEP 22410-000, Rio de Janeiro, RJ, Brasil



COCADA

Coconut slivers mixed with thick sugary paste. Very, very sweet.

AMENDOIM JAPONÊS

Japanese peanuts. Peanuts with a crunchy shell. Great to have around at all times.

(Reg. Trademark AGTAL A. Guedes Torrefação de Amendoim LTDA)



BISCOITO

Cookies.

(Reg. Trademark Bauducco & Cia LTDA)



BISCOITO DE POLVILHO

The best alternative to potato chips. Oven baked fluffy manioc flour biscuits. Great at the beach (ask for *biscoito Globo*, or wave to the guy with a big plastic bag).

(Reg. Trademark Pan. Mandarin LTDA)



PAÇOQUINHA

Peanut powder compressed into a bar. Very good.



PÉ DE MOLEQUE

Peanut brittle. Roasted peanuts joined by hardened molasses.

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Tear-out cheat sheets: Basic Portuguese, Street Price Guide, Emergency Contacts (Lord forbid), Taxi fare estimator



FREE LARGE MAP

Large map with all our recommended points of interest.

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 or Amazon Beer.



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.



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 antidiarrheal.



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

100 KM
60 MILES



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, 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 luaus 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.

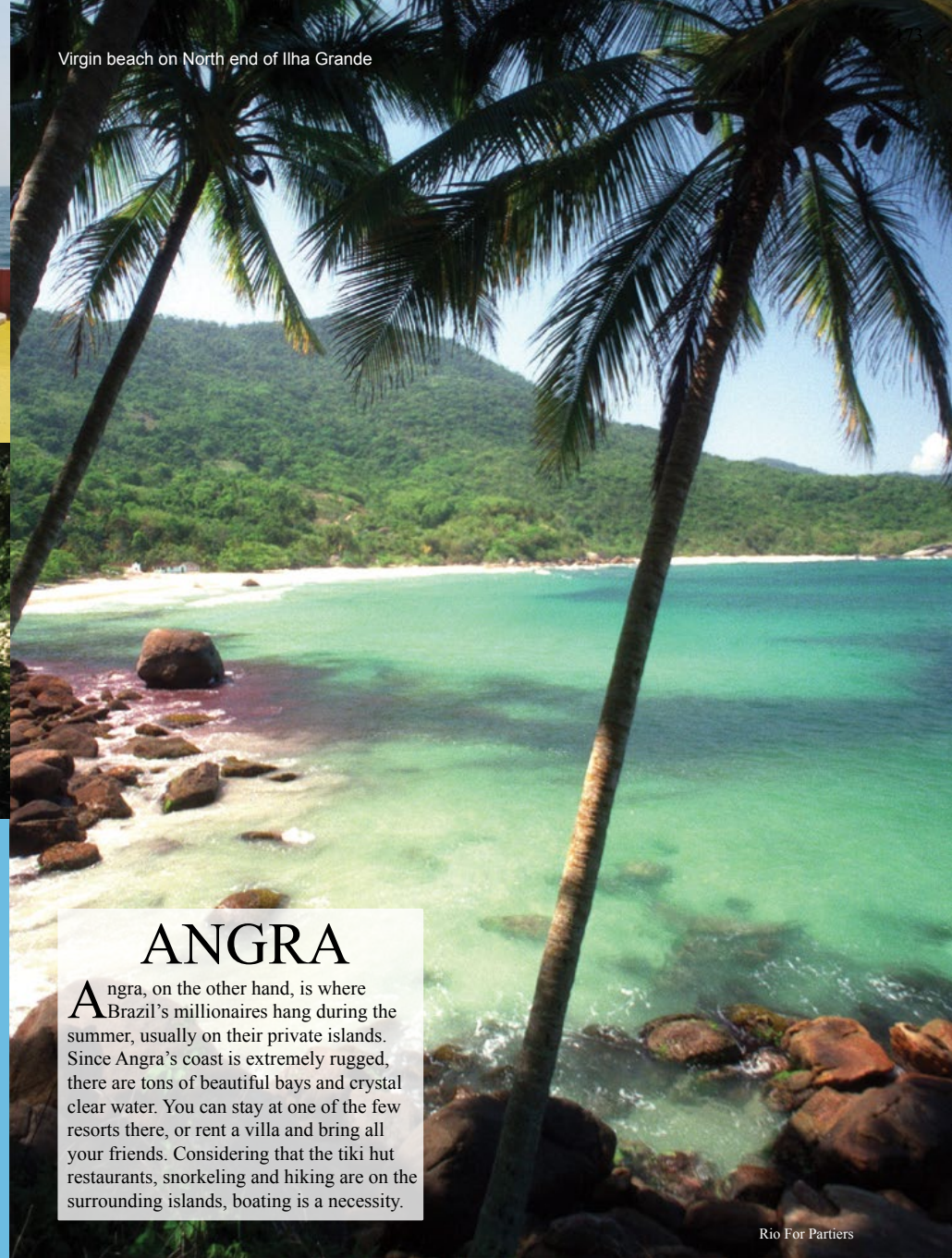
Who usually goes: Singles, couples, groups

