

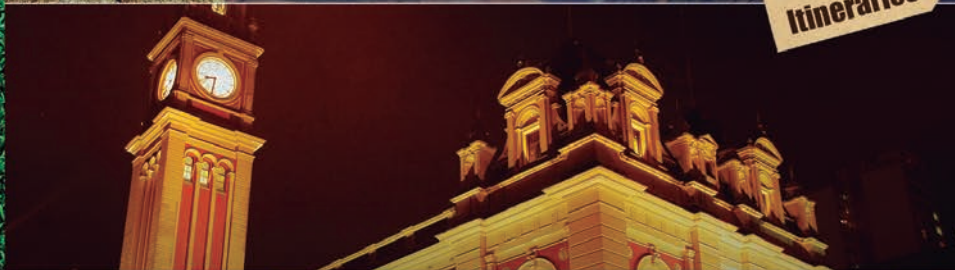


Guide of Itineraries in the State of São Paulo

What to do during the 2014 FIFA World Cup™



1-, 2- and
3-day
Itineraries



→ SUN & BEACH → ADVENTURE & NATURE → LEISURE & CULTURE → EAT & DRINK



Cláudio Valverde Santos

Secretary of Tourism of the State of São Paulo

São Paulo ready for the world

Supporters from all over the world who are passionate about soccer are coming to São Paulo in 2014 for one of the largest sports events in the planet and will find here the characteristic cheer and enthusiasm of the people from the State of São Paulo, consisting of Brazilians coming from every part of the country and immigrants from 70 different nationalities.

Journalists, visitors and soccer fans will feel the contagious energy of our State, of our people and of our diverse touristic attractions. Such diversity, so characteristic of the State of São Paulo, will be discovered in the pages of this guide.

Certainly, those who get to São Paulo will be amazed by our growing touristic attractiveness. They will realize that, besides the vocation to work and big challenges, people from the State of São Paulo know how to enjoy life and how to find, in their own State, itineraries that have increasingly delighted its visitors.

The State of São Paulo hosts, every year, 25 million tourists who attend trade fairs and several events, and over 2 million of them come from other countries. The capital itself attracts 12 million tourists a year. Those numbers are constantly growing and, to support them, our State is getting qualified.

The Secretary of Tourism promotes incentive projects to such industry, giving access to our itineraries for people of all ages and social classes. The enlargement of resources for our locations, the increasingly higher incentive to events, publications guides such as this one, and so many other actions, have helped to foster the growth of this activity, which triggers jobs, income and social equality.

This guide, with itineraries close to the capital, aims at helping the visitors to plan their trip during the FIFA World Cup in Brazil. We hope that, between one game and the other, the tourist – either regional, national, or international – can have the opportunity to get to know at least a little part of everything that the State of São Paulo has to offer.



Geraldo Alckmin

Governor of the State of São Paulo

Every year, the State of São Paulo hosts more than 50 million visitors from all parts of Brazil and abroad. The capital of São Paulo is one of the most visited cities in the country, mainly by tourists coming for events, shopping and on business. But the attractions in our State go far beyond this intense metropolis and amaze travelers for its diversity.

This guide has been developed to welcome everyone who is coming to São Paulo for the 2014 World Cup. There are custom-fitted itineraries so that visitors can discover, in between game days, what our State has of its best to offer.

The coast of the State of São Paulo has 622 kilometers of beaches, with Atlantic Forest preservation areas and consecrated destinations such as Santos and Ilhabela. Annually, it hosts 21 million visitors. There are beautiful sceneries that change from the extreme South to the North of the State, with fun for those who seek semi-desert beaches, buzz or extreme sports.

In the countryside, among wonderful landscapes, there are options for adventurers who are looking for rapids, caves and hang gliding, and also relaxing in calm towns of mild climate. A special attraction is the sanctuary of Aparecida, the greatest world destination of catholic tourism right after Vaticano. The three municipalities of Vale do Paraíba, which are part of the religious circuit of the State – Aparecida, Cachoeira Paulista and Guaratinguetá –, annually welcome over 15 million visitors.

The rich gastronomy of the State of São Paulo is another highlight in this guide, from the typical cuisine of the old coffee farms in Itu and its region to the sophisticated restaurants in Campos do Jordão and São Sebastião. There are also tours for those who appreciate enotourism, good coffee, cachaça and beer.

In São Roque, on the Wine Road [Estrada do Vinho], local producers show visitors the production processes of grapes and wine. In the Water Circuit [Circuito das Águas] of the State of São Paulo, Amparo and Monte Alegre do Sul stand out for their historical coffee farms and more than 50 [alembics] which produce fine cachaças.

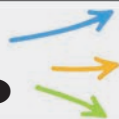
Ribeirão Preto is a mandatory stop for those who like visiting craft breweries, as it gathers some of the best establishments in the country. There are several options we are sharing in this guide. We invite all of you to discover our landscapes, our people from different origins, the architectural sets and the delicacies of São Paulo. Our cities are waiting for the visitors with open arms, in its best tradition of hospitality and top-notch service provision.

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Postcards from the State of São Paulo



Boituva City Hall file

Parachuting in the countryside - Boituva



Daniel Molinari

Castelhanos Beach - Ilhabela



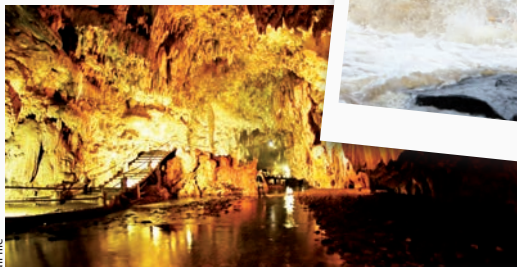
Rubens Chiri

Luz Station - São Paulo



APRECESP file

Itararé Beach - São Vicente



Eldora City Hall file

Devil's Cave [Caverna do Diabo] - Eldorado



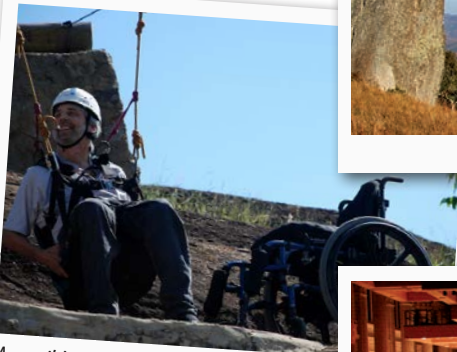
Rubens Chrit

Rafting - Brotas



José Milton de M. Serafim

Tira o Chapéu Peak - São José do Barreiro



SETUR Socorro

Accessible tourism - Socorro



Alessandra Frattus

Sala São Paulo - São Paulo

How to use the guide

How was it done and why?

São Paulo is a synonym of diversity. Diversity of people, landscapes, likes, colors, tastes. The capital already is internationally recognized for being a great metropolis, but the State also protects in its countryside and coast a beautiful treasure which reflect the best lands that São Paulo has.



Octávio Frias de Oliveira Bridge (Cable-stayed Bridge) - São Paulo

The State of São Paulo Guide for the World Cup was curiously designed to introduce that whole diversity to tourists. There are 55 itineraries distributed by municipalities located up to 300 kilometers of the capital.

Besides the description of each itinerary, with activities and attractions to be visited, for each one of the cities there is detailed information about how to get there, where to eat and where to stay.

Itineraries

It is also possible to choose the itinerary according to the available time of each tourist. You can select 1-day, 2-day or 3-day tours, or even put itineraries together thinking about your time of stay in the State of São Paulo.

Division of itineraries

The routes are divided by specific segments so that you can plan your trip according to your own profile. Look for the segment that pleases you the most and choose your itinerary: Sun & Beach, Adventure & Nature, Leisure & Culture and Eat & Drink.

Sun & Beach

p. 38



APRECESP file

Adventure & Nature

p. 50



APRECESP file

Leisure & Culture

p. 72



Miguel Schincariol

Eat & Drink

p. 92



Fábrica Sousa

Getting to Know the State of São Paulo

Located in the Southeastern region of the country, the State of São Paulo is surrounded by the Atlantic Ocean and borders other four Brazilian States: Paraná, Minas Gerais, Rio de Janeiro and Mato Grosso. The State offers the best roads in the country, in addition to 36 airports, two of them being international.

The State of São Paulo is the most populous in the country, with more than 40 million inhabitants, which represent over 20% of the national population (IBGE, 2010). With an area equivalent to the United Kingdom, it has about 248,000 km² and is divided into 645 municipalities. Its capital, the city of São Paulo, is home to not only great part of the wealth of the State, but also to the largest population, with about 11 million inhabitants. The diversification of its population is notorious, descending especially from Italian and Portuguese immigrants, but also from Africans, Arabians, Japanese, Chinese, Spanish and Germans.



Caraguatatuba

Arquivo APRECEP

10

History

The history of São Paulo starts with the foundation of Vila de São Vicente, in 1532, considered the oldest village in Brazil. The Jesuits, who arrived to catechize the Indians, were accountable for the creation of a school in the area of Vila de Piratininga, in 1554, and brought up the village which later would become the city of São Paulo.

In the 17th century, the period of *Bandeiras Paulistas* [followers of the banner] started, responsible not only for land expansion, but also for the discovery of gold and gemstones. Initially, *bandeirantes* – the so-called men who were part of the excursions, were going after

native Indians to work at the sugar cane fields. With the gradual replacement of Indians for African slaves, the expedition of *Bandeirantes* started searching for gold and gemstones towards the State of Minas Gerais. With the discovery of the red land in São Paulo, the 19th century was marked by the Coffee Cycle, which contributed towards leveraging the economic development of the State, mainly in the region of Vale do Paraíba. The growth set by the expansion of coffee provided the creation of the first railroad in São Paulo, the São Paulo Railway, which allowed the transportation of the production to the Port of Santos.



Arquivo APRECESP

Amparo



Miguel Schincariol

Sorocaba

The slavery abolition, in 1888, sets the arrival of large groups of immigrants, mainly Italians, and later Japanese, to work in the fields. The coming of immigrants, especially Europeans, contributed to the current diversity composition of people's identity in São Paulo.

The 20th century, is the start of a period of great development in the State, marked by the growth in the industrial sector, which ended up transforming São Paulo into a large industrial metropolis, of great importance to the national economy. From then on, São Paulo radically turns itself into something new, with the urban development and growth of financial and service sectors, which triggered the nickname "Brazil's locomotive" to the State of São Paulo.

Economy

The State of São Paulo holds the major part of the country's GDP, representing about 33% of all domestically produced wealth, besides housing 13% of all commercial establishments in Brazil. The economic importance of the State in the domestic scenario has historical roots in the development process of the country, and today it presents a great diversity of entrepreneurs, which range from industry, passing through agriculture in the countryside of São Paulo, to the services and financial sector, concentrated in the capital, in addition to the strategic industrial parks in the countryside of the State.

Weather

The State of São Paulo consists of three different units of relief and also presents diversity as per its weather. The presence of *Serra do Mar* [system of mountain ranges in Southeastern Brazil] in nearly all its shoreline makes the coast presents a different climate from the rest of the State, with moderate temperatures in winter and very hot temperatures in summer. In areas close to the mountains, the climate is milder, and in winter months they reach the lowest temperatures of the State, even causing frosts. On the other hand, in the capital, the temperatures are moderate during summer, which also sets the rainy period, and, in spite of the temperature drop during winter, intense cold days are not common.

In the city of São Paulo, the average temperature in June and July is 18°C/ 64°F, with minimum of 5°C/41°F and maximum of 23°C/73°F. Countryside and coast, despite presenting similar average to the capital, have different maximum and minimum temperatures:

City	Medium temp.	Max. temp.	Min. temp.
São Paulo (capital)	18°C/64°F	23°C/73°F	5°C/41°F
Campinas (countryside)	18°C/64°F	23°C/73°F	8°C/46°F
Campos do Jordão (mountain region)	11°C/51°F	19°C/66°F	-2°C/28°F
Santos (coast)	20°C/68°F	27°C/80°F	12°C/53°F

Tourism

Economically considered the most important State in Latin America, internationally, São Paulo already has a powerful image of business and events destination. Its huge touristic potential, however, goes beyond: culture, history and natural landscape spread all over its countryside and coast reveal the actual treasure of the State. With its shoreline of over 600 kilometers long, beautiful sceneries show off to the tourists and visitors eyes, with uncountable possibilities of activities. The sun, the sea and the nature gather together to disclose the graces of the beaches from São Paulo. The preserved Atlantic Forest enters the countryside of São Paulo,



Ilhabela

with conservation units open for visitors, which bring the tourist closer to the nature and offer adventure to the sassiest ones and relaxation moments to those who seek only being closer to the green. Historical aspects can be seen in the countryside of São Paulo checking the old coffee farms, colonial constructions and vestige of the path of *Bandeirantes*. Culture and cuisine reveal the colors and tastes yet preserved by local inhabitants. In the capital, the great metropolis does not sleep. There are cultural, artistic and historical attractions, and yet uncountable sets of leisure tools for all sorts of visitors. A broad range of options so that the tourist can truly know the treasures and diversities of São Paulo.

Types of accommodation

The offer of lodging in the State is quite diverse, varying according to the profile of the destination or even the different preferences of tourists who visit each location.

The State of São Paulo counts on more than 250,000 lodging units, distributed in over 4,000 means of lodging. The State follows the official ranking adopted by the Ministry of Tourism for means of lodging, but, overall, the most frequently found ones are: hotels, inns, farm hotels, hostels and campsites.

🏨🏨🏨🏨🏨 Luxury

🏨🏨🏨 Very comfortable

🏨🏨 Comfortable

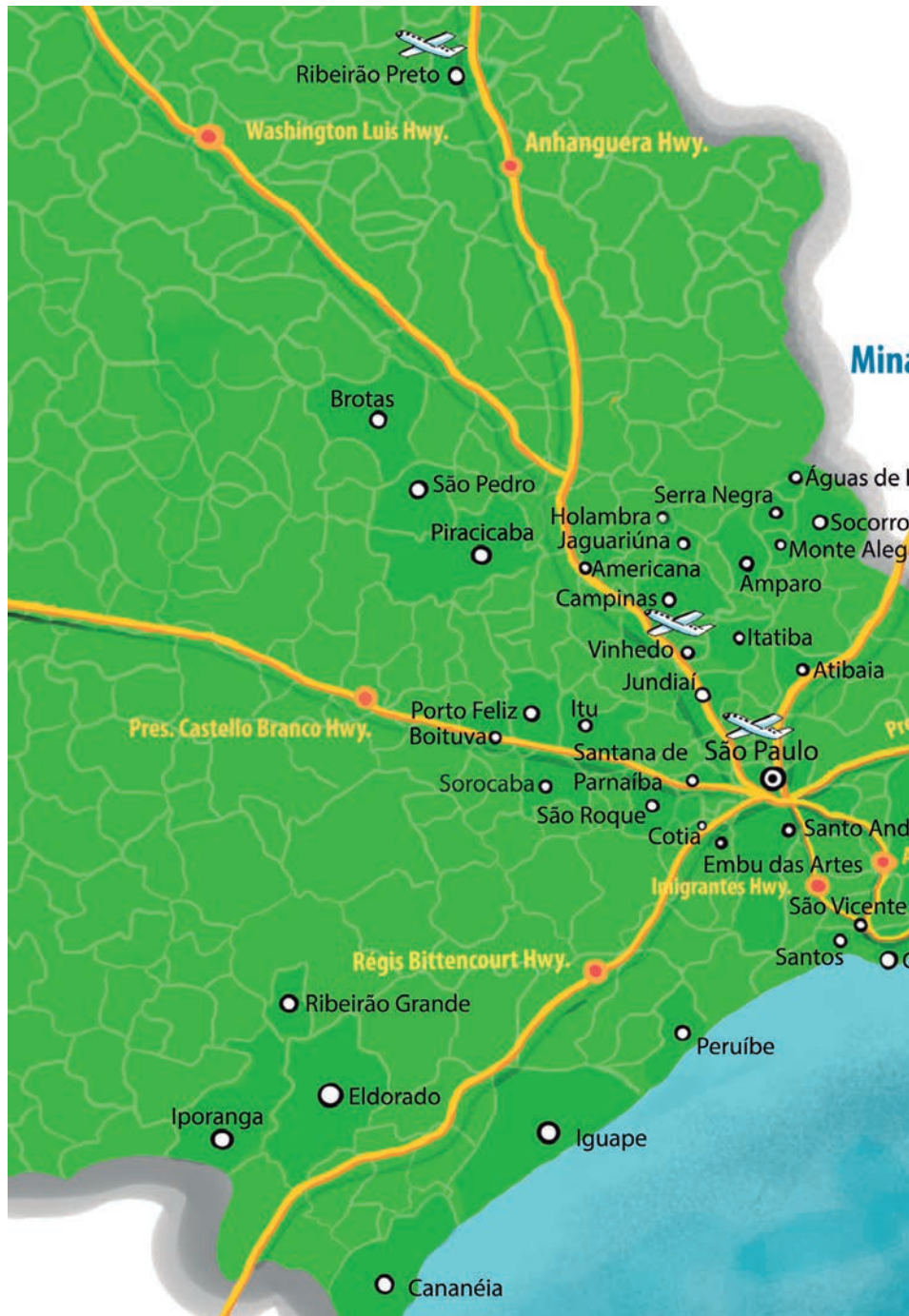
🏨 Medium comfort

🏨 Simple

🚶 Very simple

🏕️ Camping

Hotels vary from simple and budget to luxury category, in which great resorts and chain hotels take part. In Brazil, the existence of inns [*pousadas*] and farm hotels stands out, not so common in foreign countries. Inns are usually small and medium size and can vary from simple to the most sophisticated category. Usually, they offer a few rooms distributed in small buildings or horizontally, and they can have chalets and bungalows. Farm hotels are located in rural environments and offer living experience in the field and wide structure for leisure. Campsites are also easily found in the countryside and coast of São Paulo. These are establishments which enable space for tents. The structure offered varies a lot, but in general they have bathrooms and a kitchen structure. More common in the city of São Paulo, the number of hostels has been increasing, becoming a great option for tourists who want to stay low on budget and yet get to know people from all around the world.



Where is it? →

Located in the Southeastern region of the country, the State of São Paulo is surrounded by the Atlantic Ocean and borders other four Brazilian States: Paraná, Minas Gerais, Rio de Janeiro and Mato Grosso do Sul. The State offers the best roads in the country, in addition to 36 airports, two of them being international.

as Gerais



Atibaia City Hall file



Daniel Trabanca



APRECESP file



Miguel Schirincariol

Useful Information



Tourism Portal in São Paulo

The State of São Paulo Tourism Portal gathers a series of information, destinations, itineraries and routes for tourists to adventure into the State. Check out for tips, events and key information about the municipalities of São Paulo. Access: www.turismoemsaopaulo.com. In addition, on the portal you will find special content to plan your trip around São Paulo during the 2014 FIFA World Cup™ and have access to more information about the event.

Airports

The State of São Paulo is considered the main gateway for international tourists in Brazil. Overall, the State counts on 36 airports, two of them being international. Check out the main airports of the State below:

Governador André Franco Montoro/ Guarulhos International Airport

Hélio Smidt Highway s/nº Cumbica, Guarulhos, State of São Paulo

Telephone: +55 (11) 2445-2945

www.gru.com.br

Viracopos/Campinas International Airport

Santos Dumont Highway km 66, Campinas, State of São Paulo

Telephone: +55 (19) 3725-5000

www.viracopos.com

Congonhas/ São Paulo Airport (Domestic flights)

Av. Washington Luís s/nº, São Paulo, State of São Paulo

Telephone: +55 (11) 5090-9000

www.infraero.gov.br

For more information about São Paulo airports go to Infraero's website (www.infraero.gov.br). Information about the airports located in the countryside of the State can be found on DAESP's website - *Departamento Aeroviário do Estado de São Paulo* (www.daesp.sp.gov.br).

Highways

São Paulo offers a wide range of highways which connect the capital to the countryside and coast of the State. They are considered the best in the country in terms of structure and maintenance. The main access roads are listed as follows:

Anchieta (SP-150) and Imigrantes (SP-160) Highways: connect the Metropolitan Region of São Paulo to the Southern coast of the State, like to *Baixada Santista* [metropolitan area on the coast of the State around the port city of Santos], and to the Port of Santos, point of arrival and departure of sea cruises. For more information access: www.ecovias.com.br.

Anhanguera (SP-330) and Bandeirantes (SP-348) Highways: connect the capital to some cities in Minas Gerais and in the countryside of São Paulo. They also are access roads to Viracopos International Airport, located in Campinas. For more information access: www.autoban.com.br.

Presidente Dutra (BR-116) and Ayrton Senna-Carvalho Pinto (SP-070) Highways: are important access roads for visitors who move around the State and also those who are coming from the city of Rio de Janeiro. Ayrton Senna Highway connects the capital to Guarulhos International Airport and to Presidente Dutra and Carvalho Pinto Highways. For more information access: www.novadutra.com.br and www.ecopistas.com.br.

Tamoios (SP-125) Highway: Tamoios Highway leads to the Northern coastal area of São Paulo and to Rio-Santos (BR-101) Highway, which crosses the Southern and Northern coastal area of the State and connects São Paulo to the State of Rio de Janeiro.

Castello Branco (SP-280) and Raposo Tavares (SP-270) Highways: the highways connect some cities in the countryside of the State. For more information access: www.viaoeste.com.br.

Régis Bittencourt (BR-116) Highway: Régis Bittencourt Highway connects the State of São Paulo to Southern Brazil and is the main access road to the states of Paraná, Santa Catarina and Rio Grande do Sul. For more information access: www.autopistaregis.com.br.

Fernão Dias (BR-381) Highway: Fernão Dias Highway connects São Paulo to the State of Minas Gerais and is the main access for those who leave the capital towards the Northeastern region of the country. For more information access: www.autopistafernao.com.br.

Standard time

The great extension of the country give to Brazil three different standard times, which can vary from two to four hours less regarding the time set at the Greenwich Meridian.

The State of São Paulo is at the same standard time than Brasília, the capital of the country, located in the Federal District, and, therefore, the official time in Brazil: is UTC-3. Check out the standard time of the touristic destinations you are going to visit, avoiding possible inconveniences during your trip.

Daylight saving time: due to its location in the Southeastern region of the country, São Paulo has changes in time according to the seasons of the year, summer and winter. The change only happens between the months of October and February and will not be effective in the period of the 2014 FIFA World Cup™.

Visas

Overall, only foreigners from some specific countries need a visa to enter in Brazil. A visa is required from citizens coming from countries that require a visa from Brazilians to enter in their territory, following the criterion of reciprocity. To check if you need a visa to enter in Brazil, access:

www.portalconsular.mre.gov.br/estrangeiros/quadro-geral-de-regime-de-vistos.

There is a number of visas granted according to the purpose of the trip. The visa granted to tourists is destined to those who will travel on leisure and tourism in Brazil and it expires in no more than 90 days, being able to be extended only once.

For further information on the need of a visa to enter in Brazil, one should check the Brazilian consulates located in the tourist's country of origin. Information about the consulates in each country can be obtained on the website of the Ministry of Foreign Affairs (www.itamaraty.gov.br/o-ministerio/o-brasil-no-exterior).

Exchange

The current currency in Brazil is Real (R\$). We recommend the exchange of currency only through authorized agents by the Central Bank of Brazil, such as currency exchange located in urban centers, airports, banks, tourism agencies, means of lodging and several qualified institutions to intermediate such operations.

To exchange money, one should present an ID (passport). The payment limit in cash is R\$ 10,000 (ten thousand Reais), about US\$ 4,500 (four thousand, five hundred Dollars), either to buy or sell foreign currency, even for Brazilians.

Exchange can also be carried out using international credit cards, withdrawing cash at ATMs or through direct transactions in the credit card which makes automatic conversion into local currency.

To help in the conversion: R\$ 1 = 0.45 US\$ or € 0.33 or ARS 2.60 (Exchange rate from September 2013) More information about official exchange rates can be found on: www.bcb.gov.br.

How to make phone calls

If a tourist has a Brazilian phone number and wants to make calls to different cities from those they are at, it is necessary to dial: 0 + operator number + code of the city + telephone number.

The code of the city is a number of two digits which indicates the city to which you are making the call. The code of the capital of São Paulo is 11 and the codes of the other cities in São Paulo can be found at the description of cities, from page 112.

To make a call from a telephone number from a different country, it is necessary to dial:
+55 (code of Brazil) + code of the city + telephone number

There is still the option of using public telephones which work with cards that can be purchased in newsstand, bars and shops all over the country.

Language

Brazil's official language is Portuguese. In addition to being used in African continent countries and in Portugal, the Portuguese language in Brazil shows differences regarding such countries, either in spoken or written language.

Consulates and embassies

There are about 90 international embassies in Brazil, concentrated in its capital, Brasília.

The State of São Paulo is also the headquarters of foreign embassies and consulates which can help foreign tourists during their visit in Brazil. There are 47 consulates located in the city of São Paulo.

To access the full list of embassies in Brazil visit: www.itamaraty.gov.br/cerimonial/corpo-diplomatico/lista. A list of the main consulates and embassies in the city of São Paulo is at the end of this guide (see page 234).

Emergencies

In case of emergency, the tourist should contact the following bodies:

Body	Telephone
Ambulance (SAMU)	192
Firefighting	193
DEATUR [Police Station Specialized in Tourist Service]	(11) 3257-4475
Civil Police	197
Federal Police	194
Military Police	190
State Highway Patrol	198
Federal Highway Patrol	191

How much is it?

- Espresso: R\$ 3.00 / US\$ 1.35
 - Draft beer: R\$ 5.00 / US\$ 2.25
 - Coxinha* (salty pastry): R\$ 3.50 / US\$ 1.57
 - Pastel* (salty pastry): R\$ 4.00 / US\$ 1.80
 - Bottle of water: R\$ 2.00 / US\$ 0.90
 - Use of Internet per hour: R\$ 3.00 / US\$ 1.35
 - Taxi: R\$ 2.50 / US\$ 1.12 per traveled km and R\$ 3.25 / US\$ 1.46 per km in special shifts (night-time). The count starts at R\$ 4.10 / US\$ 1.84 or at R\$ 5.13 / US\$ 2.30 (night-time).
 - Liter of gas: R\$ 2.69 / US\$ 1.21
 - Movie ticket: from R\$ 20.00 / US\$ 9.00 to R\$ 25.00 / US\$ 11.25
- Obs. Values effective in September/13

It is important to highlight that there are differences among the prices practiced in different cities of the State.

Service tax

In Brazil, the service tax, known as *gorjeta* [tip], is added to the bill and it amounts 10% out of the total of the service. It is optional to pay for it or not and the customer can choose not to pay for it in case of being unhappy with the service provided. Paying extra tips is not usual.

Accessibility

One of the municipalities of the State of São Paulo, Socorro, is international reference in ecotourism and adventure tourism activities adapted to people with limited mobility. There are about 15 sports modalities prepared for that audience, which counts not only on special equipment, but also on trained professionals to properly serve each tourist.



SETUR Socorro

A good option for people with limited mobility in Socorro is Parque dos Sonhos and Campo dos Sonhos, entrepreneurship which offer a wide range of activities adapted to such audience.

The city of São Paulo also has a large set of equipment and touristic attractions adapted to people with limited mobility. Important museums, cultural centers, theaters and cinemas, among others, are proper to receive that audience.

Tourism agencies carry out visits, tours and exclusive itineraries, and in the main attractions of the city there are sidewalks and special access to enable their use by people with disabilities. To check the adapted locations access: www.acessibiliddecultural.com.br.



COMTUR Socorro

2014 FIFA World Cup™

São Paulo

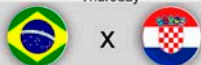
São Paulo's Committee [*Comitê Paulista*]

São Paulo's Committee [*Comitê Paulista*] is a body responsible for articulating the actions needed for the fulfillment of 2014 FIFA World Cup™ in the State of São Paulo. It is coordinated by the State Secretary of Regional Planning and Development, which is accountable for the interlocution with Federal and Municipal governments, with the Local Organizing Committee, and FIFA, among other actors. Consisting of the invited State and Municipal Secretaries, among its key functions, there is the implementation of strategic actions for urban mobility and accessibility aiming at the comfort and ease in traffic for the public. Yet, it is responsible for ensuring the proper participation of the State of São Paulo population and the enjoyment of opportunities triggered by the event.

Calendars of games in the city of São Paulo

06/12/14 at 5 pm

Thursday



Brazil x Croatia

06/19/14 at 4 pm

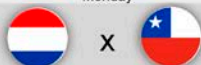
Thursday



Uruguay x England

06/23/14 at 1 pm

Monday



Holland x Chile

06/26/14 at 5 pm

Thursday



Belgium x South Korea

07/01/14 at 1 pm

Tuesday



Round of 16

07/09/14 at 5 pm

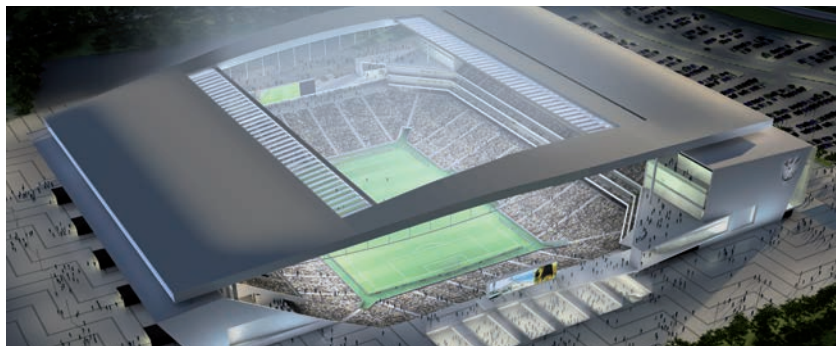
Wednesday



Semifinal

To see 2014 FIFA World Cup™ full calendar of games, go on: pt.fifa.com/worldcup

Arena de São Paulo



Aerial perspective

The arena which will host six games of the 2014 FIFA World Cup™ in the capital of São Paulo belongs to Sport Club Corinthians Paulista and is located in a 200,000-square-meter area in Itaquera, East Zone of São Paulo. With capacity for approximately 65,000 people during the event, with 47,000 permanent seats, the stadium follows international safety and comfort standards for the supporters.



Perspective of façade with the largest Led screen in the world

But that is not all: the external façade of the East building supports a big screen with Led technology of 170 meters wide per 20 meters tall, providing an extra spectacle for its supporters. According to Corinthians, this will be the largest big screen in the world built in a sports arena.

On the grass field, the installation of a modern cooling system that works through the use of cold water cools down the grass in summer, and systems that work by gravity and suction ensure drainage.

How to get to the stadium

The best way to quickly and comfortably get to Arena de São Paulo is by high capacity public transportation: train and subway. Both have stations at no more than 800 meters away from the stadium entrance. The trains are modern and the course to be done will have signals in every line of the metro system, leading the supporter straight to its entrance gate. To make transportation even more agile, São Paulo Metropolitan Train Company, CPTM [Companhia Paulista de Trens Metropolitanos], will operate the *Expresso da Copa* [Cup Express] on game days, with 11-Coral Line trains traveling the distance between the stations Luz and Corinthians-Itaquera in 18 minutes, with no intermediate stops.

The access to the metro system can be made from any point of the capital, by bus, bike (key stations have bike racks), taxi, among others. Either bus stops and vehicles that take passengers to the stations will be duly identified.

The train and subway stations and their compositions are adapted to people with disabilities or limited mobility. There will be exclusive transportation for supporters between the stations Corinthians-Itaquera and Artur Alvim and the Arena entrance.

It is important not to go to the stadium by private vehicle. All around the surrounding street perimeter will be blocked and there will be no parking lots available in the neighborhood. People with disabilities or limited mobility who want to use their car will have to seek vehicular registration at FIFA and thus park in specific areas.



Luz Station - São Paulo

Mapa do Transporte Metropolitano Metropolitan Transport Network



Crib of Stars



The State of São Paulo was the birthplace of great soccer stars who represent the country around the world today. Next, some of them will tell a little of their story and talk about where and how they used to spend their vacation in their childhood.



Photo and text courtesy of Soccer Museum

CHARLES WILLIAM MILLER

* São Paulo (State of São Paulo),
November 24, 1874 – June 30, 1953

Charles William Miller was born on Monsenhor Andrade, Brás neighborhood. He was son of an English immigrant, John Miller, and Carlota Alexandrina, a Brazilian, daughter of English people. At 10, Charles traveled to England, sent by his parents to continue his education at Banister Court School, located in the city of Southampton. There he got to know soccer, and soon the new student made himself noteworthy because of his skills, playing for two clubs, St. Mary's (future Southampton) and Corinthians Football Club (which has inspired, later on, the foundation of Corinthians Paulista). For playing so fast, Charles got the nickname "Nipper" – a slang meaning fast, quick young boy.

He came back in 1894, arriving at the Port of Santos. He brought from England a book of soccer rules, two soccer balls, an air pump to fill them up, a pair of soccer shoes and two jerseys he had defended. He took part in the first soccer game in the country's history, playing for São Paulo Railway, which beat Gaz Team by 4-2 on April 14, 1895, at Várzea do Carmo. For that reason, he is known as the father of soccer in Brazil.

Associated to SPAC (São Paulo Athletic Club), Charles Miller played between 1896 and 1912. Afterwards, he continued in sports as a referee – besides performing in other modalities, such as cricket. Among other tributes paid to him, he baptizes the square where Paulo Machado de Carvalho stadium is, popularly known as Pacaembu, name of the neighborhood that is home to the stadium. And at Pacaembu Stadium, where the Soccer Museum is, Charles is again paid tribute in Room of the Origins and Room of the Number and Curiosities.



EDSON ARANTES DO NASCIMENTO (PELÉ)

*Três Corações (State of Minas Gerais),
October 23, 1940

The King of Soccer, considered the best soccer player of all times, is from Três Corações, Minas Gerais, but came to Bauru, a town located in the Northwestern part of the State of São Paulo, yet at four years old, and lived there for all his childhood.

At 16, he arrived at Santos Futebol Clube, where he made history for 18 years, leading one of the best soccer teams in the world of all times and achieving over 20 important titles. At that same moment, he was a remarkable figure of the Brazilian Soccer Team, with outstanding performance in the 1958 World Cup in Sweden, at 17, and in the 1970 World Cup in Mexico, besides being part of the cast that also conquest the second time championship in Chile in 1962. Between 1975 and 1977, he took risk in the North American lands, where he defended New York Cosmos aiming at spreading soccer in the United States of America.

As expected, Pelé loves the city of Santos. However, he keeps good memories of his childhood in Bauru, municipality where he grew up, developing his passion for soccer and where he started his career in sports. Currently, the King of Soccer likes to enjoy his free time fishing.





Photo courtesy of the player

DJALMA DOS SANTOS

*São Paulo (State of São Paulo),
February 27, 1929 - July 23, 2013

He is the greatest right back of all times in Brazil and in the world, elected by international experts. Of enviable physical vigor, Djalma dos Santos started his career at Portuguesa de Desportos, where he conquest important titles which, maybe, has been the best time of the club history. Djalma made history at the three great clubs where has played: Portuguesa, Palmeiras and Atlético Paranaense, being a role-model athlete and never sent off the field.

He has played off over 100 matches for the Brazilian Soccer Team, including the Cups of 1954, 1958, 1962 and 1966. In the 1958 Cup he took over the condition of titular only at the end, and even though he was considered the best at the touch line in the world.

Djalma dos Santos enjoyed spending holidays on the beach, even though he was not there as often in his last years of life. Cultural and gastronomic activities were also present in the time off with his family.

Djalma was proud of being from São Paulo, from Bom Retiro neighborhood. His wife, Esmeralda, was born in Perdizes neighborhood, as well as their daughter, Laura. "I have built my professional and family history in São Paulo," the player summed up. "The remarkable moments have been uncountable."



Photo courtesy of the player



Photo courtesy of the player



HIDERALDO LUÍS BELLINI

*Itapira (State of São Paulo),
June 07, 1930 - March 20, 2014

He was consecrated as the captain of the Brazilian Soccer Team in the 1958 World Cup in Sweden, the first win of Brazil.

