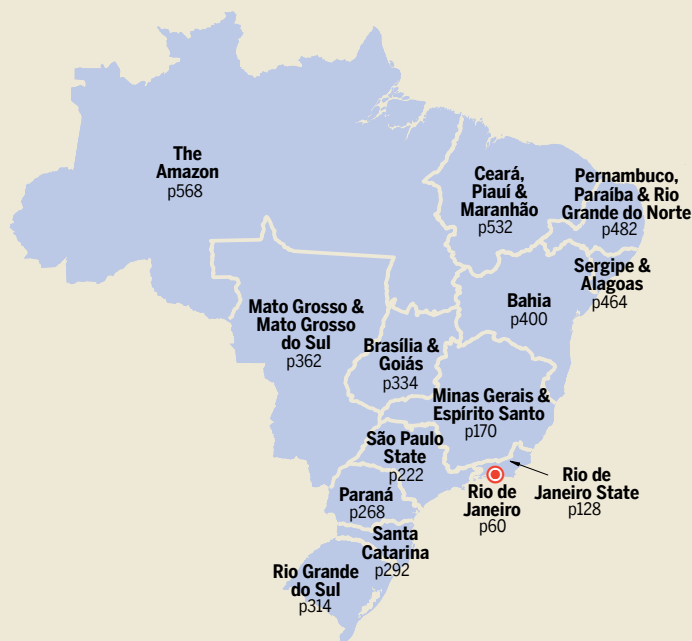




Brazil



Regis St Louis, Gregor Clark, Anthony Ham, Andy Symington,
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Itineraries



Rio & the Southeast

Gorgeous beaches, rainforest-covered islands and historic towns are just some of the things you'll experience on this loop around the Southeast.

Spend a few days discovering **Rio** and its beaches, restaurants and incredible music scene before heading to **Paraty**, a beautifully preserved town with rainforest hikes and stunning beaches nearby. Next, stop in **Ubatuba** with its jungle-clad mountains and spectacular coastal scenery. **Ilhabela** is a car-free island of beaches, forests and waterfalls. Stop in **São Paulo** for high culture, including the nation's best museums and restaurants.

Head next to exquisite **Tiradentes** and **Ouro Preto**, with some of Brazil's finest colonial architecture. Afterwards, take in a bit of friendly Mineira hospitality, good restaurants and buzzing nightlife in **Belo Horizonte**. Make a day trip to the outstanding collection of art galleries and gardens at the **Instituto de Arte Contemporânea Inhotim**, 50km southwest of Belo Horizonte.

Visit the hiker's paradise of **Parque Nacional de Caparaó**; further east, relish the dramatic beauty of **Parque Estadual da Pedra Azul**. Further south you'll find the stunning beaches and high-end dining and nightlife of **Búzios**, which makes a great final stop before heading back to Rio.

1
WEEK

Eastern Highlights

Even on a short trip, you can take in some spectacular scenery and get a taste of Brazil's staggering diversity. With a few key flights you can maximize your time here.

Start off in the Cidade Maravilhosa, aka **Rio de Janeiro**. Spend two days taking in grand views from the forested mountaintops overlooking the city (atop Pão de Açúcar and Cristo Redentor), leaving time for relaxing on Ipanema Beach, biking along Copacabana Beach and strolling through the historic center. When evening arrives, head out for dining and drinking in Lebon (Rua Dias Ferreira is a great place to start) and be sure to check a samba club or two in nightlife-packed Lapa.

On days three and four, fly up to **Salvador** for a heady dose of Afro-Brazilian culture. Check out the brightly painted colonial buildings of the Pelourinho, take in a dazzling dance performance of the Balé Folclórico da Bahia and feast on seafood at Pelô Bistrô. Browse for handicrafts at the Mercado Modelo in Cidade Baixa, and try to catch a sunset out at Barra (the stylish eatery and bar Pereira is a good choice).

On your fifth day, make a day trip out to **Morro de São Paulo** for a slice of tropical, car-free paradise. Be sure to check out the island's 17th-century ruins, and pay a visit to a few beaches (go to Segunda Praia for dining and seaside drinks; while less visited Quarta Praia makes for an alluring retreat).