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.

PETRÓPOLIS & ITAIPAVA

Petrópolis and Itaipava are excellent options when the forecast predicts cloudy weather for the next few days. These neighboring towns work off each other: whatever one doesn't have, the other does. Since they are both very close, you should rent a car in Rio, drive up the mountain range (which in itself is a fun drive with endless scary-but-safe curves) and stay at one of the bungalows in Itaipava.

Most of the young bars, clubs and lounges are in Itaipava, while the daytime activities are spread between the 2 cities: rappel, rafting, zip line, canyoning, cycling, trekking, horseback riding, dirt road motorbiking etc. For a cultural experience, visit the Imperial Palace in Petrópolis. These 2 cities can be toured in under 3 days.

QUICK DECISION MAKER

Main activities: Trekking, rappeling, climbing, rafting, museums, fine eating.

Who usually goes: Couples, groups

When to go: All year round, specially June to August

How long to stay: 2 to 5 days



NIGHTLIFE



Rio de Janeiro



Rio For Partiers



PARATY

One of the cutest and most historic cities along Brazil's coast. Founded in the 16th Century, it still has colonial architecture in the downtown area. Not the best place if you are single, but definitely a great option for couples or families. Stay at one of the *pousadas* on the beaches just east of downtown, where the rates are affordable, (R\$180/double) but still close to the action.

There are great dining options in Paraty, all found in the historic center. For nightlife, you are limited to a few live music bars, but you could have a luau for you and your friends at any of the beaches, since Paraty is pretty safe.

Daytime activities include: rafting, rappel, boat trips, surfing, fishing, off-road cycling, etc.

For culture, do the "Gold Trail" tour, which takes you along part of the road where gold was transported in colonial times. Then go to Fazenda Moycana, a sugar cane farm from 200 years ago. It is well preserved, with water falls, free-range peacocks and hearty Brazilian food.

More at: www.paraty.com.br

QUICK DECISION MAKER

Main activities: Beach, trekking, eating, sailing, drinking etc.

Who usually goes: couples and groups

When to go: All year round.

How long to stay: 2 to 5 days



The streets are below sea-level, so the tide washes the city.



The centuries old downtown area is safe to explore at night.

Luxury & Honeymoon

We have laid out two honeymoon/luxury getaway plans: the more affordable “Around Rio” trip and the more diverse “Around Brazil” plan.



Brazil’s romantic spots can go head to head with most honeymoon getaways found in the rest of the world: its beauty is on par with the best, its excitement real and authentic.