His picture raising Jules Rimet cup with both hands over his head is one of the hallmarks of Brazilian soccer, and started being repeated by every single captain. He was also part of the second time world championship in Chile in 1962.

He started his career at Itapirense and then at Sanjoanense, in the countryside of São Paulo, being recognized at Vasco da Gama and after at São Paulo F.C. He closed his career at Atlético Paranaense in 1969. The consecrated gesture of raising the cup was immortalized in a statue at the entrance of Maracanã Stadium, so-called "Bellini's statue".

Destinations of sun and beach are the favorite ones of the eternal captain. When he is in the capital, Bellini likes visiting the

Soccer Museum, at Pacaembu Stadium. It was in the capital of São Paulo, in his hometown, Itapira, that he lived one of the most unforgettable moments of his life: the reception that the world winning players had when he returned to Brazil.



GYLMAR DOS SANTOS NEVES

*Santos (State of São Paulo),
August 22, 1930 - August 25, 2013

He has been considered so far one of the best players of all times in his position, having played for legendary teams such as Corinthians in the 1950s, Santos in the 1960s and twice world champion with Brazilian Soccer Team. He was revealed by Jabaquara, where he played from 1950 to 1951, the stretchable and young goalkeeper Gylmar arrived at Corinthians at the half of that second year as counterbalance in the hire of the defender Ciciá. He took root as the titular of the club of Parque São Jorge, the one he left only in 1961, after several conquests, including 1958 FIFA World Cup. The year of the Second Time World Championship with the Brazilian Soccer Team, 1962, marked his arrival at Santos as well.

He made history in the team which accomplished everything they could in the following years. Yet, he played off the World Cup in England in 1966 and closed his career in 1969, at 39, and still quoted as the goalkeeper of the Brazilian Soccer Team for the following World Cup.

Gylmar was a big fan of beaches, especially Santos, the town that marked his career. In the countryside, he had special love for Indaiatuba.

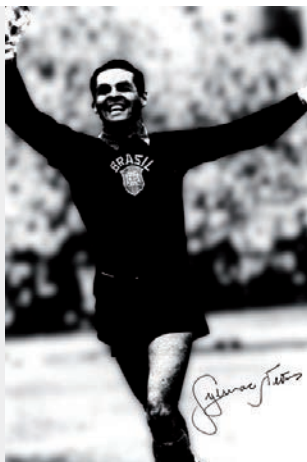


Photo courtesy of the player



Photo courtesy of the player



Photo courtesy of the player



ROBERTO RIVELLINO

*São Paulo (State of São Paulo),
January 1st, 1946

Extremely skilled with his left leg this boy from São Paulo who was taking off at Parque São Jorge in the beginning of the 1960s made the supporters from Corinthians go early to the games to follow the aspiring team. He took part in the main team of Corinthians in 1965 and was absolute titular up to 1974. Dodged by the absence of titles of such club, he reached the peak with No. 11 jersey of the winner Brazilian Soccer Team in Mexico in 1970, along with other four historical No. 10 jerseys: Jairzinho, Gérson,

Pelé and Tostão. After being pressured for the vice-championship of São Paulo in 1974, he headed to Rio de Janeiro, where he defended Fluminense between 1975 and 1978. He is considered the best player in the history of Corinthians, and Maradona, in several interviews, considered him the best player he has ever seen in the field.

Destinations such as beaches and nature are Rivellino's favorite ones. In the capital, he likes Ibirapuera Park, next to Brooklin, a neighborhood in which he spent his childhood with great memories. "I used to play ball, fly kites, spinning tops and play backyard cricket. It was a wonderful time", remembers the star.





Photo courtesy of the player

MARCOS EVANGELISTA DE MORAIS (CAFU)

*São Paulo (State of São Paulo),
June 07, 1970

Cafu, from the city of São Paulo, has an overcoming story from the moment he imagined to be a soccer player, since he was refused in the sieves of São Paulo Futebol Clube in eight opportunities. Approved in the ninth attempt, he took part in one of the best teams in the history of the club and world soccer, achieving several state, national and international titles. He played at Palmeiras for two years and made history at Roma (from 1997 to 2003) and at Milan (from 2003 to 2008). At the same time, the right back went down in the history of the Brazilian Soccer Team, being so far the only athlete to perform in three consecutive World Cup finals, with titles conquest in the 1994 and 2002 World Cups. In the latter, he consecrated himself twice world champion as the captain of the team. He still played in the World Cup in Germany in 2006. He is the player that has worn the most Brazilian jerseys in 148 matches.

His favorite destinations for holidays are beaches. In the capital, the former captain of the Brazilian soccer team suggests Ibirapuera Park in the South zone.



Photo courtesy of the player

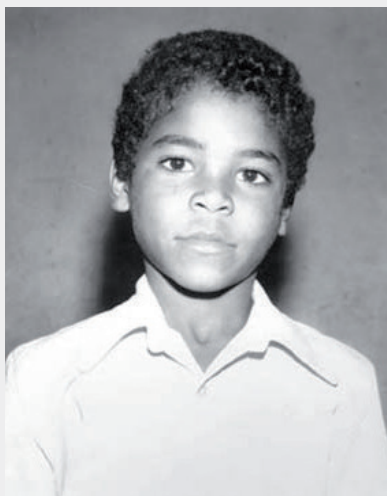


Photo courtesy of the player



OSCAR DOS SANTOS EMBOABA JÚNIOR

*Americana (State of São Paulo),
September 09, 1991

Oscar, the skillful and intelligent midfielder, made his entire base career at São Paulo Futebol Clube, where he debuted as professional in 2008. However, he left Morumbi club after too much

discussion in court and quite a long time out of the field. He was hired then by Internacional de Porto Alegre and later headed to defend Chelsea in England.

With the largest sequence of games, the 11 jersey of the London team arrived at the 2012 Olympic Games in great shape, a good option to share all the attention with Neymar in the Brazilian Soccer Team, which took home only silver.

Oscar still has family and friends in Americana, and is used to visit the town to see them again and to rest. The midfielder also likes going to malls, movies and restaurants in the capital of São Paulo.

One of his most memorable moments in childhood is from the capital: watching the first game of São Paulo club in Morumbi stadium, at 13. "It had always been a dream to me, a São Paulo supporter," he reveals.





Daniel Kfoury / NIKE

NEYMAR DA SILVA SANTOS JÚNIOR

* Mogi das Cruzes (State of São Paulo),
February 05, 1992

Artful, goalscorer, charismatic. From the moment he took off as the promise of the basis categories at Santos Futebol Clube, Neymar Jr was already showing all those qualities that were proved when he arrived at the professional team of Vila Belmiro in 2009, at only 17.

In the next three seasons, he achieved the three times championship of São Paulo, besides the Brazil Cup, Libertadores and Recopa Sulamericana [Winner's Cup]. At the Brazilian Soccer Team, the forward helped Brazil to conquest the 2013 Confederation Cup. Hired in June 2013 by FC Barcelona, Neymar Jr promises a great spectacle in European soccer.

Santos, Guarujá and São Paulo are the most visited cities of the state by Neymar. Santos certainly remains playing a special role in the life of the star, because it is where he spent a good part of his childhood and teenage years. "I used to play ball on the beach all the time with my friends, go to the movies, restaurants", he says.

The star has good memories of Mogi das Cruzes, where he was born. "I remember some things of the time I used to go to the trainings with my father and to the games of União Mogi, when he used to play for that team," he remembers.



Photo courtesy of the player

LUCAS RODRIGUES MOURA DA SILVA

*São Paulo (State of São Paulo),
August 13, 1992

Physically fast and strong, Lucas took off in soccer in a dispute of 2010 Copa São Paulo de Futebol Júnior, when he was one of the pillars of the conquest of São Paulo Futebol Clube. From that moment on, he was a constant figure in the main team of Morumbi, and little by little he won the demanding supporters of São Paulo, becoming an idol due to his good soccer and charisma. Midfielder who plays on the sides of the field, he was never a goalscorer, but in a short time he was already the main player at São Paulo, with constant convocations to the Brazilian Soccer Team.

He drew attention of the European soccer, and at the end of 2012 he was transferred to Paris Saint-Germain, France, for incredible US\$ 50 million.

Lucas is a big fan of sun and beaches, and he does not dismiss a soccer match on the sand. But he likes the excitement of the capital as well, mainly the nightlife. "São Paulo does not fall behind with any place else in the world", assures the star. Whenever he is in the city, Lucas goes to steakhouses and theaters, especially to see comedy plays.

In the countryside of the State, Lucas has good memories of his childhood in both towns: Campos do Jordão and Mongaguá. "Every end of year, my family and I used to go to Mongaguá, with the full house, *Pagode* [a subgenre of Samba] and barbecue", he remembers.



Photo courtesy of the player



Photo courtesy of the player



Photo courtesy of the player



SUN & BEACH





SUN & BEACH

→ SUN & BEACH Itineraries

The long shoreline of São Paulo ensures beautiful sceneries, with landscapes that transform themselves from the extreme South to the North of the State, right at the border with Rio de Janeiro. At the bounds with the State of Paraná, in the South, history and nature meet on the beaches located in conservation units. Closer to São Paulo, Guarujá, Santos and São Vicente stand out in the Southern coast, with a broad structure to serve tourists. Heading to Rio de Janeiro, in the North, Rio-Santos Highway is home to the most beautiful and hyped up beaches on the coast: Ilhabela, São Sebastião and Ubatuba.

The itineraries offer several options to the tourists who seek semi-desert beaches, buzz, extreme sports or just bathing on the sea. And the best of all is that the arrival to those destinations can be done independently. Get on the road and enjoy the best the coast of São Paulo has to offer. But pay attention to the road and get ready to the most beautiful landscapes.

→ Where is it?



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Beaches and History

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Arquivo APRECESP



Vinicius Fonseca

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Islands & Beaches of the

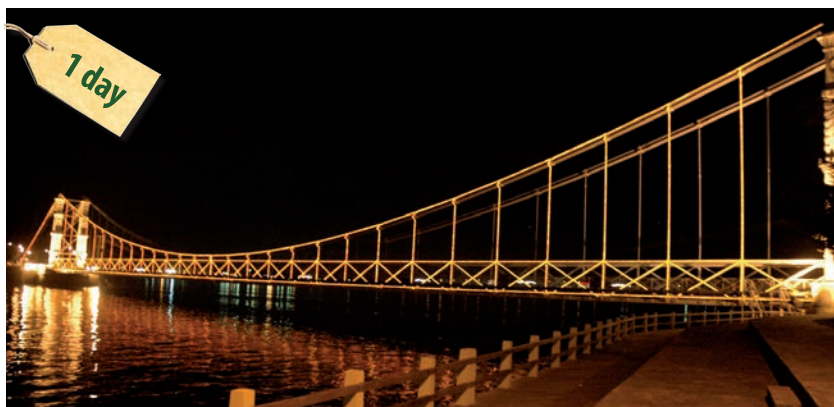
Northern Coast

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APRECESP file



→ Beaches and History



Suspension Bridge - São Vicente

Besides being beach municipalities, Santos and São Vicente are also two of the oldest municipalities in São Paulo, with great importance to the economic development of the State. Quite close to the capital, they are among the most visited destinations of the South coast of the State. With urban beaches, calm waters and long waterfronts with buildings that portrait the history of São Paulo and reflect the quality of life of the local population. In Santos, get to know the famous Gonzaga Beach and take the chance to go around the Historic City Center. In São Vicente, do not miss Porchat Island that hosts a monument designed by Oscar Niemeyer.

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Port of Santos



Porchat Island - São Vicente

Municipalities: Santos and São Vicente **Length:** 1 day

Distances: São Paulo - Santos: 78 km; Santos - São Vicente: 7 km

→ Ilhabela For All Tastes



lata de Flori

Sailboats in the Villa

For all tastes, the itinerary pleases from families seeking rest and fun beachfront to adventurers and those who practice extreme sports. Ilhabela is one of the most complete destinations of the State of São Paulo. Part of an island chain, it gathers at the same place beautiful beaches and preserved forest. In its bounds, there is Ilhabela State Park, a conservation unit created by the Government of the State in order to preserve one of the most important biomes in the country, the Atlantic Forest. Get to know Castelhanos beach, one of the most beautiful in the country, through a boat tour or 3-hour long trails. And the charm of the town is not only in its nature: refined hotels and restaurants make the town the destination for tourists from all over Brazil.



APRECEP file

Três tombos Waterfall



APRECEP file

Overlook

Municipality: Ilhabela **Length:** 2 days

Distance: São Paulo - Ilhabela: 203 km

→ Beaches and Peace in Peruíbe



City Center beach

Edilson Almeida



Guaraú River

Edilson Almeida



Kayaking along Guaraú River

Edilson Almeida

With broad and long stretches of sand, Peruíbe is the right destination for those who want to enjoy the peacefulness in tranquil beaches. Located in the Southern coast of São Paulo, the town has beaches with dark waters and broad waterfront, quite family-friendly and less urbanized than its neighbor beaches in the region. With a service and shopping center, it is the ideal destination for families and couples seeking beaches with peace and good structure. At the beaches of the urban waterfront, enjoy *Praia do Centro* [City Center Beach], which offers kiosks and bicycle paths and is next to the shopping center in town. Towards Juréia-Itatins Ecological Station, take a kayak ride at Guaraú Beach and get to know the semi-desert, more distant Barra do Una that offers several activities to the most adventurous ones.

Municipality: Peruíbe **Length:** 2 days

Distance: São Paulo - Peruíbe: 139 km

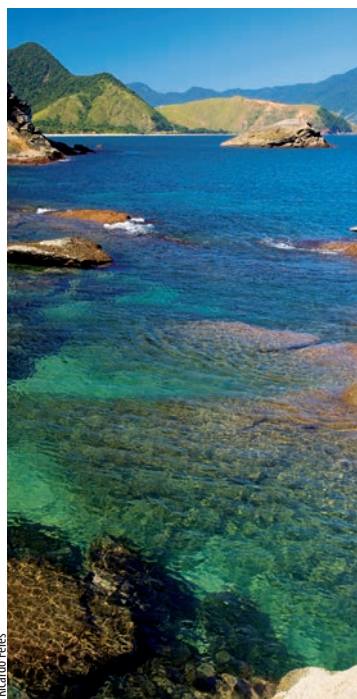
→ Beaches in São Sebastião



Munir El Hage

Maresias Beach

In São Sebastião, find beautiful landscapes at the beaches surrounding Rio-Santos Highway and stretches of Serra do Mar, which is an attractant itself with breathtaking panoramic views. The long shoreline of São Sebastião, with about 80 km and over 30 beaches, makes that stretch a great option for a tour. Surfers, families and nature lovers find redoubts at the different beaches of the waterfront, not leaving behind the complete structure of touristic services. For families, Paúba and Boiçucanga are great options of calmer beaches. For those who enjoy the buzz, hyped up beaches and surfers' redoubts get together for the nightlife in trendy bars and nightclubs, such as Sirena and the branch of the internationally known Pachá, at the exciting beach of Maresias.



Ricardo Feares

Guaecá Beach

Municipality: São Sebastião **Length:** 2 days

Distance: São Paulo - São Sebastião: 192 km

→ Green and Sea in Ubatuba



South Beach

APRECESP file

With magnificent landscapes, nature and beach get together in Ubatuba: with jagged coastline, it offers more than 70 beaches with enough diversity to serve from the calmer visitor to the one looking for buzz. With a large extent of its territory inserted in untouched Atlantic Forest areas, Ubatuba has beaches that are highlights due to their beautiful green landscapes and surrounded by hills. For those who are searching for peace and more contact with green, the North of this beach town has beaches that are accessible only by trails, such as the beautiful Cedro Beach. Surfers and youth will enjoy Itamambuca Beach, while, for those who seek more excitement, the beaches in the South are a great option, which offer hyped up kiosks and complete structure of services for tourists.



Lagoa Beach

APRECESP file

Municipality: Ubatuba **Length:** 2 days

Distance: São Paulo - Ubatuba: 235 km

→ Beaches and Nature of the Northern Coast



APRECESP file

Tabatinga Beach - Caraguatatuba

Caraguatatuba and Ubatuba host beautiful and varied beaches in an area surrounded by the preserved Serra do Mar State Park. Traveling along Rio-Santos Highway (BR-101), which connects São Paulo to Rio de Janeiro, it is possible to arrive at both towns and yet observe some of the most beautiful landscapes of the shoreline of São Paulo. At the roadsides of the highway, the municipalities present large touristic infrastructure and great diversity

of beaches and landscapes types. The path itself is very attractive, with overlooks where it is possible to contemplate wonderful panoramic views. In Caraguatatuba, enjoy Tabatinga Beach, which counts on all the structure to ensure the comfort for tourists of all ages. In Ubatuba, enjoy the diversity of beaches – its major strength: to the South, there are the most urbanized and hyped up beaches, which also offer the best services; to the North, you can find more tranquil, semi-desert beaches and surfers' redoubts. Wherever you stop on Rio-Santos Highway, your place in the sun is guaranteed.



Juliana Branco

Tamar Project - Ubatuba

Municipalities: Caraguatatuba and Ubatuba **Length:** 3 days

Distances: São Paulo - Caraguatatuba: 174 km; Caraguatatuba - Ubatuba: 52 km

→ Family-Friendly Beaches



Atila Rodrigues

Bertioga Channel



Renato Brito

Guaratuba Beach - Bertioga



APRECEPfile

Pitangueiras Beach - Guarujá

Guarujá and Bertioga are the right destinations for families, with their beaches with good structure and great options of restaurants, malls and entertainment. And the best of all is that they are very close to São Paulo, less than 2 hours from the capital. In the itinerary, tourists want to enjoy the beach, but do not leave behind comfort and quality services offered in the big cities, they enjoy the variety of restaurants and kiosks at Enseada Beach, in Guarujá, and the complete structure of Riviera de São Lourenço, in Bertioga. To move from one town to the other, there is ferry service either on foot or by car.

Municipalities: Guarujá and Bertioga **Length:** 3 days

Distances: São Paulo - Guarujá: 78 km; Guarujá - Bertioga: 38 km

→ Islands & Beaches of the Northern Coast



APRECEP file

Bonete Beach - Ilhabela

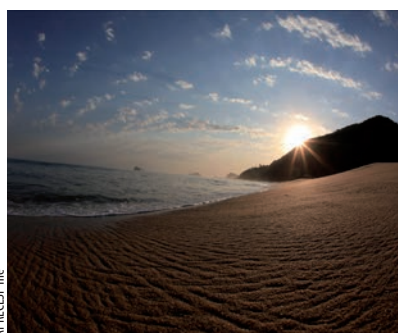
Ilhabela, in the Northern coast of São Paulo, is home to one of the most beautiful beaches in the country, Castelhanos Beach, meanwhile, in São Sebastião the great highlight is the diversity of beaches: from the most hyped up to the semi-desert ones. In Ilhabela, take the chance to take the Land & Sea tour, operated by local guides, and get to know four beautiful beaches on a single day. Also enjoy the refined offer of restaurants and the charming Villa. In São Sebastião, enjoy the famous beaches of Camburi and Maresias and take the time to go on a speed boat ride around the islands of these beach towns. It is worth trying the local cuisine in each one of the towns, which offers fish and seafood meals.

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APRECEP file

Boiçucanga Beach - São Sebastião



APRECEP file

Boiçucanga Beach - São Sebastião

Municipalities: Ilhabela and São Sebastião **Length:** 3 days

Distances: São Paulo - São Sebastião: 192 km; São Sebastião - Ilhabela: 15 km



ADVENTURE & NATURE





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Boituva City Hall file



APRECEP file

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APRECEP file

→ Flights at Pedra Grande



Chico Honda

Pedra Grande State Natural Monument

Pedra Grande, in Atibaia, right next to the capital, is the crossroads where expert or first-time adventurers go hang gliding or paragliding. Adventure yourself or just go and watch the jumps that typically happen on the weekends and enjoy the wonderful view from the top of the stone cliff. Part of the Fruit Circuit in the State of São Paulo, Atibaia is also known as the city of strawberries, and attracts a number of tourists every year.



APRECEP File

Greenhouse of Flowers

Municipality: Atibaia **Length:** 1 day

Distance: São Paulo - Atibaia: 67 km

→ Parachute and Hot Air Balloons in Boituva



Boituva City Hall file

Parachuting

Boituva is the destination for those who want to adventure in heights. Internationally known as the "parachuting capital", it reaches about 8,000 parachute jumps a year. Adventure yourself in skydiving or just go and watch your friends doing it. At the same site that jumps take place – Parachuting National Center – hot air ballooning can also be done. Hot air balloon tours range from traditional to theme ones – birthdays, anniversaries, proposals, among other celebrations – and they are offered by local agencies.



Boituva City Hall file

Hot Air Ballooning



Boituva City Hall file

Parachuting

Municipality: Boituva **Length:** 1 day
Distance: São Paulo - Boituva: 129 km

→ Hiking and Canoeing in Mogi das Cruzes



Marabá Island

Rubens Chin

With beautiful trails, canoeing and orchid watching, Neblinas Park, in Mogi das Cruzes, is a great option to be close to the nature pretty near São Paulo. Do not miss the trail along Itatinga River, which leads to an overlook with sea view and enjoy one of the canoeing circuits in the rapids of the Park. Attention! Book your visit in advance on the website www.ecofuturo.org.br/parque-neblinas. Yet in Mogi, take the chance to get to know Nascentes do Tietê Park and a little more about one of the most important rivers in the State.



Trails

Mogi das Cruzes City Hall release



Canoeing

Mogi das Cruzes City Hall release

Municipality: Mogi das Cruzes **Length:** 1 day

Distance: São Paulo – Mogi das Cruzes: 61 km

→ Diving in Baixada Santista



Rubens Chiri

Gonzaga Beach

Besides being one of the most traditional beach destinations in the State, Santos has also one of the key diving spots in the State of São Paulo. Laje de Santos Marine State Park keeps in the depth of its sea a rich biodiversity which, allied with the excellent visibility there, provides wonderful dives. During the winter months (end of June to end of September), it is possible to see large animals, such as giant oceanic manta ray, or even smaller ones, such as sea turtles and octopuses.



Alcides Falange

Laje de Santos Marine Park



Alcides Falange

Diving at Laje de Santos

Municipality: Santos **Length:** 1 day
Distance: São Paulo - Santos: 78 km

→ Hiking in Paranapiacaba



Steam Locomotive tour

Santo André City Hall release

Vila de Paranapiacaba, in Santo André, is located among three different conservation units and presents several trails where you can observe its rich nature. Local monitors lead tourists along trails in the mountain range, with different difficulty levels and lengths: the trails range from 30 minutes to 9 hours long. Pick your trail according to your readiness. To get to the village, use the Expresso Turístico Paranapiacaba train, which departs on Sundays from Luz Station, in São Paulo, and also enjoy an interesting train trip.



Serra do Mar State Park view

Santo André City Hall release



Old Steam Locomotive from Railroad Museum

Santo André City Hall release

Municipalities: Vila de Paranapiacaba, in Santo André **Length:** 1 day

Distance: São Paulo - Vila de Paranapiacaba: 64 km

Adventure in Campos do Jordão



Juliana Cintra

Cable Car tour

Campos do Jordão is the most sought destination during the winter in São Paulo: with high altitude, mild climate and several tour options, it is a great option for adventurers too. Pedra do Baú [rock formations] and Horto Florestal [state park] are two of the key places for those who are looking for contact with the nature in the city. Almost 2,000 meters tall, Pedra do Baú, in São Bento do Sapucaí, can be accessed through Campos do Jordão and is the right adventure for those who like living in great heights: climbing or rappelling are possible there. In Horto Florestal, trails on foot or by bike lead to extremely beautiful sceneries, besides enabling other adventure activities, such as climbing, trekking and treetop cable swings. In addition to the natural attractions, the city offers a wide range of fancy restaurants and bars, joining nature and refinement at the same place.



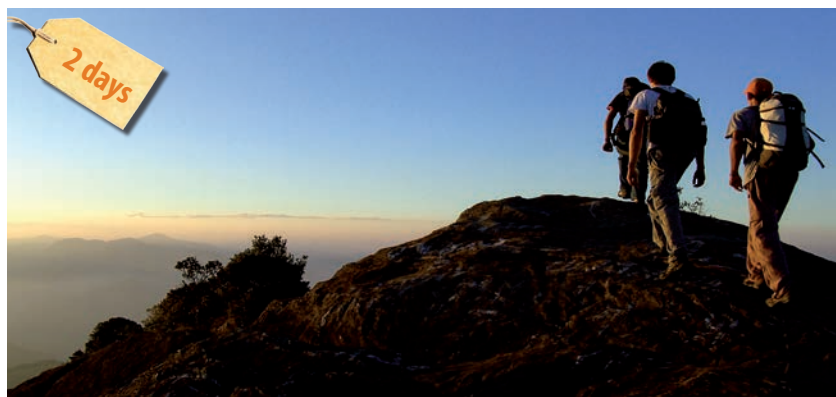
Juliana Cintra

Rappelling - Serra da Mantiqueira

Municipality: Campos do Jordão **Length:** 2 days

Distance: São Paulo - Campos do Jordão: 183 km

→ Adventure in Serra da Mantiqueira



Trails in Serra da Mantiqueira



Rapelling at Pedra do Bauzinho

Nature lovers in a mountain climate find shelter in Santo Antônio do Pinhal and São Bento do Sapucaí, located in the midst of Serra da Mantiqueira [mountains]. Trails and adventure activities surrounded by forests are some of the possible tours. In São Bento do Sapucaí, the best option is the guided trail to Pedra do Baú.

In Santo Antônio do Pinhal, hang gliding at Pico Agudo [5th highest rocky elevation in Brazil] and cascading in Lefèvre Waterfall are the best choices. The mild climate together with the small and mid-size charming inns make these destinations a good alternative to the crowded neighbor city, Campos do Jordão.

Municipalities: Santo Antônio do Pinhal and São Bento do Sapucaí **Length:** 2 days

Distances: São Paulo - São Bento do Sapucaí: 200 km; São Bento do Sapucaí - São Antônio do Pinhal: 29 km

→ Nature in the Metropolis



Caio Pimenta - courtesy of SPTURIS

Ibirapuera Park

São Paulo is the city of superlatives and is quite well-known for being a large business hub. Not everyone knows that nearly one-fourth of the city's territory is occupied by green areas, with parks and protected sites, perfect for a relaxing weekend and for escaping from the busy routine of the city. Save a day to visit Pedra Grande Part in Cantareira State Park, in the North zone of the city. Take one of the four options of trails with different difficulty levels available there and feel surrounded by nature, even being just 10km away from the city center. On the next day, enjoy Ibirapuera Park, an enormous green area in the heart of São Paulo, which offers several museums and buildings designed by the renowned architect Oscar Niemeyer. Go for a walk or a fun ride in a bike around the lake.

Another good option is Independência Park, with a beautiful garden, a replica of Versailles Palace's garden, in France, or the Botanical Garden [*Jardim Botânico*], with its groves and greenhouses with native species from the Atlantic Forest. Do not miss Villa Lobos Park and the Jaraguá Peak [*Pico do Jaraguá*], and the EPAs (Environmental Protection Areas), located inside the city.



Caio Pimenta - cedida pela SPTURIS

Aerial view of Ibirapuera Park

→ Rapids in Socorro



APRECESP file

Rafting along rapids

Adventure activities in the water, trees or woods make Socorro the right destination for those who are looking for adrenaline. In the city, visitors can practice different activities, from rafting to tree-climbing and zip-lining.

Besides, Socorro is also a reference when it comes to accessibility. In the city, hotels and parks are adapted to receive people with reduced mobility who can practice different adventure activities completely securely.



Setur Socorro

Adventure Tourism adapted to people with disabilities

Municipality: Socorro **Length:** 2 days

Distances: São Paulo - Socorro: 132 km

Water and Air Adventure in Brotas and São Pedro



APRECESP file

Hot Air Balloon tour

Brotas and São Pedro are the right destination for extreme sports lovers, with a great amount of waterfalls and rapids and a breathtaking landscape for hang gliding. Brotas is known as the adventure sports capital and it has activities for the whole family.

Activities done in rapids are the great highlight, such as aquaride, canyoning and rafting, with several levels of difficulty. Take the chance to get to know the several rafting modalities practiced in the region: night-time rafting, floating and kayak-rafting. In São Pedro, hang gliding is the most sought activity, with parasailing, paragliding and hang gliding itself. Agencies and local guides offer a number of adventure activities for tourists.



APRECESP file

Zip-lining



Rubens Ghiri

Canyoning

Municipalities: Brotas and São Pedro **Length:** 3 days

Distances: São Paulo - Brotas: 247 km; Brotas - São Pedro: 68 km

→ Waterfalls and Dolphins in Vale do Ribeira



Ilha do Cardoso State Park - Cananéia



Pitú Waterfall - Cananéia

In the extreme South of the State of São Paulo, Cananéia and Iguape bring together the beach to the biodiversity of preserved spaces in one of the largest preservation areas of Atlantic Forest in the country. In Iguape, there is Juréia-Itatins Ecological Station which meets the beach in Barra do Ribeira.

Local monitors guide tourists in trails, boat or Jeep tours in its areas that are able to be visited. And in Cananéia, Ilha do Cardoso State Park is the main highlight with broad semi-desert beaches and dense woods with trails that lead to amazing waterfalls. Bike tours take to Pontal, about 20-km traveling distance. Along the road to the islands, it is possible to see pods of dolphins and a number of birds. Adventure is guaranteed in the middle of the forest and semi-desert beaches.

Municipalities: Cananéia and Iguape **Length:** 3 days

Distances: São Paulo - Iguape: 199 km; Iguape - Cananéia: 93 km

→ Mountain Range in Cunha and São José do Barreiro

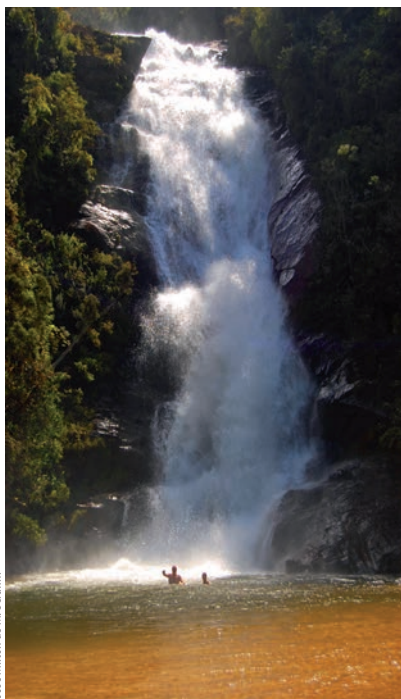


José Milton de M. Serafim

Tira o Chapéu Peak - São José do Barreiro

Cunha and São José do Barreiro are embedded in mountain ranges, with beautiful panoramic landscapes surrounded by preserved vegetation on the way between the cities of São Paulo and Rio de Janeiro. Both are located in preservation units of great importance: Serra da Bocaina National Park and Serra do Mar State Park.

At Cunha Part of Serra do Mar State Park, trails go along rivers and waterfalls surrounded by mountain ranges and peaks. And in Serra da Bocaina, it is possible to know a little about the history of São Paulo's Gold Rush in the Gold Trail, and you can also have a panoramic view of the coast at different peaks spread around the park.



José Milton de M. Serafim

Santo Izidro Waterfall - São José do Barreiro

Municipalities: Cunha and São José do Barreiro **Length:** 3 days

Distances: São Paulo - Cunha: 233 km; Cunha - São José do Barreiro: 142 km

→ Caves in Vale do Ribeira



Estância de Eldorado City Hall file

Devil's Cave - Eldorado



Junior Petar

Tememina - Iporanga

With impressive caves of several types in the midst of the preserved Atlantic Forest, Eldorado and Iporanga, in Vale do Ribeira, are a good option of unique adventure in São Paulo. In Eldorado, travel along the Devil's Cave [*Caverna do Diabo*] and delight yourself in the waters of Queda de Meu Deus Waterfalls.

In Iporanga, do not miss PETAR (Alto Ribeira Touristic State Park), which hides indescribable beauties inside the several caves open for visitors. The trails inside it have different extensions and levels of difficulty, always followed by local monitors.

Municipalities: Eldorado and Iporanga **Length:** 3 days

Distances: São Paulo - Eldorado: 245 km; Eldorado - Iporanga: 76 km

→ Hiking and Waterfalls in the Northern Coast



Reginaldo Puppo

Windsurfing in Ponta das Canas - Ilhabela

São Sebastião and Ilhabela are the right destination for those who like being in contact with nature, with their trails and tours that bring together beach and dense woods. In São Sebastião, the São Sebastião Part of Serra do Mar State Park comprises about 70% of the municipal territory. Trails, waterfalls, beaches and archeological sites are some of the adventures open for visitors in that part.

By taking the ferry, the island chain where the municipality of Ilhabela is inserted holds great surprises. On the bounds of the city, there is Ilhabela State Park, which comprises about 80% of its territory. Nature, adventure and beauty together, in some of the most beautiful beaches in the country, such as Castelhanos and Bonete, in one of the most sought destinations in the State of São Paulo.



São Sebastião City Hall file

Ribeirão do Itu Waterfall - São Sebastião

Municipalities: Ilhabela and São Sebastião **Length:** 3 days

Distances: São Paulo - São Sebastião: 192 km; São Sebastião - Ilhabela: 15 km

→ Atlantic Forest and Hiking in Intervalles



Ribeirão Grande City Hall file

Trail to the grotto - Ribeirão Grande

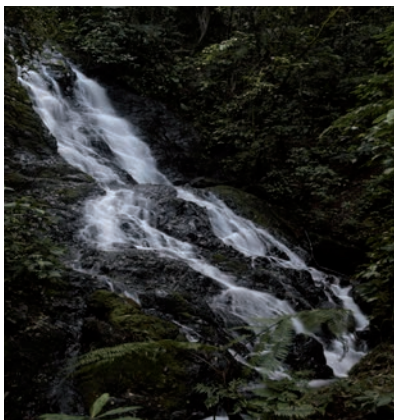
Intervalles State Park offers a wide area of preserved Atlantic Forest and good service structure for the lovers of adventure and nature.

Quite a lot sought by tourists looking for bird observation activities, the park still counts on trails in the middle of the forest and waterfalls, in addition to enabling a number of adventures inside its caves.



Ribeirão Grande City Hall file

Naia Grotto



Rubens Chiri

Mirante Waterfall

Municipality: Ribeirão Grande **Length:** 3 days

Distance: São Paulo - Ribeirão Grande: 242 km

→ Diving in the Northern Coast



Munir El Hage

Boiçucanga Beach - São Sebastião

With clear water and rich marine biodiversity, the Northern Coast offers great diving points, which attract expert and amateur divers. In São Sebastião, the highlight is Montão de Trigo Island, in which different diving levels of difficulty are possible, and Fora Beach, a 10-meter-deep coast which you can access by the beach.

In Ilhabela, prepare for colorful diving. There is an enormous variety of sea fauna and flora, and it is possible to notice the color diversity in the depths of the sea in that region. Another highlight is the amount of shipwrecks, which attract divers from all over Brazil.



APRECESP file

Diving in Ilhabela

Municipalities: Ilhabela, São Sebastião and Ubatuba **Length:** 3 days

Distances: São Paulo - São Sebastião: 192 km; São Sebastião - Ilhabela: 15 km;
Ilhabela - Ubatuba: 88 km

→ Hiking and Waters in Serra do Mar



Ubatuba Secretary of Tourism

Poço Sertão da Quina - Ubatuba

Serra do Mar offers different options for nature lovers, both on the beach and in the countryside. In São Luiz do Paraitinga, the Virginia Part of Serra do Mar State Park, there are several options of adventure activities surrounded by nature. The highlights are water activities: in the middle of the forest, there are clear water rivers flowing down the mountain range towards the sea, which enable real adventures. Do not miss going rafting on Paraíba River. At the end of the mountain range, on the beach in Ubatuba, there is the Picinguaba Part.



APRECEP file

Rafting - São Luiz do Paraitinga



Ubatuba Secretary of Tourism

Trilha do Sul Overlook- Ubatuba

The rich biodiversity, with mangroves, Atlantic Forest landscapes and beaches, shares space with small fishermen's villages, which make the contact with local life possible. Discover the treasures and adventures of Serra do Mar.