Beat the sunrise for an early-morning flight down to **Foz do Iguaçu** (via **São Paulo**). Spend the first day exploring the Brazilian side of the majestic waterfalls. Take the walkways that make up the Trilha das Cataratas (Waterfall Trail) and marvel at the view of the Garganta do Diabo (Devil's Throat). On your last day, cross to the Argentine side for a walk through rainforest along elevated walkways. Keep an eye out for shimmering butterflies, dazzling hummingbirds, eye-catching toucans and other bird species, as well as the odd monkey. In the afternoon, take a boat trip near the thundering falls. That night toast your adventures with drinks along lively Av Jorge Schimmelpfeng in Foz do Iguaçu.



Best of Brazil

On this epic trip you'll experience the rhythm-infused towns of the Northeast, the jungles of the Amazon and the biodiversity of the Pantanal, with beaches, tropical islands and historic towns thrown into the mix.

From **São Paulo**, head east towards Rio, stopping at glorious beaches such as **Ubatuba**, **Trindade** and **Paraty-Mirim**. Leave a couple of days for hiking the rainforest paths and basking on the beaches of **Ilha Grande**. Continue northeast to **Rio de Janeiro**, for a hearty dose of nightlife, beach culture and panoramic views.

From there head north, via bus or plane, to **Salvador**, the country's Afro-Brazilian gem that's known for its colorful colonial center, drumming in the streets and lively (and numerous) festivals. Further up the coast visit historic and arts-loving **Olinda**, then catch a flight from neighboring **Recife** to the spectacular archipelago of **Fernando de Noronha**, where you find pretty beaches, snorkeling, diving and a paradise-like setting.

Back on the mainland, travel north, stopping in the backpackers' paradise of **Jericoacoara** en route to the surreal dunes in the **Parque Nacional dos Lençóis Maranhenses**, a stark contrast to the historic beauty of **Alcântara**. To the west lies **Belém**, a culturally rich city near the lush island of Ilha de Marajó. Catch a boat up the Amazon to **Santarém** and on to **Alter do Chão** for a trip into the jungle. Then continue to the burgeoning city of **Manaus**.

From Manaus, fly to **Brasília** to take in its stunning architecture, then visit **Parque Nacional da Chapada dos Veadeiros** for waterfalls, canyons and dips in natural swimming pools. Next head to **Cuiabá**, gateway to the breathtaking canyons of **Parque Nacional da Chapada dos Guimarães**. Spend a few days horseback riding and boating in the Pantanal, one of Brazil's best destinations for wildlife watching. Head south via Campo Grande to **Bonito** for crystal-clear rivers, lush forests and caves. Continue south to the awe-inspiring **Iguazu Falls**. Before completing the circle, explore the secluded beaches and charming Germanic towns around **Florianópolis**.

6
WEEKS

Bahia & the Northeast

Those looking for the soul of Brazil would do well to focus on the Northeast. A confluence of music, history and culture amid spectacular natural scenery makes for an unforgettable journey.

Catch a flight to **Porto Seguro**, then quickly make your way to the pretty towns of **Arraial d'Ajuda** and **Trancoso**, both blessed with great guesthouses and restaurants, festive nightlife and access to walks on a seemingly endless cliff-backed beach. Continue north to **Itacaré**, a lively town with great surf and cove beaches reached via trails through hilly rainforest. Then head on to rhythm-filled **Salvador**, Bahia's most vibrant and colorful city. From there, catch a boat to **Morro de São Paulo**, an island with enchanting beaches and a laid-back vibe. Don't miss boat rides around the island, taking in mangroves, reefs, oysters and the quiet village of Boipeba.