AROUND RIO

Quick breakdown: 3 days in Buzios, 3 in Rio, 3 in Angra. After landing in Rio, dart over to Buzios, opting for a dreamlike resort such as Casas Brancas. There you can visit the 27 beaches during the day, speed around in a boat, fine dine and sip bubbly all night. Then hop over to Rio, which, as you have been reading, is just amazing and 3 days are a must. You can stay in a 5 star hotel

like the Caesar Park and visit the popular attractions, while dancing to samba and romantic bossa nova after dinner. Swing over to Angra and lodge in the luxury Pestana beach bungalow. There you can visit



Trip Ideas



any of the 365 islands, snorkel, dive, or sit on the beach waiting for the priceless sunset to enhance the honeymoon mood. From researching a few travel agencies, this package usually starts around US\$7500 per couple.

AROUND BRAZIL

Conversely, if you have more money to spend and want to explore more of Brazil, you can jet around for 11 days to Brazil’s top resorts. Here is a shortlist of my top 10 romantic getaways (however, it is my opinion that any of these could be number one).

- Top Ten Honeymoon Resorts
1. Txai, Itacare
 2. Nannai, Porto de Galinhas
 3. Maravilha, Fernando de Noronha

4. Ponto Dos Ganchos, Floripa
5. Casas Brancas, Buzios
6. Estrela D’Agua, Trancoso
7. Pestana, Angra Dos Reis
8. Santa Teresa Hotel, Rio
9. Sitio do Lobo, Angra dos Reis
10. Etnia, Trancoso

What’s cool about these resorts is that they can offer a true “get away from the problems of the world” type holiday, given their seclusion from big cities. The most positive feedback from honeymooners is their experience of the exotic beaches of the northeast, such as the Txai in Itacare, the Nannai in Porto de Galinhas or Pousada Maravilha on the island of Fernando de Noronha. Mix it up by heading down to Rio and finish with a few days either sailing in Angra or dancing the night away in upbeat sophisticated Buzios.

For couples interested in a more cultural experience, then you could swap Rio for Salvador and immerse yourselves in the Black Heart of Brazil, a truly tantalizing experience for all the senses.





BRAZIL AT A GLANCE

If you plan to visit other parts of Brazil, your first stop should be Salvador, which overflows with Afro-Brazilian culture, music, costumes, food and mellowness. Another option during the summer is to hop over to Natal, then to Pipa and its neighboring towns. This is surfer & babes paradise. Fernando de Noronha has some of the most beautiful beaches in the world, as well as an incredibly well preserved sealife; ideal for divers. Porto Seguro is among the best party towns in the southern hemisphere. If you want to see jungle, vistors have been having more rewarding experiences in the Pantanal than the Amazon. You get closer to the animals, you see more and you have more activities to partake in.





Sunset over Barra Lighthouse

Bahia

Praia do Forte
Salvador
 Morro de Sao Paulo



SALVADOR

If Rio is Brazil's face, Salvador is Brazil's heart. You arrive and you notice something in the air that makes you want to move to a new rhythm. Salvador is probably the most culturally rich city in Brazil, offering a wide spectrum of music, food, dance, art and architecture. Everyone seems willing to leave work and party if someone starts playing a little guitar a block away. Lots of foreigners arrived and never left, opening bed and breakfasts as their reason to stay. Salvador maintains its roots, while embracing what works.

Salvador deserves at least 7 days, as it is surrounded by enchanting places like Morro de Sao Paulo, a party island 2 hours south, Praia do Forte, a fishing village turned beach getaway one hour north and Cachoeira, a historic town one hour west.

To skip Salvador is to miss a place where your heart beats faster.

If you enjoyed this guide, look for Salvador For Partiers (www.salvadorforpartiers.com). Or check www.bahia-online.net

QUICK DECISION MAKER

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

Who usually goes: Singles, couples, groups

When to go: Year round.

How long to stay: 4 to 10 days.