Ubatuba Secretary of Tourism

Aldeia Boa Vista Overlook- Ubatuba

Municipalities: São Luiz do Paraitinga and Ubatuba **Length:** 3 days

Distances: S. Paulo - S. Luiz do Paraitinga: 181 km; S. Luiz do Paraitinga - Ubatuba: 51 km



Rubens Chiri

LEISURE & CULTURE 

Luz Station - São Paulo



LEISURE & CULTURE



→ LEISURE & CULTURE Itineraries

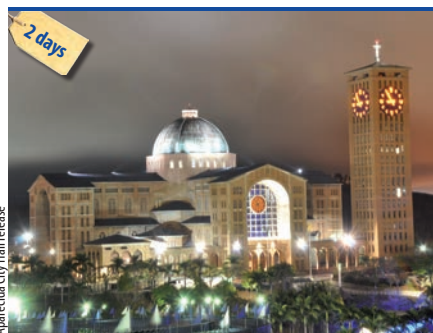
São Paulo offers a very rich historical-cultural collection to be admired not only in the still preserved architectural sets, but in the local culture and ways of life of the population. Visiting São Paulo's countryside towns is going deeper into its history and development process responsible for making the State the most economically important in the country. Colonial period, *Bandeirantes*, the Gold Rush the Coffee Cycle and the railway evolution in the State are some of the topics tourists find spread in the countryside and coast of São Paulo. The European colonization and the massive immigration into the State are reflected in its colors and tastes diversity presented in the following itineraries.

→ Where is it?



1-day Itineraries

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2-day Itineraries

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3-day Itineraries

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→ Fun in Campinas and Jaguariúna



Estação Cultura - Campinas

Campinas City Hall release

With a wide range of services and attractions, Campinas and Jaguariúna are great options to get to know a little about the countryside of São Paulo with comfort and good service. Important economic and technological hub, Campinas offers complete service and lodging infrastructure.

There, do not miss Sousas district with its bucolic buildings and a gastronomic hub. Take the Steam Locomotive [*Maria Fumaça*] tour and go to the neighbor city of Jaguariúna, coming across with beautiful landscapes and coffee farms. In Jaguariúna, get the chance to visit Naga Cable Park, perfect for water sports lovers.



Naga Cable Park - Jaguariúna

Jaguariúna City Hall release



Steam Locomotive tour - Campinas - Jaguariúna

Jaguariúna City Hall release

Municipalities: Campinas and Jaguariúna **Length:** 1 day
Distances: São Paulo - Campinas: 99 km; Campinas - Jaguariúna: 31 km

→ Leisure in Cotia



Photo courtesy of Zu Lai Temple

Zu Lai Buddhist Temple

Very close to the capital, Cotia brings together culture, entertainment and restaurant options of all sorts. The city hosts Zu Lai temple, the largest center dedicated to the practice of Chinese Buddhism in Latin America, a must-see for both Buddhism followers and curious people due to its beautiful architecture.

Inside, there is a sumptuous temple with exquisite gardens and sculptures. If you prefer more exciting activities, visit Kartódromo Internacional [a go-kart track]. With an area of 48,000 square meters, it is one of the most challenging circuits for kart racers. In Granja Viana, luxurious residential neighborhood in the city, there are restaurant by renowned chefs and trendy bars.



Photo courtesy of Granja Viana

Kartódromo Internacional

Municipality: Cotia **Length:** 1 day

Distance: São Paulo - Cotia: 33 km

→ Art in Embu das Artes



Embu das Artes City Hall release

Francisco Rizzo Park



Miguel Schimanol

Embu das Artes City Center

Located only 31 km away from the city of São Paulo, Embu das Artes attracts thousands of visitors, on the weekends, looking for artisan artifacts and products exhibited on the streets of the historic city center and in the handicrafts street market [*Feira de Artesanato*] which set the nickname "Embu das Artes".

Behind the stalls spread all over the historic city center, the city still holds important cultural centers and museums which portrait important facts of local history. It is the perfect tour to get to know the history of the city and yet come back home with beautiful local artifacts.



Miguel Schimanol

Handicraft

Municipality: Embu das Artes **Length:** 1 day

Distance: São Paulo - Embu das Artes: 31 km

→ Flowers in Holambra



Holambra City Hall release

Gateway

Holambra, the city of flowers, is a little piece of Holland in Brazil. And one of the most remarkable Dutch characteristics, the flower fields, can be found in the city. Holambra houses several ornamental flower producers of different types and is the right destination for those who are interested in buying or admiring them.

Do not miss one of the itineraries offered by the local tourism agency and visit the flower production fields. Also, take the chance to go on a city tour and watch the Dutch-style buildings.



Holambra City Hall release

ExpoFlora



Holambra City Hall release

Windmill

Municipality: Holambra **Length:** 1 day
Distance: São Paulo - Holambra: 147 km

→ Culture in Santana de Parnaíba



Santana do Parnaíba aerial view

Roberto Andrade

Santana de Parnaíba is one of the oldest cities in the State of São Paulo. Founded in 1580, it was the starting point for Bandeirantes expeditions and holds important memories of the history of the State.

Enjoy the city taking a walk and visiting its museums and cultural centers spread all over the historic city center, besides the wonderful Santa Ana Church. Between one museum and another, try the delicious meals served in local restaurants.



Historic City Center

Roberto Andrade



Corpus Christi sawdust carpet

Juliana Branco

Municipality: Santana de Parnaíba **Length:** 1 day

Distance: São Paulo - Santana de Parnaíba: 42 km

→ Historical Santos



Rubens Chiri

Waterfront historical cable car

Santos is one of the most important cities in São Paulo's history, and the historical buildings in the city center reflect such importance. Today, the city is home to the largest port in Latin America and has a dynamic economy. In the past, it played a key role in the export of the coffee produced in Brazil. Take the cable car [*Bonde*] in the city center and go on a real tour through the history not only of Santos, but also of the State of São Paulo. Do not miss Bolsa do Café Museum and taste some delicious coffee made of local coffee beans and enjoy a marvelous sunset on the beach after walking through the past of Santos.



APRECESP file

Coffe Museum



APRECESP file

Gonzaga Beach

Municipality: Santos **Length:** 1 day

Distance: São Paulo - Santos: 78 km

➔ Buzz in Pinheiros and Vila Madalena



Happy Hour in São Paulo

Jefferson Panderti courtesy of SP Turis

Pinheiros and Vila Madalena neighborhoods, on the West zone of São Paulo, are two of the most bohemian neighborhoods in the capital. Filled with art galleries, cultural centers, several shops, bars and restaurants, they are a great option for an afternoon tour in the city. Do not miss Benedito Calixto street market, which always takes place on Saturdays, check out SESC Pinheiros cultural agenda and enjoy the end of an afternoon in one of the many bars in Vila Madalena.



Bars in Vila Madalena

Jefferson Panderti courtesy of SP Turis

→ Shopping in São Paulo



Cabo Pimenta courtesy of SPTuris

Oscar Freire Street

São Paulo is one of the largest shopping hubs in Latin America and offers options for all tastes – and pockets. The city has more than 9,000 shops in several shopping malls, specialized commercial streets and luxury and popular shopping centers. Do not miss 25 de Março, one of the most famous streets in the capital, located in the city center. On this street and its surroundings, it is possible to buy all sorts of things – from home supplies to fashion jewelry – always at low prices. Walk a little more and have lunch at Mercado Municipal, in the same area. Brás and Bom Retiro neighborhoods are also famous options to buy clothing.

Yet in the city center, Santa Ifigênia is known for the large number of electronics shops. Another unmissable stop is Oscar Freire, in Jardins, where there are worldwide reputable designer shops such as Dior, Armani, Versace, among others. It also hosts charming Cafés and national shops, as the traditional Havaianas.



Jefferson Panfili courtesy of SPTuris

Mercado Municipal de São Paulo

Municipality: São Paulo **Length:** 1 day

→ Culture and Buzz on Paulista Avenue



São Paulo Museum of Art (MASP)

Caio Pimenta - SPJuris

The avenue that best represents the city of São Paulo and its most famous postcard, Paulista Avenue gathers culture and buzz on a single place. In its almost 3 km, Paulista has a number of museums, cultural centers, cinemas, theaters, bookstores, in addition to restaurants, bars and nightclubs. Walk through the avenue on foot or by the subway stations spread along it.

Do not miss the imposing MASP, with one of the most important art collections in Latin America. At Fiesp Cultural Center – Ruth Cardoso, enjoy the varied dance and play performances, besides exhibitions, movies and concerts. At Casa das Rosas, one of the oldest houses on Paulista Avenue, the focus is on literature, with a wide agenda of recitals, lectures and courses.

Itaú Cultural is another option, with contemporary art exhibitions and music, movie and play presentations. Another unmissable stop is Augusta, one of the crossroads with Paulista that gathers bars and nightclubs for all audiences and tastes.



Paulista Avenue

Caio Pimenta courtesy of SPJuris

→ Historical São Paulo



Jefferson Pancieri courtesy of SPTuris

Pateo do Collegio

Where was São Paulo born? How did it become the metropolis it is today? By taking a tour in the city center, it is possible to understand its roots and the history of the capital. In a tour, you can visit São Paulo's Cathedral [*Catedral da Sé*]; School Yard [*Pateo do Collegio*], place where the city was founded; Municipal Theater [*Theatro Municipal*] and several other historical buildings in the city center which tell its path. Go up Altino Arantes Building, known as Banespão, for a full panoramic view of the city. Also, make a stop on the renovated Mercado Municipal to taste the traditional Mortadella sandwich. From there, make the tour a little longer with a charming dinner at Edifício Itália, and have the city center at your feet.

In order to get to know the city center even better, take one of the theme itineraries of São Paulo Turismo. Go on: www.cidadedesao paulo.com/sp/br/o-que-visitare/itineraries/itineraries-tematicos.



Jefferson Pancieri courtesy of SPTuris

Catedral da Sé

Municipality: São Paulo **Length:** 1 day

→ Religious Tour in Aparecida



Miguel Schincariol

Aparecida National Sanctuary

The city of Aparecida is nationally known for being home to Basilica of the National Shrine of Our Lady Aparecida [*Basilica Nossa Senhora Aparecida*], the patroness of Brazil. One of the greatest Catholic Church temples worldwide, it receives visitors from all places, motivated by religious devotion, local cultural aspects or just curiosity. The Basilica is a mandatory stop during Popes' visits to Brazil, and it has already hosted Popes John Paul II and Benedict XVI. During the tour, you will be astonished by not only the size of the Basilica, but, above all, the amount of devotees you will find on the road.



Aparecida City Hall release

São Benedito Church

Municipality: Aparecida **Length:** 1 day

Distance: São Paulo - Aparecida: 180 km

→ History in Vila de Paranapiacaba



Santo André City Hall release



Steam locomotive

Visiting Vila de Paranapiacaba is a trip back in time to the period when the most important railways in Brazil were being built. Located in Santo André, the village was built to be the residence of workers during the construction of São Paulo Railway, which connects the countryside of the State to the Port of Santos. Do not miss Castelinho Museum, the former house of the chief engineer who was responsible for the railway, and walk around the streets of the old town. Mild climate, standardized architecture and presence of fog create all the charm to the place. Local monitors guide tourists to the village's attractions. Wear comfortable clothes and shoes and get ready to be astonished by the walk. To get to the village, use the Expresso Turístico Paranapiacaba train, which departs on Sundays from Luz Station, in São Paulo, and also enjoy an interesting train trip.

Santo André City Hall release



Vila de Paranapiacaba

Santo André City Hall release



Castelinho Museum

Municipality: Vila de Paranapiacaba, in Santo André **Length:** 1 day

Distance: São Paulo - Vila de Paranapiacaba: 64 km

➔ Fun and Shopping in Vinhedo



Vinhedo's Gateway

São Paulo's Committees file

Very close to São Paulo, Vinhedo is the gateway to two of the largest theme parks in the country, Hopi Hari and Wet'n Wild. With a huge variety of attractions, for all ages and audiences, the parks are a must for visitors looking for fun. Nearby, there is also Premium Outlet, a large shopping center with renowned national and international designer shops. Fun and structure are ensured for the whole family.



Hopi Hari Theme Park

Rubens Chiri



Wet'n Wild Water Park

Rubens Chiri

Municipality: Vinhedo **Length:** 1 day
Distance: São Paulo - Vinhedo: 79 km

→ Refinement and Music in Serra da Mantiqueira



Sergio Biagioli

Cláudio Santoro Auditorium - Campos do Jordão

In Serra da Mantiqueira [mountains], Campos do Jordão and Santo Antônio do Pinhal are perfect destinations for those who seek gastronomy, refinement, comfort and fun. With cold weather during the winter, Campos do Jordão offers fancy restaurants and trendy bars gathered in Vila Capivari. Santo Antônio do Pinhal, less crowded than its neighbor, offers charming inns in the midst of the mountain ranges. Ateliers and exhibition centers reveal the creativity in pieces produced by local artists: printmaking and decor items in Campos do Jordão and pottery in Santo Antônio do Pinhal. Every year, during the winter months, the International Winter Festival [Festival Internacional de Inverno] takes place in the city of Campos do Jordão, dedicated to classical music, bringing together orchestras, soloists and chamber music groups.



Sergio Biagioli

Campos do Jordão Winter Festival



TURSP file

Serra da Mantiqueira

Municipalities: Campos do Jordão and Santo Antônio do Pinhal **Length:** 2 days

Distances: S. Paulo - Campos do Jordão: 183 km;

Campos do Jordão - Sto Antônio do Pinhal: 21 km

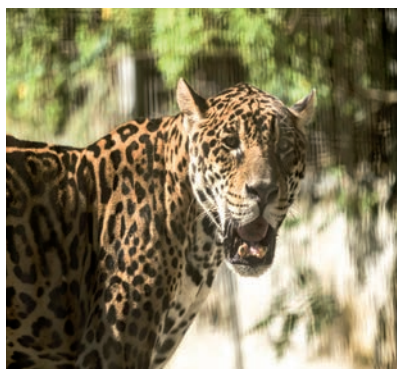
→ History of São Paulo in the Region of Sorocaba



Estação das Artes - Porto Feliz

Porto Feliz City Hall file

The cities that are part of the itinerary have marked the history of the State: historical buildings and coffee farms in Itu, the departure point of *Bandeirantes* in Porto Feliz, and the railway company in Sorocaba. Going around these cities is getting to know a little more about the very historical development of São Paulo. In Itu, the city of exaggeration, visit the beautiful historic city center on foot. In Porto Feliz, Monções Park is a good option. In Sorocaba, Estrada de Ferro Sorocabana Museum and the City Zoo are good choices. Also get the chance to try the tastes of the history of São Paulo in the meals served on old coffee farms.



Miguel Schimicariol

Municipal Zoo - Sorocaba



Itu City Hall file

Giant traffic - Itu

Municipalities: Itu, Porto Feliz and Sorocaba **Length:** 2 days

Distances: São Paulo - Itu: 102 km; Itu - Porto Feliz: 26 km; Porto Feliz - Sorocaba: 39 km

→ Cultural Heritage in Vale do Paraíba



Oswaldo Cruz Museum

On the way to the Northern Coast of São Paulo, São Luiz do Paraitinga impresses by its historical treasures and colonial farmsteads surrounded by nature. Founded in the 18th century, the city has a charming historical architectural set.

Visit the city on foot: during the walk, you might meet some historical characters in the city and yet get to know even closer folkloric stories and manifestations still preserved in the region. Check the city's calendar of events and take the chance to go to the traditional Festival of the Holy Spirit [*Festa do Divino Espírito Santo*].



Carnival



House and stone street in the city center

Municipality: São Luiz do Paraitinga **Length:** 2 days
Distance: São Paulo - São Luiz do Paraitinga: 181 km

→ Museums in São Paulo



Catavento Museum

Jefferson Pancieri courtesy of SP Turis



Pinacoteca

Jefferson Pancieri SP Turis

The city of São Paulo is home to a number of museums for all sorts of audiences and tastes. There are arts, history, science and even sports museums ensuring fun and knowledge to its visitors. An unmissable stop, São Paulo Museum of Art [MASP – *Museu de Artes de São Paulo*] has one of the most important plastic arts collections in Latin America, with masterpieces of artists such as Degas, Renoir, Picasso, Portinari, among many others. In the region of Jardins neighborhood and Paulista Avenue, visit the Museum of Image and Sound [MIS – *Museu da Imagem e do Som*], Brazilian Museum of Sculpture [MuBE – *Museu Brasileiro da Escultura*] and Museum of the Brazilian House [*Museu da Casa Brasileira*].

The art gallery Pinacoteca do Estado de São Paulo is unmissable as well, with a large collection of Brazilian art icons such as Di Cavalcanti and Tarsila do Amaral. In the region, also visit the innovative Portuguese Language Museum [*Museu da Língua Portuguesa*]. With a different collection, it tells the history and peculiarities of the national language by using several audiovisual resources



Soccer Museum

and great interactions with its visitors. For the little ones, Catavento Cultural is a perfect option, and it teaches Physics and Biology topics with lots of fun. Soccer lovers and admirers cannot miss the Soccer Museum [*Museu do Futebol*], which tells the history of the national sport in a different way, with plenty of audiovisual resources and interactivity.

Enjoy its large collection and watch again some of the best goals and moments of national and international soccer. In Ibirapuera Park, one of the main green areas in the city, take the chance to visit the very interesting collection of the Museum of Modern Art [*MAM – Museu de Arte Moderna*], Museum of Contemporary Art [*MAC – Museu de Arte Contemporânea*], Afro-Brazil Museum [*Museu Afro Brasil*] and the Pavilion of Brazilian Cultures [*Pavilhão das Culturas Brasileiras*].

Be aware! Each museum in the city has a free day-pass per week. Enjoy it.

Many museums in the city of São Paulo are adapted for audiences with limited mobility. Among them, Soccer Museum, Catavento Cultural, Pinacoteca do Estado, and others. Go on www.acessibilidadecultural.com.br and check out the accessible cultural attractions in the city.

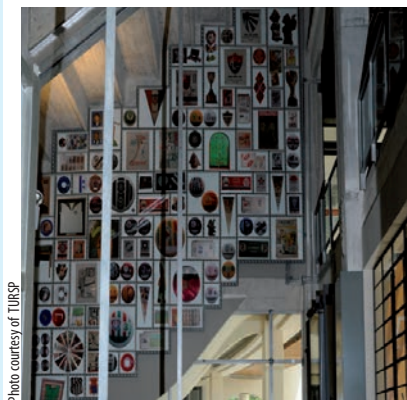


Photo courtesy of TUISP

Soccer Museum

Municipality: São Paulo **Length:** 2 days

→ Waters and Farms in the Countryside of São Paulo



Old Mansions - Amparo

APRECESP file

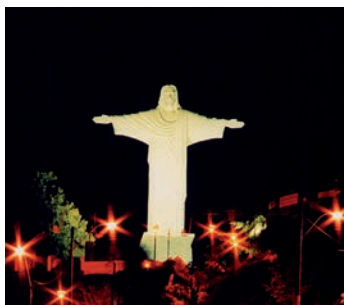


Monte Alegre do Sul Park

Miguel Schincariol

History, culture and pleasant tours are put together in this part of the State's countryside. Part of the Water Circuit in the State of São Paulo, the cities that consist of this itinerary stand out for their hydro-mineral and thermal waters and also for their historical coffee farms. Surrounded by valleys and mountains, the cities have mild climate and abundant water, either in thermal springs or waterfalls.

Try the thermal water baths and treatments, walk around old farms and yet try the delicious *cachaça* [distilled spirit made from sugarcane] produced in the region. The mountain climate provides resting and relaxation experiences for tourists of all ages.



Christ the Redeemer - Serra Negra

APRECESP file

Municipalities: Águas de Lindóia, Amparo, Monte Alegre do Sul and Serra Negra

Length: 3 days **Distances:** S. Paulo - Amparo: 132 km; Amparo - Monte Alegre do Sul: 13 km; Monte Alegre do Sul - Serra Negra: 10 km; Serra Negra - Águas de Lindóia: 20 km

→ Historical Iguape and Cananéia



APRECESP file

Iguape Historic city center

Among the oldest cities in the State, Iguape and Cananéia stand out for still preserving colonial holdovers. Narrow streets with old farmsteads depict the importance of both cities for the history of São Paulo. Iguape has the largest still preserved colonial farmstead in the State of São Paulo. Cananéia still preserves colonial buildings in its historic city center and keeps the São João Batista Church in operation, built at the time of the village's birth, in the 15th century. History and culture blend in both cities resulting in amazing walks. Do not miss the local cuisine, with fish and seafood, and get to know the famous *Fandango* [a typical folk dance from the region].



APRECESP file

View of Porto street - Cananéia



Jex Silva

São João Batista Mother Church - Cananéia

Municipalities: Iguape and Cananéia **Length:** 3 days

Distances: São Paulo - Iguape: 199 km; Iguape - Cananéia: 93 km



EAT & DRINK



Seafood platter - Ilhabela





→ EAT & DRINK Itineraries

The wealth of the State of São Paulo is not only in its wonderful beaches and nature: it is also in its traditional cuisine and in the offer of top-notch restaurants. Local delicacies and products portrait São Paulo's gastronomic identity and help to tell a little of the history in each one of its regions. In the coast, fish and seafood meals are blended with local delicacies. In Vale do Paraíba, typical dishes are related to traditional religious festivals, while in the region of Campinas, typical farm food prevails. In the most hyped up cities, renowned chefs sign the menu of fancy restaurants, which use local delicacies in well-elaborated meals. To drink, the famous *cachaça* is present all over the countryside of São Paulo and, more recently, some cities are becoming experts in craft beer. Taste and history get together to offer the best of São Paulo's gastronomy.

→ Where is it?



1-day Itineraries

Refinement in Cotia	Page 98
Tasteful Embu das Artes	Page 99
Farm Food in Jundiá and Itatiba	Page 100
Gastronomy in Santana de Parnaíba	Page 101
Soccer & Botecos in the Capital	Page 102
Enotourism in São Roque	Page 103



APRECEP file



Atibaia City Hall file

2-day Itineraries

Coffee and Cachaça in the Countryside of São Paulo	Page 104
Gastronomy in the Mountain Ranges	Page 105
Gastronomy and Festa do Peão in the Countryside	Page 106
Breweries in the Countryside of São Paulo	Page 107

3-day Itinerary

Gastronomy in the Northern Coast	Page 108
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APRECEP file

→ Refinement in Cotia



Iva Marcasso

Codfish Cataplana - Quinta do Bacalhau Restaurant



Vinícius Kriol

Felix Bistrô



Miriam Freitas

A tal da Pizza

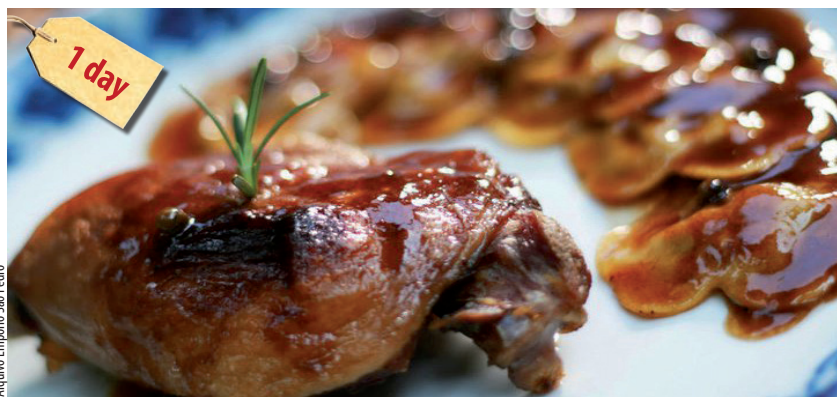
Several renowned and reputable restaurants are based in Granja Viana, residential neighborhood with high-standard condos in Cotia. Offering establishments with varied cuisines, from German restaurants to bistros and pizza places, it is a great option for a 1-day tour. Considered the best pizza place in the country, A Tal da Pizza has a branch in Cotia.

In a homely atmosphere, clients are welcome to eat slices of pizza using their hands. Felix Bistrô also stands out, with very well-elaborated contemporary dishes; Emilia Romagna, with Italian cuisine; and Quinta do Bacalhau, with Portuguese meals.

Municipality: Cotia **Length:** 1 day

Distance: São Paulo - Cotia: 33 km

→ Tasteful Embu das Artes



Arquivo Empório São Pedro

Duck Confit - Empório de São Pedro Restaurant

In Embu das Artes, art and cuisine get together to offer a great tour option pretty near the city of São Paulo. The large number of food establishments, together with the number of artisan products, makes Embu das Artes an excellent option for weekend tours. Cabana do Embu offers the famous *leitão à pururuca* [crispy-skinned suckling pig]; while Restaurante Pacatão makes dishes that resemble the local history, like *Frei Assado* and *Picadinho Jesuíta* [beef strips with banana, rice, corn and manioc flour]. The restaurant O Garimpo also stands out, which is a bar and a restaurant with varied food, such as *moqueca* [seafood stew] and *feijoada* [stew of beans with beef and pork] and German dishes; and Empório São Pedro brings together antiques shop and restaurant with elaborated French-Italian dishes. Also take the chance to visit the Handcrafts Street Market [*Feira de Artesanato*].



Miguel Schincariol

Empório São Pedro



Miguel Schincariol

Handcrafts Street Market

Municipality: Embu das Artes **Length:** 1 day

Distance: São Paulo - Embu das Artes: 31 km

→ Farm Food in Jundiá and Itatiba



Edson Godoy Jr

Farm food - Jundiá

Near the capital, Jundiá and Itatiba are great family-friendly options. With a real highlight for the production of several fruits, both cities are part of the Fruit Circuit. But there is more than fruit there: coffee and *cachaça* are highlights on the old farms of the region as well. Gathering farm food, agricultural experience and historical farms, this itinerary is perfect for those who are interested in getting to know and trying a little more of the delights and tastes of the countryside of São Paulo.



Edson Godoy Jr

Catedral do Whisky - Itatiba



Edson Godoy Jr

Delícias da Cana - Itatiba

100

Municipalities: Itatiba and Jundiá **Length:** 1 day

Distances: São Paulo - Itatiba: 87 km; Itatiba - Jundiá: 24 km

→ Gastronomy in Santana de Parnaíba



Roberto Andrade

São Paulo Antigo Restaurant

In one of the oldest cities in the State, the history of Santana de Parnaíba gets together with the diversity of the cuisine in the region, offering to its visitors a great option of cuisine with history. In the historic city center, there are many options of restaurants, serving from typical farm food to Arabian and contemporary food. Settled in old historical mansions, each one of the restaurants has its own charm and they are excellent options for lunch for families or couples. Abujamra, specialist in Arabian food, has been elected one of the best Arabian restaurants in the country; São Paulo Antigo offers typical food from Minas Gerais with a panoramic view of the city; Emprestado serves Brazilian food with recipes from all over the country. Also, take a walk around the historic city center and get to know its preserved buildings.



Roberto Andrade

Historic City Center



Roberto Andrade

Typical House in Historic City Center

Municipality: Santana de Parnaíba **Length:** 1 day

Distance: São Paulo - Santana de Parnaíba: 42 km

→ Soccer & Botecos in the Capital



Jefferson Pancieri courtesy of SP Turis

Estádio Municipal Paulo Machado de Carvalho(Pacaembu Stadium)

The city of São Paulo hosts some of the largest and most traditional soccer clubs in Brazil. It is a good idea to save a day in the capital to visit some of the stadiums of such clubs, as Cícero Pompeu de Toledo Stadium, the so-called Morumbi, and the newly-opened Arena Palestra Itália. Do not miss *Museu do Futebol* [Soccer Museum], a modern museum dedicated to the national sport located at the traditional Pacaembu Stadium. To top off the day, go to some of the city's bars or *botecos* [typical local bars for bohemians], where you can have traditional appetizers and cold beer, with soccer as its key soundtrack. In the region of Faria Lima, go to Pelé Arena Café & Futebol; and near Vila Madalena, pick São Cristóvão.



Jefferson Pancieri courtesy of SP Turis

Happy hour in São Paulo

Municipality: São Paulo **Length:** 1 day

→ Enotourism in São Roque



Miguel Schimanol

Grape harvest

Amongst many types of attractions, São Roque's flagship is Enotourism. On the Wine Road [*Estrada do Vinho*], several local producers open their doors so that tourists can get to know the grape and wine production processes, and yet taste and buy the different products they offer.

Take the chance to get to know great restaurants in the region, which serve delicious pasta and artichoke-based dishes. To bring some more thrill to the tour, visit Ski Mountain Park, which offers several adventure activities in a theme park for all ages.



APRECESP file

Cultural Center



APRECESP file

Local Shops

Municipality: São Roque **Length:** 1 day

Distance: São Paulo - São Roque: 62 km

→ Coffee and Cachaça in the Countryside of São Paulo



Rubens Chiri

Historical coffee farms - Amparo



Miguel Schincairol

Salmo XXIII Farm - Monte Alegre do Sul

Members of the Water Circuit in the State of São Paulo, Amparo and Monte Alegre do Sul stand out not only for their thermal water, but also for their historical coffee farms and alembics, which produce artisan *cachaça*. In Amparo, historical coffee farms still produce the delicacy and open their gates to visitors, offering visits to the production and tasty homemade meals. In Adega Benedetti, it is possible to taste "Flor da Montanha" artisan *cachaça*, produced in the region since the 1930s.

In Monte Alegre do Sul, the alembics are the key highlight: there are more than 50 alembics spread all around the town. The owners usually guide tours and introduce not only production process of the beverage, but also the countless local stories and curiosities. A great destination for those who are looking for countryside environment, farm food and Brazilian typical beverage tasting: *cachaça*.

Municipalities: Amparo and Monte Alegre do Sul **Length:** 2 days

Distances: São Paulo - Amparo: 132 km; Amparo - Monte Alegre do Sul: 13 km

→ Gastronomy in the Mountain Ranges



Jose Ricardo Rovida

Baden Baden Brewery- Campos do Jordão

In Serra da Mantiqueira [mountains], Campos do Jordão and Santo Antônio do Pinhal attract tourists looking for gastronomy, refinement, culture and fun. The region receives thousands of tourists, mainly during the winter, when the weather is even colder. Fancy restaurants, trendy bars, breweries and chocolate shops, along with European architecture, make this itinerary a wonderful destination. Campos do Jordão offers the largest number of reputable restaurants in the countryside of São Paulo, with diverse cuisine, which makes the city the right destination for people looking for haute cuisine.

Do not miss the chance to try the famous jams from Geleia dos Monges and Baronesa Von Leithner and enjoy the cold weather with delicious fondues, the specialty of several restaurants in town. For beer lovers, the city hosts the headquarters of Baden Baden factory, a recognized brewery in the domestic market. And in Santo Antônio do Pinhal, the highlight is Antoniusbier brewery, which produces the Rauchbier type of beer in a craft way. On the way to the region, take the chance to try the famous bread from Leite na Pista.



Juliana Cintra

Vila Capivari - Campos do Jordão

Municipalities: Campos do Jordão and Sto. Antônio do Pinhal **Length:** 2 days
Distances: S. Paulo - Campos do Jordão: 183 km; Campos do Jordão - Sto. Antônio do Pinhal: 21 km

→ Gastronomy and Festa do Peão in the Countryside



Leandro Barbosa

Tilapia filet with shrimp couscous and cachaça sauce - Piracicaba

In the countryside of São Paulo, Piracicaba is famous for its craft beer and *cachaça* production. A must-see tour is to get to know Dama Bier factory, traditional brewery from Piracicaba that has reached national reputation. Visit the local *cachaçarias* [*cachaça* bars] which produce the beverage in a craft way. Together with the two types of beverages, try the famous grilled fish at Rua do Porto and the traditional *pamonha* [paste made from fresh corn and milk, wrapped in corn husks] from Piracicaba, famous in the whole State. In the neighbor city of Americana, just 38 km away from Piracicaba, do not miss enjoying *Festa do Peão de Boiadeiro de Americana* [cowboy's peasant party in Americana], one of the largest in the State of São Paulo.



Dama Bier realce

Dama Bier Factory - Piracicaba



Adilson - Foto Petrólio

Festa do Peão - Americana

Municipalities: Piracicaba and Americana **Length:** 2 days

Distances: São Paulo - Piracicaba: 157 km; Piracicaba – Americana: 38 km

→ Breweries in the Countryside of São Paulo



Photo courtesy of Choperia Pinguim

Traditional Choperia Pinguim

The countryside of São Paulo has been standing out in the breweries and microbreweries market that produce the delicacy in an artisan way. For beer lovers and curious people, visiting beer production factories and tasting uncountable different types is a great option for a tour. In Ribeirão Preto, the breweries Colorado and Invicta are a mandatory stop, as well as two of the most recognized craft breweries in the country. Also, do not miss the chance to taste some nice and cold draft beer at the traditional bar called Pinguim.



Thiago Morgan

Municipal Park

Municipality: Ribeirão Preto **Length:** 2 days

Distance: São Paulo - Ribeirão Preto: 316 km

→ Gastronomy in the Northern Coast



Reginaldo Pupo

Seafood platter - Ilhabela

Not only natural beauties and beaches attract tourists to Ilhabela and São Sebastião. Delicious fish and seafood recipes, in addition to several international cuisine options, make these beach towns the perfect destination for those who love good food. Haute cuisine is present in both cities. In Ilhabela, Marakuthai Restaurant, with its contemporary cuisine, is one of the most sought.

Tróia offers varied food in great style in the venue with the sea view. At Viana Restaurant, with its almost 50 years, *casquinha de camarão* [stuffed shrimp shell] is the most ordered dish, and at Itapemas, fish is the key ingredient of carefully elaborated meals. In São Sebastião, the highlight is Manacá. Considered the best restaurant in São Paulo's coast, it



Luciano Vieira

Waterfront Restaurants - São Sebastião



Stuffed shrimp shell - São Sebastião

serves fish and seafood dishes with local delicacies signed by a renowned chef. Do not forget to try the traditional dish of the cuisine of such coastal area, *Azul-marinho* [a fish-based delicacy called navy blue due to the color of its broth], which uses local fish cooked with unripe banana, responsible for the bluish color of the dish. Additionally, enjoy some of the most beautiful beaches in the coast of the State in such cities, with crystal-clear water and extraordinary landscapes.



São Francisco - São Sebastião



Local Restaurant

Municipalities: Ilhabela and São Sebastião **Length:** 3 days

Distances: São Paulo - São Sebastião: 192 km; São Sebastião - Ilhabela: 15 km



Léo Pinheiro

City of São Paulo



→ Águas de Lindóia



City Gateway

DDD -19

Website - www.aguasdellindóia.sp.gov.br

Population - 17,266 inhabitants



Águas de Lindóia is known for its hot springs. The founder of the first hotel in the city, called *Thermas de Lindoya*, an Italian doctor known as Dr. Tozzi, discovered the healing power of the waters from Lindóia. The town eventually became a touristic destination where visitors come for health and leisure.

→ Itineraries

Leisure & Culture: Waters and Farms in the Countryside of São Paulo - 3 days (page 92)

What to do?

The town is internationally known for its radioactive medicinal waters used for alternative health treatment and aesthetics procedures. The City Bathhouse [*Balneário Municipal*] stands out in town, with several pools with water slides and options of thermal baths and hydro-mineral treatments. For adventurers, there are off-roading tours that lead to *Morro Pelado* [a hilltop] passing through farms and waterfalls. Once at the top, a breathtaking view of the region is found.

Do not miss

City Bathhouse

[*Balneário Municipal*]

Worth the visit

Morro Pelado

What to do

Thermal baths,
off-roading tours and
waterfalls

→ How to get there?

Main access roads: *Fernão Dias (BR-010), Dom Pedro I (SP-065), Anhanguera (SP-330), Bandeirantes (SP-348)*

Bus Station: Francisco Spartani, 66, Phone (19) 3824-1063

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (126 km)

→ Where to stay?

