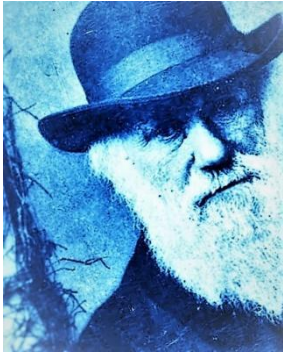




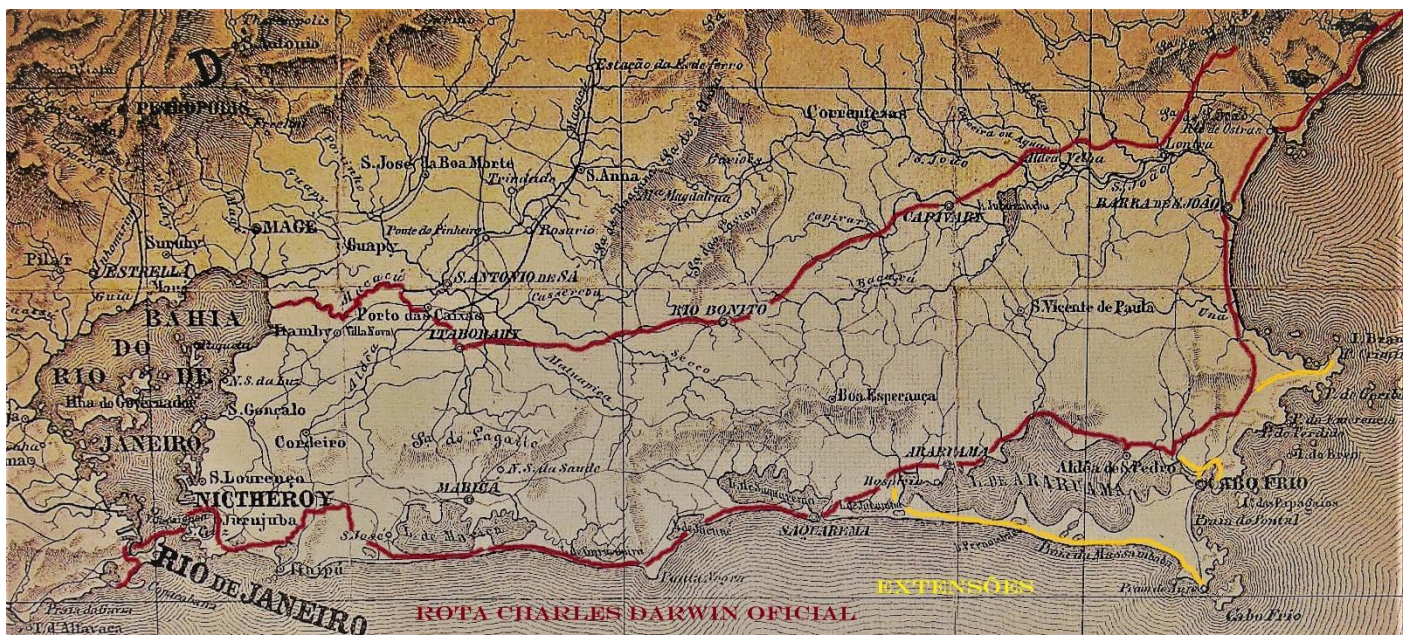
CHARLES DARWIN ROUTE



RIO - NITERÓI - MARICÁ - SAQUAREMA - ARARUAMA - ARRAIAI - CABO FRIO - BUZIOS

“.. And as we passed through the woods, everything was motionless, excepting the large and brilliant butterflies, which lazily fluttered about. The view seen when crossing the hills behind Praia Grande (Niterói) was most beautiful... After passing through some cultivated country, we entered a forest, which in the grandeur of all its parts could not be exceeded... - The distant and sullen roar of the sea scarcely broke the stillness of the night. ‘ ‘ Those words show the enchantment of Young Darwin and describe the expedition he did in 1832 along the sun coast of Rio State, some of the sites mentioned in his book, *The Voyage of the Beagle*, are still preserved and makes part of the today official Charles Darwin Route.

Our suggestion is to follow the steps, with the same timing of Darwin, exploring this amazing route in a soft biking adventure with support of our local experienced team.