Pelourinho



Itaparica boat tour



Rio For Partiers

Mato Grosso do Sul
Pantanal ● Campo Grande
● Bonito



PANTANAL

The Pantanal, portuguese for “wet-lands”, is an amazing part of Brazil most of the world has never heard of. Sure, the Amazon is great, but most who visit both, prefer the Pantanal. Why? You get closer to Brazilian animals, such as anteaters, capivaras, large birds and various freshwater fish. This is not a party destination, but a beer is a finger-lift away from the fishing rod on your boat. At night, bonfire warmed up by caipirinhas or, heck, just straight *cachaça*, so macho you’ll grow extra hair on your chest. Look to stay in Fazenda Baia Grande or Fazenda São Francisco, both of which have their own ecological preservation area, so the wildlife is right outside your door.

QUICK DECISION MAKER

Main activities: Wildlife exploring, animal photo-hunting (you get that close), fishing, horseback riding and trekking. Be sure to hop over to Bonito (next page)

Who usually goes: Couples, groups

When to go: April to November weekdays.

How long to stay: 3 to 4 days



Capybara family by lake



Brazilian Anteater



Alligator lagoon where you can get as close as you want to them



BONITO

Bonito is right next door to Pantanal, but it has nothing to do with it. Pantanal is about South American wildlife in the wetlands. By contrast, Bonito is a place where 7 different really cool attractions came together within a 30 mile radius:

- 1) Two mineral water rivers, with amazing underwater visibility, warm temperatures and a rapid flow. One can float down it for an hour, checking out the fish.
- 2) A cave with a crystal blue pool that glows whenever the sun beams down on it (one month a year)
- 3) A 600 feet waterfall with a gorilla's face underneath it.
- 4) A huge circular canyon with hundreds of red parrots nesting in its walls.
- 5) A rafting river with whitewater rapids.

To absorb it all you'll need at least 3 whole days there. Be aware that getting there via the city of Campo Grande in Mato Grosso do Sul takes almost a whole day, so make sure your schedule can accommodate at least 5 days. For lodging, consider the Wetiga hotel in downtown Bonito, or any of the "fazenda hotel" farm lodgings around the city. Nightlife is very limited, so you'll really make the most of your daytime activities. For food, ask for the *pintado* or *pacucaranha* fish.

QUICK DECISION MAKER

Main activities: Crystal clear river scuba diving, jungle exploring, animal photo-hunting (you get that close), fishing and trekking. Be sure to hop over to Pantanal (previous page)

Who usually goes: Couples, groups

When to go: All year round

How long to stay: 3 to 4 days



NATAL

Mix all-year-round warm weather, crystal clear coral reefs, sand dunes, beaches, history and an active nightlife and you get Natal, on the Northeast corner of Brazil. Two hours south are Pipa and Ponta Negra, two charming beach villages preferred by young Scandinavians and Brazilians alike. Zen atmosphere during the day with naturesque bars and restaurants at night.

More at: www.natal-brazil.com

QUICK DECISION MAKER

Main activities: Sand-dune bugging, beach chilling, chilling in Pipa (2 hours south), scuba diving and sea fishing.

Who usually goes: Groups, partiers

When to go: Year-round, weekends.

How long to stay: 4 to 7 days



RIO GRANDE
DO NORTE

Natal





Manaus

AMAZON

In the heart of the Amazon rainforest lies the city of Manaus, located at the junction of the two main arteries that form the Amazon river. The Amazon is one of those places that makes humans seem small; huge trees and rivers so wide that you can't see the other bank.

Since the city offers little to the tourist, your best bet is to head for one of the jungle lodges, such as the ARIAU Jungle Lodge, the first of its kind, offering tree-top hotel rooms in a forest by Rio Negro. For activities you can do several types of jungle exploring and photo-hunting, tree-top cabling or riverboat fishing.

QUICK DECISION MAKER

Main activities: Jungle exploring

Who usually goes: Groups, couples

When to go: All year round.

