



Hiking in Rio & Ilha Grande

Get to know Rio in a different and fun way!!

With all the mountainous terrain in and around Rio, hiking will reward visitors with outstanding city and ocean views. Some of the most popular city hikes include the Corcovado area and Pão de Açúcar, while the Tijuca forest also offers great trails.

Its an excellent alternative for adventurers and Nature lovers !!

Suggested program:

Day 1 – Arrival in Rio de Janeiro

Arrival and Transfer to Astoria Palace Hotel. Day free.

Day 2 – Half day Sugar Loaf (Hiking)

Pick-up and drive to Sugar Loaf at Praia Vermelha.

This dramatic granite rock is a well-known Rio landmark, and also an over-explored tourist attraction. Instead of standing in line to ride the aerial cable car with dozens of visitors, why not to try the unique experience of reaching the summit on your own feet? We start strolling along a beautiful shoreline pedestrian path, then hike up a trail with wonderful views of Rio's bay and finally face a short but challenging rock-climb. On the way down we take the cable car.

Tour duration: 5hs

Difficulty level: hard but short.

Day 3 – Half Day Hiking Tijuca National Park / Corcovado / Santa Teresa

Pick-up and drive to the Tijuca National Park.

In this tour we visit the Park's best viewpoints -Vista Chinesa (Chinese View) and Mesa do Imperador (Emperor's Table), waterfalls and 2h30min hike up Tijuca Peak (Rio's highest at 3300 ft). We'll enjoy Paineiras Belvedere and natural shower (only on weekdays). It includes a quick drive up to Corcovado to see the most famous of all images of Rio, the statue of Christ the Redeemer, located inside the Park.

Then, We'll take the tram to Santa Teresa with its cobblestone hilly streets, old homes and interesting museums. Lunch in Santa Teresa.

Tour duration: 8hs

Difficulty level: moderate.

Day 4 – Grumari (Hiking)

We start this tour going up Pedra Bonita, Rio's hang gliding ramp. A short hike take us up to the summit and back. Optional tandem flight may be booked, joining the group after landing at Pepino Beach. By noon we reach Grumari, Rio's most isolated and unspoiled beach, an Environmental Protection Area. After swimming, sunbathing and lunch, you can choose to visit either the Casa do Pontal Museum (Brazil's largest folk-art collection) or the Burle Marx Estate (a museum about the famous landscape designer).

Return to the hotel.

Tour duration: 8hs

Difficulty level: easy

Day 5 – Ilha Grande

Pick-up at 6:00am. 1h15min drive to Mangaratiba port Ferry boat trip (1h45min) to the village of Abrãao. Departure at 8 am - 3 hours hike visiting 4 beaches : Palmas, Mangues, Pouso and Lopes Mendes. (Option of taking a boat and hiking only for 30min).

Difficulty level: moderate/hard

Swimming and lunch. 45min boat trip back to Abrãao.

Accommodation at local pousada

Day 6 – Ilha Grande

Half day boat trip along the island's coast; Snorkeling at Lagoa Azul, Visit Freguesia de Santana's old church and Saco do Céu. Lunch in a typical seafood restaurant on the beach.

Ferry back to Mangaratiba at 5:30 pm

Return to Rio, arrival around 9:00 pm at Astoria Palace Hotel

Day 7 –

Transfer out to the airport