DARWIN IN THE CITY OF RIO

During the period he stayed in Rio, Darwin rented a house at the side of Corcovado, near the lagoon and Botafogo. He explored Botafogo bay, Tijuca Forest and Botanical Garden.



See our Darwin tours of Rio e Janeiro: Guided visit to Botanical Garden and Parque Lage; Hike in Tijuca Forest and Corcovado and biking tours to Botafogo bay & Sugarloaf, Tijuca Forest bike adventure and Day bike tours to Niterói.

NITEROI THE GATEWAY TO CHARLES DARWIN ROUTE



EXCURSIONS STARTING FROM HOTELS IN RIO DE JANEIRO

CICLETOURISM EXPERIENCE

BKRIO#001: RIO - NITEROI – The Guanabara Cycling Experience –  28km - Easy)

RIO DE JANEIRO: Depart 8h00am – Duration: 8 Hours. Leave you hotel in RIO biking along the beach side from Ipanema and Copacabana then by the Bay side: Botafogo and Flamengo beaches to downtown RIO – Amazing views from the main attractions of RIO. Stop at *Praça XV* - the Ferry-boat station: cross Guanabara Bay by ferry-boat with your bike to **NITERÓI**: continue cycling in the other side of the bay to the MAC (Museum of Modern Art, part of the Niemeyer Circuit). The superb landscape of Rio Mountains is the backgrounds for the modern work of the famous Architect. Tour ends at *Fortaleza de Santa Cruz*, oldest fortress in Brazil (1560). Lunch (included) Pic-nic or fresh fish on the beach at the fishermen community of Jurujuba. After lunch drive to *Parque da Cidade* (city Park) for an astonishing view of the bay and surroundings. Return to hotel in RIO by car through the 14kms Rio-Niteroi bridge.

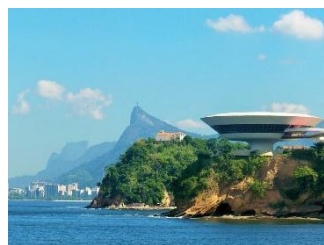
BKRIO#002: RIO-NITEROI – The Charles Darwin Bike Tour –  25km - Easy)

RIO DE JANEIRO: Duration 8 hours. Departure at 8h00am from

hotel to Niteroi by transportation through the 14kms Bridge – panoramic view of the Bay. **NITERÓI**: through downtown to MAC (Museum of Modern Art, part of the Niemeyer Circuit) and the City Park, with its astonishing view of bay. Start our cycling tour with a soft Down Hill to the Lagoons and beaches of Niteroi's Oceanic Region. Explore Lagoon, beaches of Piratininga & Cambinhas and Itaipu (historical sites), **Serra da Tiririca** State Park. Stop at the beautiful Itacoatiara beach (one of the 10 best of Brazil). Typical lunch included. After lunch walk and bike to Maricá by the Charles Darwin Trail. **MARICÁ**: Tour ends at Recanto (Itaipuaçu beach). Relax by the beach. Evening return to your hotel in Rio.

DAY TOURS EXPERIENCE in NITEROI

NITERÓI =Full Day with Lunch. Niemeyer Way and Beach Tour



The day trip takes you from your hotel in Ipanema or Copacabana to the other side of Guanabara Bay to Niterói. You will visit the MAC Museum of Contemporary Art, which can be seen as well as 6 other futuristic buildings by star architect Oscar Niemeyer, along the beaches of Boa Viagem, Icaraí, Charitas etc. After a stop at Fort "Santa Cruz", built in 1555 at the entrance of Guanabara Bay, we continue along the Atlantic beaches to the districts of Itaipu and Engenho do Mato, where the Darwin Hiking Trail begins. Here you will visit "Quilombo dos Grotões", a community of descendants of former slaves who still live today in the middle of Tiririca Park

and on weekends in a rustic hut a delicious Feijoada (Brazilian National dish of beans and meat).

During the week there is lunch in a rustic fisherman's hut on Itaipu beach.

Info: This tour is especially recommended on Sundays, day of Roots samba at quilombo.