How long to stay: 3 to 5 days

AMAZONAS





FOZ DO IGUASSU

One of the world's most impressive spectacles of nature is the Iguassu Falls, a series of 300ft waterfalls 20 miles wide.

The town itself also serves the tourists, with lots of fine restaurants, bars and clubs. The average stay is 3 days, which is enough to cover the main attractions: several falls, the power dam, rafting, rapid-canoeing (not down the main falls, of course) and a jungle tour.

QUICK DECISION MAKER

Main activities: Waterfall sightseeing, trekking, rafting and canoeing

Who usually goes: Couples

When to go: All year round.

How long to stay: 2 to 4 days



Foz do Iguassu

PARANÁ



READY FOR EXPORT

Brazilian Sayings

Brazilian Ideas

IDIOMATIC EXPRESSIONS

“Pirate’s parrot”: a very unimportant person who is always standing behind a VIP in photos.

“Parachuted in”: someone who was not meant to be at an event or party, but somehow showed up. Slightly more welcome than a party crasher.

“Handleless suitcase” or “suitcase”: someone who is a pain to drag around. “So and so is such a suitcase!”

“Get your horse out of the rain”: it’s not going to happen, so don’t get your hopes up.

“Washing his horse”: someone who made it or is well off (not witty, but creates a funny visual). “So and so is washing his horse with his new pizzeria.”

“Doesn’t stink nor smell”: someone or something you feel indifferent about “so and so doesn’t stink or smell to me...”

“Older than walking forward”: the oldest thing in the world: walking forward. “That joke is older than walking forward...”

“Wash it and it’s new”:

something related to private body-parts. “He just got out of a long-term relationship, but, you know, wash it and its new!”

“Pee outside the potty”: a slip up; if you make a mistake. “Da boss said that if he pees outside da potty again, I should whack him...”

“See a square sun rise”: to get put in prison.

“Those in a hurry eat raw”: perfectionism vs speed.

“Puking rainbows” When someone praises in excess.

PORTUGUESE WORDS

Saudade: a bittersweet yearning, lightly enjoyed while missing someone. “I feel saudade, pumpkin...”

EXAMPLE:

The author, who is not a *corno*, parachuted in to Will Smith’s premiere party and posed as a *pirate’s parrot*. Will Smith thinking “what a *suitcase* this guy is...”



Cafuné: The tender running of one’s fingers through the hair of one’s mate.

Corno: a man who got cheated on by his woman. Interestingly, there is no feminine version for this term.

FUNNY SAYINGS

More lost than a deaf person at a bingo.

More lost than an orphan on parent’s day.

Uglier than beating up your own mother.

If it’s free, even an injection on the forehead.

If it’s free, even a bus in the wrong direction.

Old pans make better food: defense used for an older lover.

SAIDEIRA

The “leaving” beer. The beer the group orders once they have decided to leave the bar. Sort of like the “one for the road”, yet drunk on the premises.

EXPULSADEIRA

The “expelling” beer. If the bar owner wants to close and you don’t want to leave (normal), then he should give you the *expulsadeira* for free, to compensate for kicking you out.

COMIDA-A-KILO

Food by the weight. You add it to your plate and you pay on weight. Extremely fair. Why hasn’t it gone international yet?

CONSUMPTION CARD

You drink all night and the bar tenders jot it down on your consumption card. Before leaving the bar, you have to settle your bill. If you claim you lost it, you pay a costly fine.

BUTT-SPLITTING JEANS

They ride up women’s butts. Women look sexier, men give them all the attention. What could be fairer?

11PM COMMON-SENSE

TRAFFIC LIGHTS.

It’s late. No other cars at the intersection. Why wait for the light to go green? Duh!

FRESCOBOL

A paddle & ball sport with no winners, yet everyone wins by having fun. Just don’t let the ball fall.