Detour west to the tranquil diamond-mining town of **Lençóis**, which has pretty outdoor cafes, cobblestone streets, and caves, rivers and waterfalls nearby. From here, head into the **Parque Nacional da Chapada Diamantina** for crisp mountain streams, panoramic views and an endless network of trails. Back on the coast, go north to **Maceió**, a vibrant, youthful city with gorgeous beaches nearby. Keep going north to reach **Olinda**, home to some of Brazil's best-preserved colonial buildings and a Unesco World Heritage site. From Olinda's buzzing neighbor **Recife**, fly out to **Fernando de Noronha**, an exquisite archipelago of rich marine life and splendid beaches.

Returning to the mainland, visit beautiful **Praia da Pipa**, then hit the spectacular coastline stretching from **Natal** to Jericoacoara, including the enticing coastal spots of **São Miguel do Gostoso** and **Galinhos**. In the sandy-street village of **Jericoacoara**, try your hand at sandboarding, kitesurfing and beachfront capoeira, and watch memorable sunsets. West of Jericoacoara, **Parque Nacional dos Lençóis Maranhenses** is a striking landscape of dunes, lagoons and beaches. Continue west to the reggae-charged **São Luís**, home to 18th-century buildings, seafood restaurants and buzzing nightlife. It's worth planning a trip around one of the town's many folkloric festivals. The last stop is **Alcântara**, a little-visited colonial town with remarkable architecture.



Top: Belém (p572)

Bottom: Teatro
Amazonas, Manaus
(p606)

4
WEEKS

Waterways of the Amazon

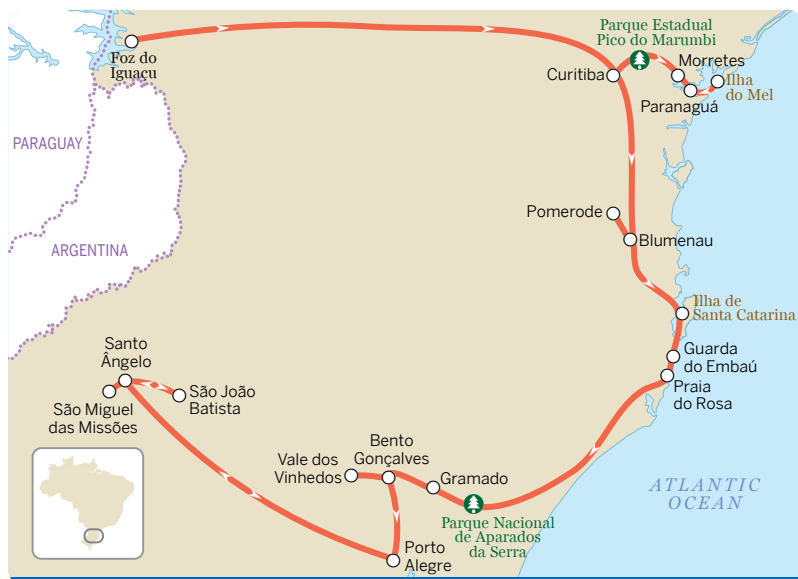
Few places ignite the imagination like the Amazon. The largest forest on the planet has an incredible array of plant and animal life. Surprising to many visitors, these wetlands also contain vibrant cities, architectural treasures and beautiful river beaches.

Begin in **Belém**, a culturally rich city at the mouth of the great river. Explore the revitalized riverfront docks, visit the waterfront market, sample Amazonian dishes and catch a performance at the lavish Teatro da Paz. From here, explore the forest-covered island of **Ilha de Marajó**, which has bird-filled forests, friendly locals and itinerant water buffalo roaming the streets. Back in Belém, dip south to **Palmas**, another ultraplanned city like Brasília and the jumping-off point for 4x4 tours of rugged **Parque Estadual do Jalapão**.

Get a hammock and prepare yourself for a few hardy days of boat travel up the Amazon River. Set off from Belém and stop in **Monte Alegre** to see ancient rock paintings in the sandstone hills beyond towns. Upstream is **Santarém**, a pleasant city with many nearby attractions. Also reachable is the virgin rainforest of the **Floresta Nacional do Tapajós**, where you can lodge in simple pousadas and hike through pristine forest in search of massive *samaúma* trees. It's also worth stopping in **Alter do Chão** for its picturesque lagoon with white-sand beaches.