NITERÓI =Full Day with Lunch. Darwin Way and community Beach Tour: This day tour takes you to the Itaipu Atlantic Beach behind Niterói, passing by the 14kms of the Rio-Niterói bridge and after visiting the Parque da Cidade with amazing view of the bay and Rio we arrive to the RESEX ITAIPU Extractive Marine Reserve, where you will visit the community and the large dune "Sambaqui" (hills decorated with shells and Native American artifacts), as well as the Itaipu Archaeological Museum (MAI), built in 1977 and containing exhibits some of which date back to 7000 BC. A boat will take you to the islands "Pai e Mãe", which belong to the protected area of the Tiririca Park – here you can swim and relax. For lunch there is delicious fish on the beach of Itaipu.

PACKAGES IN NITERÓI

NITEROI – PACKAGE 4 DAYS & 3 NIGHTS

Itinerary:

DAY 1 = RIO X NITERÓI – Arrival at airport or pick-up at Hotels in RIO. Transfer to your hotel (SEE SUGGESTIONS), with a short recognition city tour, passing by the Niemeyer way and City Park with a superb view of the Guanabara Bay.

Accommodation with breakfast for 3 nights. Rest of the afternoon and night at leisure

DAY 2 = NITERÓI – Full day Rio Sustainable tour by public transportation with assistance of your local guide, we will visit Sugarloaf with cable car, Rio downtown walk with lunch in a typical Rio by kilo Restaurant, then visit to Corcovado by train and return to your hotel in Niterói.

Overnight with breakfast

DAY 3 = NITERÓI - Morning after breakfast Half Day City tour of Niteroi by the Niemeyer way, the magnificent Fortress of Santa Cruz and fantastic view of Rio from the bay side of Niterói.

Afternoon Transfers in and out (driver only) to one of the best oceanic beaches of the city: Itacoatiara or Itaipu.

Overnight with breakfast

DAY 4 = NITERÓI X RIO - Morning transfer by private car to hotel or airport in Rio de Janeiro.

End of our services.

Including: all services in private with English or Spanish speaking local guide*. Accommodation in standard room with breakfast according with your option of hotel, all tours and meals as mentioned in the above itinerary.

Not Including: beverages, travel insurance or anything not mentioned above.

NITEROI – AKTIVE PACKAGE 4 DAYS & 3 NIGHTS

Itinerary:

DAY 1 = RIO X NITERÓI – Arrival at airport or pick-up at Hotels in RIO. Transfer to your hotel (SEE OPTIONS), with a short recognition city tour, passing by the Niemeyer way and City Park with a superb view of the Guanabara Bay.

Accommodation with breakfast for 3 nights. Rest of the afternoon and night at leisure

DAY 2 = NITERÓI – Full day Rio Sustainable tour by Bike and public transportation with assistance of your local biking guide. Bike to the boat station and then cross the bay to Rio, explore Rio downtown, Sugarloaf, Copacabana, with lunch at Cartao churrascaria included. Then visit by minivan to the Corcovado. Continue our bike back to Niteroi and overnight with breakfast.

DAY 3 = NITERÓI – Full Day biking in Niterói exploring the bay side of the city, the Niemeyer way and then continue crossing the tunnel to the Oceanic Region to explore the Route Charles Darwin biking, the State Park of Tiririca and do some beaches relax. Lunch included option depends on which weekday.

Overnight with breakfast

DAY 4 = NITERÓI X RIO - Morning transfer by private car to hotel or airport in Rio de Janeiro.

End of our services.

Including: all services in private with English or Spanish speaking local guide*. A 21V bike with full technical support, expert bike guide, Accommodation in standard room with breakfast according with your option of hotel, all tours and meals as mentioned in the above itinerary.

Not Including: beverages, travel insurance or anything not mentioned above.

HOTELS IN NITERÓI

H HOTEL:

SOLAR DO AMANHECER:

PACKAGE TOUR: HOTEL & BIKE STARTING IN RIO OR NITERÓI

The best spots of Route Charles Darwin to be discovered, explored and experienced with our tips. We provide transfers from Rio or Niterói, 3 nights in a nice beach lodge bike friendly. Places has lots of safe active possibilities to make your stay amazing, but we add something extra FULL MOBILITY, we leave with you a 21v bike so you can explore those wonderful beach paradises in Costa do Sol in a sustainable way. Our transfers In or out, includes historical sites and main attractions of the Charles Darwin Route.

ITACOATIARA - ITAIPÚ - SAQUAREMA - ARRAIAL DO CABO AND BUZIOS

Full Mobility

The Terra Brasilis will provide a bicycle in your disposition during your stay, so you will be able to behold its sightseeing.
Talk to us for rates and conditions.