Vacance (Hotel) - Av. das Nações Unidas, 1374 (Moreiras), Phone (19) 3824-1191

Villa Di Mantova (Resort) - Humberto Avancini, 133 (Jd. Nova Lindoia),
Phone (19) 3824-6033

Fazenda Recanto Paraíso (Hotel) - Road to Monte Sião, km 3.5 (Francos),
Phone (19) 3824-1495

Grande Hotel Panorama (Hotel) - Independência, 143, Phone (19) 3824-1264

Fazenda M1 (Hotel) - José Maria de Souza, 600 (access through km 3 of the road to Monte Sião) (Francos), Phone (19) 7809-7862, (19) 3824-2011

Casablanca (Hotel) - Av. das Nações Unidas, 181, Phone (19) 3824-2001

→ Where to eat?

Chic Chop III - Rio de Janeiro, 403, Phone (19) 3824-5120



APRECEP file

Adhemar de Barros Square

Touristic Information

Adhemar de Barros Square; Phone (19) 3924-3900

→ Americana



Adilson - Foto Perigo

Rodeo at Festa do Peão de Boiadeiro

DDD -19

Website - www.americana.sp.gov.br

Population -210,638 inhabitants

With developed textile industry, tourists come to Americana looking for shopping options in its factory outlets. Festa do Peão de Boiadeiro [Cowboy's Peasant Party] is also another highlight in the city.

→ Itineraries

Gastronomic: Gastronomy and Festa do Peão in the Countryside - 2 days (page 106)

What to do?

The real highlight in the city is *Festa do Peão de Boiadeiro* [Cowboy's Peasant Party] in Americana which takes place every June. It is a nine-day party, with concerts by current popular artists, in addition to the rodeo and pilgrimages. While in Americana, take some time to shop at Via Direta Mall and its factory outlets for women, men and children.

Do not miss

Shopping at Via
Direta Mall

Worth the visit

Festa do Peão de Boiadeiro
[Cowboy's Peasant Party] in
Americana

What to do

Shopping, shows
and rodeo



Pray to start the party

→ How to get there?

Main access roads: Anhanguera Highway (SP 330) and Luiz de Queiroz Highway (SP 304)

Bus Station: Rua Orlando Dei Santi, s/n - Campo Limpo, Phone: (19) 3468-2077

Airport: Viracopos International Airport, Rodovia Santos Dumont, Km 66 - Campinas, Phone: (19) 3725-5000

→ Where to stay?

Americana (Hotel) - Av. Cillos, 1769 (Jd. São Pedro), Phone (19) 3408-3504

Áustria Flat Service (Flat) - Luiz Nardo, 236 (Boa Vista), Phone (19) 3478-1303

Florença Palace (Hotel) - Av. Cillos, 820 (Jd. S. Paulo), (19) 3461-6393

Nacional Americana (Hotel) - Washington Luís, 399, Phone (19) 3461-8210

Pluma Hotel Cidade (Hotel) - D. Pedro II, 1835 (Nova Americana), Phone (19) 3461-7838



Country music concert

Touristic Information

Rua das Palmeiras, nº 8 – Jardim São Paulo, Phone: (19) 3408-8010

→ Amparo



APRECSPTile

Historical building - Currently hosts *Beneficência Portuguesa de Amparo Hospital*

DDD -19

Website - www.amparo.sp.gov.br

Population - 65,829 inhabitants

Amparo is known as the historic city of the Water Circuit in the State of São Paulo. It was considered a city just in 1865, when a period of great growth in the coffee industry of that region started, making the city stand out in the State scenario.

→ Itineraries

Gastronomic: Coffee and Cachaça in the Countryside of São Paulo - 2 days (page 104)

Leisure & Culture: Waters and Farms in the Countryside of São Paulo - 3 days (page 92)

What to do?

In Amparo, visitors can see the coffee heyday in still preserved farmsteads in the City Center and on historical coffee farms in the rural area, which still produce the delicacy. In the itinerary on foot around the City Center, there is Nossa Senhora do Amparo Cathedral, Rosary Church [*Igreja do Rosário*], Casa de Câmara e Cadeia [a town hall] and Municipal Market [Mercado Municipal]. At Morro do Cristo [a hilltop] it is possible to have a fascinating panoramic view of the region. As it happens all over the region, the city stands out for its mineral springs such as Rita de Cássia and Nossa Senhora do Amparo Springs.

→ To enjoy Amparo

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Tour on foot around the City Center	Morro do Cristo	Tour around the Historic City Center, overlook, visit to coffee farms

→ To eat and drink in Amparo

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Adega Benedetti, with its "Flor da Montanha" cachaça	Historical coffee farms	Visit to coffee farms, artisan cachaça production, tour around the Historic City Center

→ How to get there?

Main access roads: Anhanguera (SP-330), Gov. Dr. Adhemar Pereira de Barros (SP-340), Eng. Constâncio Cintra (SP-360)

Bus Station: Av. Raul C. Fagundes, Phone (19) 3807-3164

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (86.5 km)

→ Where to stay?

Lake Villas Charm (Charming Hotel) - Mun. Antenor Cezar Road, km 10, access through km 117 da SP-360 (Areia Branca), Phone (19) 3839-2017

Sant'Anna (Hotel) - access through Virgílio de Araújo Square (Córrego Vermelho), Phone (19) 3808-7500

Resort Canto da Floresta (Hotel) - Access through the road to Monte Alegre do Sul (Forquilha), Phone (19) 3899-1296

Bougainville (Hotel) - Access through SP-095 to Pedreira, km 45 (Martírio), Phone (19) 3807-3043

→ Where to eat?

Bar Clube - Prudente de Moraes, 114 (City Center), Phone (19) 3808-3478

Touristic Information

Pádua Salles Square 160 (City Center); Phone (19) 3808-6131

→ Aparecida



Aparecida National Sanctuary

DDD -12

Website - www.aparecida.sp.gov.br

Population - 35,007 inhabitants

The municipality of Aparecida is nationally famous for being home to Basilica of the National Shrine of Our Lady Aparecida [*Basilica Nossa Senhora Aparecida*]. Three fishermen found the image of the dark-skinned saint at Paraíba do Sul River. Today, the saint is considered the patroness of Brazil, and the city welcomes countless pilgrims motivated by faith over the whole year.

→ Itineraries

Leisure & Culture: Religious Tour in Aparecida - 1 day (page 84)

What to do?

Basilica of the National Shrine of Our Lady Aparecida itself is the main attraction of the city. Inside it, an image of the saint is displayed, in addition to other areas to be visited: museum, overlook, promise room and candle room. Next to the Basilica, there is a food court and shops that sell religious items and others. At the high part of the city, the first church built for the saint, the Old Basilica of the National Shrine of Our Lady Aparecida, in Baroque style, receives countless visitors as well.

Do not miss

Visit to Old Basilica of the National Shrine of Our Lady Aparecida

Worth the visit

Tours around the Basilica's venues

What to do

Visit to historic buildings, religious sites



Seminário Bom Jesus

→ How to get there?

Main access roads: Presidente Dutra (BR-116)

Bus Station: Francisco Antônio Julianelli Square, 10 - City Center, Phone (12) 3105-2285

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (81.6 km); São Paulo International

Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (167 km)

→ Where to stay?

Estância Porto dos Milagres (Hotel) - Av. Itaguaçu, 9 (São Geraldo),
Phone (12) 3105-5644

Cathedral (Hotel) - Av. Getúlio Vargas, 901 (Santa Rita), Phone (12) 3105-1051

Marge (Hotel) - Monte Carmelo, 21 (City Center), Phone (12) 3105-5335



São Benedito Church



Image of Our Lady of Aparecida

Touristic Information

Santuário Nacional de Aparecida; Prof. José Borges Ribeiro, 167 (City Center);
Phone (12) 3105-1806

→ Atibaia



Our Lady of the Rosary Church

DDD -11

Website - www.atibaianovo.com.br

Population - 126,603 inhabitants



The municipality of Atibaia is known as the city of strawberries and is part of the Fruit Circuit in the State of São Paulo. Its foundation is related to the *Bandeirantes* expeditions, since it was a resting and supplying spot for them, because of the abundance of waters and mountains in the region.

→ Itineraries

Adventure & Nature: Flights at Pedra Grande - 1 day (page 52)

What to do?

The main attraction in the city is Pedra Grande State Natural Monument, in Serra de Itapetinga. Besides its beautiful landscapes, Pedra Grande offers adventure sports, especially hand gliding and paragliding. However, it is also possible to go trekking, mountain biking, rappelling, climbing, motorcycling and to treetop cable swings. Casual spectators can go up to the hilltop and admire hang gliding and the remarkable panoramic view of the entire region. For families, Edmundo Zaroni Municipal Park is a wide green area with several leisure options and Parque das Águas Touristic Complex with Major Lake and the cable car that connects the park to the city center are good options. It is worth stretching the tour to go to the neighbor city Bragança Paulista and try the famous homemade sausage.

Do not miss

Pedra Grande State
Natural Monument

Worth the visit

Tour at Fazenda Paraíso,
which has a copper
alembic from 1910

What to do

Hang gliding, adventure
sports; tours around
farms

How to get there?

Main access roads: Fernão Dias (BR-381), Dom Pedro I (SP-065)

Bus Station: Pedro de Toledo Square, s/n - City Center, Phone (11) 4418-4766

Airport: São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (70.4 km); Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (82,5 km)

Where to stay?

Bourbon Atibaia Spa Resort (Spa Resort) - Fernão Dias Highway (BR-381) to SP, km 37.5 (Boa Vista), Phone (11) 4414-4700

Tauá (Hotel) - D. Pedro I Highway, km 86 (Campinas-Atibaia lane) (Usina), Phone (11) 4416-5000

Atibaia Residence (Hotel) - Av. Prof. Lucas Nogueira Garcez, 4746 (Jd. Itapetinga), Phone (11) 2119-2900

Village Eldorado Atibaia Eco (Resort) - D. Pedro I Highway to Campinas, Phone (11) 4414-8000

Pousada 4 Luas (Inn) - access through km 52 of Fernão Dias Highway to SP (Lagoa), Phone (11) 4415-1187

Bartholo Plaza (Hotel) - Av. Horácio Neto, 925 (Jd. Samambaia), Phone (11) 4411-1278

Gran Roca (Hotel) - Av. Eng.º Walter Engrácia de Oliveira, 229 (Estância Lynce), Phone (11) 4414-7777

Pousada Tocotel (Inn) - Cap. Adolfo Alves, 51 (V. Junqueira), Phone (11) 4412-0992

Where to eat?

Comadre - Av. Prof. Lucas Nogueira Garcez, 3372 (Jd. Paulista), Phone (11) 4411-2790

Furusato - Ênio de Abreu Camargo, 101 (City Center), Phone (11) 4411-0505

A Tentadora - Av. Prof. Lucas Nogueira Garcez, 3190, Phone (11) 4411-7245

Ao Valentim - Claudino Alves Square, 88 (City Center), Phone (11) 4413-0587

Touristic Information

Clóvis Soares, corner with Av. Carvalho Pinto; Al. Prof. Lucas Nogueira Garcez, 1430 (Estância Lynce); Phone (11) 4412-0671

→ Bertioga



Patrícia Martins

Itaipuaré River Banks

DDD -13

Website - www.bertioga.sp.gov.br

Population - 47,645 inhabitants

Bertioga was part of the bounds of the municipality of Santos until 1991, when it reached independence and became a city. Area of dispute between two indigenous ethnicities, in the 16th century, during the Portuguese colonization, São João da Bertioga Fort was built to protect against Tupinambá Indian attacks. Considered the oldest Portuguese fort in Brazil, it was registered as a historic site by IPHAN [Body of the Ministry of Culture] in 1940.

→ Itineraries

Sun & Beach: Family-Friendly Beaches - 2 days (page 46)

What to do?

With a long shoreline, it offers beaches with diverse levels of urbanization. Close to the city center, Enseada Beach is the longest, ideal for relaxing and leisure moments for the whole family. Another highlight is in Riviera de São Lourenço, an upscale gated community with good structure of restaurants and services aimed at people with higher purchasing power. There are also other options in the beach town such as trails, sport fishing and exploring indigenous areas.

Do not miss

Restaurants and Riviera de São Lourenço waterfront. Visit to Rio Silveira indigenous village

Worth the visit

Itatinga Hydropower Plant, one of the oldest hydroelectric power plants in the country

What to do

Beach, fishing, night-time fun

How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055)

Bus Station: Av. Anchieta, 100 - Riviera, Phone (13) 3317-4375

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (111 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (108 km)

Ferry: Bertioga-Guarujá Ferry, Av. Vicente de Carvalho, s/n - Bertioga, Phone (13) 3305-1153

Where to stay?

Cia do Mar (Hotel) - Av. Tomé de Sousa, 2267 (Enseada), Phone (13) 3317-2069

27 Praia (Hotel) - Av. Tomé de Sousa, 829 (Enseada), Phone (13) 3317-1109

Sea Flower (Hotel) - Rua 3, 85 (Maitinga), Phone (13) 3317-2460

Bella Casa Flat Service (Flat) - Av. Anchieta, 3181 (V. Agaó), Phone (13) 3317-5111

Porto Kanoas Apart (Flat) - Av. do Telégrafo, 652 (Indaiá), Phone (13) 3313-1239

Pousada Lua Nua (Inn) - SP-055 to São Sebastião, km 203.5 (Guaratuba), Phone (13) 3312-7328

Pousada Mirante da Enseada (Inn) - Av. Tomé de Sousa, 1899 (Enseada), Phone (13) 3317-7755

Where to eat?

Acqua Azul - Av. Vicente de Carvalho, 102 (City Center), Phone (13) 3317-1272

Dalmo Bárbaro - SP-055 to Guarujá, km 233, Phone (13) 3268-1364

Keiko Sushi Bar - SP-055 to Guarujá, km 229.5, Phone (13) 9713-0114

Pastel do Trevo - Trevo de Bertioga, km 223, Phone (13) 3317-2263

Touristic Information

Luiz Pereira de Campo, 901 (City Center); Riviera de São Lourenço; Phone (13) 3317-4889

→ Boituva



Parachuting

DDD -15

Website - www.boituva.sp.gov.br

Website - 48,314 inhabitants

Skydiving is the touristic flagship in the municipality of Boituva. The strong image of the city as a touristic destination to practice such sport yielded the nickname of the “capital of parachuting”. Another real highlight in the city is hot air ballooning, more and more popular and with regular departures from there.

→ Itineraries

Adventure & Nature: Parachute and Hot Air Balloons in Boituva - 1 day (page 53)

What to do?

The National Skydiving Center (CNP), international reference in the practice of that sport, has its headquarters in Boituva. CNP is home to the largest area to practice parachuting in Latin America, with about 15 schools that provide jumps for beginners and experienced skydivers. Hot air ballooning is another practice that is gaining a number of fans. The tours – which last about one hour – are done before the beginning of the jumps, landing exactly at CNP.

Do not miss

Parachuting at CNP

Worth the visit

Hot air ballooning,
with 1-hour length

What to do

Parachuting and hot
air ballooning

→ How to get there?

Main access roads: Castello Branco (SP-280)

Bus Station: Expedicionário Boituvença, s/n, Phone (15) 3263-2410

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (82.2 km)

→ Where to stay?

Rafeli (Hotel) - Maria de Lourdes Amadei, 120 (City Center), Phone (15) 3263-1748

→ Where to eat?

Sushi Ya - Av. Mário Pedro Vercellino, 173 (City Center), Phone (15) 3263-4898



Boituva City Hall file

Hot Air Ballooning

Touristic Information

Av. Tancredo Neves, 1 (City Center); Phone (15) 3363-8800

→ Brotas



Rubens Chir

Canoeing on Jacaré River

DDD -14

Website - www.brotas.sp.gov.br

Population - 21,580 inhabitants

The municipality of Brotas followed São Paulo's Coffee Cycle both in its heyday and in its decline. Today, its economy is based on sugar cane cultivation and ecotourism.

Considered a starting point for adventure tourism and ecotourism, countless visitors come to Brotas to practice adventure sports, especially rafting, acquaride, canoeing and canyoning.

→ Itineraries

Adventure & Nature: Adventure in Water and Air in Brotas and São Pedro- 3 days (page 61)

What to do?

The large amount of waterfalls, mainly in Patrimônio neighborhood, makes Brotas the perfect place to practice adventure sports. Waterfalls are located in private properties, whose access is paid, but they offer a great deal of infrastructure to welcome visitors, besides family-friendly options. Rafting stands out among the most sought activities: inflatable rafts navigate about 9 km down Jacaré Pepira River with different levels of difficulty. There are other activities as well, such as zip-lining, rappelling, canyoning, hang-gliding, treetop cable swings and acquaride.

Do not miss

Rafting down the Jacaré Pepira River

Worth the visit

Trail to Saltão
Waterfall

What to do

Trails, waterfalls, adventure sports and hang gliding

How to get there?

Main access roads: Eng. Paulo Nilo Romano (SP-225), Washington Luís (SP-310)

Bus Station: Av. Dante Martinelli, 500, Phone (14) 3653-1538

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (166 km); Dr. Leite Lopes State Airport (SBRP) - Av. Thomas Alberto Watelli, s/n - Ribeirão Preto, Phone (16) 3626-3440 (173 km)

Where to stay?

Recanto Alvorada Eco Resort (Resort) - SP-197 to Torrinha, km 13 (Mun. of Torrinha), Phone (14) 3656-5082

Fazenda Hotel Areia que Canta (Hotel) - Access through km 124.5 of SP-225 to Itirapina, 10 km (3 km of dirt road), Phone (14) 3653-1382

Brotas Eco Resort (Resort) - Dr. Emílio Dalla Déa Filho, gate 3 (roundabout of Brotas), Phone (14) 3653-9999, reservations (11) 3035-1900

Mosteiro (Hotel) - Brotas-Patrimônio Road, km 10.5 (Roseira), 14 km, Phone (14) 3653-1064, reservations (11) 2626-2483

Pousada Frangipani (Inn) - Road to Patrimônio, km 8, 12 km, Phone (14) 3653-4851

Pousada Alvorada (Inn) - Av. Mário Pinotti, 1181 (City Center), Phone (14) 3653-1027

Broto D'Água (Inn) - Av. Lourival Jaubert da Silva Braga, 1466 (Marginal), Phone (14) 3653-5003

Estalagem Quinta das Cachoeiras (Inn) - João Rebecca, 225 (Parque dos Saltos), Phone (14) 3653-1854

Where to eat?

Choperia Cine São José - Av. Rodolpho Guimarães, 635 (City Center), Phone (14) 3653-4385

Malagueta - Av. Mário Pinotti, 243 (City Center), Phone (14) 3653-5491

Fazenda Areia que Canta (Hotel) - Access through km 124.5 of SP-225 to Itirapina, 10 km (3 km of dirt road), Phone (14) 3653-1382

Jacaúna (Inn) - Av. Pedro Saturnino de Oliveira (Lagoa Dourada), 2 km, Phone (14) 3653-8061

Touristic Information

Modesto Alfredo Surian, 5
Phone (14) 3653-5282

→ Campinas



Campinas City Hall release

Estação Cultural

DDD -19

Website - www.campinas.sp.gov.br

Population - 1,080,113 inhabitants



Campinas is one of the most important cities in the countryside of São Paulo. With about 1 million inhabitants, the city is an industrial park of services that has increasingly become a technology hub recently.

Business tourism is the main strength in Campinas; it plays an important economic role in the national scenario. Yet, in Sousas district, visitors can enjoy a more bucolic Campinas with a great range of gastronomic options.

→ Itineraries

Leisure & Culture: Fun in Campinas and Jaguariúna - 2 days (page 74)

What to do?

Campinas stands out nationally as an important technology hub, in addition to its economic importance for the State. Consolidated destination for business and events, it offers a wide hotel infrastructure and shows off its gastronomic reputation in the region. Campinas is very close to São Paulo and this is the reason why it is a very popular destination among people from the capital. Sousas district gathers a gastronomic hub of pure nightlife fun with bars, restaurants and nightclubs. The Steam Locomotive tour takes visitors to the neighbor city of Jaguariúna on weekends. At Tozan Farm there are itineraries showing the coffee history in the region, as well as the aspects of its production in the fields.

Do not miss

Restaurants and bars
in Sousas district

Worth the visit

Tour at Tozan Farm

What to do

Restaurants and bars,
train tours and tours
around historical farms

How to get there?

Main access roads: Dom Pedro I (SP-065), Santos Dumont (SP-075), Anhanguera (SP-330), Bandeirantes (SP-348)

Bus Station: Dr. Pereira Lima, s/n - Vila Industrial, Phone (19) 3731-2930

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (19 km)

Where to stay?

Royal Palm Resort (Resort) - Av. Royal Palm Plaza, 277 (Jd. Nova Califórnia) (roundabout of Via Anhanguera to S. Paulo), 5 km, Phone (19) 2117-8000, reservations 0800-727-6925

Euro Suit (Hotel) - Regente Feijó, 595 (City Center), Phone (19) 3232-3036

Mercure (Hotel) - Av. Aquidabã, 400 (City Center), Phone (19) 3733-7700, reservations 0800-703-7000

Comfort Suites Campinas (Hotel) - Embiruçu, 300 (Alphaville) (access through km 116 of Adhemar de Barros road to Mogi-Mirim), 11 km, Phone (19) 2137-9000, reservations 0800-55-5855

Ibis (Hotel) - Av. Aquidabã, 440 (City Center), Phone (19) 3731-2300, reservations 0800-703-7000

Leon Park (Hotel) - Av. Francisco Glicério, 641 (City Center), Phone (19) 2101-8777

Opala Avenida (Hotel) - Av. Dr. Campos Salles, 161 (City Center), Phone (19) 3731-4115

Pousada Vill'Atybaia (Inn) - 13 de Maio, 631 (distr. of Sousas), 11 km, Phone (19) 3258-4918

Where to eat?

68 La Pizzeria - Cel. Quirino, 999 (Cambuí), Phone (19) 3326-5934

Baracat - Cel. Francisco de Andrade Coutinho, 177 (Cambuí), Phone (19) 3295-7575

Astor - Dr. Emílio Ribas, 470 (Cambuí), Phone (19) 3254-0704

Bar do Alemão - Av. Benjamim Constant, 1969 (Cambuí), Phone (19) 3254-5544

City Bar - Av. Júlio de Mesquita, 450 (Cambuí), Phone (19) 3252-5296

Touristic Information

Dr. Cássio Menezes Raposo do Amaral Square; Phone (19) 2116-0724

→ Campos do Jordão



Palácio Boa Vista

DDD -12

Website - www.camposdojordao.sp.gov.br

Population - 47,789 inhabitants

Campos do Jordão is known as the “Brazilian Switzerland.” Located in Serra da Mantiqueira, it is one of the most sought winter destination for its architecture – based on European style – and its cold weather. Features green open areas and fancy lodging and gastronomy.

→ Itineraries

Adventure & Nature: Adventure in Campos do Jordão - 2 days (page 57)

Gastronomic: Gastronomy in the Mountain Ranges - 2 days (page 105)

Leisure & Culture: Refinement and Music in Serra da Mantiqueira - 2 days (page 87)

What to do?

With high altitudes, Campos do Jordão is the most sought destination in the winter of the State of São Paulo. Among cultural attractions, Palácio Boa Vista [official winter residence of São Paulo’s governor] stands out with a very interesting cultural artistic collection, besides decor objects and furniture. And a mansion from 1928 is home to Xylography Museum [*Museu Casa da Xilogravura*], exhibiting a significant printmaking collection of great artists. However, it is in the upscale touristic service offer that remains

the key attraction of the city, attracting thousands of visitors to its restaurants and exciting nightlife, mostly in Vila Capivari. It has the largest number of renowned restaurants in the countryside of São Paulo, with several cuisines and trendy bars making the city the right destination for those looking for top-notch gastronomy.

Pedra do Baú – postcard in the region located in the neighbor city São Bento do Sapucaí - is at 1,950 meters high. Several itineraries include climbing, rappelling or hiking which lead to wonderful landscapes in the region. At Horto Florestal, five trails are open for visitors; the longest one has a 4.6-km course and can be done either on foot or by bike. Local agencies organize adventure activities in the midst of the woods, with highlight to zip-lining, trekking, climbing, horseback riding and treetop cable swings. The following are part of the Trail Program in São Paulo: Waterfall Trail [*Trilha da Cachoeira*], a 2-hour long course of low difficulty. Up at the Elephant Hill [*Morro do Elefante*] there is a more gentle option through its cable car tours to have an incredible view of the city.

➔ **To enjoy Campos do Jordão**

Do not miss	Worth the visit	What to do
Campos do Jordão International Winter Festival	Baden Baden Brewery	Museums, cultural centers, restaurants, bars and breweries

➔ **To adventure in Campos do Jordão**

Do not miss	Worth the visit	What to do
Trails in Campos do Jordão State Park and trails to Pedra do Baú	Waterfall Trail at Horto Florestal, which can be done on foot or by bike	Trails, trekking, zip-lining, horseback riding, climbing, treetop cable swings, historic-cultural tours

➔ **To eat and drink in Campos do Jordão**

Do not miss	Worth the visit	What to do
Tour around Baden Baden Brewery Factory	Homemade chocolate and jam shops	Fancy restaurants, bars, breweries, chocolate shops; museums and exhibition galleries; trails and adventure sports



Juliana Cintra

View of Serra da Mantiqueira

→ How to get there?

Main access roads: Presidente Dutra (BR-116), Ayrton Senna / Carvalho Pinto (SP-070)

Bus Station: Benedito Lourenço, 285 - Vila Jaguaribe, Phone (12) 3662-1995

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (83.8 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (169 km)

Train Station: Campos do Jordão Railroad, Av. Emilio Ribas, s/n, Phone (12) 3663-1531

→ Where to stay?

Blue Mountain (Hotel) - Dr. José Mestres, 2145 (Jd. do Embaixador),
Phone (12) 3663-3988, (12) 3669-5200, reservations 0800-776-7000

Grande Hotel Campos do Jordão (Hotel) - Av. Frei Orestes Girardi, 3549 (V. Capivari), 2 km,
Phone (12) 3668-6000, reservations 0800-770-0790

Chateau La Villette (Hotel) - Cantídio Pereira de Castro, 100 (V. Everest), 3 km,
Phone (12) 3663-1278, (12) 3663-1444

Toriba (Hotel) - Av. Ernesto Diederichsen, 2962 (Toriba), 8.5 km,
Phone (12) 3668-5000, reservations 0800-17-8179

Home Green Home (Hotel) - Adolfo Torresin, 800 (Alto do Capivari), 4.5 km,
Phone (12) 3669-0300, reservations 0800-17-0127

Chateau (Hotel) - Av. Macedo Soares, 713 (V. Capivari), Phone (12) 3663-1911

Estoril I e II (Hotel) - Av. Macedo Soares, 241 (V. Capivari), Phone (12) 3669-9000

Europa (Hotel) - Av. Macedo Soares, 361 (V. Capivari), Phone (12) 3663-1511

Appenzell Pousada (Inn) - Dep. Plínio de Godoy, 272 (V. Capivari), Phone (12) 3663-1526

Canada Lodge (Charming Inn) - Dep. Plínio de Godoy, 403 (V. Capivari),

Phone (12) 3663-6640

Casa Gialla Pousada (Inn) - Av. Emílio Ribas, 1016 (V. Capivari), Phone (12) 3663-2244

Castelo Hanisch Pousada (Inn) - Av. Sen. Roberto Simonsen, 1881 (V. Capivari), 2 km,

Phone (12) 3663-1242

Center Suíço (Flat) - Av. Macedo Soares, 457 (Shopping Center Suíço) (V. Capivari),

Phone (12) 3663-3133, reservations (11) 3227-3900

→ Where to eat?

Araucária (Grande Hotel Campos do Jordão) - Av. Frei Orestes Girardi, 3549

(V. Capivari), 2 km, Phone (12) 3668-6000

Charpentier (Hotel Frontenac) - Av. Dr. Paulo Ribas, 295 (V. Capivari),

Phone (12) 3669-1000

Baronesa Von Leithner - Av. Alto da Boa Vista, 3025 (Alto da Boa Vista), 10 km,

Phone (12) 3662-1121

Casa Baronesa - Vitor Godinho, 231 (V. Capivari), Phone (12) 3663-1944

Arte da Pizza (Grande Hotel Campos do Jordão) - Av. Frei Orestes Girardi, 3549

(V. Capivari), 2 km, Phone (12) 3668-6000

Baden Baden - Djalma Forjaz, 93 (Boulevard Geneve) (V. Capivari), Phone (12) 3663-3659

Cantinho da Serra - Djalma Forjaz, 233 (V. Capivari), Phone (12) 3663-4532

Empório dos Mellos - Elídio Gonçalves da Silva (B. dos Mellos)

(access through km 168 of SP-050), 18 km, Phone (12) 9748-3366



José Ricardo Frowida

Government Palace



Miguel Schincariol

Steam Locomotive tour

Touristic Information

City gate; Av. Dr. Emílio Ribas (Capivari)

Phone (12) 3663-1098

→ Cananéia



Arquivo APRECSY

View of Porto Street

DDD -13

Website - www.cananeia.sp.gov.br

Population - 12,226 inhabitants

Cananéia is one of the oldest municipalities in the country, founded in 1531. Its urban center has been historically recognized as cultural heritage and the city has several conservation units relevant to the local biodiversity. Today, its economy is based on tourism and fishing.

→ Itineraries

Adventure & Nature: Waterfalls and Dolphins in Vale do Ribeira - 3 days (page 62)

Leisure & Culture: Historical Iguape and Cananéia - 3 days (page 92)

What to do?

The architectural set of Cananéia still preserves the colonial style. With still preserved houses up to today, it is possible to walk around its streets in the city center and see its historic buildings housing restaurants and small handicrafts shops.

Within the limits of Cananéia, the great attraction of the region is Ilha do Cardoso State Park, with semi-desert beaches and still preserved Atlantic Forest areas. Boats depart toward the park from the city center. On the way to the islands, visitors can see some pods of dolphins and several birds. Fishing villages welcome pretty well visitors for 1-day tours at Perequê Part or even for longer stays at Marujá Part. In addition to enjoying the long waterfront, boat rides and trails are available and lead visitors to amazing waterfalls. The following are part of the Trail Program in São Paulo: Poço das Antas Trail, a 3.5-hour course and medium level of difficulty; and Piscinas da Lage Trail, an 8-hour course and high level of difficulty.

For those who want to know better about the local lifestyle, at Quilombo do Mandira, close to the city center, visitors can see the oyster production process and know more about the

history of *quilombola* [slave resident of a *quilombo* in Brazil] communities.

The local cuisine shows its several restaurants all over the waterfronts and throughout the Independência Avenue, with highlight to fish and seafood dishes, besides the traditional oyster from Cananéia. Annually, in June, the city hosts the Sea Festival [*Festa do Mar*], with special meals served at local restaurants, shows and *Fandango* performance, a traditional folkloric dance of that region in the State.

→ To enjoy Cananéia

Do not miss	Worth the visit	What to do
Boat tour to Itacuruçá Beach, at Perequê Part in Ilha do Cardoso State Park	Historic City Center, with several restaurants offering fish and seafood local dishes	Beaches, trails, boat tours and fishing

→ To adventure in Cananéia

Do not miss	Worth the visit	What to do
Trail to Cachoeira Grande, leaving from Marujá and biking to Pontal	Mangrove tour to check out the oyster production in the Quilombola do Mandira community	Trails, mangrove tours, boat and bike tours and beaches

→ How to get there?

Main access roads: Régis Bittencourt (BR-116)

Bus Station: Thales Bernardes, s/n - City Center, Phone (13) 3851-1715

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (260 km)

Ferry: Cananéia-Ilha Comprida Ferry, Martim Afonso Square, s/n - Cananéia, Phone 0800 77 33 711; Continente-Cananéia Ferry, Porto de Cubatão State Road, 1 - Continente, Phone 0800 77 33 711

→ Where to stay?

Costa Azul Club (Hotel) - José Herculano de Oliveira Rosa Road (Bridge Road), km 6 (Náutico Park) (exit to Pariquera-Açu), 8 km, Phone (13) 3851-1489

Golfinho Plaza (Hotel) - Av. Independência, 885 (Rocio), Phone (13) 3851-1655

Marazul (Hotel) - Av. Luís Wilson Barbosa, 408 (Retiro das Caravelas), Phone (13) 3851-1407

Sol a Sol (Hotel) - Av. Luís Wilson Barbosa, 573 (Retiro das Caravelas), Phone (13) 3851-1907

Recanto do Morro (Inn) - Prof. Besnard, 420 (Morro São João), Phone (13) 3851-3370

→ Where to eat?

Bacharel - Av. Independência, 835 (Rocio), Phone (13) 3851-3443

Kurt Kaffee - Av. Beira-Mar, 71 (City Center), Phone (13) 3851-1262

Touristic Information

City gate; Phone (13) 3851-1930

→ Caraguatatuba



Martim de Sá Beach

DDD -12

Website - www.portal.caraguatatuba.sp.gov.br

Population - 100,840 inhabitants

Caraguatatuba is the most populous municipality in the Northern coast of the State of São Paulo and has the major service and shopping offer in the region. With urbanized beaches and good infrastructure, it is the destination chosen by countless people from the capital, especially in summer.

→ Itineraries

Sun & Beach: Beaches and Nature in the Northern Coast - 3 days (page 47)

What to do?

One of the most sought beach destination in the State of São Paulo, Caraguatatuba offers a wide range of touristic services. The beaches in the center, are the most urbanized, there are kiosks, bicycle paths and playgrounds, in addition to an exciting nightlife. To the North, away from the urban center, the beaches are more beautiful and the best options of hotels and restaurants get together in a single place.

Do not miss

Tabatinga Beach, to the North of the municipality

Worth the visit

Jequitibá trail, in Serra do Mar State Park, low difficulty, leads to a well and a small waterfall

What to do

Beaches, hiking, fishing and diving

→ How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055), Tamoios (SP-125)

Bus Station: Av. Brasília, 50 - Indaiá, Phone (12) 3662-5397

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (83.6 km); São Paulo International

Airport: Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (162 km)

→ Where to stay?

Eco Resort Tabatinga (Resort) - SP-055 to Ubatuba, km 84 (Cond. Costa Verde)
(Tabatinga Beach), 17 km, Phone (12) 3884-3331

Areia Branca (Hotel) - Av. Arthur Costa Filho, 615 (City Center Beach), Phone (12) 3883-2550

Pousada Portal da Tabatinga (Inn) - Av. Eurico Gaspar Dutra, 100 (Tabatinga), 18 km,
Phone (12) 3884-6010

Pousada Pé na Areia (Inn) - Tsusuki Yoshimoto, 449 (Praia de Capricórnio), 10 km,
Phone (12) 3884-2670, reservations (11) 7670-2999

Jangada (Flat) - Av. Arthur Costa Filho, 751, Phone (12) 3882-1000

Brisa Flat (Flat) - SP-055 to Ubatuba, km 91,5 (Massaguaçu Beach), 10 km, Phone (12) 3884-1308

→ Where to eat?

Lê Gusto/Tingá (Inn Tabatinga) - SP-055 to Ubatuba, km 84 (Cond. Costa Verde)
(Tabatinga Beach), 17 km, Phone (12) 3884-3331

Mirante da Orla - São Benedito, 415A (City Center), Phone (12) 3884-1131

Ostra & Ouriço - Prudêncio Baeta, 21 (SP-055 to S. Sebastião, km 5)
(Pontal de Santa Marina), 6 km, Phone (12) 3887-1500

Zaufredo - Av. Prestes Maia, 508 (City Center), Phone (12) 3883-5635



APRECSF file

Tabatinga Beach

Touristic Information

Diógenes Ribeiro de Lima Square, 140 (City Center); Phone (12) 3897-7910

→ Cotia



Photo courtesy of Odsal Ling

Odsal Ling Buddhist Temple

DDD -11

Website - www.cotia.sp.gov.br

Population - 201,150 inhabitants



The municipality of Cotia is part of the Metropolitan Region of São Paulo, just a few kilometers away from the capital. A large number of residents came to the city with the development of a high standard neighborhood, Granja Viana.

→ Itineraries

Gastronomic: Refinement in Cotia - 1 day (page 98)

Leisure & Culture: Leisure in Cotia - 1 day (page 75)

What to do?