RODA DE SAMBA

Samba circle. An interactive method of enjoying music, where instead of listening to a band play, you sing along with them, in an informal setting, allowing for group participation and beer drinking by all involved.

ETHANOL-FUELED CARS

Cheaper, cleaner, powerful, sustainable, recyclable, regrowable and can enrich 3rd world countries. Sounds like the solution to this century’s problems, doesn’t it?

TRIO ELETRICO

A semi-truck packed with speakers, enough to rock 10 thousand parties, found in small

towns where they don’t have a structured venue to hold a crowd. The artists sing from the roof of the truck.

GRITO DE CARNAVAL

Carnival shout. A pre-party, 2 weeks before the big event of the season, used to build on everyone’s anticipation and excitement.

RESSACA DE CARNAVAL

Carnival hangover. The same as above, but after carnival.

CESTA BASICA

A big bag with a mix of basic foods that’ll last a family of 4 for a month. Usually given out to impoverished areas, to low-income employees or used to buy votes.

IMPEACHMENT

Has your president been buying votes? Impeach him/her! Not a Brazilian concept (French really), but Brazilians put it into practice twice already. Not as fast as murdering the son-of-a-bitch, but definitely more democratic.

DOING BUSINESS

If you can't stop thinking of business ideas even when on vacation, you may want to check out some of these sites and take these guidelines into consideration.

"Brazil is not for beginners"

- Vinicius de Moraes

1 Before you start doing business in Brazil, you should definitely find a good lawyer. Brazilian law can be pretty complex, specially if you come from a Common Law country. Look for lawyers with an international background, who speak fluent English, would be able to draft documents in both Portuguese and English and explain to you hurdles of Brazilian Law.

2 Patience: In Brazil things generally take longer to be accomplished. Even though many Brazilians have international experience in Europe and the US, very often they do not have the same sense of urgency you will be used to. When setting time frames and deadlines for decisions, be sure to build in lots of additional flexibility.

3 Immigration: there are several types of visa that can be used to immigrate to Brazil... from investor visas (currently set at a minimum of R\$150,000) to administrator visas, visas related to employment agreements, and other kinds of visas, depending on your country of origin, based on the principle of reciprocity. Do not try to cheat Brazilian Authorities with fake marriages

and other types of scams. The Brazilian Federal Police has a lot of experience in dealing with these types of scams. Moreover, you may find yourself in trouble at Brazilian family courts!

4 Don't assume all Brazilians have the same work ethic. Brazil is larger than Europe and each of the 26 states will demand a slightly different approach. As a general rule, the southern states of Rio Grande do Sul, Paraná, Santa Catarina and Sao Paulo operate on similar standards to the USA and Europe. The Carioca business person from Rio de Janeiro, however, is an entirely different negotiator. A positive assessment would say he is a very friendly, warm, creative and witty entrepreneur with a fertile imagination, an almost theatrical ability in verbal communication and a highly developed intuitive vision for making money. A negative assessment would state that punctuality and calling you back is not a strength. Given these two assessments, the main piece of advice is BE PATIENT!

5 Brazilian labor and tax laws. Upon incorporation or investment in a Brazilian company, be sure to be well informed on Brazilian labor laws. Payroll-related taxes can double your costs with salaries and be extremely burdensome.

Also, make sure to consult a specialist in tax planning and to find a trustworthy accountant before opening your business.

6 Bureaucracy: One of the most frustrating aspects of doing business in Brazil. Be prepared to wait in line for long periods of time at government and administrative offices, banks and other services. Bring a book to read.

7 Incorporating in Brazil: Brazil is not Delaware and you may not be able to create a company as quickly as you are used to back home, but you may create a company in Brazil in about one month if you have the necessary documents. These may vary depending on who the partners of the company will be or on the purpose of the company, but they will most likely have to be notarized and go through the Brazilian Consulate in your country of origin before they have validity in Brazil. Make sure to follow all steps for the legalization of documents in your country of origin and you may have a speedy incorporation here! The 2 most common corporate types are Limitadas and Sociedades Anônimas. Limitadas are usually cheaper to maintain, but a Brazilian lawyer will be able to tell you which one is the best type for your specific case.