Continue upriver to **Manaus**, Amazonia's largest city. Visit the city's opera house, market, indigenous museums and nature parks, and the Encontro das Águas. From here, head to the **Rio Urubu**, base yourself in ecofriendly lodges and take in great wildlife-watching opportunities. Afterwards, go west of Manaus to the small town of **Novo Airão**, the jumping-off point to the **Reserva Extrativista Baixo Rio Branco-Jauaperi**, a remote and pristine rainforest reserve where you can see a stunning array of plant and animal life.

Outside of **Tefé**, visit the **Mamirauá Reserve**, a vast rainforest reserve where you can see dolphins, sloths, macaws, various monkey species (including the rare uakari) and other wildlife. From there, continue by river to **Tabatinga**, a fascinating place where you can visit three different countries in an afternoon (Brazil, Colombia and Peru). End your trip by crossing into **Leticia** in Colombia and staying in a jungle lodge along the Rio Javari.



Southward Bound

This trip through Brazil's southernmost states takes in forested islands, scenic beaches, mountainous national parks, historic missions and Bavarian-style towns with largely European roots.

Start in **Foz do Iguaçu** to gaze at the most impressive waterfalls on the planet. Take short day trips to Argentina and Paraguay to get a taste of lush rainforests before heading east (by overnight bus or quick flight) to **Curitiba**, a city with an intriguing environmentally friendly design, plus pretty botanic gardens and an Oscar Niemeyer museum. Next, take the scenic train ride to the sleepy waterfront town of **Morretes**. From there you can visit the **Parque Estadual Pico do Marumbi**, a lush reserve that offers some memorable walks amid the highlands. Continue on to **Paranaguá**, the departure point to car-free **Ilha do Mel**. The forest-covered island has lovely beaches and low-key guesthouses, and is skirted by some pretty trails.

Next head to beer-loving **Blumenau** and nearby **Vale Europeu**, where **Pomerode** boasts Teutonic architecture, blond-haired residents and a local brew more Bavarian than Brazilian. Head back east to the coast and continue south to **Ilha de Santa Catarina**, a forest-covered gem of sand dunes, sparkling beaches, pretty lagoons and sleepy fishing villages. Keep going south to **Guarda do Embaú**, a bohemian seaside town with excellent surf. A short jaunt south is **Praia do Rosa**, which has pretty beaches and whale-watching.

On into Rio Grande do Sul, explore the dramatic canyon and waterfalls of **Parque Nacional de Aparados da Serra**. It's worth heading further inland to **Gramado**, a charming mountain resort where gourmet chocolates, fondue and excellent infrastructure might make you feel like you've stepped into a Swiss portal. Continue west to **Bento Gonçalves**, gateway to the award-winning vineyards of the **Vale dos Vinhedos**, set amid the rolling hills of the Serra Gaúcho.

Head south to **Porto Alegre** for transport links to **Santo Ângelo**, which leads on to the Jesuit missions. From there you can visit **São Miguel das Missões**, **São João Batista** and numerous other holy sites. At trip's end, return to Porto Alegre for an onward flight.

Behind the Scenes

SEND US YOUR FEEDBACK

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THIS BOOK

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Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Body surfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping
- Hut/Shelter

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway/Subte station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



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Bahia, Sergipe, Alagoas Robert was born and raised in Oregon, but has called New York City home for almost a decade. When he was a child and other families were going to theme parks and grandma's house, he went to Mexico City and toured Eastern Europe by train. He's now a writer and travel enthusiast seeking experiences that are ever so slightly out of the ordinary to report back on. Follow him on Instagram @oh_balky.



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OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Regis St Louis

Rio de Janeiro City Regis grew up in a small town in the American Midwest – the kind of place that fuels big dreams of travel – where he developed an early fascination with foreign dialects and world cultures. He spent his formative years learning Russian and a handful of Romance languages, which served him well on journeys across much of the globe. Regis has contributed to more than 50 Lonely Planet titles, covering destinations across six continents. His travels have

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OVER MORE
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