



Slow Travel

With Slow Travel you experience a deeper type of travel by staying in one place longer and seeing the things that are close to you. It is an easier, simpler and slower way of traveling.

Traveling more slowly allows you to form a stronger connection to the place you're visiting, and you'll feel much less rushed. With a "slow" itinerary, you won't experience the stress of attempting to knock out every site in your guidebook. Instead, you'll stay in one place long enough to recognize your neighbors, shop in the local markets and pick a favorite coffeehouse.

Part of the reward of slow travel is overcoming language barriers, differences in customs and other potential stumbling blocks to make connections with the new people you meet.

Rio de Janeiro suggested package

- 10 nights of accommodation at a Flat or apartment;
- HD Walking Tour at downtown (included lunch at Galeria Colombo, a visit to the Cultural Center of Banco do Brasil, to Center of France and to Saara and Flower's markets) with a car and bilingual guide included (PVT);
- FD Hiking Tour to Tijuca Forest and Santa Teresa (SIB);
- Tour to the Cultural Association in Rocinha's slum (SIB);
- 6 Free days just to relax and to "get lost" in the big city.

Suggested extension to Ilha Grande

Transfer In/Out from Rio (SIB); Transfer In/Out (SIB) by ferry boat; 2 nights of accommodation with breakfast.



Suggestions:

- *Bike rental - Get to know Rio beaches and parks by bike.
- *Have breakfast more times in the same place so you get to know your neighbors.
Try: Empório Trigo in Copacabana, Cafeína Café in Ipanema, or Rio Lisboa in Leblon
- *Watch the sunset in Arpoador
- *Go for a morning jog around Lagoa Rodrigo de Freitas (Rodrigo de Freitas lagoon)
- *Go to Maracanã, (the subway is a good way to get there) or find a bar where the game is on and listen to the cheers ebb and flow through the city.
- *Take one day to visit Rio's neighbor city Niterói and another to visit Prainha and Grumari beaches *located far to the west of Rio de Janeiro in a nature reserve.*
- * Havaianas sandals: Buy them. Wear them everywhere
- * Try a surf class or a paragliding off the side of Pedra da Gávea if you're into the radical sports
- *Copacabana has glossy glass kiosks that are perfect for sunset beers and a plate of aipim to tide you over until your 11pm dinner.
- * Juice bars are one of Rio's best features and they're on nearly every corner. Bibi Sucos in Leblon is a great one.
- *If you happen to be here on the first Saturday of the month, don't miss the Feira do Rio Antigo, an open-air antiques fair held on Rua do Lavradio in Lapa. Aside from the fair where you can buy all sort of stuff, bands play samba and choro music.
- *Lose yourself in the streets of Santa Teresa. This bohemian neighborhood of Rio, has great views of the city is very different from other parts of Rio.

Nightlife

- *Lapa is a good place to drink and listen to samba. Although nowadays you will find tourists there, this also where locals go to enjoy the samba and nightlife in Rio.
- *Botequins, are the best places to drink chopp, iced cold draught beer, and hang out.
You can try the traditional ones: Jobi and Bracarense in Leblon, Garota de Ipanema in Ipanema, Cervantes in Copacabana; or you can try one of the new "chain" botequins: Devassa, Informal, Belmote and Manuel & Juaquim

Most important: Avoid peak season, specially New Years and Carnival, when the city is too crowded, too many tourists and much higher prices.
Quote: 36904.