*The bikes will come with a locker.



ITACOATIARA & ITAIPÚ = OCEANIC REGION of NITERÓI:

Two beach paradises, separated by natural Atlantic Forest and the mountain range of State Park Tiririca. One is named as one of the ten best beaches in Brasil with a minimalist spirit and the other a rustic but authentic fishermen community facing the landscape of Rio.



Itinerary:

DAY 1 = RIO or NITERÓI to ITACOATIARA or ITAIPU – Arrival at airport or pick-up at Hotels in RIO. Transfer to your hotel in the 'Região Oceanica', passing by the Niemeyer way and City Park with a superb view of the Guanabara Bay. 2 Lodging Options: Itacoatiara or Itaipu Beach.

Accommodation with breakfast for 3 nights. Rest of the Morning to Relax and walk on the beach.

In the afternoon meet our guide for a Recognition tour by bike, including the Darwin trail.

At the end of the tour the bikes will be left with the clients to explore the area in their own way. Night at leisure.

It also possible to do other active experiences like paddling Hawaiian canoe in Itaipu, trek and hike the mountains of State Park Tiririca or surf in the best waves of Brasil.

DAY 2 = REGIÃO OCEANICA – Day at leisure with bike at disposal and accommodation with breakfast. Our suggestion is to explore the bay area of Niterói, just crossing the tunnel. Our local guide will give you tips for the trip.

DAY 3 = REGIÃO OCEANICA – Day at leisure with bike at disposal and accommodation with breakfast. Keep this day to explore the Oceanic Region of the city and the Route Charles Darwin. Get tips and hints from our guide.

At night farewell dinner INCLUDED.

DAY 4 = NITERÓI X RIO - Morning transfer by private car to hotel or airport in Rio de Janeiro.

End of our services.

Including: all services in private with English, French, Italian or Spanish speaking local guide*. Accommodation in standard room with breakfast according with your option of hotel, 21v bike at your full disposal, all tours and meals as mentioned in the above itinerary.

Not Including: beverages, travel insurance or anything not mentioned above.

HOTEL OPTION: ITACOATIARA BEACH



Itacoatiara Inn = (www.itacoatiarainn.com.br) In a calm street of Itacoatiara, few meters to the beach and prepared to receive clients with comfort and courtesy, the owners Roberta and Nelson speaks English and are very friendly. Breakfast is included but in a system of order what you want, Wi-Fi and pool.



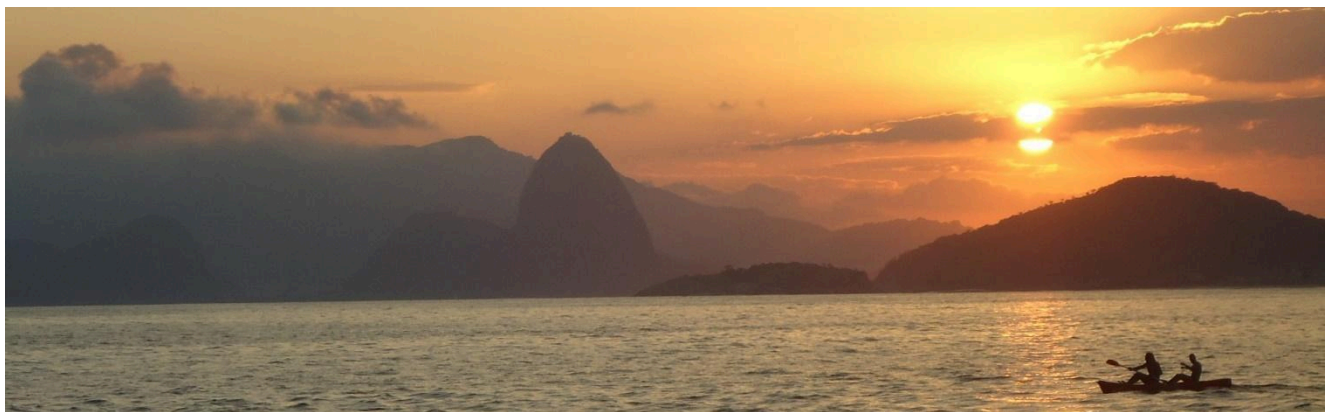
Pousada Praia de Itacoatiara = (<https://praiadeitacoatiarapousada.com.br/>) Is a large summer beach mansion, in the main street of the village, gardens with a pool and suites with balcony.