IN BRAZIL

8 Bank accounts: you will not be able to open a bank account unless you have a valid passport, a CPF and a 12-month residence permit. The CPF and residence permit must be applied for at the Policia Federal and the latter can take months to be processed.

9 Learn some basic Portuguese: it may seem obvious, but even if you make a lot of mistakes, your efforts will be greatly appreciated and progress will be quicker. Get our language CD "Portuguese For Tourists", available by sending an email to ptf@rioforpartiers.com

10 Trust is extremely important when closing a deal; be prepared to conduct several meetings before a final decision is made. Also, always go for the top decision-makers: Brazil is big on the hierarchical structures and if the top guy wants something he will override all others.

FOR A TRUSTED,
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PORTUGUESE LESSONS

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dynamic.rik@terra.com.br

"If you can make it here, you can make it anywhere"

- Frank Sinatra (also referring to Rio de Janeiro)

Moving to Brazil

Many foreigners have moved to Rio: half to work, half to retire. The attraction is, as Dan Babush puts it, "As soon as you arrive you are instantly 3 times richer, 3 inches taller and 3 times more relaxed than back home".

Rio is ideal for those who can web-commute: its time zone is 1 to 4 hours ahead of the US, allowing you to wake up late. Those who come looking for work invariably end up teaching English, as the job market is tight and underpaid.

What many foreigners do is spend 6 months at home, getting paid and saving, then come to Rio and live it up for 6 months.

COST OF LIVING

To get an idea for the cost of living for one couple: rent in Ipanema/Leblon goes for at least R\$5000 (2bdr), Copa or Leme goes for R\$3500. Groceries = R\$1000, cellular plan = R\$300, transport (taxi) = R\$1000 and maid another R\$700. Then nightlife, getaways, shopping and flights back home are up to you.

REAL ESTATE

It is extremely important to consult a Brazilian lawyer before buying any real estate in Brazil. Proper due diligence has to be performed in order to find out whether there are any outstanding taxes, liens or encumbrances in the property. Several clearance certificates (certidões negativas) need to be issued by the authorities, attesting that it is safe to purchase such property. In addition, a thorough investigation needs to be done on the seller in order to find out whether there are any pending lawsuits that might jeopardize the title of the property.

AFTER VISITING RIO

OFFLINE MUST DOS

Show off your tan to your friends (and enemies), prolong with after-sun lotion.

Find sneaky ways to boast about your South American trip, as in “The best mango smoothie I’ve ever had was in Ipanema”.

Find scapegoats for everything that went wrong at work while you were away.

Get your kidney back in shape with Chilean Boldo leaf tea.

ONLINE

Select and post photos on Instagram, Twitter, Facebook, videos on YouTube.

Email your contacts to your new Brazilian friends, find them on Facebook. Tweet: “I’m back from Brazil... schucks!”

Post reviews on Tripadvisor.

Create a personal travel guide at Guidelet.com

Email your hotel’s manager and praise your concierge. You have no idea how many perks you will get from the concierge if you ever go back to that hotel.

Review Rio For Partiers on Amazon.com, I appreciate it.

How to throw a Brazilian party

INGREDIENTS:

- 1) 3 scandalous Brazilians
- 2) 2 popozudas
- 3) cachaca, limes and sugar
- 4) good, undiced cuts of meat (not hamburger or hot dogs) and a grill
- 5) One CD of: Samba, Funk, Jorge Benjor or Seu Jorge
- 6) Garden with pool
- 7) Slideshow of your photos

STEPS:

- 1) invite everyone and tell them everyone else is going.
- 2) Cover the meats with rock salt and let them sit for 1 hour on the grill
- 3) Dice up limes or pineapple, leave in a bowl for each to make their own caipirinha
- 4) Blast some Jorge Benjor or

Seu Jorge, then move to Samba. When people get drunk, change to funk. You will be able to tell they are drunk when the women start teaching each other how to dance funk.