Upscale restaurants and exciting nightlife attract people from the capital and tourists, especially on weekends. There are two key attractions in the city: Buddhist temples open for visitors and Kartódromo Internacional Granja Viana [a go-kart track]. Zu Lai temple is aimed at Chinese Buddhism. It is considered the largest of its kind in Latin America, and its imposing architecture and gorgeous sculptures attract practitioners and curious people. And the go-kart track offers an over 1-km long circuit and is internationally recognized, bringing local residents and tourists interested in the sport to the scene.

→ To enjoy Cotia

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Zu Lai Buddhist temple	Kartódromo [go-kart track]	Kart racing and visit to religious temple

→ To eat and drink in Cotia

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Granja Viana's restaurants	A Tal da Pizza, awarded pizza place with a branch in Cotia	Try the gastronomic variety the city has to offer

→ How to get there?

Main access roads: Rodoanel Mário Covas (SP-021), Raposo Tavares (SP-270)

Bus Station: Katar Name, 151 - Vila Mont Serrat, Phone (11) 4616-8931

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (33.8 km)

→ Where to eat?

A Quinta do Bacalhau - Caucaia do Alto Road, 1597 (access through km 39 of Raposo Tavares Highway), 9 km, Phone (11) 4616-5481

Canto - Prof^a. Ana Nastari Brunetti, 26 (Granja Viana) (access through km 24 of Raposo Tavares Highway), 13 km, Phone (11) 4702-4183

A Tal da Pizza - Meandro, 430 (Jd. Colibri) (access through km 26 of Raposo Tavares Highway), 11 km, Phone (11) 4702-2783

Basílica - José Félix de Oliveira, 991, lj. 14 (Granja Viana) (access through km 24 of Raposo Tavares Highway), 12 km, Phone (11) 4612-3100

Patagonia Empanadas - Av. São Camilo, 3500 (Granja Viana) (access through km 24 of Raposo Tavares Highway), 12 km, Phone (11) 4169-5941

Touristic Information

Safira, 46;

Phone (11) 4614-7709/4614-7071

→ Cunha



Miguel Schincariol

Desterro Waterfall

DDD -12

Website - www.cunha.sp.gov.br

Population - 21,866 inhabitants

The municipality of Cunha is located in the region of Vale do Paraíba Paulista, on the way to the State of Rio de Janeiro. The town is inserted within the bounds of Serra do Mar State Park and stands out as the largest pine nut producer.

→ Itineraries

Adventure & Nature: Mountain Ranges in Cunha and São José do Barreiro - 3 days (page 63)

What to do?

Cunha has Serra do Mar State Park in its bounds. With great biodiversity of Atlantic Forest, Cunha Part, located in town, has a complete structure to host visitors. There are three trails open to the public of low and medium difficulty called Rio Paraibuna, Rio Bonito and Cachoeiras Trails. Out of the park bounds, there is still an outstanding trail that takes to Pedra da Marcela [Marcela's Stone], with a beautiful view that even reaches Ilha Grande in the State of Rio de Janeiro. The town is also known as the potters' land, housing several ateliers which produce pottery art, besides being the largest pine nut producer in the State. The following are part of the Trail Program in São Paulo: Rio Paraibuna Trail, with 1-hour length and low difficulty; and Cachoeiras Trail, with a 6-hour course and medium difficulty.

Do not miss

Trail in Serra do
Mar State Park

Worth the visit

Visit to the pottery
ateliers and to Wolkenburg
brewery

What to do

Trails, overlooks and
shopping

How to get there?

Main access roads: Presidente Dutra (BR-116), Carvalho Pinto (SP-070), Salvador Pacetti (SP-171)

Bus Station: Al. Lavapés, s/n, Phone (12) 3111-1425

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (135 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (221 km)

Where to stay?

Fazenda São Francisco (Hotel) - SP-171 to Guaratinguetá, km 26.5 (Cedro), 19 km, Phone (12) 3119-6135, reservations (11) 3022-8300

Pousada Barra do Bié (Charming Inn) - Barra Road (access through km 58.8 of SP-171 to Parati), 21 km (6 km of dirt road), Phone (12) 3111-1477

Estalagem Shambala (Inn) - SP-171 to Parati, km 49.2 (Morro Grande), 2 km, Phone (12) 3111-1500

Pousada Moara (Inn) - SP-171 to Parati, km 56.5, Phone (12) 3111-1853

Pousada Quinta da Serra (Inn) - Monjolo Road - km 10, Phone (11) 9575-1338

Where to eat?

Quebra-Cangalho - Manuel Prudente de Toledo, 540 (Cajuru), Phone (12) 3111-2391

Taberna Coração da Terra - Road to Pedra da Macela (access through km 65.5 of the road to Parati) (Mato Limpo), 21 km, Phone (12) 9763-8554

Villa Favorita - SP-171 to Parati, km 65.2 (Mato Limpo), 20 km, Phone (12) 9773-8688

Le Provence - Gerônimo Mariano Leite, 317 (Vila Rica), Phone (12) 3111-1282

Touristic Information

Paulo Virgínio Alleyway, 29 (City Center); Phone (12) 3111-2634

→ Eldorado



Eldorado City Hall file

Devil's Cave [Caverna do Diabo]

DDD -13

Website - www.eldorado.sp.gov.br

Population - 14,641 inhabitants

The municipality of Eldorado ranks 4th in territory in the State with 1,712 km². Its economy is based on banana cultivation, but it really stands out for having in its bounds Devil's Cave [Caverna do Diabo], inserted in Caverna do Diabo State Park.

→ Itineraries

Adventure & Nature: Caves in Vale do Ribeira - 3 days (page 64)

What to do?

In Eldorado, Caverna do Diabo State Park, about 40 km away from the urban center, is the main attraction. Devil's Cave [Caverna do Diabo] has internal lighting structure with bridges and stairs that enable the access of tourists of all ages. In the park, it is also possible to go hiking in trails that give access to amazing waterfalls.

Do not miss

Trail inside Devil's Cave
[Caverna do Diabo]

Worth the visit

Queda de Meu Deus
Waterfall, located on the
access road to the State Park

What to do

Trails,
caves and
waterfalls

→ How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055), Régis Bittencourt (BR-116)

Bus Station: Av. 24 de Dezembro, 650, Phone (13) 3455-1638

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (246 km)

→ Where to stay?

Pirâmide (Hotel) - Av. Mal. Castello Branco, 157 (City Center), Phone (13) 3871-1426

Recanto Encontro das Águas (Inn) - Eldorado-Sete Barras Road, km 3 (Bananal Pequeno), 6 km, Phone (13) 3871-3331



Eldorado City Hall file

Devil's Cave (Caverna do Diabo)

Touristic Information

City gate; Phone (13) 3871-1759

→ Embu das Artes



Local handicrafts

DDD -11

Website - www.embudasartes.sp.gov.br

Population - 240,230 inhabitants

This municipality is located a few kilometers away from the capital. It really stands out as a redoubt of artists, receiving the name “Embu das Artes” [Embu of the Arts]. In addition to a great number of ateliers, the city still is home to several furniture shops and it is famous for its Handicrafts Street Market [*Feira de Artesanato*], which takes place on the weekends.

→ Itineraries

Gastronomic: Tasteful Embu das Artes - 1 day (page 99)

Leisure & Culture: Arts in Embu das Artes - 1 day (page 76)

What to do?

The Handicrafts Street Market, located in the Historic City Center, is the main attraction of the city, together with the furniture and decor shops. Scattered around the streets of the City Center, exhibitors show varied goods such as bibelots, decor items, clothing, accessories, toys and kitchen appliances. However, the attractions of the city are not only limited to shopping: the *Museu de Arte Sacra dos Jesuítas* [Jesuit Sacred Art Museum] owns a very rich collection, comprising *Igreja Matriz de Nossa Senhora do Rosário* [Our Lady of the Rosary Cathedral] and the residence of the priests of *Companhia de Jesus de Embu*; *Museu do Índio* [Indian Museum] brings together pieces of several indigenous ethnicities. Other venues are also open for visitors and complement the local attractions: *Cidade das Abelhas* [Bee’s city], São Lázaro Chapel and Santa Cruz Chapel, Sakai Memorial and Mestre Assis Embu Cultural Center. Embu das Artes cuisine is another highlight: there are various restaurants which offer a wide gastronomic selection, with many traditional dishes of the Brazilian cuisine, such as *feijoada* [stew of beans with beef and pork] and *moquecas* [seafood stew].

→ To enjoy Embu das Artes

Do not miss	Worth the visit	What to do
Museu de Arte Sacra dos Jesuítas [Jesuit Sacred Art Museum]	Itinerary on foot around the Historic City Center and Handicrafts Street Market	Tours on foot, museums and exhibitions and shopping

→ To eat and drink in Embu das Artes

Do not miss	Worth the visit	What to do
Restaurants with the Brazilian cuisine as Empório São Pedro	Handicrafts Street Market	Tours on foot, museums, exhibitions, shopping

→ How to get there?

Main access roads: Rodoanel Mário Covas (SP-021), Régis Bittencourt (BR-116), Raposo Tavares (SP-270)

Bus Station: Av. Elias Yazbek, s/n

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (30.4 km)

→ Where to stay?

Rancho Silvestre (Hotel) - Votorantim Road, 700 (access through the Historic City Center), 3 km, Phone (11) 4785-5000

Pousada O Garimpo (Inn) - Belo Horizonte, 119 (City Center), Phone (11) 4704-2786

Pousada Nossa Senhora Aparecida (Inn) - Pe. João Álvares, 42 (City Center), Phone (11) 4704-6905

→ Where to eat?

Bar Buenos Aires - Rua da Matriz, 62 (City Center), Phone (11) 4781-1346

Empório São Pedro - Viela das Lavadeiras, 28 (entrance through Siqueira Campos, 67, or through N. S. do Rosário, 59) (City Center), Phone (11) 4781-2797

Acarajé da Dona Laura - Lgo. dos Jesuítas / Joaquim Santana (City Center)

Empanadas do Ramon - Lgo. dos Jesuítas, 97/99 (City Center)

Touristic Information

Largo 21 de Abril, 139 (City Center); Phone (11) 4704-6565

→ Guarujá



Pedro Rezende

Pitangueiras Beach

DDD -13

Website - www.visiteguaruja.com

Population - 290.752 habitantes



The municipality of Guarujá is one of the most sought destinations in the coast of the State of São Paulo. With 27 beaches, the advantage is its closeness to the capital and yet its wide offer of services and shopping.

→ Itineraries

Sun & Beach: Family-Friendly Beaches - 3 days (page 46)

What to do?

The wide offer of touristic services and equipment makes Guarujá one of the main destinations in São Paulo. With urbanized beaches overall, the city gathers an exciting nightlife, with bars and restaurants following the high standards we find in the city of São Paulo. Enseada and Pitangueiras Beaches stand out in the region. For surfers, Tombo Beach is perfect.

→ To enjoy Guarujá

Do not miss

Acqua Mundo, the largest seawater aquarium in Latin America

Worth the visit

Restaurants and night-clubs, with highlight to Café de La Musique

What to do

Beaches, night fun and surfing

→ To rest in Guarujá

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Enseada Beach, with its calm waters and kiosks	Seafood and fish restaurants at Perequê Beach	Beaches and surfing

→ How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055), Anchieta (SP-150), Imigrantes (SP-160)

Bus Station: Av. Santos Dumont, 840 - Vicente de Carvalho, Phone (13) 3386-2325

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (92,4 km)

Ferry: Guarujá-Santos Ferry, Av. Adhemar de Barros, 3300 - Guarujá, Phone (13) 3261-5400; Guarujá-Bertioga Ferry, Guarujá-Bertioga Road, km 29 - Guarujá, Phone 0800 77 33 711

→ Where to stay?

Casa Grande Hotel Resort & Spa (Resort) - Av. Miguel Stéfano, 1001 (Enseada), Phone (13) 3389-4000, reservations 0800-11-6562

Sofitel Jequitimar Guarujá (Hotel) - Av. Marjory da Silva Prado, 1100 (Pernambuco), Phone (13) 2104-2000, reservations 0800-703-7000

The Falls (Hotel) - Av. Miguel Stéfano, 4981 (Enseada), Phone (13) 3392-2909

Costa Balena (Hotel) - Av. Veraneio, 154 (Enseada), Phone (13) 3351-1104

Ferraretto (Hotel) - Mário Ribeiro, 564 (Pitangueiras), Phone (13) 3023-6600

Costa Classique (Hotel) - Av. Miguel Stéfano, 601 (Enseada), Phone (13) 3355-4767

Delphin (Hotel) - Av. Miguel Stéfano, 1295 (Enseada), Phone (13) 3797-6000, reservations (11) 3214-5588

→ Where to eat?

Les Épices (Hotel Sofitel Jequitimar Guarujá) - Av. Marjory da Silva Prado, 1100 (Pernambuco), 9 km, Phone (13) 2104-2000

Rufino's - Av. Miguel Stéfano, 4795 (Enseada), Phone (13) 3351-5771

Thai - Av. Miguel Stéfano, 1001 (Enseada), Phone (13) 3389-4000

A Tasca - Av. Miguel Stéfano, 4710 (Enseada), Phone (13) 3323-7976

Bistro Saint Malo - Iracema, 72 (Enseada), Phone (13) 3355-2897

Do Joca - Road to Bertioga, km 12 (Cachoeirinha), 20 km, Phone (13) 3305-1186

Touristic Information

Av. Marechal Deodoro da Fonseca, 723 (City Center); Av. Gal. Rondon, s/n (Astúrias); Av. Santos Dumont, 840 - Bus Station (Santo Antônio); Mário Ribeiro, corner with Petrópolis - Shopping Rio Center; Phone (13) 3344-4600

→ Holambra



Holambra City Hall file

Expoflora venue

DDD -19

Website - www.holambra.sp.gov.br

Population - 12,307 inhabitants

Holambra, the city of flowers, is a little piece of Holland in Brazil. And one of the most remarkable features one can see in the city is its flower fields. Holambra has several producers of ornamental flowers of varied types and is the right destination for those who are interested in buying them or admiring them. Do not miss one of the tours offered by their local touristic agency and visit the fields of flower production. Also take the chance to go on a city tour around and treasure the Dutch-style buildings.

→ Itineraries

Leisure & Culture: Flowers in Holambra - 1 day (page 77)

What to do?

In the city of flowers, as Holambra is known, the best option is buying ornamental flowers. The best time to buy them is during Expoflora, the largest event in town, which takes place annually in September. The visitor can also take tours on the farms which produce the most different varieties of ornamental flowers and get to know more about the Dutch immigration in Holambra through its city tours (for more information Theos Turismo – Phone (19) 3802-4675). The history of the city is closely related to the immigration of the Dutch to Brazil, runaways from the Second World War. The results of such heritage can be seen in the local architecture, typical festivals, and, of course, great tradition in the flower production. Obs.: flowers and plants are sold throughout the year. Expoflora is the best opportunity to see a flower expo – not necessarily to buy them.

Do not miss

City tour around the flower producer farms

Worth the visit

ExpoFlora, which takes place in September

What to do

Tours, flowers, shopping and city tour

How to get there?

Main access roads: Fernão Dias (BR-381), Dom Pedro I (SP-065), Anhanguera (SP-330)

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (126 km)

Where to stay?

Holambra Garden (Hotel) - Rota dos Imigrantes, 620, Phone (19) 3802-2281

Villa de Holanda (Hotel) - Campo de Pouso, 678, Phone (19) 3802-1852

Villa de Holanda Parque (Hotel) - SP-107 Highway to Artur Nogueira, km 36.6, 4 km, Phone (19) 3802-2139

Parque Hotel das Flores (Hotel) - Rua das Dálías, 100, Phone (19) 3902-4006

Shellter (Hotel) - Av. das Tulipas, 57, Phone (19) 3802-1329

Where to eat?

Vila de São Paulo - Lírios Square, 60, Phone (19) 3802-1801

The Old Dutch - HBR-040 Municipal Road, km 1, Phone (19) 3802-1290



Holambra City Hall file

Greenhouse of flowers

Touristic Information

Alameda Maurício de Nassau, s/n; Phone (19) 3802-4013

→ Iguape



Historic City Center

DDD -13

Website - www.iguape.sp.gov.br

Population - 28,841 inhabitants

Located in the Southern coast of São Paulo, Iguape has the largest preserved colonial farmstead in the State of São Paulo. Founded in 1538, it is one of the oldest cities in the country, with its Historic City Center registered as a historic site. In addition, Iguape has 70% of its territory inserted in conservation units, enabling accesses to semi-desert beaches and a number of adventure activities.

→ Itineraries

Adventure & Nature Waterfalls and Dolphins in Vale do Ribeira - 3 days (page 62)

Leisure & Culture: Historical Iguape and Cananéia - 3 days (page 93)

What to do?

In the Historic City Center, museums and historical buildings portrait the Golden Age of the Brazilian Gold Rush, and the tour can be made on foot. Senhor Bom Jesus de Iguape and Nossa Senhora das Neves Basilica, built between 1787 and 1856, has an imposing façade and is home to the Sacred Art Museum [*Museu de Arte Sacra*] of the municipality. Also open for visitors: Heritage House [*Casa do Patrimônio*], Archaeological and Historic Museum [*Museu Histórico e Arqueológico*] and São Benedito Square. At the Morro do Espia Overlook, there is a beautiful view of the city and the river that borders on the municipality. For those who appreciate local folkloric manifestations, Iguape still protects *Fandango*, rhythm that mixes Portuguese and indigenous traits. Part of the set of historical buildings, Panela Velha restaurant is a real highlight. With hearty meals and tasty food, the restaurant is sharp in fish and seafood dishes, attracting tourists from the

whole region.

At the boundary of Juréia-Itatins Ecological Station, Juréia and Prelado Beaches, in the neighborhood of Ribeira, are about 20 km long. The busiest stretches, with structure of kiosks and lodging, are close to the most urban area of Barra do Ribeira, but there are more isolated stretches as well, with semi-desert beaches.

→ To enjoy Iguape

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Delights from Panela Velha restaurant	Iguape registered as a Historic Site, has the largest preserved colonial farmstead in the State	City tour around the Historic City Center

→ To adventure in Iguape

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Guided tours up to Costão da Juréia	Trails in areas that can be visited at Juréia-Itatins Ecological Station	Beaches and trails

→ How to get there?

Main access roads: Régis Bittencourt (BR-116)

Bus Station: Professor Bento Pereira da Rocha, 102 - Porto do Ribeira, Phone (13) 3841-1209

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (202 km)

Ferry: Iguape-Juréia Ferry, Estrada Vereador Manoel Alves da Silva, s/n - Iguape, Phone 0800 77 33 711

→ Where to stay?

Pousada Recanto das Aves (Inn) - Icapara Road, km 3.5 (Enseada), 4.5 km, Phone (13) 9711-7812

Pousada Icapara (Inn) - Porto do Elói, 91 (Icapara), 10 km, Phone (13) 3848-1372

Pousada Casa Grande (Inn) - Maj. Rebello, 768 (City Center), Phone (13) 3841-1920

Solar Colonial Pousada (Inn) - Basílica Square, 30 (City Center), Phone (13) 3841-1591

→ Where to eat?

Panela Velha - 15 de Novembro, 190 (City Center), Phone (13) 3841-1869

Touristic Information

Av. Princesa Isabel, 708 (City Center); Phone (13) 3841-3012

→ Ilhabela



Ronald Izoldi

Saco da Capela

DDD - 12

Website - www.ilhabela.sp.gov.br

Population - 28,196 inhabitants

One of the real highlights of the Northern coast, Ilhabela has more than 80% of its territory inserted in Ilhabela State Park, and is part of the island chain comprising São Sebastião, Búzios, Vitória and Pescadores Islands. Its economy is based on tourism.

→ Itineraries

Adventure & Nature: Diving in the Northern Coast - 3 days (page 67)

Trails and Waterfalls in the Northern Coast - 3 days (page 65)

Gastronomic: Gastronomy in the Northern Coast - 3 days (page 108)

Sun & Beach: Ilhabela For All Tastes - 2 days (page 41)

Islands and Beaches in the Northern Coast - 3 days (page 47)

What to do?

Covered by the Atlantic Forest, Ilhabela is an island chain that brings together beautiful beaches with preserved forest and yet complete and refined infrastructure. The beaches facing the continent have calm waters, good for bathing and water sports. In that part of the island, there is also the offer of restaurants and lodging, with exciting nightlife. At the other side of the island, there are the most beautiful, semi-desert beaches, the options of restaurant and inns are more limited, but there are one-day tours to the most famous beaches. Among the most beautiful beaches in Brazil,

Castelhanos and Bonete Beaches stand out. Boat or Jeep tours can lead to the graces of that part of the island. Besides the semi-desert beaches, at the bounds of the park, it is possible to go hiking in several trails that lead to different waterfalls. For those who do scuba diving, the beach town is yet considered the largest shipwreck cemetery in the coast of São Paulo, with 21 shipwrecks. The diversity found in the island chain allows different profiles of diving. Overall, there are about 21 different points for diving.

In July, the city hosts Rolex Ilhabela Sailing Week, previously known as International Sailing Week [*Semana Internacional de Vela*], with water sports competitions. In its cuisine, there are varied options for different profiles of tourists. The highlights, however, are the renowned haute cuisine restaurants. Open since 2007, Marakuthai, with its contemporary cuisine, is one of the most sought ones. Tróia offers varied food in great style in a venue with the view of the beach. At Viana, with nearly 50 years of existence, the stuffed shrimp shell [*casquinha de camarão*] is the most ordered dish, and at Itapemas, dishes based on fish are carefully elaborated.

→ To enjoy Ilhabela

Do not miss	Worth the visit	What to do
Castelhanos Beach, which is among the most beautiful beaches in Brazil	Land and Sea Tour, operated by local monitors, takes to four different beaches on a single day	Boat and off road tours

→ To adventure in Ilhabela

Do not miss	Worth the visit	What to do
Trail to Bonete Beach, 4-hour length	Jeep tour to Castelhanos Beach, 2-hour length. Once there, do not miss Cat Waterfall [Cachoeira do Gato]	Trails of different levels, water sports and diving

→ To dive in Ilhabela

Do not miss	Worth the visit	What to do
Ilha das Cabras Ecological Sanctuary	Galhetas Islands, with lots of grottos and colorful fish	Diving, beaches, adventure sports and water sports

→ How to get there?

Main access roads: Dr. Manuel Hipólito Rego (SP-055), Carvalho Pinto (SP-125), Tamoios (SP-099)

Bus Station: Prof. Mariano Procópio de Araújo Carvalho, 86, Phone (12) 3895-8709

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (117 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (195 km)

Ferry: Ilhabela-São Sebastião Ferry, Av. Princesa Isabel, s/n - Barra Velha - Ilhabela, Phone 0800-704-5510

→ Where to stay?

Barra do Piúva Porto (Hotel) - Av. Brasil, 1140 (Piúva), 6 km, Phone (12) 3894-9415

DPNY (Hotel) - Av. José Pacheco do Nascimento, 7668 (Curral Beach), 14 km, Phone (12) 3894-3000

Fazenda Siriúba (Hotel) - Av. Leonardo Reale, 2552 (Siriúba Beach), 3 km, Phone (12) 3896-1050

Fita Azul (Hotel) - Av. Força Expedicionária Brasileira, 98 (Saco do Indaiá), 2 km, Phone (12) 3896-2023

Hotel da Ilha (Hotel) - João Batista dos Santos, 162 (Bexiga), 9 km, Phone (12) 3894-9150

Costabela (Hotel) - Teotino Lopes de Oliveira, 193 (Perequê), 4 km, Phone (12) 3896-6099

Pousada Canto da Praia (Inn) - Av. Força Expedicionária Brasileira, 793 (Sta. Tereza Beach), 2 km, Phone (12) 3896-1194

Pousada Forte Rocha (Ilhasol Inn) - D. João V, 87 (Feiticeira), 12 km, Phone (12) 3894-1116

Pousada do Capitão (Inn) - Av. Alm. Tamandaré, 272 (Itaquanduba), Phone (12) 3896-1037

Vento Sul (Inn) - Av. Princesa Isabel, 4011 (Portinho), 9 km, Phone (12) 3894-1864

Pousada Isola Bella (Inn) - Av. José Pacheco do Nascimento, 9044 (Ponta do Veloso), Phone (12) 3894-1879, reservations (11) 9621-0429



Castelhanos Beach



Reginaldo Pepe

Windsurfing in Ponta das Canas

➔ Where to eat?

Tróia (DPNY Beach) - Av. José Pacheco do Nascimento, 7668 (Curral Beach),
Phone (12) 3894-3000

All Mirante - Av. Gov. Mário Covas, 16600 (Borrifos), 24 km, Phone (12) 3894-1831

Marakuthai - Av. Força Expedicionária Brasileira, 495 (Sta. Tereza Beach), 1 km,
Phone (12) 3896-5874

Borrachudo - Dr. Carvalho, 20 (Vila), Phone (12) 3896-1499

Touristic Information

Rua Doutor Carvalho (City Center); Phone (12) 3896-3777

→ Iporanga



Miguel Schincariol

Ouro Grosso Cave

DDD - 15

Website - www.iporanga.sp.gov.br

Population - 4,299 inhabitants

The presence of a number of caves surrounded by native Atlantic Forest gave to Iporanga the nickname of the “Capital of the Caves”. The municipality has in its boundaries several conservation units, with highlight to Alto Ribeira Touristic State Park - PETAR [*Parque Estadual Turístico Alto Ribeira*], open to the public, with a wide range of adventure activities.

→ Itineraries

Adventure & Nature: Caves in Vale do Ribeira - 3 days (page 64)

What to do?

Iporanga has in PETAR its main attractions. From Bairro da Serra, the tourist has access to 2 central parts open to the public. In the park, accredited monitors take tourists to different caves, besides trails that lead to waterfalls. At Santana Part, Santana Cave and Betari Trail stand out. And at Ouro Grosso Part, the highlight is Alambari de Baixo Cave. Local agencies enable equipment and qualified guides for the tours inside the caves and yet to do several adventure sports (acqueride, canyoning, cascading, trekking). The following are part of the Trail Program in São Paulo: Betari Trail, with a 4-hour course and medium difficulty.

Do not miss

Betari Trail, of medium difficulty, contemplates caves and waterfalls in a 4-hour course

Worth the visit

Santana Cave, at Santana Part in PETAR

What to do

Caves, trails, waterfalls, acquaride and cascading

→ How to get there?

Main access roads: Régis Bittencourt (BR-116)

Bus Station: Pedro Silva, s/n

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (314 km)

→ Where to stay?

Gamboia (Inn) - Iporanga-Apiáí Road, 1 km of dirt road, Phone (15) 3556-1118

Pousada Casa de Pedra (Inn) - Rio Ribeira de Iguape, 525 (City Center), Phone (15) 3556-1157

Pousada das Cavernas (Inn) - Iporanga-Apiáí Road, km 13 (B. da Serra), 13 km of dirt road, Phone (15) 3556-1476, reservations (11) 3814-9153

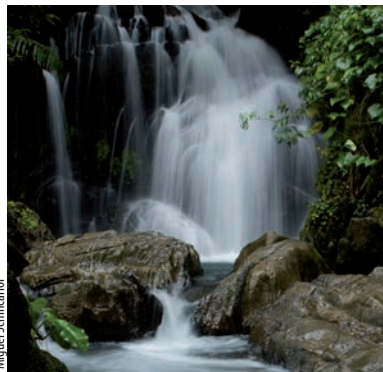
Pousada do Quiririm (Inn) - Iporanga-Apiáí Road (B. da Serra), 14 km of dirt road, Phone (11) 2693-3578

Pousada Mata Atlântica (Inn) - Iporanga-Apiáí Road, km 13 (B. da Serra), 13 km of dirt road, Phone (15) 3556-1552



Miguel Schincariol

PETAR



Miguel Schincariol

Couto Waterfall

Touristic Information

Honório Correia Square, s/n; Phone (15) 3556 1420

→ Itatiba



Ferraz Costa Park

DDD -11

Website - www.itatiba.sp.gov.br

Population - 101,471 inhabitants



Known as the city of persimmon, Itatiba integrates the Fruit Circuit in the State of São Paulo. Holdovers of São Paulo's Coffee Cycle can be found up to today on the farms open for visitors, which offer activities related to rural tourism.

→ Itineraries

Gastronomic: Farm Food in Jundiaí and Itatiba - 1 day (page 100)

What to do?

Among the attractions in town, Zooparque stands out as a family-friendly option. Visitors get in contact with several animals in a 3-km course. In the rural zone of Itatiba, historical coffee farms open their gates to visitors, with full infrastructure for leisure and typical dishes from the farm. In addition to delicious and hearty lunches, some farms also offer monitored tours and agricultural experience. In the region, Dona Carolina Farm stands out for its coffee and *cachaça* production. Both products carry the same name of the farm and have reached recognition through a number of international awards. At Cachaçaria Dona Carolina, it is possible to get to know the manufacturing process, as well as to taste the delicacy with some appetizers served to its visitors.

Do not miss

Zooparque

Worth the visit

Cachaçaria Dona Carolina

What to do

Tour in the zoo, visit at the agricultural production, typical cuisine and cachaça bar [cachaçaria]

→ How to get there?

Main access roads: Anhanguera (SP-330), Bandeirantes (SP-348)

Bus Station: Domingos Pretti, 245 - Jd. de Lucca, Phone (11) 4524-0301

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (43.6 km)

→ Where to stay?

Fazenda Dona Carolina (Hotel) - Access through km 39.5 of SP-063 to Bragança Paulista, 22 km (1 km of dirt road), Phone (11) 4534-9100

7 Voltas Spa Resort (Spa Resort) - Estâncias Highway (SP-360) to Amparo, km 93, 8.5 km (Jd. Leonor), Phone (11) 4534-7800

Fazenda Vila Rica (Charming Hotel) - Sandra Piovesani (access through km 23.5 of SP-063 to Bragança Paulista), 6 km, Phone (11) 4524-3785, reservations (11) 9120-9485

Fazenda Nosso Sonho (Hotel) - Engenheiro Constâncio Cintra Road, km 80, to Jundiá (Pinhal), 6 km, Phone (11) 4524-3347, (11) 4538-4483

→ Where to eat?

Kazoku - Av. Prefeito José Maurício de Camargo, 320 (Itatiba Mall), Phone (11) 4894-8005

Vila Capim - Rua Rui Barbosa, 220 (City Center), Phone (11) 4538-4691



Edison Gruboy Jr

Oliveiras Farm



Edison Gruboy Jr

Zooparque

Touristic Information

Av. Luciano Consoline, 600 (Jardim de Lucca); Phone (11) 4538 -0917

→ Itu



Itu City Hall file

Giant chess set

DDD - 11

Website - www.itu.sp.gov.br/turismo

Population - 154,147 inhabitants



The municipality of Itu is known as the city of exaggeration, with gigantic objects scattered all over the city center. Itu, however, has great importance in the history of the State, as it has been home to several barons of coffee, important figures in the country during São Paulo's Coffee Cycle.

→ Itineraries

Leisure & Culture: São Paulo History in the Region of Sorocaba - 2 days (page 88)

What to do?

Itu is known as the "City of Exaggeration", with its gigantic objects scattered all over its squares, but it is in the historical aspect that the city keeps its great treasure. The Historic City Center owns a rich architectural set which portrays its historical importance in the Imperial Age, as a great sugar cane producer, and, further, with highlight during São Paulo's Golden Coffee Cycle. A tour on foot leads to the main attractions, with highlight to the old São Luiz Cotton Plant, the Energy Museum [*Museu da Energia*], Republican Museum of The Convention of Itu [*Museu Republicano da Convenção de Itu*], and Nossa Senhora do Carmo and Nossa Senhora da Candelária Churches. Yet, for families with children, the municipality is home to Itu Chocolate Farm [*Fazenda de Chocolate de Itu*], which offers tours in the rural environment and in the chocolate manufacturing process, going from its harvest to its sales.

Do not miss

Tour on foot around the
Historic City Center

Worth the visit

Lunch in one of the farm
hotels in the rural zone

What to do

Tour on foot around the
museums, cultural centers,
churches, rural tours

How to get there?

Main access roads: Castello Branco (SP-280), Açúcar (SP-308), Bandeirantes (SP-348)

Bus Station: Av. Dr. Octaviano P. Mendes, 500 - City Center, Phone (11) 4023-1314

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (41.7 km)

Where to stay?

Spa Sport Resort (Spa Resort) - Access through km 113 of Marechal Rondon Highway to Porto Feliz, 7.5 km (1 km of dirt road), Phone (11) 4022-3592

Dois Santos Lodge (Resort) - Access through Marechal Rondon Highway, km 127.5 (mun. of Porto Feliz), 8 km, Phone (15) 3262-2133, reservations (11) 9888-1234

Fazenda Capoava (Charming Hotel) - Access through km 89.9 of D. Gabriel Paulino B. Couto Highway to Itu (former Marechal Rondon) - (return through km 90), 34 km (8 km of dirt road), Phone (11) 2118-4100

San Raphael Country (Hotel) - Av. Tiradentes, 2223 (Terras de S. José), 4 km, Phone (11) 4813-8877

Gandini (Hotel) - Argemiro Silveira Delboux, 120 (Altos da V. Nova), Phone (11) 4024-9700

Itu Colonial Plaza (Hotel) - Maestro José Vitorio, 333 (City Center), Phone (11) 4022-3333

Hotel do KK (Hotel) - Pres. Kennedy, 48 (City Center), Phone (11) 4013-9000

Fazenda Cana Verde (Hotel) - Access through km 97 of D. Gabriel Paulino B. Couto Highway to Itu (former Marechal Rondon) (near the roundabout to Salto), 15 km (7.5 km of dirt road), Phone (11) 4023-1260

Where to eat?

Família Von Strudel - Access through km 75 of Castello Branco Highway to São Paulo, 22 km, Phone (11) 4019-1240

Steiner/ Bar do Alemão - Paula Souza, 575, Phone (11) 4022-4284

Rancho da Picanha - Waldomiro Corrêa de Camargo Highway, km 57 (cont. of Av. Tiradentes) (exit to Castello Branco), 12 km, Phone (11) 4024-1093

Senzala - Padre Miguel Square, 83 (City Center), Phone (11) 4022-4657

Touristic Information

Barão do Itaim, 211; Phone (11) 4023-1544

→ Jaguariúna



Jaguariúna City Hall file

Steam Locomotive tour

DDD -19

Website - www.jaguariuna.sp.gov.br

Population - 44,311 inhabitants



The municipality of Jaguariúna is internationally known for hosting Jaguariúna International Rodeo, which usually takes place in May. In addition to the rodeo, its economy is based on the agricultural and livestock sector.

→ Itineraries

Leisure & Culture: Fun in Campinas and Jaguariúna - 1 day (page 74)

What to do?

In the rest of the year, two attractions stand out: Steam Locomotive [*Maria Fumaça*] and Naga Cable Park. Connecting Jaguariúna to Campinas, the steam locomotive travels on the coffee farms, and, in the way, monitors talk about the history of the farms and also the operation of the locomotive. In the city center, the Memory House [*Casa da Memória*] presents important records of local inhabitants, while the Cultural Center hosts a small museum with a collection of Companhia Mogiana de Trem. Naga Cable Park pleases especially water sports lovers. Steel cables moved by engine support the practice of water skiing and wakeboarding.

Do not miss

Steam Locomotive [*Maria Fumaça*] tour to Campinas

Worth the visit

Visit to Naga Cable Park

What to do

Train tour, water sports and museums

→ How to get there?

Main access roads: Gov. Dr. Adhemar Pereira de Barros (SP-340), Bandeirantes (SP-348)

Bus Station: Av. Armando Mario Tozzi, s/n - City Center, Phone (19) 3867-1144

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (55.4 km)

→ Where to stay?