HOTEL OPTION ITAIPU:



Camarote Itaipu = (<https://www.instagram.com/camaroteitaipu/?hl=pt-br>) This is an amazing brand-new beach lodge, where guests are literally with their feet on the beach, with the eyes facing the sinuous landscape of Rio and tasting a gastronomy made of fresh fish and seafood collected with the fishermen community at the side.

TIP *Any problem with language or communication, in those hotels or area, our local staff will be ready to help guests and visitors in English, Spanish, Italian, French and Portuguese.



REGIAO DOS LAGOS (*Sun Coast*)

SAQUAREMA

Located about 113km from Rio and known as the capital of surf in Brasil. It is an important pre-historic and historic site, has kilometers of blue turquoise beaches, large and calm Lagoons and preserved areas and a pristine forest in a range of mountains, a future Geopark.



Itinerary:

DAY 1 = RIO X SAQUAREMA – Arrival at airport or pick-up at Hotels in RIO. Transfer to your hotel, passing and visiting in the way main attractions of the Route Charles Darwin (depends on time to departure from Rio). Before lodging, a recognition tour in the area around the hotel to help planning your stay.

Accommodation with breakfast for 3 nights at Maasai <https://www.maasai.com.br/> or similar

At the end of the tour clients will receive bikes for exploring your beach and surrounding areas. Night at leisure.

DAY 2 and DAY 3 = SAQUAREMA –Overnight and Breakfast included. - Days at leisure to explore the region.

DAY 4 = SAQUAREMA X RIO - Morning transfer by private car to hotel or airport in Rio de Janeiro.

End of our services.

Including: all services in private with English, French, Italian or Spanish speaking local guide*. Accommodation in standard room with breakfast according with your option of hotel, 21v bike at your full disposal, all visits and meals as mentioned in the above itinerary.

Not Including: beverages, travel insurance or anything not mentioned above.

Your Hotel: MAASAI Beach Hotel – Beach front in Itaúnas beach, has large rooms; breakfast with a fantastic view; Wi-Fi; Pool; Bar in the beach and Restaurant.



ARRAIAL DO CABO

Located about 165km from Rio, Arraial that means villa or village, is famous by its beautiful sea with tons of blue and green, that includes 2 of the 10 best beaches of Brasil. The history of this village starts in 1503 with Americo Vespuccio and the first settlers were natives Indians and later whale hunters and salt production



Itinerary:

DAY 1 = RIO X ARRAIAL DO CABO – Arrival at airport or pick-up at Hotels in RIO. Transfer to your hotel, passing and visiting in the way main attractions of the Route Charles Darwin (depends on time to departure from Rio). Before lodging, a recognition tour in the area around the hotel to help planning your stay.

Accommodation with breakfast for 3 nights. See hotel options.

At the end of the tour the bikes will be left y will receive 2 bikes for exploring your beach and surrounding areas. Night at leisure.

DAY 2 and DAY 3 = ARRAIAL DO CABO –Overnight and Breakfast included. - Days at leisure to explore the region.

DAY 4 = ARRAIAL DO CABO X RIO - Morning transfer by private car to hotel or airport in Rio de Janeiro.

End of our services.

Including: all services in private with English, French, Italian or Spanish speaking local guide*. Accommodation in standard room with breakfast according with your option of hotel, 21v bike at your full disposal, all visits and meals as mentioned in the above itinerary.

Not Including: beverages, travel insurance or anything not mentioned above.

Your HOTEL OPTIONS:



Ocean View Hotel – www.oceanviewhotel.com.br Beach front with full structure of a 3-4 stars hotels, pool, breakfast included, wi-fi and restaurant/bar. Located in the entrance of the city at the Prainha beach.

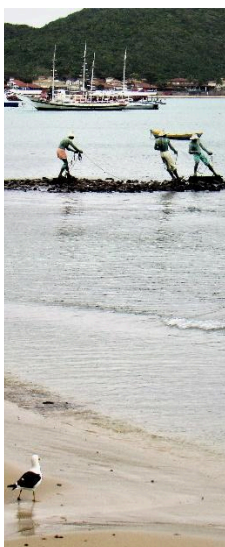
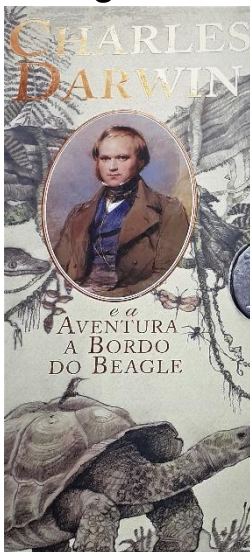


Varandas ao mar pousada – www.varandasaoamar.com.br Beach front in Praia Grande with full structure of a small 3-4 stars hotel, pool, wi-fi; Bar and Restaurant. Good nightlife area.