5) Check the meat, if it is cooked, slice off some thin strips and serve them on the cutting board. Don’t add barbecue or any sauce. The meat should be judged on its own merit.

6) Get a tamborine and eukelele and start singing samba tunes.

7) Throw someone in the pool, preferably with their cellphone on them.

8) Find someone you like and start making out in front of everyone.

9) Watch everyone else start making out.

10) Post pictures on any social network.

11) Invite everyone back next week for a moqueca dinner.

How to cook Moqueca

Moqueca is stupid easy and flavor-rich. Ingredients:

- 4 Tomatoes
- 4 Onions
- 2 Bell peppers
- 1 Pound of fresh peeled shrimp
- 1/2 liter (1 pint) coconut milk
- 1 Can of tomato paste
- 2 Tbl spoons palm oil (optional)
- 6 Garlic cloves
- Cilantro leaves for decoration
- Steamed rice

Step 1: Layer everything in a ceramic pot.

Step 2: Add enough water to almost cover everything

Step 3: Stick it in oven for half an hour, max temp, no lid on pot.


Step 4: Decorate, serve with steamed rice.

For these and other easy to make any-where-in-the-world recipes, get a copy of *Brazilian Cooking At Home*, the first Brazilian cooking DVD with Brazil’s tastiest dishes. Available on Amazon.com or in bookstores in Rio.



How to Pay Less Than the Locals

Just use the RFP Discount Coupons at any of our partnered establishments. Tear off the coupon, give it to the manager/instructor and ask for the discount.

We have partnered with many of the establishments and services found in this book (they have a  next to their info). They have agreed to honor a bonus or discount in accordance with what is stated on the coupons in the front flap.

All discounts and bonuses valid through end of 2017.

Hotels, restaurants, bars and clubs want to maintain a clean image and **may not honor their discount commitments to tourists accompanied by ladies of the night.**

PLEASE CHECK FOR THE LATEST PARTNER UPDATES

While we strongly believe that they will all comply with the terms of partnership, some may (at their discretion) stop offering discounts or bonuses. Please check our website for the latest updates, so you don't spend time on places and activities without freebies. Just visit www.rioforpartiers.com and click on the UPDATES section.

IN CASE OF POOR OR UNFAIR TREATMENT

We have done our homework so that you may have a great experience in Rio. The hand-picked establishments named in this book are known for their quality of service. Should you be poorly or unfairly treated by any of these establishments, please let us know so we may consider removing them from future publications. Email us any complaints at cris@rioforpartiers.com

PRICES

All prices are in Reals (R\$) unless preceded by US\$. At the time of publication the exchange rate is R\$3.2 to US\$1. All prices are subject to change without notice (but do check the UPDATES link on our website www.rioforpartiers.com)

ONE-TIME USE

One discount per person per coupon. If you have a group of people traveling with you, get each person a copy of this book, so I sell more books and you can all save tons while in Rio. We all win.

HOW TO SCHEDULE A TOUR OR LESSON:

All the guides and sports instructors listed here speak fluent English, so your job is to only to make the phone call and schedule a pick-up time. If you do ask for a hotel (or hostel) concierge to schedule a day tour for you, the discount will not apply and you may end up paying the regular rate.

To call, you can either use the telephone in your room or hostel, or call collect from the nearest phone booth.

Lately, all Brazilians are on Whatsapp,



which is very useful for foreigners, as you can chat back and forth without paying

a dime. If you see this symbol next to a phone number, go ahead and use it to communicate with the company.

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Dan Babush - www.RentInRio.com



"This Book and 7 days are all you need to live it up in Rio. If you thought all travel guides are boring you haven't checked out this amazing guide."

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