Fazenda Duas Marias (Hotel) - Access through km 133 of SP-340 to Mogi-Mirim, 18 km, Phone (19) 3802-1611

Jaguary (Hotel) - Amazonas, 4 (City Center), Phone (19) 3837-3700

Matiz (Hotel) - SP-340 Highway to Campinas, km 130, 3.5 km, Phone (19) 3847-9800

Pousada Vila Bueno (Inn) - Tr. Da. Ermelinda, 81 (City Center), Phone (19) 3867-3320

Pousada Portal das Águas (Inn) - Gaspere, 1021 (Jd. Cruzeiro do Sul), Phone (19) 3837-2349

→ Where to eat?

Bar da Praia - Av. Alexandre Marion, 364 (Jd. Da. Luiza), Phone (19) 3867-5200

Ristorantino - Bahia, 200 (Jd. Santa Maria), Phone (19) 3867-2436

Sr. Bacalhau - José Alves Guedes, 1332 (City Center), Phone (19) 3837-2902



Jaguariúna City Hall file

Jaguariúna Cultural Center

Touristic Information

Av. Marginal, 600 (City Center); Phone (19) 3867-4221

→ Jundiaí



Jundiaí City Hall

Botanical Garden

DDD - 11

Website - www.jundiai.sp.gov.br

Population - 370,126 inhabitants

The municipality of Jundiaí, located a few kilometers away from the capital, has real highlight as the industrial park in the countryside of São Paulo. Formerly known as the city of the grapes, today it has one of the largest industrial parks in Latin America.

→ Itineraries

Gastronomic: Farm food in Jundiaí and Itatiba - 1 day (page 100)

What to do?

Known as the city of grapes, Jundiaí is also part of the Fruit Circuit in the State of São Paulo. On the farms located in the rural zone, the visitor gets in contact with agricultural productions, wine cellars, compote and jam production, besides several stills which produce artisan *cachaças*. In addition to knowing the city through its historical farms, visitors have close contact with the nature enjoying different outdoor activities, and they can also delight themselves with the delicious meals based on typical dishes from the farm. At Nossa Senhora da Conceição Farm, built in 1810, the facilities portray the coffee history in the region, with coffee plantations and *senzalas* [large lodging for slaves in the farms] open for visitors. In the city center, the São Paulo's Railroad Museum [*Museu Ferroviário da Cia Paulista*] keeps a very rich collection of the railroad stations of the beginning of the 20th century, and also tells the history of the railroad in the city, as well as its importance for the economic growth of the State. Another interesting tour in the city is the bicycle path which links the Botanical Garden [*Jardim Botânico*] to City Park [*Parque da Cidade*], in a 7-km course with different types of ground.

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Lunch with tour on the farms in the rural zone	São Paulo's Railroad Museum [Museu Ferroviário Paulista] and bike tour between City Park and Botanical Garden	Museum, visit to farms in the rural zone, typical cuisine and cachaça bar [cachaçaria]

→ How to get there?

Main access roads: Fernão Dias (SP-010), Dom Pedro I (SP-065)

Bus Station: Av. Nove de Julho, 4000 - Anhangabaú, Phone (11) 4521-0951

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (42.3 km); Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (63.3 km)

Train Station: Jundiaí Train Station, Mauá Square, s/n, Phone (11) 4816-5293

→ Where to stay?

Quality Hotel Jundiaí (Hotel) - Av. Prof. Maria do Carmo Guimarães Pellegrini, 100 (Jd. Moisés), Phone (11) 4583-0777

Intercity Express Jundiaí (Hotel) - João Cereser Road, km 63 (access through km 61.5 of Anhanguera Highway to Campinas), 7 km, Phone (11) 4581-4488, reservations 0300-210-7700

Montanhas do Japi (Hotel) - Av. Luiz Gobbo, 5650 (access through Anchieta Highway, roundabout of Anhanguera) (Sta. Clara), 14 km (1 km of dirt road), Phone (11) 4599-9072

Graffiti Palace (Hotel) - Rua do Rosário, 433 (City Center), Phone (11) 4521-0133

Millian (Hotel) - Av. Nove de Julho, 2681 (Anhangabaú), Phone (11) 3395-4499

→ Where to eat?

Da Fazenda - Av. Prof. Luis Latorre, 5400 (V. das Hortênsias), Phone (11) 4521-9900

Mestrino - Av. Antonio Segre, 330 (Jd. Brasil), Phone (11) 4522-3385

Picanharia - Augusto da Silva Palhares, 70 (V. Arens), Phone (11) 4607-2888

Roma Mia - Br. de Tefé, 572 (Anhangabaú), Phone (11) 4521-5339



Miguel Schincariol

Railroad Museum

Touristic Information

Av. Luciano Consoline, 600 (Jardim de Lucca); Phone (11) 4538 -0917

→ Mogi das Cruzes



Murilo Matos da Silva

Itaçupeba River Dam

DDD -11

Website - www.mogidascruzes.sp.gov.br

Population - 387,779 inhabitants



Mogi das Cruzes, located near the capital of São Paulo, gathers many parks and Atlantic Forest areas which can be admired by the visitor.

→ Itineraries

Adventure & Nature: Trails and Canoeing in Mogi das Cruzes - 1 day (page 54)

What to do?

Neblinas Park is one of the highlights in Mogi das Cruzes. With trails, waterfalls, suspended walkway and options of adventure activities, it is a good option for those seeking adventure. Another park in the city is Nascentes do Tietê, with trails in the midst of the Atlantic Forest which allow one to see the fountainhead of an important river which crosses the capital of São Paulo, Tietê River.

Do not miss

Trail of the overlook, in Neblinas Park, where it is possible to see Bertioaga and São Sebastião Beaches

Worth the visit

Neblinas Park

What to do

Trails, birdwatching, canoeing

→ How to get there?

Main access roads: Ayrton Senna da Silva Highway (SP-070), Presidente Dutra Highway (BR-116), Pedro Eroles (SP-088).

Bus Station: Av. Francisco Rodrigues Filho, 1500 - Mogilar, Phone (11) 4790.1962. and Estação de Estudantes - Mogi das Cruzes, Rua Álvaro Pavan, s/nº.

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (74 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (49 km)

Ferry: Bertioga-Guarujá Ferry, Av. Vicente de Carvalho, s/n - Bertioga, Phone (13) 3305-1153

→ Where to stay?

Marbor (Hotel) - Juvenal Granado Nale, 35 (City Center), Phone (11) 4735-7300.

Mercure Apartments (Hotel) - Duarte de Freitas, 35 (Monte Líbano Park), Phone (11) 4728-3000.

Paradise Golf & Lake Resort (Resort) - SP-39 (Eng.º Cândido do Rego Chaves Highway) to Suzano, km 50 (Jundiapéba), 13 km, Phone (11) 4795-4100.

→ Where to eat?

Alla Trattoria Di Antonio - Duarte de Freitas, 293 (Monte Líbano Park), Phone (11) 4796-6175.



Our Lady of Perpetual Help Church [Igreja Nossa Senhora do Perpétuo Socorro]

Touristic Information

Av. Francisco Rodrigues Filho, s/nº - César de Souza

Phone (11) 4739 2345.

→ Monte Alegre do Sul



Miguel Sobrinho

Sol Waterfall

DDD - 19

Website - www.montealegredosul.sp.gov.br

Population - 7,152 inhabitants

The municipality of Monte Alegre do Sul is inserted in Serra da Mantiqueira [mountains] and is part of the Water Circuit in the State of São Paulo. At the end of the 19th century, Italian immigrants settled in the city, and this is reflected in the architecture of the houses in the City Center.

→ Itineraries

Gastronomic: Coffee and Cachaça in the Countryside of São Paulo - 2 days (page 104)

Leisure & Culture: Waters and Farms in the Countryside of São Paulo - 3 days (page 92)

What to do?

Buildings of the 19th century and alembics fight over visitors' attention in Monte Alegre do Sul. The production of *cachaça* [a Brazilian distilled beverage made from sugarcane] is one of the highlights in the city, with about 50 alembics located on farms open for visitors. The farm owners usually guide the tours and show not only its production process, but also a number of local stories and curiosities. A touristic train tour, pulled by a wagon, takes visitors to the key alembics in the city: Cantinho da Ni, Adega Peterlini and Nono Rouxinolli.

Do not miss

Artisan cachaças in one of the 50 alembics in the city

Worth the visit

Therapeutical baths at Municipal Bathhouse [Balneário Municipal]

What to do

Thermal baths, tours around alembics and the Historic City Center

→ How to get there?

Main access roads: Fernão Dias (BR-381), Dom Pedro I (SP-065), Anhanguera (SP-330), Bandeirantes (SP-348)

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (99.3 km)

→ Where to stay?

Riacho Verde (Hotel) - Road to Amparo, 2 km (B. dos Francos), Phone (19) 3899-1107

Ibiti Hotel Rural (Hotel) - Access through the road to Pinhalzinho, 7 km (1 km of dirt road), Phone (19) 3899-1518

Pousada Cafezal em Flor (Inn) - Road to Pinhalzinho (B. do Falcão), 7 km, Phone (19) 3899-2655

Pousada da Fazenda (Inn) - Access through Joaquim de Oliveira (Fabrício), 2 km (1 km of dirt road), Phone (19) 3899-2027

→ Where to eat?

Schnaps - Bom Jesus Square, 10 (City Center), Phone (19) 3899-2321

Doçaria Peschiera - Av. João Girardelli, 17 (City Center), Phone (19) 3899-1726

Grão Café Boutique - Sebastião Carvalho Square (City Center), Phone (19) 3899-2310

Rancho - Road to Pinhalzinho (B. do Lambedor), 4.5 km, Phone (19) 3899-2802



Miguel Schincariol

Salmo XXIII Farm



Miguel Schincariol

Senhor Bom Jesus Sanctuary

Touristic Information

Sebastião de Carvalho Square, 39; Phone (19) 3899-1403

→ Peruíbe



Peruíbe City Hall release

Barra do Una

DDD -13

Website - www.peruibe.sp.gov.br

Population - 59,773 inhabitants

Peruíbe is in the Southern coast of São Paulo. Summer destination in the State, it combines urban beaches, preserved forest and culture at the same place. It is famous for its Black Mud [*Lama Negra*], which is pretty much used in health and aesthetic treatments.

→ Itineraries

Sun & Beach: Beaches and Peace in Peruíbe - 2 days (page 42)

What to do?

Next to the City Center, the long waterfront offers kiosks and a bicycle path. Slightly farther from the city center, Guaraú and Barra do Una have beach options for tourists who prefer to have closer contact with nature. Local monitors offer tours with trails and adventure activities such as canoeing, kayaking, trekking and zip-lining. Local agencies offer adventure sports in the preserved forest.

→ To enjoy Peruíbe

Do not miss

Guaraú Beach,
20 km away from the
City Center

Worth the visit

Praia Overlook

What to do

Beaches,
trails and
adventure sports

→ To adventure in Peruíbe

Do not miss	Worth the visit	What to do
Trail to Cachoeira do Paraíso [Paradise Waterfall]	Canoeing over Ribeirão Guaraú	Trails, canoeing, kayaking, treetop cable swings, zip-line and beaches

→ How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055), Anchieta (SP-150), Imigrantes (SP-160)

Bus Station: Av. 24 de Dezembro, 650, Phone (13) 3454-1917

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo,
Phone (11) 5090-9000 (136 km)

→ Where to stay?

Pousada Vitória Régia (Inn) - S. Carlos, 35, corner with Av. Gov. Mário Covas Jr., 4705
(Três Marias), 4 km, Phone (13) 3456-2390

Pousada Vitória Régia Tropical (Inn) - Dr. Roberto Silva, 275 (City Center),
Phone (13) 3455-4669

Tranquility Pousada (Inn) - Faustino Silva, 197 (City Center), Phone (13) 3453-1787

Waldhaus (Inn) - Gaivota, 1201 (Guaraú), 8,5 km, Phone (13) 3457-9170

Mirante Praia (Inn) - Av. Gov. Mário Covas Jr., 3915 (Nova Peruíbe), 3 km,
Phone (13) 3453-3192

→ Where to eat?

Affamare - Av. Pe. Anchieta, 1800 (Stella Maris), Phone (13) 3453-5011

Pão de Maçã - Av. Pe. Anchieta, 881 (City Center), Phone (13) 3455-1982

A Ponte - José Veneza Monteiro, 76 (City Center), Phone (13) 3455-5444



Peruíbe City Hall release

Guaraú

Touristic Information

Av. Mário Covas Júnior, s/n; Phone (13) 3455 9426

→ Piracicaba



Martina Vasconcellos

Bridge over Piracicaba River

DDD -19

Website - www.setur.piracicaba.sp.gov.br

Population - 364,571 inhabitants



The municipality of Piracicaba has developed itself due to Piracicaba River and its sugarcane cultivation. Today, the city is considered one of the most important ethanol and sugar production hubs in the world. It is also an important industrial park.

→ Itineraries

Gastronomic: Gastronomy and Festa do Peão in the Countryside - 2 days (page 106)

What to do?

Piracicaba is on the banks of Piracicaba River, the city's postcard. Known exactly for its river and a typical dish – grilled fish on hot charcoal – Piracicaba is now becoming the brewery hub in the countryside of São Paulo. Cevada Pura was the first microbrewery in town, opened in 2001. It makes 3 types of beer: *Trigo Forte Clara* [Strong Light Weiss], *Pilsen Clara* [Light Lager] and *Forte Escura* [Stout]. Dama Bier is the most popular brewery in town. Founded in 2010, it brews 4 types of beer: Pilsen [Lager], Stout, IPA and Weiss. Besides guided tours in the brewery, Dama Bier has a bar in town that offers its own labels, in addition to several other beer options. Leuven, also founded in 2010, brews craft beer inspired in traditional Belgian ales: Golden Ale, Red Ale and Dubbel.

Do not miss

Dama Bier Brewery

Worth the visit

Restaurants and bars, which serve grilled fish on hot charcoal and craft beer produced in the region

What to do

Breweries, beer tasting, restaurants, museums and tours around the city center

→ How to get there?

Main access roads: Luís de Queirós / Geraldo de Barros (SP-304), Bandeirantes (SP-348)

Bus Station: Armando Salles de Oliveira, 2277 - City Center, Phone (19) 3433-8003

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (76 km)

→ Where to stay?

Beira-Rio Palace (Hotel) - Luís de Queiroz, 51 (City Center), Phone (19) 3401-1000

Antonio's Palace (Hotel) - Av. Independência, 2805 (B. Alto), Phone (19) 3417-6000

New Life (Apart Hotel) - Moraes Barros, 555 (City Center), Phone (19) 3301-6800

Bristol Center (Flat) - José Pinto de Almeida, 877 (City Center), Phone (19) 3403-6400

Ibis (Hotel) - Armando Dedini, 125 (V. Areão), Phone (19) 2105-5200, reservations 0800-703-7000

Saint Paul (Hotel) - Av. Dr. Cassio Pascoal Padovani, 1615 (Morumbi), Phone (19) 3414-4115

→ Where to eat?

Giardino - Marechal Deodoro, 2328 (V. Monteiro), Phone (19) 3433-7066

Tre - Alferes José Caetano, 1410 (City Center), Phone (19) 3402-6802

Aqua - Av. Brasil, 1215 (Jd. Europa), Phone (19) 3402-5005

Empório Santa Clara - Dom Pedro I, 615 (City Center), Phone (19) 3402-8462



Dama Bier release

Dama Bier Brewery



Maritza Vasconcellos

Martha Watts Cultural Center

Touristic Information

Rua do Porto, 1433; Av. Maurice Allain, s/n; Phone (19) 3403-1270

→ Porto Feliz



Renato Oliveira

Monções Park, salt peter wall

DDD -15

Website - www.portofeliz.sp.gov.br

Population - 48,893 inhabitants



Porto Feliz has great importance in the history of São Paulo. Due to its strategic position regarding the Tietê River, it was one of the key starting points of *Bandeirantes* towards the inner part of the country. Such importance is marked by Monções Park that was registered as a historic site, holding several historical monuments and holdovers.

→ Itineraries

Leisure & Culture: São Paulo History in the Region of Sorocaba - 2 days (page 88)

What to do?

Monções Park is the key attraction in the city. Registered as a historic site, it is home to several items built in tribute to *Bandeirantes*, besides a replica of Nossa Senhora de Lourdes Grotto. In Baroque style, Nossa Senhora Mãe dos Homens Church, astonishes anyone with its imposingness. In the rural zone, luxury farm hotels offer complete structure for leisure and lodging, attracting tourists all over the year.

Do not miss

Monções Park

Worth the visit

Farm hotel in the rural zone

What to do

Walk around the City Center, museum, church and leisure equipment in hotels



Inside Mother Church

→ How to get there?

Main access roads: Dr. Antônio Pires de Almeida (SP-097), Marechal Rondon (SP-300)

Bus Station: Av. Doutor Antônio P. de Almeida, 1000, Phone (15) 3261-2138

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (65.9 km)

→ Where to stay?

Fasano Fazenda Boa Vista (Hotel) - Castello Branco Highway, km 102.5, Phone (15) 3261-9900

Dois Santos Lodge (Hotel) - Chapadão Road, km 1 - Access through Marechal Rondon Highway, km 127.5, Phone (11) 3262-2133

Touristic Information

Custódia Sacramento, 89 (City Center); Phone (15) 3262-4547

→ Ribeirão Grande



Rubens Chiri

Bom Jesus Mother Church

DDD - 15

Website - ribeiraogrande.sp.gov.br

Population - 7,422 inhabitants

Ribeirão Grande is located in the region of Vale do Alto Paranapanema. Nearly 40% of its territory is inserted in conservation units and it has one of the largest limestone deposits in Latin America.

→ Itineraries

Adventure & Nature: Atlantic Forest and Trails in Intervalles - 3 days (page 66)

What to do?

Intervalles State Park owns about 41,000 hectares distributed in 5 municipalities, but Ribeirão Grande is its key visitation core. The park consists of internal infrastructure for touristic services, with small inns and a restaurant, in addition to the various trails to be done in the middle of the forest and inside its caves. One of the most sought activities in the park is birdwatching: qualified local monitors lead adventurers to trails where they can watch and take pictures of different species of birds. Mirante da Anta Trail lasts about 2.5 hours and has at its highest peak a breathtaking view of the park. It is part of the Trail Program in São Paulo.

Do not miss

Divisor das Águas Trail puts walking, waterfalls and caves together

Worth the visit

Mirante da Anta Trail

What to do

Trails, birdwatching, overlooks, waterfalls and caves

→ How to get there?

Main access roads: Prof. Francisco da Silva Pontes (SP-127), Raposo Tavares (SP-270), Castello Branco (SP-280)

Bus Station: Rui Barbosa Square, 306 - City Center, Phone (15) 3543-1526

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (215 km); Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (241 km)

→ Where to stay?

Paraiso Eco Lodge (Charming Hotel) - Access through Intervalles Road, km 18.5 (23 km of dirt road), Phone (15) 3444-8417

Parque Intervalles (Inn) - Access through Intervalles Road, 25 km of dirt road, Phone (15) 3542-1511



Ribeirão Grande City Hall release

Encanados, place used for gold panning

Touristic Information

City gate

→ Ribeirão Preto



Tadeu Fessel

Aerial view of the city

DDD -16

Website - www.ribeiraopreto.sp.gov.br

Population - 604.682 inhabitants



The municipality of Ribeirão Preto has a real highlight in the countryside of São Paulo. Its development was marked by welcoming immigrants of different nationalities, such as Italian, Portuguese, Spanish and Japanese. It was already known as the “capital of draft beer” since it was the headquarters of Companhia Antartica Paulista [brewery] and home to Choperia Pinguim [brewery], one of the most famous in the country.

→ Itineraries

Gastronomic: Breweries in the Countryside of São Paulo - 2 days (page 107)

What to do?

Ribeirão Preto is one of the largest cities in the countryside of São Paulo and has great economic importance to the region. However, the city is also known for its tasty craft beer. Colorado brewery is one of the oldest among them. Founded in 1995, it produces top-notch gourmet beer with 5 different types: Indica Pale Ale, Cauim [Light Lager], Appia [Light Weiss], Demoiselle [Dark Porter] and Ithaca [Imperial Stout]. In addition to offering guided tours to its factory, it has its own bar serving its own brands and more than 80 beer brands from all over the world. Lund and Invicta also stand out in the field of gourmet brewery, producing high quality craft beer as well. Choperia Pinguim is one of the postcards of the city. Founded in 1937, it is known all over Brazil for its service and legends related to draft beer, always served flawlessly.

Do not miss

Colorado Brewery Factory

Worth the visit

Choperia Pinguim

What to do

Breweries, beer tasting, restaurants; museums and cultural centers

How to get there?

Main access roads: Anhanguera (SP-330), Bandeirantes (SP-348)

Bus Station: Av. Jerônimo Gonçalves, 640, Phone (16) 3625-7386

Airport: Airport Estadual Dr. Leite Lopes (SBRP) - Av. Thomas Alberto Watelli, s/n - Ribeirão Preto, Phone (16) 3626-3440 (11 km)

Where to stay?

Araucária Plaza (Hotel) - João Penteado, 2103 (Jd. América), Phone (16) 3913-1300

JP (Hotel) - Anhanguera Highway (SP-330), km 306.5 (Jd. Zinato), 11 km, Phone (16) 2101-1400, reservations 0800-707-3470

Comfort Inn & Suites (Hotel) - Amador Bueno, 1116 (City Center), Phone (16) 2133-3999, reservations 0800-55-5855

Ibis (Hotel) - Av. Braz Olaia Acosta, 691 (Ribeirão Shopping) (Jd. Califórnia), 6 km, Phone (16) 2101-2950, reservations 0800-703-7000

Shelton Inn (Hotel) - Cel. Luiz da Cunha, 404 (V. Tibério), Phone (16) 3605-1500

Arco Express (Hotel) - Av. Maurílio Biagi, 2885 (Ribeirânia), Phone (16) 3917-2000

Black Stream (Hotel) - Gen. Osório, 830 (City Center), Phone (16) 3977-3939, reservations 0800-771-0660

Pousada Santa Rita (Inn) - Av. do Café, 2295 (Vila Amélia), Phone (16) 3966-5404

Where to eat?

Amici - Olavo Bilac, 1280 (Jd. Sumaré), Phone (16) 3964-6035

Flor de Sal Bistrô - Floriano Peixoto, 1463 (Boulevard), Phone (16) 3421-4963

Fofo - João Penteado, 602 (Jd. Sumaré), Phone (16) 3635-7075

Adega Leone - Eliseu Guilherme, 340 (Jd. Sumaré), Phone (16) 3635-3299

La Cucina di Tullio Santini - Av. Antônio Diederichsen, 485 (Jd. América), Phone (16) 3623-6361

Bar do Epicurista - Av. Francisco Junqueira, 3280 (V. Seixas), Phone (16) 3632-4616

Da Fiore - Av. Independência, 2165 (Jd. Sumaré), Phone (16) 3621-0083

Touristic Information

Álvares Cabral, 322 (City Center); Phone (16) 3632-6060

→ Santana de Parnaíba



Robertto Andrade

Santana de Parnaíba aerial view

DDD -11

Website - www.santanadeparnaiba.sp.gov.br

Population -108,813 inhabitants

Founded in 1580, the municipality of Santana de Parnaíba has the largest urban area in rammed earth [*taipa de pilão*] – pressed clay construction – in the State, registered as a historic site in 1982. Starting point of the *Bandeirantes* expeditions, it holds important memories of São Paulo's history.

→ Itineraries

Gastronomic: Gastronomy in Santana de Parnaíba - 1 day (page 101)

Leisure & Culture: Culture in Santana de Parnaíba - 1 day (page 78)

What to do?

The Historic City Center gathers the main attractions of the city. The historical and still preserved farmsteads, dated from the 17th, 18th and 19th centuries, convey charm to the city and make the tour on foot an excellent option. At Main Square [*Praça da Matriz*], Santa Ana Church is the key point, built in the 19th century. Local guides make city tours led by the main attractions, such as *Museu Paraibano de Música* [Local Museum of Music], which is also a gathering place to musicians who walk around the town in serenades; House of Anhanguera Museum [*Museu Casa do Anhanguera*] and the Monument to *Bandeirantes*. Yet at Main Square, several restaurants set in old constructions offer tasty meals to its visitors.

Do not miss

City tour around the
Historic City Center

Worth the visit

São Paulo Antigo restaurant,
with food from Minas Gerais

What to do

City tour, tour on foot,
museums and restaurants

→ How to get there?

Main access roads: Anhanguera (SP-330), dos Bandeirantes (SP-348)

Bus Station: Treze de Maio

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo,
Phone (11) 5090-9000 (41 km)

→ Where to stay?

Quinta das Flores (Hotel) - Luiz Antonio Rodrigues, 816 (Itaim Mirim) (access through Suru Road), 3 km, Phone (11) 4154-4273



Santana de Parnaíba City Hall release

Mother Church

Touristic Information

XIV de Novembro Square, 33 (City Center); Phone (11) 4154-1874

→ Santo André



Santo André City Hall file

Steam Locomotive, Railroad Museum

DDD - 11

Website - www.santoandre.sp.gov.br

Population - 676,407 inhabitants

The municipality of Santo André belongs to the ABC Paulista set [industrial region in Greater São Paulo]. The real highlight in the city is in Vila de Paranapiacaba, former residence of constructors and workers of Companhia São Paulo Railway de Trens, which connected the countryside of São Paulo to the Port of Santos.

→ Itineraries

Adventure & Nature: Trails in Paranapiacaba - 1 day (page 56)

Leisure & Culture: History in Vila de Paranapiacaba - 1 day (page 85)

What to do?

Vila de Paranapiacaba is located in the middle of Serra do Mar [system of mountain ranges], has mild climate and its still preserved constructions convey great charm to the place. Vila is also known as *Vila Inglesa* [English Village], since its history is closely related to the coming of English people to implement the railway in the State of São Paulo. Tours are all on foot, as visitors' cars are not allowed inside the village. The Low Part [*Parte Baixa*] gathers a good amount of the attractions. Castelinho Museum was the former residence of the chief engineer of the railway and is at the highest point of the village, providing an incredible view of the whole region. *Museu Ferroviário Funicular* [an endless rope system railway museum] is home to important pieces and objects which tell the history of the railway. The Memory House [*Casa da Memória*] and the Center for Documentation in Architecture and Urbanism [*Centro de Documentação em Arquitetura e Urbanismo*] in Paranapiacaba are also open for visitors. Be aware to avoid the region on rainy days. Since it is located in the midst of the mountain range, rainy days come together with much fog, restraining tours in the region. The village is inserted within the bounds of three conservation

units: Nascentes de Paranapiacaba Natural Park, Serra do Mar State Park and Natural Reserves in Private Areas. It offers more than 10 trails with different levels of difficulty, guided by experienced local monitors. There are also adventure activities to be done such as rappel and zip-line. Yet, the village hosts a number of mountain biking and trekking competitions.

→ To enjoy Paranapiacaba

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Castelinho Museum	Tour on foot all around the village	Museums, cultural houses, tour on foot, city tour and trails

→ To adventure in Paranapiacaba

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Trail to Poço Formoso, lasts about 4 hours	Tour on foot around Vila de Paranapiacaba	Trails and adventure sports (zip-line, rappel and mountain bike)

→ How to get there?

Main access roads: Anchieta (SP-150), Imigrantes (SP-160)

Bus Station: Av. Industrial, 1850 - Campestre, Phone (11) 4991-1909

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (24.2 km)

Train Station: Santo André Station (CPTM), Itambé, s/n - City Center, Expresso Turístico Luz-Paranapiacaba, Phone 0800-055-0121

→ Where to stay?

Blue Tree Towers Santo André (Hotel) - Av. Portugal, 1464 (Bela Vista), Phone (11) 2199-7000, reservations 0300-15-0500

Mercure (Hotel) - Av. Industrial, 885 (Jardim), Phone (11) 4979-7900

Ibis (Hotel) - Av. Industrial, 885 (Jardim), Phone (11) 4979-7800

Plaza Mayor (Hotel) - Cel. Fernando Prestes, 278, Phone (11) 3629-6900

→ Where to eat?

Baby Beef Jardim - Rua das Bandeiras, 166 (Jardim), Phone (11) 4436-7869

Mazza - Rua das Bandeiras, 312 (Jardim), Phone (11) 4990-8558

Questo Pasta - Rua das Bandeiras, 437 (Jardim), Phone (11) 4994-2384

Vereda do Bacalhau - Av. Pe. Manuel da Nóbrega, 160 (Jardim), Phone (11) 4438-6899

Ville du Vin - Av. Portugal, 749 (City Center), Phone (11) 4994-9490

Touristic Information

Largo dos Padeiros (Vila de Paranapiacaba); Phone (11) 4439-0237

→ Santo Antônio do Pinhal



TURSP file

Serra da Mantiqueira

DDD -12

Website - www.santoantoniiodopinhal.sp.gov.br

Population - 6,486 inhabitants

Located in Serra da Mantiqueira [mountain], the key economic activity in Santo Antônio do Pinhal is tourism. In the city, nature and cold weather are the main attraction.

→ Itineraries

Adventure & Nature: Adventure in Serra da Mantiqueira - 2 days (page 58)

Gastronomic: Gastronomy in Mountain Ranges - 2 days (page 105)

Leisure & Culture: Refinement and Music in Serra da Mantiqueira - 2 days (page 87)

What to do?

The close contact with nature and peace are the strengths of Santo Antônio do Pinhal. The city contrasts with its busy neighbor, Campos do Jordão, with a provincial environment, in the midst of cozy inns and nature. A 2.5-hour train tour leads to Campos do Jordão, going through Alto do Lageado [hilltop], at about 1,700 meters high. In the City Center, several little shops sell local products such as cheese, jam and canned goods, and there are also many furniture and pottery ateliers signed by local artists. Beer lovers find shelter at Antoniusbier Brewery, which produces beer of the Rauchbier type in a craft way. The German owner – Uwe Ludke – personally welcomes visitors and explains all the manufacturing process of such delicacy. Eisland ice cream shop is another highlight in the region: with about 24 flavors of Italian-style ice cream produced at Sítio Aconchego. Pico Agudo [a hilltop] is the key natural attraction in the city with gorgeous landscapes. It beholds an area for hang gliding practice such as parachuting. In Jardim dos Pinhais [eco park] different tours are offered surrounded by decorated gardens and also trails and circuits of treetop cable swings and rappel.

To adventure in Santo Antônio do Pinhal

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Panoramic view from Pico Agudo	Cascading over Lefèvre Waterfall	Train tour and shopping

To enjoy Santo Antônio do Pinhal

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Train tour to Campos do Jordão	Pottery ateliers	Trails, trekking, treetop cable swings, rappelling and cascading

How to get there?

Main access roads: Presidente Dutra (BR-116), Ayrton Senna / Carvalho Pinto (SP-070), Floriano Rodrigues Pinheiro (SP-123)

Bus Station: Av. Ministro Nelson Hungria - City Center

Where to stay?

Pousada do Cedro (Inn) - Pico Agudo Road, km 4, 4 km (2,5 km of dirt road), Phone (12) 3666-1873

Pousada Quinta dos Pinhais (Charming Inn) - Access through road to Pico Agudo), 4 km (3 km of dirt road), Phone (12) 3666-2030

Pousada Quatro Estações (Inn) - Machadinho Road, km 4.5, 5 km, Phone (12) 3666-2260

Pousada Villa Mantiqueira (Inn) - Machadinho Road, km 4, 5 km, Phone (12) 3666-2425

Pousada Vento Verde (Inn) - Pico Agudo Road, km 1, Phone (12) 3666-1114, (12) 3666-2000

La Villa Del Valle Pousada (Inn) - Access through road to Pico Agudo, 2.5 km (1 km of dirt road), Phone (12) 3666-1577

Fazenda Estrela da Serra (Hotel) - Barreirinho Road, km 3.5, access through km 152 of SP-046 to São Bento do Sapucaí (Rio Preto), 13.5 km (3.5 km of dirt road), Phone (12) 3666-2608

Fazenda Fonte das Hortênsias (Hotel) - Lajeado Road, access through km 2 of Machadinho Road (Sta. Cruz), 3 km, Phone (12) 3666-1399

Where to eat?

Arco-Íris - SP-046 to Campos do Jordão, 3662, Phone (12) 3666-1517

Donna Pinha - SP-046 to Campos do Jordão, 2600, Phone (12) 3666-2669

Bolinho de Bacalhau & Cia - Eugênio Lefèvre Station (cable car station), Phone (12) 3666-1332

Eisland - Av. Min. Nelson Hungria, 720, Phone (12) 3666-1360

Touristic Information

Av. Antonio Joaquim de Oliveira – Estação Eugênio Lefèvre;
Phone (12) 3666-2105

→ Santos



Gonzaga Beach

DDD -13

Website - www.turismosantos.com.br

Population - 419,400 inhabitants



Santos is considered one of the most important cities for the economy of the State of São Paulo. It is home to the largest port in Latin America, the Port of Santos, accountable for the outflow of great part of the domestic production, in addition to being the headquarters of Santos Futebol Clube, where the famous player Pelé made a name for himself.

→ Itineraries

Adventure & Nature: Diving in Baixada Santista - 1 day (page 55)

Leisure & Culture: Historical Santos - 1 day (page 79)

Sun & Beach: Beaches and History - 1 day (page 40)

What to do?

About 1 hour away from the city of São Paulo, Santos has long waterfront with calm waters which attract bathers all year long. It offers a wide structure of touristic shopping and services that, together with its economic and historical importance to the State, make the city a destination for all sorts of people. The Historic City Center is the key attraction there. The city lived the coffee golden age, and the economic and historical importance of its port can be noticed through its buildings which tell a little of the local history. Among them, Bolsa do Café, with a museum showing the history of the coffee production and the stock market, and Mauá Square stand out. At Monte Serrat Tourist Complex [*Complexo Turístico Monte Serrat*] it is possible to go up to the funicular overlook and enjoy a breathtaking view of the whole city. The headquarters of Santos Futebol Clube also show interesting passages of the club conquests, with stories and curiosities not only about the club, but also about one of the best players ever in the history of soccer: Pelé. For those who want to adventure in diving activities, Laje de

Santos Marine State Park, about 40 km away from the waterfront of the city of Santos, is the perfect place. Reached only by boat or speedboat, it hides its sea treasures under the water, in depths that range from 6 to 45 meters. It is possible to go diving autonomously by hiring a specialized agency in town.

→ To enjoy Santos

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
Tours historical of the City Center	Conquest Memorial Santos F.C.	Beaches, city tour

→ To dive in Santos

<i>Do not miss</i>	<i>Worth the visit</i>	<i>What to do</i>
From May to August, it is possible to see Giant oceanic manta ray	During the course to the park, it is possible to see pods of dolphins and Bryde's whales	Diving

→ How to get there?

Main access roads: Anchieta (SP-150), Imigrantes (SP-160)

Bus Station: Andradas Square, 45, Phone (13) 3219-2194

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (73,7 km)

Ferry: Santos-Guarujá Ferry, Gago Coutinho Square, 525 - Ponta da Praia, Phone (13) 3349-4461

→ Where to stay?

Mendes Plaza (Hotel) - Av. Floriano Peixoto, 42 (Gonzaga), Phone (13) 3208-6400

Panorama (Hotel) - Euclides da Cunha, 15 (Gonzaga), Phone (13) 3208-6400

Parque Balneário (Hotel) - Av. Ana Costa, 555 (Gonzaga), Phone (13) 3285-6900

Atlântico Inn (Hotel) - Jorge Tibiriçá, 4 (Gonzaga), Phone (13) 3289-4700

Cosmopolitan Praia Flat (Flat) - Bahia, 174 (Gonzaga), Phone (13) 2102-9493

→ Where to eat?

Catalina - José Caballero, 36 (Gonzaga), Phone (13) 3284-3626

J. Garcia - Av. Alm. Saldanha da Gama, 77 (Ponta da Praia), Phone (13) 3261-3862

Al Kabir - Jorge Tibiriçá, 28 (Gonzaga), Phone (13) 3289-1093

Cantina Di Lucca - Dr. Tolentino Filgueiras, 80 (Gonzaga), Phone (13) 3284-0444

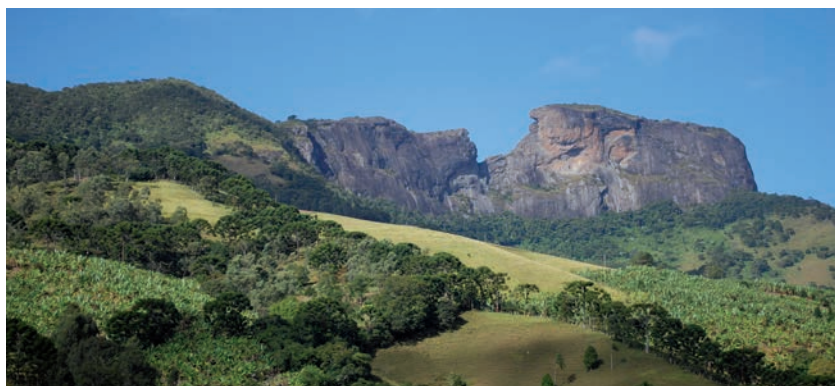
Cafeteria do Museu do Café - XV de Novembro, 95 (Historic City Center), Phone (13) 3219-7069

Maria Farinha - Alexandre Herculano, 168 (Gonzaga), Phone (13) 3224-2829

Touristic Information

Av. Bartolomeu de Gusmão, s/n – Municipal Aquarium; Bandeiras Square, s/n;
Mauá Square, s/n (City Center); Andradas Square, s/n (City Center); PIT Municipal Orchid
Greenhouse (Washington Square, s/n°); Emissário Submarino Platform (José Menino);
Port Passengers Terminal, Armazém 25; Phone 0800-173887

→ São Bento do Sapucaí



Gerardo - TURSP file

Pedra do Baú

DDD -12

Website - www.saobentodosapucaí.sp.gov.br

Population -10,468 inhabitants

São Bento do Sapucaí is a city located in the region of Vale do Paraíba, Serra da Mantiqueira. Its hilly topography and abundant vegetation reflect in the mild mountain range climate, one of the charms of the city. Pedra do Baú [rock formations] is the real highlight to practice adventure sports.

→ Itineraries

Adventure & Nature: Adventure in Serra da Mantiqueira - 2 days (page 58)

What to do?

Pedra do Baú has access either through Campos do Jordão and São Bento do Sapucaí, attracting adventurers who prefer calmer destinations surrounded by nature. Local guides take tourists to more difficult trekking, but there are also easier trail options to be done independently. Rock formations highlights: Pedra do Baú, Pedra do Bauzinho and Pedra Ana Chata. There are other options of activities, gathered in Pesca na Montanha Eco Park, offering family-friendly attractions such as zip-lining, horseback riding, bike tours and bow and arrow.

Do not miss

Guided trail to
Pedra do Baú

Worth the visit

Activities in Pesca na
Montanha Eco Park

What to do

Trails, zip-lining, horseback
riding, biking and bow and
arrow

→ How to get there?

Main access roads: Fernão Dias (BR-381), Presidente Dutra (BR-116), Ayrton Senna / Carvalho Pinto (SP-070), Floriano Rodrigues Pinheiro (SP-123)

Bus Station: Al. dos Lírios, s/n, Phone (11) 2402-6200

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (81,4 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (147 km)

→ Where to stay?

Pousada do Quilombo (Inn) - Quilombo Road, 1403 (Quilombo), 2 km,
Phone (12) 3971-2688

Refúgio Mantiqueira (Inn) - Paiol Grande Road (to Campos do Jordão), 9000, km 9, 9 km,
Phone (12) 9740-6080, (11) 8959-3178

Chalés Montanha (Inn) - Vereador Benedito Cândido Ribeiro Road, 101,
Phone (12) 3971-1536

Pousada Villa da Montanha (Inn) - Cândido José da Silva, 504, Phone (12) 3971-1268

Pousada Pesca na Montanha (Inn) - access through km 16 of Paiol Grande Road
(to Campos do Jordão), 18 km (1 km of dirt road), Phone (12) 9716-5017

→ Where to eat?

Trincheira (Pousada do Quilombo) - Quilombo Road, 1403 (Quilombo), 2 km,
Phone (12) 3971-2688

Taipa - Des. Afonso de Carvalho, 200, Phone (12) 3971-2772

Roberto Tatini - Jaguari, 600 (mun. of Sapucaí-Mirim), 7 km, Phone (35) 3655-1084

Sabor com Arte - Benedito Gomes de Souza Road, km 5, Phone (12) 3971-1471



Elsae Frechou - TURSP file

Trails along Serra da Mantiqueira

Touristic Information

City gate; Dr. Oliveira Ribeiro, 137 (City Center); Phone (12) 3971-2210

→ São José do Barreiro



José Milton de M. Serafim

Tira o Chapéu Peak

DDD -12

Website - www.barreirotur.com.br

Population - 4,077 inhabitants

São José do Barreiro is located in the region of Vale do Paraíba, almost within the border with the State of Rio de Janeiro. It is in the bounds of Serra da Bocaina National Park, a great biodiversity importance to the place.

→ Itineraries

Adventure & Nature: Mountain Ranges in Cunha and São José do Barreiro - 3 days (page 63)

What to do?

Gateway to Serra da Bocaina National Park, São José do Barreiro's key attraction is its park. Amounting 104,000 hectares of Atlantic Forest, the park gathers several options of trails leading to breathtaking panoramic views and gorgeous waterfalls, bringing visitors closer to the nature. The Golden Trail [*Trilha do Ouro*] is another highlight, since they follow the same path from the 18th century for the outflow of gold from Minas Gerais to Angra dos Reis. Another highlight is going trekking towards the peaks Pico do Tira o Chapéu and Pico da Bacia, where a pretty view of the whole region at the highest point of the mountain range is seen. Other trails lead to local waterfalls, such as Cachoeira do Veado, Cachoeira das Posses and Cachoeira de Santo Izidro. Access to the park is done only by 4x4 cars, and the very inns suggest transfer services available, in which previous scheduling is required.

Do not miss

Golden Trail [*Trilha do Ouro*], a 50-km course and 3-day length

Worth the visit

Pico do Tira Chapéu, high difficulty, a 20-km course

What to do

Trails, trekking, waterfalls, overlooks

→ How to get there?

Main access roads: Presidente Dutra (BR-116)

Bus Station: Av. Fortunato Lobão, s/n, Phone (12) 3117-1001

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (180 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (266 km)

→ Where to stay?

Porto da Bocaina (Hotel) - Access through km 260 of SP-068 to Areias (Represa do Funil), 9 km, Phone (12) 3117-1192

Fazenda Clube dos 200 (Hotel) - SP-068 to Bananal, km 277 (Formoso), 9 km, Phone (12) 3117-2338

Fazenda São Francisco (Hotel) - Fazenda S. Francisco Road, km 6 (6 km of dirt road), Phone (12) 3117-1264, reservations (21) 2286-9763

Pousada Vale dos Veados (Charming Inn) - Bocaina Road, km 42 (Serra da Bocaina National Park) (42 km of dirt road), Phone (12) 3117-1192

Ventos da Bocaina (Inn) - Bocaina Road, km 21 (21 km of dirt road), Phone (11) 9985-0401, reservations (11) 3289-0811



Miguel Schincariol

Pau d'Alho Farm

Touristic Information

R. José Bento Teixeira, 45 (City Center); Phone (12) 3117-9200

→ São Luiz do Paraitinga



APRECEP file

Rafting

DDD -12

Website - www.saoluizdoparaitinga.sp.gov.br

Population -10,397 inhabitants

São Luiz do Paraitinga is located in the region of Vale do Paraíba. Founded in the 18th century, a large part of its architectural sets has been registered as historic sites, besides being inserted within the bounds of Serra do Mar State Park.

→ Roteiros

Adventure & Nature: Trails and Waters in Serra do Mar - 3 days (page 68)

Leisure & Culture: Cultural Heritage in Vale do Paraíba - 2 days (page 89)

What to do?

The Historic City Center is the real highlight in São Luiz do Paraitinga. With about 450 historic buildings, the City Center itself is the very attraction. A tour on foot around the streets and stone ramps recalls the old times, with its historic buildings and cultural centers. The municipal calendar of events is another attraction aside: on Carnival, *blocos* [Carnival groups of people] playing *marchinhas* [music genre typical of Brazilian Carnival] cheer up Carnival revelers, and in the Festival of the Holy Spirit [*Festa do Divino Espírito Santo*], local folkloric manifestations amuse visitors and residents. It is worth to try the famous *Afogado*, beef stew served with manioc flour, a typical dish in the region. For nature lovers, rafting over Paraíba River is the most sought activity. There are three rapids allowing different levels according to the tourist's experience. At the most difficult level, the course is done in 10.5 km, lasting approximately 6 hours. Trails are also suggested to tourists who prefer to walk in the midst of the woods: there are options at several difficulty levels, and Sete Cachoeiras Trail is the longest, lasting 7 hours. The following are part of the Trail Program in São Paulo: Garcez Trail, with a 3-hour course, and Pirapitinga Trail, with a 4-hour course, both of medium difficulty.

→ To enjoy São Luiz do Paraitinga

Do not miss	Worth the visit	What to do
Tour on foot around the Historic City Center, Museums and cultural centers	Local restaurants serve Afogado, typical local dish	Traditional festivals, folkloric manifestations and local cuisine

→ To adventure in São Luiz do Paraitinga

Do not miss	Worth the visit	What to do
Rafting over Paraibuna River	Tour around the Historic City Center. Also try its typical food, Afogado	Hiking, rafting, rappelling, horseback riding and tours around the Historic City Center

→ How to get there?

Main access roads: Presidente Dutra (SP-060), Carvalho Pinto (SP-070), Oswaldo Cruz (SP-125)

Bus Station: Oswaldo Cruz Square, Phone (12) 3671-1701

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (83.5 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (169 km)

→ Where to stay?

Pousada Primavera (Inn) - Renato Aguiar Access Road, 400 (City Center), Phone (12) 3671-1289

Pousada Sertão das Cotias (Inn) - Oswaldo Cruz Road to Ubatuba, km 42.5, Phone (12) 3671-1318

Pousada Vila Verde (Inn) - Benfca, 63 (Benfca), Phone (12) 3671-1720

Refúgio das 7 Cachoeiras (Inn) - Pinga Road, 19.5 Km (2.5 km of dirt road) (distr. of Catuçaba), Phone (12) 3671-6201

→ Where to eat?

Cantinho dos Amigos - Cel. Domingues de Castro, 121 (City Center), Phone (12) 3671-1466

Empório da Roça - Bairro da Fábrica Road (access through km 47.5 of Oswaldo Cruz Road to Ubatuba), 5 km, Phone (12) 9723-1462

Refúgio das 7 Cachoeiras - Pinga Road, distr. of Catuçaba, 19.5 km (2.5 km of dirt road), Phone (12) 3671-6201

Touristic Information

Dr. Oswaldo Cruz Square, 3 (City Center); Phone (12) 3671-7000

→ São Paulo



Caio Pimenta - SPiurus

São Paulo Museum of Art (MASP)

DDD -11

Website - www.cidadedesao paulo.com

Population - 11,253,503 inhabitants



With a population of more than 11 million inhabitants, São Paulo is one of the largest cities in the world and one of the economic powerhouses in Latin America. With its intense cultural life and thousands of gastronomic options, the city is one of the key destinations for tourists in the State of São Paulo.

→ Itineraries

Adventure & Nature: Nature in the Metropolis - 2 days (page 59)

Gastronomic: Soccer & Botecos in the Capital - 1 day (page 102)

Leisure & Culture: Museums in São Paulo - 2 days (page 90)

Buzz in Pinheiros and Vila Madalena - 1 day (page 80)

Shopping in São Paulo - 1 day (page 81)

Culture and Buzz on Paulista Avenue - 1 day (page 82)

Historical São Paulo - 1 day (page 83)



Pateo do Collegio

Jefferson Fancieri - Courtesy of SPiurus

What to do?

The diversity in the State is presented in its capital as well: the city of São Paulo is, in fact, for all tastes. One of the most important metropolis worldwide, it gathers a large variety of services and cultural, artistic, sports and gastronomic options. For those who prefer to immerse in the cultural world, mandatory stops that cannot be missed are the following: the Historic City Center, with its still preserved mansions and museums, with special highlight to the Municipal Theater [*Theatro Municipal*]; Luz region, with Pinacoteca do Estado [art gallery], Luz Railway Station [*Estação Ferroviária da Luz*] and Sala São Paulo, one of the most important concert venues in the country; and Paulista Avenue [*Avenida Paulista*], the postcard of the city, which is home to important museums and cultural centers. But the city's cultural life does not stop there: there are museums and cultural centers with exhibitions of the more varied themes.

There are those who wonder that such an important metropolis is basically made of buildings. São Paulo is home to a number of public parks, with wide green areas, proper to practice sports and for leisure, and even some of them have short-length trails. In Ibirapuera Park, areas and lakes share their space with small cultural centers. Tracks and trails and the bike path are very crowded on weekends, but there is enough green space for a nice picnic. In Serra da Cantareira State Park, trails are the real highlight. Go to Pedra Grande and be astonished with the amazing view of the city of São Paulo.

As expected, soccer is also present in the life of every person from the capital. Right there, there are four stadiums. Get to know a little of the Brazilian soccer history at the Soccer Museum [*Museu do Futebol*], within Pacaembu Stadium, understand the path of the most famous teams from the capital of São Paulo (São Paulo Futebol Clube, Sport Club Corinthians Paulista and Sociedade Esportiva Palmeiras), and pick yours.

For those who are looking for buzz and night fun, the city works 24/7. There are bars and nightclubs spread all over the city, with varied styles and music options. Check out the cultural agenda of the city and choose the way you want to enjoy your nights in São Paulo.

The city's gastronomy is considered one of the best all around the globe. And the best of all: options at all prices. Renowned restaurants, signed by internationally awarded chefs, regional restaurants, small bistros and coffee shops with a variety of tastes: this is only a sprinkle of everything you can find here.

To get to know the city even better, take one of the theme itineraries of São Paulo Turismo. Access: www.cidadedesao paulo.com/sp/br/o-que-visitav/titineraries/titineraries-tematicos. Another option is the guide Stay Another Day [*Fique Mais um Dia*], with full tips for tours in the capital. Access: www.fiquemaisumdia.com.br.

Many museums and cultural equipment in the city of São Paulo are adapted for the public with limited mobility. Among them, the Soccer Museum [*Museu do Futebol*], Catavento Cultural, the art gallery Pinacoteca do Estado, and others. Access: acessibiliddecultural.com.br and check out the accessible cultural attractions in the city.

➔ *To get to know São Paulo*

Do not miss	Worth the visit	What to do
Theme itineraries around the city of São Paulo	Catedral da Sé and a spectacle at Theatro Municipal or at Sala São Paulo	Historic buildings, museums, cultural centers and city tours

➔ *To enjoy São Paulo*

Do not miss	Worth the visit	What to do
Soccer Museum [Museu do Futebol], at Pacaembu Stadium	MASP, Museu da Língua Portuguesa and Catavento Cultural, shopping at Oscar Freire and 25 de Março	Museums, cultural centers, art galleries, city tours, theaters and shopping

➔ *To adventure in São Paulo*

Do not miss	Worth the visit	What to do
Trails in Cantareira State Park and Botanical Garden [Jardim Botânico]	Environmental Protection Municipal Area of Capivari-Monos	Trails, leisure and environmental education equipment

➔ *To eat and drink in São Paulo*

Do not miss	Worth the visit	What to do
Bars and botecos for all taste in the region of Vila Madalena	São Paulo's Mercado Municipal, with its famous Mortadella sandwich and cod fish pastel [salty deep-fried pastry filled with cod fish]	Eat pastel [salty deep-fried pastry filled with your choice of filling], and try sugarcane juice [caldo de cana] in street markets

➔ **How to get there?**

Main access roads: Fernão Dias (BR-381), Presidente Dutra (SP-060), Ayrton Senna (SP-070), Anchieta (SP-150), dos Bandeirantes (SP-348), Anhanguera (SP-330), Raposo Tavares (SP-270), Castello Branco (BR-116)

Bus Stations: Tietê - Av. Cruzeiro do Sul, 1800 - Santana, Phone (11) 3235-0322; Barra Funda - Av. Auro Soares de Moura Andrade, 664 - Barra Funda, Phone (11) 3866-1100; Jabaquara - Rua dos Jequitibás, s/n - Jabaquara, Phone (11) 3866-1100

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo (SP), Phone (11) 5090-9000 (10 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (28 km)

Train Station: São Paulo Metropolitan Train Company (CPTM), 89 stations which serve 22 municipalities, Phone 0800-055-0121

→ Where to stay?

Emiliano (Hotel) - Oscar Freire, 384 (Cerqueira César), Phone (11) 3069-4369

Fasano (Hotel) - Vitorio Fasano, 88 (Cerqueira César), Phone (11) 3896-4000

Grand Hyatt (Hotel) - Av. das Nações Unidas, 13301 (Brooklin Novo),
Phone (11) 2838-1234, reservations 0800-880-1234

Hilton Morumbi (Hotel) - Av. das Nações Unidas, 12901 (Brooklin Novo),
Phone (11) 2845-0000, reservations 0800-596-0000

Tivoli São Paulo – Mofarrej (Hotel) - Al. Santos, 1437 (Cerqueira César),
Phone (11) 3146-5900

Sheraton WTC (Hotel) - Av. das Nações Unidas, 12559 (Brooklin Novo),
Phone (11) 3055-8000, reservations 0800-7700-982

Unique (Hotel) - Av. Brig. Luís Antônio, 4700 (Jd. Paulista), Phone (11) 3055-4700

Porto Bay L'Hotel (Hotel) - Al. Campinas, 266 (Bela Vista), Phone (11) 2183-0500

Prodigy Grand Hotel & Suites Berrini (Hotel) - Quintana, 1012 (Brooklin Novo),
Phone (11) 5508-5000, reservations 0800-15-0500

Blue Tree Verbo Divino (Hotel) - Verbo Divino, 1323 (Chác. Sto. Antônio),
Phone (11) 5683-4600, reservations 0800-15-0500

Caesar Park Faria Lima (Hotel) - Olimpíadas, 205 (V. Olímpia), Phone (11) 3049-6691,
reservations 0800-55-7275

Etoile George V Itaim (Hotel) - Pedrosa Alvarenga, 610 (Itaim Bibi),
Phone (11) 3704-0101, reservations 0800-773-4646

Meliá Jardim Europa (Hotel) - João Cachoeira, 107 (Itaim Bibi),
Phone (11) 3702-9600, reservations 0800-703-3399

Address (Hotel) - Amauri, 513 (Itaim Bibi), Phone (11) 3165-4111,
reservations 0800-773-4663

Blue Tree Towers Morumbi Convention Center (Hotel) - Av. Roque Petroni Jr., 1000
(Brooklin Novo), Phone (11) 5187-1200

Bourbon Convention Ibirapuera (Hotel) - Av. Ibirapuera, 2927 (Moema),
Phone (11) 2161-2200, reservations 0800-701-8181

Caesar Business Faria Lima (Hotel) - Olimpíadas, 205 (Vila Olímpia),
Phone (11) 3049-6691, reservations 0800-55-7275

Novotel Jaraguá Convention (Hotel) - Martins Fontes, 71 (Bela Vista),
Phone (11) 2802-7000

Feller Avenida Paulista (Hotel) - S. Carlos do Pinhal, 200 (Bela Vista),

Phone (11) 3016-7500, reservations 0800-55-0058

Bourbon (Hotel) - Av. Dr. Vieira de Carvalho, 99 (V. Buarque), Phone (11) 3337-2000,

reservations 0800-701-8181

Braston Augusta L'art (Hotel) - Augusta, 467 (Consolação), Phone (11) 3123-6000

Century Paulista (Hotel) - Teixeira da Silva, 647 (Paraíso), Phone (11) 3882-9977,

reservations 0800-17-9977

Comfort Hotel Downtown (Hotel) - Araújo, 141 (V. Buarque), Phone (11) 2137-4600,

reservations 0800-55-5855

Pergamon (Hotel) - Frei Caneca, 80 (Consolação), Phone (11) 3123-2021,

reservations 0800-55-1056

Mercure Grand Hotel Parque do Ibirapuera (Hotel) - Sena Madureira, 1355, bl. 2

(V. Clementino), Phone (11) 2853-7900, reservations 0800-703-7000

Mega Polo (Hotel) - Br. de Ladário, 670 (Brás), Phone (11) 2886-5000

Hotel Metropolitan Best Western Metrô Tietê (Hotel) - Av. Cruzeiro do Sul, 1709

(Carandiru), Phone (11) 4506-9500, reservations 0800-761-5001

Augusta Park (Hotel) - Augusta, 922 (Consolação), Phone (11) 3124-4400

Belgrano (Hotel) - Mq. de Paranaguá, 88 (Consolação), Phone (11) 3258-0255

Okupe Hostel Jardins (Hostel) - Av. Rebouças, 990 (Jardim Paulista),

Phone (11) 2366-1517

LimeTime Hostels (Hostel) - 13 de Maio, 1552 (Bela Vista), Phone (11) 2935-5463

Hostel Vergueiro (Hostel) - Vergueiro, 434 (Liberdade), Phone (11) 3399-3084

Albergue da Juventude Praça de Árvore (Hostel) - Pageú, 266 (V. Mariana),

Phone (11) 5071-5148

Pousada dos Franceses (Inn) - Rua dos Franceses, 100 (Bela Vista), Phone (11) 3288-1592

Pousada Zilah (Inn) - Al. Franca, 1621 (Jd. Paulista), Phone (11) 3062-1444

Where to eat?

A Figueira Rubaiyat - Haddock Lobo, 1738 (Cerqueira César), Phone (11) 3087-1399

Antiquarius - Al. Lorena, 1884 (Cerqueira César), Phone (11) 3082-3015

Dalva e Dito - Padre João Manuel, 1115 (Cerqueira César), Phone (11) 3068-4444

A Bela Sintra - Bela Cintra, 2325 (Jd. Paulista), Phone (11) 3891-1090

Amadeus - Haddock Lobo, 807 (Cerqueira César), Phone (11) 3061-2859

Baby Beef Rubaiyat - Al. Santos, 86 (Paraíso), Phone (11) 3170-5100

Bankao - Manuel Guedes, 444 (Itaim), Phone (11) 3168-0662

D.O.M. - Br. de Capanema, 549 (Cerqueira César), Phone (11) 3088-0761
Kinoshita - Jacques Félix, 405 (Vila Nova Conceição), Phone (11) 3849-6940
Skye (Hotel Unique) - Av. Brig. Luís Antônio, 4700 (Jd. Paulista), Phone (11) 3055-4702
Terraço Itália - Av. Ipiranga, 344, 41st and 42nd floors, Itália Building (City Center),
Phone (11) 2189-2929
Varanda - Gen. Mena Barreto, 793 (Jd. Paulista), Phone (11) 3887-8870
A Tal da Pizza - Dr. Mário Ferraz, 351 (Itaim Bibi), Phone (11) 3079-3599
Allez, Allez! - Wisard, 288 (Vila Madalena), Phone (11) 3032-3325
Arábia - Haddock Lobo, 1397 (Cerqueira César), Phone (11) 3061-2203
Bacalhoeiro - Azevedo Soares, 1580 (Tatuapé), Phone (11) 2293-1010
Capim Santo - Al. Min. Rocha Azevedo, 471 (Cerqueira César), Phone (11) 3068-8486
348 Parrilla Porteña - Com. Miguel Calfat, 348 (V. Olímpia), Phone (11) 3849-0348
Adega Santiago - Sampaio Vidal, 1072 (Jd. Paulistano), Phone (11) 3081-5211
Arola-Vintetres (Hotel Tivoli São Paulo - Mofarrej) - Al. Santos, 1437, 23rd floor
(Cerqueira César), Phone (11) 3146-5923
Bar da Dona Onça - Av. Ipiranga, 200, shops 27 and 29, Copan Building (City Center),
Phone (11) 3257-2016
La Mar - Tabapuã, 1410 (Itaim Bibi), Phone (11) 3073-1213
Bendita Hora - Av. Sabiá, 283 (Moema), Phone (11) 5051-4322
Famiglia Mancini - Av. Anhandava, 81 (Bela Vista), Phone (11) 3256-4320
Acrópolis - Rua da Graça, 364 (Bom Retiro), Phone (11) 3223-4386
Amigo Leal - Amaral Gurgel, 165 (Vila Buarque), Phone (11) 3223-6873
Brigadeiro - Padre Carvalho, 91 (Pinheiros), Phone (11) 3813-6656
Mocotó - Av. N.S. do Loreto, 1100 (Vila Medeiros), Phone (11) 2951-3056
Rota do Acarajé - Martim Francisco, 529 (Santa Cecília), Phone (11) 3668-6222

Touristic Information

Rodovia Hélio Smidt, s/n – Guarulhos Airport, Terminals 1 and 2 (Guarulhos) – Managed by GRU Airport

Rua da Cantareira, 306 - Mercado Municipal, Rua E, gate 4 (City Center)

Av. São João, 473 – Olido Galleria (City Center)

Av. Paulista, 1853 – Mário Covas Park (Jardins)

República Square, s/n (City Center)

Av. Cruzeiro do Sul, 1800 - Terminal Tietê, Arrival floor (Santana)

Av. Olavo Fontoura, 1209 – Anhembi – Operates only during events at Palácio das Convenções

→ São Pedro



APRECCSPfile

Hot Air Ballooning

DDD -19

Website -www.saopedro.com.br

Population -31,622 inhabitants

São Pedro is famous for the natural beauties of Serra do Itaqueri [mountains] and for gathering a number of ecotourism and adventure tourism activities.

→ Itineraries

Adventure & Nature: Adventure in Water and Air in Brotas and São Pedro - 3 days (page 61)

What to do?

São Pedro stands out in adventure sports as well. Hang gliding is the most sought activity by adventurers. There are two ramps for take-offs which attract parachuting, paragliding and hand-gliding lovers. From that place, it is possible to have an amazing view of the whole region. The hot air balloon tour is another highlight in the city, lasting about 1 hour. Other adventure activities, such as hiking, zip-lining, horseback riding and off road tours can be done in the city.

Do not miss

Landscape of the free flying area

Worth the visit

Hot air ballooning

What to do

Hang gliding, hot air ballooning, adventure sports and off road tours

→ How to get there?

Main access roads: Castello Branco (SP-280), Bandeirantes (SP-348)

Bus Station: Av. Imigrantes, 100, Phone (19) 3481-1021

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (113 km)

→ Where to stay?

Fazenda Fonte Colina Verde (Hotel) - Veríssimo Prado, 1500 (City Center), Phone (19) 3481-9999, reservations 0800-13-1009

Fazenda São João (Hotel) - Av. Paschoal Antonelli, 800 (São João), 1 km, Phone (19) 3483-9000, reservations 0800-11-1411

Villa Vitta (Hotel) - SP-191 to Charqueada, km 112 (Tuncun), 5 km, Phone (19) 3481-1726

A Villa Normanda (Inn) - Access through km 202.5 of SP-304 to Sta. M^a da Serra (Alpes das Águas), 5 km (1 km of dirt road), Phone (19) 3483-1311

Pousada Cachoeiras da Furna (Inn) - Sítio Rancho Fundo (Santana), 6 km (5 km of dirt road), Phone (19) 3481-1114

Spa Jardim da Serra (Spa) - Rua B, 24 (Access through Ulysses Guimarães Road to Itirapina) (Alto da Serra), 10 km (2 km of dirt road), Phone (19) 3483-7418

→ Where to eat?

Vila Del Capo - São Pedro-Brotas Municipal Road (Alto da Serra), 14 km, Phone (14) 3653-6160

Zuleika's Doces - Gustavo Teixeira Square, 725 (City Center), Phone (19) 3481-1725



APRECEP file

Cascading



APRECEP file

Zip-lining

Touristic Information

Joaquim Teixeira de Toledo, 524 (City Center); Phone (19) 3483-1980

→ São Roque



Local shops

DDD -11

Website - www.saoroque.sp.gov.br

Population -78,821 inhabitants

São Roque stands out in the countryside of São Paulo as a wine producer and received the name of the “City of Wine”. Founded in 1657, its name is dedicated to the devotion saint of its founder Pedro Vaz de Barros.

→ Itineraries

Gastronomic: Enotourism in São Roque - 1 day (page 103)

What to do?

The Wine Road [*Estrada do Vinho*] stands out in the city. On a narrow road, several wineries open their gates for visitors with tours around the grape production, wine tasting and shops that sell locally produced beverages. The restaurants in the wineries are an extra attractant: charming establishments have pasta as their specialty and they are homemade produced in the region. Artichoke is another widely produced item in the region, used as a delicacy in several meals offered at restaurants in the wineries.

For adventure lovers, Ski Mountain Park offers two artificial lanes to practice skiing and snowboarding, in addition to other adventure activities, such as treetop cable swings, bow and arrow, climbing, horseback riding, paintball, among others. In the City Center, it is also possible to visit two historic churches – São Benedito and Matriz de São Roque –, that astonish anyone with their beauty.

Do not miss

Wine Road [*Estrada do Vinho*], with highlight to Goes Winery

Worth the visit

Ski Mountain Park

What to do

Wine tasting, gastronomy, theme park and historic churches

→ How to get there?

Main access roads: Raposo Tavares (SP-270), Castello Branco (SP-280)

Bus Station: Av. Aracai, 70 - City Center, Phone (11) 4784-2367

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (62 km)

→ Where to stay?

Villa Rossa (Hotel) - Cora Coralina, 350 (Access through km 55 of Raposo Tavares Highway) (V. Darcy Penteadó), 9 km, Phone (11) 4713-5500

Alpino (Hotel) - Raposo Tavares Highway, km 58 (Taboão), 3.5 km, Phone (11) 4784-8411

Quinta dy Engenho (Charming Hotel) - Fonte Road, 800 (access through km 55 of Raposo Tavares Highway) (V. Darcy Penteadó), 11 km (1 km of dirt road), Phone (11) 4714-0760

Cordialle (Hotel) - Sotero de Souza, 500 (City Center), Phone (11) 4784-9500

Casa dos Vargas (Inn) - Access through km 48 of Raposo Tavares Highway, 12 km (1 km of dirt road), Phone (11) 4714-0016

Pousada Acalanto (Inn) - Barroca Funda Road, 123 (access through km 50.5 of Raposo Tavares Highway), 12 km, Phone (11) 4714-0172

Solar do Vinhedo (Inn) - Romão Dias de Góes Road, 7000 (Ibaté), 3 km (1 km of dirt road), Phone (11) 4712-2861

→ Where to eat?

Cascudo - Câmara Cascudo, 3301 (access through km 55 of Raposo Tavares Highway) (V. Darcy Penteadó), 9 km, Phone (11) 4714-2041

Casa dos Vargas (Inn) - Access through km 48 of Raposo Tavares Highway, 12 km (1 km of dirt road), Phone (11) 4714-0016

Deodoro - Marechal Deodoro, 48 (City Center), Phone (11) 4784-1348

Rancho 53 - Castello Branco Highway, km 53 (return at km 51) (Mun. of Araçariquama), 13 km, Phone (11) 4136-1381

Cantina Tia Lina - Vinho Road, km 10 (access through km 59 of Raposo Tavares Highway), 12 km, Phone (11) 4711-2018

Touristic Information

Heitor Boccato Square, s/n; Raposo Tavares Highway, km 59, Largo do Taboão, s/n; Phone (11) 4712-5664

→ São Sebastião



APRECSP file

Maresias Beach

DDD -12

Website - www.turismo.saosebastiao.sp.gov.br

Population -73,942 inhabitants

São Sebastião is considered one of the oldest municipalities in the Northern coast. It is also one of the most beautiful cities in the region, it has a long waterfront with impressive landscapes. Currently, the Port of São Sebastião is starting an enlarging process, in a way that its operational capacity will increase threefold by 2035.

→ Itineraries

Adventure & Nature: Diving in the Northern Coast - 3 days (page 67)

Trails and Waterfalls in the Northern Coast - 3 days (page 65)

Gastronomic: Gastronomy in the Northern Coast - 3 days (page 108)

Sun & Beach: Islands and Beaches in the Northern Coast - 3 days (page 47)

São Sebastião Beaches - 2 days (page 43)

What to do?

The city brings together excitement and peace and the beauty of its beaches and waterfalls. Paúba and Boicucanga Beaches are family-friendly perfect. Redoubt of surfers, Maresias, Brava and Camburi Beaches have rough waters, ideal for surfing, and yet busy nightlife, with a number of famous bars and nightclubs, such as a branch of Pachá. Additionally, for those who want more contact with nature, Toque Toque Beach (Pequeno and Grande) are the key to enjoy the beauties in the region. In São Sebastião Park, in Serra do Mar State Park, it is possible to go on countless trails with rivers and waterfalls in the midst of the Atlantic Forest. The rich marine diversity enables incredible dives on

the islands of the municipality. Montão de Trigo Island is the best stretch to practice such activity. Accredited speedboats take visitors to the most interesting spots, where it is possible to see local species such as coral reef, anemones, sea spider, sororoca fish and French angelfish. Pods of dolphins and whales can be seen during the speedboat tour.

The heritage of the coastal people is reflected in its local cuisine, with fish and seafood meals. Portuguese and African sprinkles also reflect the local history, culminating in the diversity of dishes served at local restaurants, with a highlight to *Azul-marinho* [a fish-based delicacy called navy blue due to the color of its broth]. Traditional in the coastal cuisine, *Azul-marinho* uses local fish cooked with unripe banana, responsible for the bluish color in the dish. Juquehy, Camburi and Camburizinho Beaches gather the best restaurants in town.

→ To enjoy São Sebastião

Do not miss	Worth the visit	What to do
Speedboat tour around the islands of the beach town, with stops to go diving	The hyped up beaches Maresias and Cambury	Beaches, trails, waterfalls, boat tours and diving

→ To dive in São Sebastião

Do not miss	Worth the visit	What to do
Autonomous and beginner diving on Montão de Trigo Island	Kayaking over Una and Cubatão Rivers	Different levels of hiking, kite surfing, surfing, diving, boat tours and beaches

→ To eat and drink in São Sebastião

Do not miss	Worth the visit	What to do
Restaurants with fish and seafood meals	Manacá restaurant, at Camburizinho Beach, serving well-elaborated meals, with local delicacies	Beaches, trails, waterfalls, boat tour and restaurants



Duda Hawaii

Indigenous Village



São Sebastião City Hall release

Salmon with tamarind sauce - Toque Toque Island Rest

→ How to get there?

Main access roads: Dr. Manuel Hipólito Rego (SP-055), Presidente Dutra (BR-116), Carvalho Pinto (SP-070)

Bus Station: Vereador Venino Fernandes Moreira Square, 10 - City Center, Phone (12) 3892-4340

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (101 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (180 km)

Ferry: São Sebastião-Ilhabela Ferry, Av. Antônio Januário do Nascimento, s/n° - São Sebastião, Phone (12) 3892-1899

→ Where to stay?

Juquehy Praia (Hotel) - Av. Mãe Bernarda, 3221 (Juqueí), Phone (12) 3891-1000

Villa Bebek (Hotel) - Zezito, 251 (Camburizinho), Phone (12) 3865-3320

Maresias Beach (Hotel) - Av. Francisco Loup, 1109 (Maresias), Phone (12) 3891-7500

Beach (Hotel) - Av. Mãe Bernarda, 25 (Juqueí), Phone (12) 3891-1500

Aldeia de Sahy (Hotel) - Adelino Tavares, 64 (Barra do Saí), 47 km, Phone (12) 3863-6366, reservations (11) 3168-7777

Amarras (Hotel) - Al. Kuikuros, 186 (Juréia), Phone (12) 3867-1363

Coconut's Maresias (Hotel) - Av. Francisco Loup, 1090 (Maresias), Phone (12) 3865-7875

Pousada Alcatrazes (Inn) - Av. Mãe Bernarda, 937 (Juqueí), Phone (12) 3863-1135

Pousada Azul Maria (Inn) - Av. Deble Luiza Derani, 2156 (Baleia), Phone (12) 3863-6454

Pousada Chez Louise et Louis (Inn) - Av. Mãe Bernarda, 1563 (Juqueí),
Phone (12) 3863-1103

Pousada Cavalo Marinho (Inn) - Dr. Roque Edgard Frenerich, 255 (Boiçucanga), 36 km,
Phone (12) 3865-1666, reservations (11) 5506-2668

Pousada Azul da Cor do Mar (Inn) - Av. Francisco Loup, 1004 (Maresias),
Phone (12) 3865-6484

Pousada Camburizinho (Inn) - Camburi Road, 200 (Camburizinho),
Phone (12) 3865-1276





Mother Church - Historic City Center

→ Where to eat?

Acqua - Camburi Road, 2000 (Camburi), Phone (12) 3865-1866

Manacá - Rua do Manacá, 102 (Camburizinho), Phone (12) 3865-1566

Rest. Ilha de Toque Toque - Dr. Manoel Hypólito Rego, 1285

Acácia - Argemiro Amâncio dos Santos, 181 (Juquei), Phone (12) 3863-2174

Badaué - Av. Mãe Bernarda, 2005, Phone (12) 3863-3028

All Kone - Sebastião Romão César, 407, Phone (12) 3865-5371

Atobá - Major João Fernandes Square, 218, Phone (12) 3892-4878



Sloth



Woodpecker

Touristic Information

Av. Dr. Altino Arantes, 174; Av. Walkir Vergani (Boiçucanga); Gilmar Furtado de Oliveira, 40 (Boiçucanga); Phone (12) 3892-2620

→ São Vicente



Porchat Island

DDD - 13

Website - www.saovicente.sp.gov.br

Population - 332,445 inhabitants

With more than 330,000 inhabitants, São Vicente is a city connected to Santos, being difficult to notice when one city starts and the other finishes. It was the first village founded by the Portuguese in America, in 1532.

→ Itineraries

Sun & Beach: Beaches and History - 1 day (page 40)

What to do?

Itararé Beach is the most important in the city. Urban, it also stands out for its cable car that leads to Morro do Voturuá [hilltop], starting point of hang gliding jumps. Another highlight the city brings is Porchat Island, with an overlook designed by Oscar Niemeyer from where you can have a panoramic view of the coast of São Vicente and its neighbor, Santos. The island is also a night-time gathering place, with several bars and nightclubs. The history of São Vicente is one of its strengths, and the Village Foundation Staging [*Encenação da Fundação da Vila*], which annually takes place in January, is a great moment to get to know it better. With over 1,000 extras, there is a performance of the celebration of the first mass in the city, which took place in 1532.

Do not miss

Cable car tour at Itararé Beach to Morro do Voturuá [hilltop]

Worth the visit

São Vicente waterfront and Porchat Island

What to do

Beaches, overlooks, cable cars

→ How to get there?

Main access roads: Padre Manuel da Nóbrega (SP-055), Anchieta (SP-150), Imigrantes (SP-160)

Bus Station: Frei Gaspar, 2577, Phone (13) 3467-6194

Airport: Congonhas Airport (CGH) - Av. Washington Luís, s/n - São Paulo, Phone (11) 5090-9000 (66,7 km)

→ Where to stay?

Chácara do Mosteiro (Hotel) - Luis Vaz de Camões, 109 (Morro dos Barbosas), Phone (13) 3468-3839

Itararé Tower Beach (Flat) - Rua da Constituição, 604 (Itararé), Phone (13) 3466-4229

Palladium (Flat) - João Ramalho, 466 (City Center), Phone (13) 3797-2100

→ Where to eat?

Restaurante Boa Vista - Rua Onze de Junho, 140 (Boa Vista), Phone (13) 3468-3062



APRECEP file

Itararé Beach

Touristic Information

Av. Presidente Wilson (Itararé)

Tom Jobim Square (City Center)

Av. Antonio Rodrigues (Gonzaguinha)

Senador Cesário Bastos Square, s/n (Esplanada dos Barreiros)

PIT Cable Car (Itararé Beach, s/n)

João Pessoa Square, s/n (City Center)

22 de Janeiro Square, s/n (City Center) Phone (13) 3569-1400

→ Serra Negra



APRECSF file

Fountain of Barão do Rio Branco Square

DDD -19

Website - www.serranegra.sp.gov.br

Population - 26,387 inhabitants

Serra Negra is the key city of the Water Circuit. With mild climate, it stands out for its shopping area, especially of winter clothing.

→ Itineraries

Leisure & Culture: Waters and Farms in the Countryside of São Paulo - 3 days (page 92)

What to do?

The wide touristic service structure, together with the massive sales of knitwear and food and the hydro-mineral springs make Serra Negra the destination of many tourists on weekends and holidays. The shopping center has a number of shops selling knitwear, leather goods and several types of food such as sweets, cheese and wine. In Fontes Park, the springs Fonte dos Italianos and Fonte São Carlos are a highlight among the hydro-mineral springs in town.

Do not miss

Shopping center

Worth the visit

Fontes Park

What to do

Shopping, visit at thermal springs and tours in farms

→ How to get there?

Main access roads: Fernão Dias (SP-010), Anhanguera (SP-330), Bandeirantes (SP-348), Eng. Constâncio Cintra (SP-360)

Bus Station: Sesquicentenário Square, s/n, Phone (19) 3892-2098

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (103 km)

→ Where to stay?

Rádio (Hotel) - Cel. Pedro Penteadó, 387 (City Center), Phone (19) 3892-3311

Chalés Akrópolis (Hotel) - Access through km 148.5 of SP-360 to Amparo (Vertentes), 2 km, Phone (19) 3942-9900

Firenze (Hotel) - Sete de Setembro, 118 (City Center), Phone (19) 3892-2220

Fazenda São Matheus (Hotel) - Paulo Marchi, 1171 (Alto da Serra), 4 km, Phone (19) 3892-2023, reservations 0800-17-3040

Paladium (Hotel) - Av. Bernardino de Campos, 89 (City Center), Phone (19) 3892-3950

Pousada Shangri-Lá (Inn) - Tabaranas Road, km 4 (at the end of Av. Juca Preto), 3.5 km, Phone (19) 3892-3765

Pousada Paraíso (Inn) - Access through km 148 of SP-360 to Amparo (Macacos), 5 km, Phone (19) 3892-2998

Pousada Vale do Ouro Verde (Inn) - Road to Bairro da Serra, km 5 (access through road to Lindóia), Phone (19) 3892-3804

→ Where to eat?

La Terrazza - Nelson Bruschini, 60 (das Posses), Phone (19) 3892-2945

Mamma Fernanda (Locanda Oca Bianca) - Rua 9, 280, access through José Bonifácio (Belvedere do Lago), 3 km, Phone (19) 3842-1447

Sr. Bacalhau - 14 de Julho, 511 (City Center), Phone (19) 3842-1342

A Quinta Portuguesa - Av. Laudo Natel, 271 (City Center), Phone (19) 3892-4980

Le Caffè - Mons. Manzini, 132 (City Center), Phone (19) 3842-1570



Touristic Information

John Kennedy Square, s/n (City Center); Phone (19) 3892-9600

→ Socorro



Ecotourism

DDD -19

Website - www.socorro.tur.br

Population -36,686 inhabitants

The municipality of Socorro is nationally known for offering adventure sports adapted to people with special needs. Its name is dedicated to the patroness of the municipality, Our Lady of Perpetual Help [*Nossa Senhora do Perpétuo Socorro*].

→ Itineraries

Adventure & Nature: Rapids in Socorro - 2 days (page 60)

What to do?

Attractions are distributed in adventure parks in the rural zone, with a highlight to Parque dos Sonhos, with a 1-km long zip-line, and Kango Jango, whose specialty is acquareide. However, a number of other adventure activities are offered in every park, such as rafting, treetop cable swings, climbing, rappelling, horseback riding and hiking in dense woods.

Do not miss

Rafting over Peixe River,
with up to 22 rapids

Worth the visit

Overlook of Pedra Bela Vista
[hilltop], with beautiful
views of the region

What to do

Adventure sports (acquareide,
zip-lining, treetop cable
swings, rafting, rappelling,
hiking and horseback riding)

→ How to get there?

Main access roads: Fernão Dias (BR-381), Presidente Dutra (BR-116), Dom Pedro I (SP-065)

Bus Station: Farmacêutico Osvaldo Paiva Road, s/n, Phone (19) 3895-1746

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (125 km)

→ Where to stay?

Fazenda Campo dos Sonhos (Hotel) - Sonhos Road, km 6 (Lavras de Baixo), 8 km, Phone (19) 3895-3161, (19) 3895-7644

Grinberg's Village (Hotel) - Pompeia Road, 210, access through km 0.5 of SP-147 (Pompeia), 1.5 km, Phone (19) 3895-2909

Fazenda Floresta do Lago (Hotel) - SP-147 to Lindoia, km 5 (Jd. do Salto), Phone (19) 3855-1376

Fazenda Village Montana (Hotel) - Pompeia Road, access through km 0.5 of SP-147 (Pompeia), 5 km, Phone (19) 3895-1235, reservations (11) 4125-8399

Pousada 7 Belo (Inn) - SP-147 to Lindoia, km 2.5 (Saltinho), 3 km, Phone (19) 3855-3331

→ Where to eat?

Pennynsula Dom Raul (Pousada Recanto da Cachoeira) - SP-147 Highway to Lindoia, km 2.5, 3 km (Saltinho), Phone (19) 3895-7742



Comtur - Socorro

Rafting

Touristic Information

Touristic information counter at Moda Lojas de Fábrica; Phone (19) 3895-3044

→ Sorocaba



Miguel Schincariol

Sorocabano History Museum

DDD -15

Website - www.sorocaba.sp.gov.br

Population -586,625 inhabitants



Sorocaba is one of the key cities in the State, with throbbing economy and dynamic business sector. Business tourism is important to Sorocaba, which counts on a wide offer of services and leisure options for families as well.

→ Itineraries

Leisure & Culture: São Paulo History in the Region of Sorocaba - 2 days (page 88)

What to do?

Sorocaba stands out as the most economically important city in the region. Among the attractions of the city, there are churches, museums and colonial mansions. The Estrada de Ferro Sorocabana Museum is located in the former residence of engineers and managers of the railway company, facing the old train station. Its collection gathers varied items regarding the history of the company with furniture, clothing and photographs. Another highlight is Quinzinho de Barros Municipal Zoo Park, showing more than 1,000 different species of animals in a quite didactic way.

Do not miss

Estrada de Ferro
Sorocabana Museum

Worth the visit

Quinzinho de Barros
Municipal Zoo Park

What to do

Museums and zoo

→ How to get there?

Main access roads: Senador José Ermírio de Moraes (SP-075), Castello Branco (SP-280)

Bus Station: Av. Comendador Pereira Inácio, 100, Phone (15) 3232-0281

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (74 km)

→ Where to stay?

Pitangueiras (Hotel) - João Leme dos Santos Highway (road to Salto de Pirapora), km 110, 14 km, Phone (15) 3229-4300

Transamérica The First (Hotel) - Av. Profa. Izoraida Marques Peres, 193 (Campolim), Phone (15) 3224-7500, reservations 0800-012-4400

Chamonix Plaza (Hotel) - Av. D. Aguirre, 3065 (Marginal), Phone (15) 3219-4000

Ibis (Hotel) - Maria Aparecida Pessutti Milego, 290 (Campolim), Phone (15) 2101-6300, reservations 0800-703-7000

Cardum (Hotel) - Cel. Benedito Pires, 61 (City Center), Phone (15) 3219-4900

Inter Plaza (Hotel) - Cel. Benedito Pires, 81 (City Center), Phone (15) 3233-6244

Spa Med Sorocaba Campus (Spa) - José Celeste Road, access through km 95.5 of Raposo Tavares Highway (B. dos Morros), Phone (15) 3237-9090, reservations 0800-55-0023

Spa Sorocaba (Spa) - Raposo Tavares Highway, km 104.5 (Itanguá), Phone (15) 2102-6700, reservations 0800-701-8878

→ Where to eat?

Nanten - Domingos Júlio, 827 (Campolim), Phone (15) 3212-4141

OK Grill - Av. São Paulo, 4520 (Jd. Bandeirantes), 5 km, Phone (15) 3227-4040



Miguel Schincariol
Metropolitan Cathedral



Miguel Schincariol
Old Mansion

Touristic Information

Av. Afonso Vergueiro, 310; Phone (15) 3233-2043.

→ Ubatuba



Ubatuba City Hall release

Cuscuzeiro Peak

DDD -12

Website - www.ubatuba.sp.gov.br

Population -78,801 inhabitants

Ubatuba is located in the Northern coast of the State, within the bounds of the State of Rio de Janeiro. With less than 80,000 inhabitants, 80% of its territory is inserted in environmental preservation areas.

→ Itineraries

Adventure & Nature: Diving in the Northern Coast- 3 days (page 67)

Trails and Waters in Serra do Mar - 3 days (page 68)

Sun & Beach: Beaches and Nature in the Northern Coast - 3 days (page 45)

Green and Sea in Ubatuba - 2 days (page 44)

What to do?

With its jagged coastline, Ubatuba offers over 70 beaches with enough diversity to meet different types of people. The Southern beaches are more hyped up, concentrating the best services as well, with highlight to Perequê and Enseada Beaches. To the North, beaches are more tranquil, with highlight to Félix and Itamambuca, redoubt of surfers, which hosts international surfing championships. The great extension of the waterfront, however, allows the existence of semi-desert beaches, accessed by trails, all over the municipality. Do not miss trying *Azul-marinho* [a fish-based delicacy called navy blue due to the color of its broth], typical dish in the region: local fish cooked with unripe banana, which gives the bluish color to the final dish.

The Picinguaba Part in Serra do Mar State Park and its preserved areas enable

hiking in trails that go through different ecosystems: Atlantic Forest, mangroves and coastal plains. Local communities develop projects allowing more contact with local lifestyles. There are also several options for trekking and boat tours being able for visitors to go on autonomous diving. The following are part of the Trail Program in São Paulo: Corisco Trail, with a 9-hour course and high difficulty, and Praia Brava da Almada Trail, with a 4-hour course and medium difficulty.

For diving lovers, the highlight is Anchieta Island, amounting 9 diving spots. Inhabited by Indians, the island was colonized by Europeans and was home to Correctional Institute of Anchieta Island [*Instituto Correccional da Ilha Anchieta*], deactivated today. At the Eastern part, there is a statue in tribute to the researcher Jacques-Yves Cousteau, which is 10 meters deep.

→ To enjoy Ubatuba

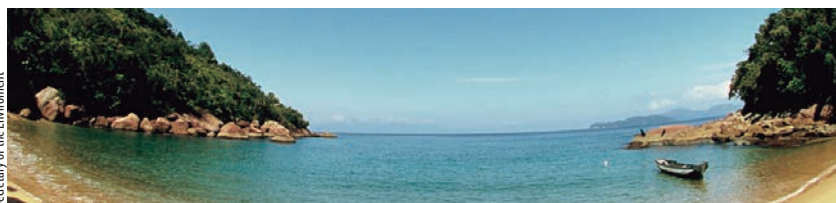
Do not miss	Worth the visit	What to do
Cedro Beach, among the most beautiful beaches in town	Tamar Project, with important species of sea turtle	Beaches, trails, boat tours, diving, fishing and surf

→ To adventure in Ubatuba

Do not miss	Worth the visit	What to do
Trails at Ilha Anchieta State Park and Farinha Trail, in Picinguaba, which crosses a remaining community of quilombos	Boat tour up to Anchieta Island, with diving stops	Diving, surf, trails, fishing and beaches

→ To dive in Ubatuba

Do not miss	Worth the visit	What to do
Diving in Palmas Island, Refúgio dos Meros, with rock tunnels and great marine diversity	Statue in honor to the researcher Jacques-Yves Cousteau	Diving, beaches and adventure sports



Ilha Anchieta State Park

→ How to get there?

Main access roads: Dr. Manuel Hipólito Rego (SP-055), Carvalho Pinto (SP-070), Tamoios (BR-125)

Bus Station: Maria Vitória Gean, s/n, Phone (12) 3832-3622

Airport: Professor Urbano Ernesto Stumpf Airport (SJK) - Av. Brig. Faria Lima, s/n - São José dos Campos, Phone (12) 3946-3001 (134 km); São Paulo International Airport - Guarulhos (GRU) - Hélio Smidt Highway, s/n - Guarulhos, Phone (11) 2445-2945 (220 km)

→ Where to stay?

Itamambuca Eco Resort (Resort) - access through km 36 of BR-101 to Parati (Itamambuca Beach), 12 km, Phone (12) 3834-3000

Recanto das Toninhas (Hotel) - SP-055 to Caraguatatuba, km 55.5 (Toninhas Beach), 8 km, Phone (12) 3842-1410, reservations 0800-17-7557

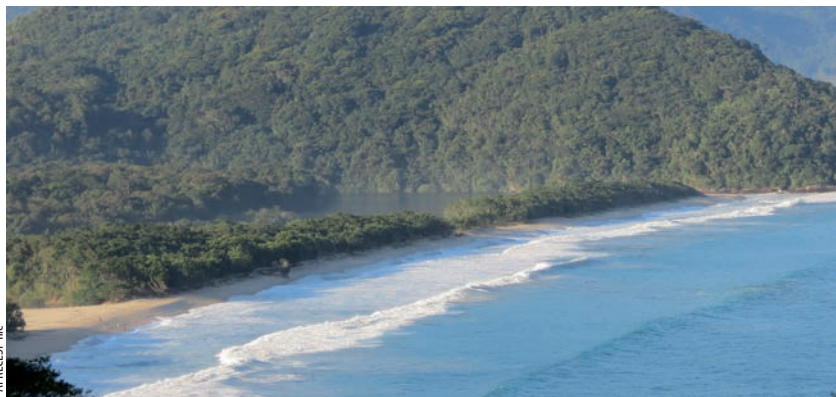
Wembley Inn (Hotel) - Rua A, 147 (Toninhas Beach) (access through km 57 of SP-055 to Caraguatatuba), 8 km, Phone (12) 3842-0198, reservations (11) 3107-3501

Porto di Mare (Hotel) - Rua do Pequeno, 25 (Praia da Enseada), 9 km, Phone (12) 3842-0112

Coquille (Hotel) - Praia Grande, 405 (Praia Grande), 6 km, Phone (12) 3835-1611



Vermelha do Norte Beach



Piruba Beach

Giprita (Hotel) - João Ramalho, 201 (Itaguá), Phone (12) 3832-2011

Pousada Alentejano (Inn) - Av. Carlos Drumond de Andrade, 300 (Itaguá),
Phone (12) 3833-9481

Pousada Ancoradouro (Inn) - SP-055 to Caraguatatuba, km 56 (Toninhas Beach), 8 km,
Phone (12) 3842-0657

Pousada Canto de Itamambuca (Inn) - Manoel Soares da Silva, 1060 (Vila Itamambuca),
15 km, Phone (12) 3845-3421

Pousada Canto dos Golfinhos (Inn) - Anízio Ortiz Monteiro, 300 (Toninhas), 8 km,
Phone (12) 3842-0582

Itamambuca (Camping) - access through km 36 of BR-101 to Parati (Itamambuca Beach),
15 km, Phone (12) 3834-3000

→ Where to eat?

Anchieta - Tamoios, 63 (Itaguá), Phone (12) 3833-4232

Bardolino - Dr. Esteves da Silva, 18 (City Center), Phone (12) 3832-1733

Peixe com Banana - Guarani, 255 (Cruzeiro Beach), Phone (12) 3832-1712

Solar das Águas Cantantes (Hotel) - Saco da Ribeira Road, 253 (Lázaro Beach), 15 km,
Phone (12) 3842-0288

Caju - Almada Beach (access through km 13 of BR-101 to Parati), 40 km, Phone (12) 8122-0044

Jangada - access through km 13 of BR-101 to Parati (Almada Beach), Phone (12) 9715-5751

Donana - Guarani, 359 (Itaguá), Phone (12) 3842-0693

Touristic Information

Av. Iperoig (City Center); Phone (12) 3833-9123

→ Vinhedo



São Paulo's Committee file

Gateway

DDD - 19

Website - www.vinhedo.sp.gov.br

Population - 63,611 inhabitants

Located a few kilometers away from São Paulo, Vinhedo is part of the Fruit Circuit in the State of São Paulo. Touristic destination for people from the capital, it is home to the Grape and Wine Festival [*Festa da Uva e do Vinho*], a traditional one in the State.

→ Itineraries

Leisure & Culture: Fun and Shopping in Vinhedo - 1 day (page 86)

What to do?

Vinhedo really stands out in the region of Campinas. The city hosts the Grape and Wine Festival [*Festa da Uva e do Vinho*], one of the most traditional events of the Fruit Circuit in the State of São Paulo, which takes place every year in February, attracting thousands of visitors. During the rest of the year, the city stands out for other three great attractions which border its neighbor, Itupeva: Hopi Hari Theme Park, Wet 'n Wild Water Park and Premium Outlet. Altogether, they make a complex at the roadsides of Bandeirantes Highway, just 70 km away from São Paulo. Hopi Hari is the largest theme park in the State, besides being national reference. Wet 'n Wild is a water complex with large pools, waterslides and artificial rivers. And Premium Outlet was the first outlet mall in Brazil and operates following the American style. It offers over 90 shops with national and international brands and great discounts, attracting not only people from the State, but also from all over the country.

Do not miss

Hopi Hari Theme Park and
Wet'n Wild Water Park

Worth the visit

Premium Outlet

What to do

Theme park, water park
and shopping

→ How to get there?

Main access roads: Dom Pedro I (SP-065), Anhanguera (SP-330), Bandeirantes (SP-348)

Bus Station: Av. Independência, 5555, Phone (19) 3876-2200

Airport: Viracopos International Airport (VCP) - Santos Dumont Highway, km 66 - Campinas, Phone (19) 3725-5000 (22,5 km)

→ Where to stay?

Pousada do Sol (Inn) - Capela Road, 1101 (Casa Verde), 2 km, Phone (19) 3826-1495

Vinhedo Plaza (Hotel) - Av. Independência, 4111 (Jd. Primavera), Phone (19) 3886-6020

→ Where to eat?

Mestrino - Boiada Road, 672 (Jd. Brasil), Phone (19) 3876-6005

Dona Pimenta - Av. N.S. das Graças, 499 (Cascais) (exit to Louveira), Phone (19) 3826-2643

Sparrama - Boiada Road, 2610 (Nova Vinhedo), Phone (19) 3846-1092

Dedo-de-Moça - Dr. Anésio Augusto do Amaral, 160 (Jd. Sta. Rosa), Phone (19) 3876-3305



Rubens Chiri

Wet'n Wild Water Park



Rubens Chiri

Hopi Hari Theme Park

Touristic Information

Av. dos Imigrantes, s/n (Portal); Phone (19) 3846-7100





CUISINE



CUISINE IN THE STATE OF SÃO PAULO



São Paulo's diversity is also in the field. And it could not be different, since the State is home to immigrants from about 70 nationalities and Brazilians from all over the country.

In order to rescue traditions and wealth of São Paulo's cuisine, The Secretary of Tourism of the State of São Paulo and the magazine *Prazeres da Mesa* promoted, in 2013, the Sabor de São Paulo Gastronomic Festival. For 5 months, the contest ran through the State and selected the most representative recipes of 6 macro-regions. The dishes were evaluated by a popular jury and renowned chefs.

The recipes should bring a typical regional ingredient, be a touristic attraction and be made and sold by people from the community, from restaurant owners to home cooks. The festival was an important step to unfold tastes and combinations somehow unknown even by most of the people from São Paulo. Tastes that are, undoubtedly, part of our history and culture.

For that reason, we suggest the following dishes which were selected among the festival finalists and can be tasted in cities that are part of our gastronomic itineraries. Espetada madeirense com milho frito from São Roque; Bombom de brigadeiro de curau from Ribeirão preto; Vermelho na folha de bananeira from Ilhabela; and Nhoque de banana-da-terra ao pesto from Santos are some of the mandatory stops you will find following the next pages.

Ilhabela

VERMELHO NA FOLHA DE BANANEIRA COM “DELICINHA” DE BANANA E LEGUMES

[Fish on banana tree leaf with banana and vegetable
“delicacy”]



It is the specialty of “Mar e Arte Restaurante e Galeria”. That dish registers the coastal cuisine and is based on fish and banana.

Besides its good cuisine, the restaurant is home to an art gallery on the upper floor, hosting constant exhibitions and vernissages.

Open from Wednesday to Sunday, from 7pm to 12am.

Coronel Julhão de Moura Negrão Square, 53.

Phone (12)3896-4209

marearteilhabela@gmail.com

Ribeirão Preto

BOMBOM DE BRIGADEIRO DE CURAU

[Corn-based candy]



Bombom de brigadeiro de curau from “João Brigadeiro” was named by the entrepreneur João Penariol as the highlight of the place.

His mother’s creation, Dona Nair, it is corn dough with condensed milk in the shape of a little ball sprinkled with sugar and cinnamon. The shop is very cute, charming and small, with only 4 little tables.

From Monday to Friday, from 10am to 4pm; Saturdays from 10am to 4pm.

Comandante Marcondes Salgado Street, 1736, Jardim Sumaré.

Phone (16) 3442-4323

www.joaobrigadeiro.com.br

São Roque

ESPETADA MADEIRENSE

[Beef skewer]



Espetada madeirense is one of the specialties at Quinta do Olivardo, a venue which has a restaurant and a cellar rescuing the culture and tradition of Portuguese immigrants in São Roque.

Espetada madeirense is made of fried corn, pieces of beef sirloin in a stick of laurel tree, with kale and boiled potatoes as side dish. Every first Saturday there is *Noite da Espetada* [Skewer Night] with live Portuguese music.

Open from Sunday to Thursday, from 11am to 6pm; Fridays and Saturdays from 11am to 11pm.

Estrada do Vinho, km 4.

Phone (11) 4711-1923

www.quintadoolivardo.com.br

São Paulo

PANINO DE PORCHETTA [Meat sandwich]



Porchetta is a family recipe passed from generation to generation.

“Cantina Biagio” offers Panino de porchetta, a sandwich filled with quality meat, and a way to appreciate the Italian immigrants’ cuisine.

Open from Tuesday to Saturday, from 11:30am to 4pm and from 6pm to 11pm;
Sundays from 11:30am to 5pm.

Itapeti Street, 809.

Phone (11) 2691-6982

www.cantinabiagio.com.br

Piracicaba

IMBRUIO CAIPIRA

[Fish paste made of corn and milk]



From “Coisas di Buteco” restaurant, this exotic dish is a salty *pamonha* [paste made of corn and milk] filled with smoked dourado fish.

The restaurant is in an old house which is over 70 years old and was renovated to welcome its customers.

Open from Tuesday to Saturday, from 6pm to midnight, with live music from 8pm. Every Tuesday is Choro day [Brazilian music genre known as cry] and on the other days MPB, bossa-nova, samba, pop rock, jazz and soul.

Alferes José Caetano Street, 1232.

Phone (19) 2533-2133

coisasdibuteco@yahoo.com.br

Santos

NHOQUE DE BANANA-DA-TERRA AO PESTO DE RÚCULA COM MECA SALTIMBOCCA [Plantain gnocchi with rocket pesto sauce and fish]



This dish from “Lion Espaço Gastronômico” has a differentiated touch from the traditional Italian gnocchi recipe with fish from the region of Santos.

Open on Saturdays and Sundays for lunch, from noon to 5pm; and for dinner from Wednesday to Saturday, from 7pm to midnight.

Toledo Filgueiras Street, 16.
Phone (13) 3284-1895
www.liongastronomia.com.br

Campinas

FORROBOBÓ NO FARNEL FROM ESTAÇÃO MARUPIARA



Figure in the menu and finalist in the Sabor de São Paulo Gastronomic Festival, Forrobodó no farnel is a historic rescue from São Paulo and has influence in its cuisine.

Food that *Bandeirantes* used to carry in *farnéis* [type of knapsack], it is a mix of rice and beans, fried eggs and flour. The super Brazilian dish is the flagship of the place.

Open on Thursdays and Fridays, from 7pm to midnight; Saturdays from noon to 4pm and from 7pm to 1am; Sundays from noon to 6pm.

Manuel Saturnino Amaral Street, 29.

Phone (19) 3298-6289

www.estacaomarupiara.com.br

Useful Expressions



First contact

Bom Dia

Boa Tarde

Boa Noite

Olá

Por favor

Com licença

Desculpe

Como vai?

Você fala inglês?

Você fala espanhol?

Good morning

Good afternoon

Good evening/night

Hello

Please

Excuse me

Sorry/ Excuse me

How are you?

Do you speak English?

Do you speak Spanish?

Days of the week

Segunda-feira

Terça-feira

Quarta-feira

Quinta-feira

Sexta-feira

Sábado

Domingo

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Location

Como posso chegar em...?

Fica longe?

Poderia me indicar no mapa?

How do I get to...?

Is it far?

Can you show me on the map?

Money

Aceitam dólares?

Aceitam cartão de crédito?

Quanto custa...?

Onde posso encontrar um caixa eletrônico?

Do you accept dollars?

Do you accept credit card?

How much...?

Where can I find an ATM?

Telephone

Quero ligar para...

I want to call...

Gostaria de usar a internet.

I'd like to use the Internet.

Onde encontro uma lan house?

Where can I find an Internet Cafe?

Food

Gostaria de fazer uma reserva.

I'd like to make a reservation.

Que horas servem as refeições?

What time are meals served?

Gostaria de olhar o cardápio, por favor.

I'd like to see the menu, please.

A conta, por favor.

The check, please.

Accommodations

Estou procurando um hotel.

I'm looking for a hotel.

Queria um quarto duplo.

I'd like a double room.

Queria um quarto individual.

I'd like a single room.

Quanto custa por noite?

How much is the night?

Inclui café da manhã?

Is breakfast included?

Poderia ver o quarto?

Can I see the room?

Emergencies

É uma emergência.

It's an emergency.

Ajuda.

Help.

Ligue para um médico.

Call a doctor.

Estou perdido.

I'm lost.

Onde fica o banheiro?

Where is the restroom?

Slangs and common expressions

Festa junina = Festas de santos populares realizadas no mês de junho. Em geral, contam com apresentações de danças típicas, como as quadrilhas, e comidas e bebidas tradicionais destas festividades. [Celebrations of popular saints which take place in June. Overall, they present typical dance performances, such as the so-called quadrilhas, and traditional food and drinks from these festivities]

Balada = Discoteca, casa noturna [nightclub]

Beleza = Ótimo, OK [great, OK]

Bora = Vamos [let's go]

Busão = Ônibus [bus]

Massa = Legal [cool]

Mina = Garota, mulher [girl, woman]

Additional Information



Contacts of consulates and embassies in São Paulo

South Africa: Phone: (11) 3265-0449 / Website: www.africadosul.org.br

Germany: Phone: (11) 3097-6644 / Website: www.brasil.diplo.de

Argentina: Phone: (11) 3897-9522 / Website: www.embarg.org.br

Australia: Phone: (11) 2112-6200 / Website: www.cdasp.org.br

Belgium: Phone: (11) 3171-1599 / Website: www.diplomatie.be/saopaulo

Bolivia: Phone: (11) 3289-0443 / Website: www.cgb.org.br

Canada: Phone: (11) 5509-4321 / Website: www.canadainternational.gc.ca/brazil-bresil/

Chile: Phone: (11) 3284-2044

China: Phone: (11) 3891-1282 / Website: www.saopaulo.china-consulate.org/pl

Colombia: Phone: (11) 3078-0322/0262 / Website: www.consuladoensaopaulo-br.gov.co

Denmark: Phone: (11) 2127-0750 / Website: www.gksaopaulo.um.dk

Spain: Phone: (11) 3087-2600 / Website: www.maec.es/consulados/saopaulo/

United States: Phone: (11) 5186-7000 / Website: www.embaixadaamericana.org.br

France: Phone: (11) 3371-5400

Greece: Phone: (11) 3251-0675 or (11) 3283-1231

Holland: Phone: (11) 3811-3300 / Website: www.saopaulo.nlconsulado.org

India: Phone: (11) 3171-0340/0341 / Website: www.indiaconsulate.org.br

Ireland: Phone: (11) 3147-7788 / E-mail: hcisp@yahoo.com

Italy: Phone: (11) 3549-5699 / Website: www.conssanpaolo.esteri.it

Japan: Phone: (11) 3254-0100 / Website: www.sp.br.emb-japan.go.jp

Mexico: Phone: (11) 3576-5400 / Website: www.consulmex.sre.gob.mx/saopaulo

New Zealand: Phone: (11) 3141-4169

Peru: Phone: (11) 3287-5555 / Website: www.consuladoperusp.com.br

Poland: Phone: (11) 3672-3778/5778 / Website: www.consuladopoloniasp.org.br

Portugal: Phone: (11) 3084-1800 / Website: www.embaixadadeportugal.org.br/rede/sp.php

United Kingdom: Phone: (11) 3094-2700 / Website: www.uukinbrazil.fco.gov.uk

Russia: Phone: (11) 3814-4100 / Website: www.brazil.mid.ru/embrus/consp.htm

Sweden: Phone: (11) 5506-9994

Switzerland: Phone: (11) 3372-8200 / Website: www.eda.admin.ch/saopaulo

Uruguay: Phone: (11) 3085-5941 ou (11) 2879-6600

Venezuela: Phone: (11) 3887-2318

EDITORIAL

Realization

2014 World Cup São Paulo's Committee
Decree nº 56.648 (10/01/2011)
TURSP – Companhia Paulista de Eventos e Turismo

São Paulo's Committee Coordinator

State Secretary of Regional Planning and
Development
Julio Semeghini

Coordinator of São Paulo's Committee

Executive Secretary

Raquel Iglesias Verdenacci

Coordination

Carolina Fontes

Technical Supervision

Thaís Bestetti

Contributors

Camila Melo
Eliane Maizel
Fábio Bergamo
Haim Franco
Marcelo Unti
Marcos Sant'anna
Milena Roggero
Pedro Barreto
Renato Romanetto

APRECESP

São Paulo Turismo
Secretaria de Estado de Turismo

Interns

Cleide Mello
Priscilla Gabriella

Contents of Itineraries e Destinations

Coordination: Juliana Bettini Vicente
Research and text elaboration: Paula Fernanda do
Valle
Research: Grislayne Guedes Lopes
Review: Bianca Bianco Maia, Carolina Fontes, Milena
Dias, Thaís Bestetti and Luciane Camargo

Translation

Luciane Camargo

Contents of Crib of Stars

Camila Melo
Felipe Santos
Haim Franco

Contents of Cuisine in the State of São Paulo

Prazeres da Mesa - Sabor de São Paulo Gastronomic
Festival

Graphical Design and Art Edition

Art Creation and Direction: Fabiano Grisolia
Cover Creation: Paulo Borsi
Layout: Barbara Vieira, Priscila Silvério e Paulo Borsi
Illustration: Marcelo Rampazzo
Map Illustration: Arnaldo Degasperi e Paulo Borsi

Special thanks

Elizabeth A.P. Correia
Juliana Ramos
Maurício Juvenal
Orlando Souza
Tania Monteiro

Guia Sabor de São Paulo 2013

Photos

Sabor de São Paulo Gastronomic Festival

Ricardo D'Angelo e Carol Gherardi

Guide Cover

São Sebastião City Hall collection, José Milton de M.
Serafim, Reginaldo Pupo and Rubens Chiri

*Names in alphabetical order

ACCOMODATIONS



Luxury



Medium comfort



Camping



Very comfortable



Simple



Comfortable



Very simple

RESTAURANTS



Luxury



Medium comfort



Very comfortable



Simple



Comfortable

The criteria for classification of such establishments are from Guia Quatro Rodas, source Rotas de São Paulo 2011 – TURSP



CITY INDICATED TO BE A TRAINING CENTER FOR THE SOCCER TEAMS



Alcoholic beverages can cause chemical dependency and excessively, lead to severe damages to health.

It is prohibited to sell, offer, supply, deliver and allow the consumption of alcoholic beverages, even if free of charge, to persons under 18 years old.

State Law no.14.592, of October 19, 2011, article 243 of Federal Law no.8069, of July 13, 1990. To inform noncompliance with the Law, call 0800 771 3541 or access www.alcoolparamenoreseproibido.sp.gov.br

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