ESCORTED TOUR – SOFT BIKE ADVENTURE IN CHARLES DARWIN ROUTE

4 Days & 3 Nights – CYCLE EXPERIENCE FROM RIO TO BUZIOS.



Itinerary

1st Day = **RIO DE JANEIRO X NITERÓI (ITACOATIARA)** At 08h00 meet at Hotel in Copacabana with our staff, 2 Bicycle, Guide and a support car with driver. Total bike time depends on you. Is a flat surface by roads and bike ways. Minimum 22km and Maximum 35km.

Leave hotel biking by Copacabana, Leme, Urca, Botafogo bay, Flamengo, and downtown Rio. Cross the bay with your bike in a 15-minute ferryboat. In Niterói bike along the bay coast of the city known as Niemeyer way.

Visitinhas by car or bike MAC museum, Parque da Cidade and Fortaleza de Santa Cruz. Lunch included.

Arrival & Accommodation - Hotel Camarote Itaipu or similar. <https://www.instagram.com/camaroteitaipu/?hl=pt-br>

Afternoon 2 Hours hike to Costão hill in the state park of Tiririca or just beach relax.

OV/BB+LUNCH

2nd Day = **NITERÓI X SAQUAREMA (ITAÚNAS)** Wake early for a beach walk, take your breakfast and at 9h00am, we leave biking from hotel for a great cycle adventure in the Darwin Trail of the Park Serra da Tiririca, then arrival to Maricá visit the Old colonial farm Itaocaia (Darwn Historical site). The support car will provide transportation, when necessary, part of the trip can be done by car. The best bike experience of this day is the Crossing of Darwin Trail, the area of 'Restinga' a kind of vegetation between the seaside and the lagoons of Maricá and few kilometers along the beach from Jaconé to Saquarema. With exception of the Darwin Trail, the rest of the trip is by flat surface streets, roads and bikeways. Minimum 28km and Maximum 40km.

We will provide a Pic Nic lunch box during the day and according with the logistic.

Arrival & Accommodation – Hotel Maasai <https://www.maasai.com.br/> - Beach front with nice nightlife.

OC/BB+LUNCH (PIC-NIC)

3rd Day = **SAQUAREMA X BUZIOS** - After breakfast we leave biking from hotel with support of our car, around 9h00am Enter in the area of State Park Costa Sol by the beautiful Cajueiros road, then Vilatur district to follow the old train route to the Station Ponte dos Leite in Araruama, continue by orla Niemeyer and the lakeside of the giant Lagoa de Araruama (the world largest salt lagoon). We will make a stop to continue by car for a very special farewell lunch (included) in a fishermen village (Ponta da Baleia) on the old Jesuit village of São Pedro da Aldeia.

After lunch we could do some last biking in the Peninsula until Ponta da Baleia and then transfer to Buzios.

Arrival & Accommodation – Hotel Corsario (very good location) - <https://buzios.pousadacorsario.com/>

Bikes will stay with you for exploring Buzios at your own way.

4th Day = **BUZIOS X RIO DE JANEIRO** - Breakfast and Morning at Leisure. After lunch private Transfer back to your hotel or Airport in Rio de Janeiro. END OF OUR PACKAGE

What is included: All services, tours, transfers, meals and accommodation as mentioned in above itinerary. A rented classic street bike 21speed according with the size of the client; water and fruits supply during biking time; a car/truck assistance during bike trips; a bike mechanic or/and an experienced Bike Tour Conductor, depending on the number of participants. We work accordingly with the ABNT NBR ISO 21101 For Safety Management Systems and ABNT NBR from INMETRO 15509 – For Ciclotourism activity.

What is NOT included: Any meals or services not mentioned in above Itinerary, or when is mentioned as Optional or not included; No personal or individual insurance for sports/Trips only for local emergency.

Not Include and What to bring along with: Personal gears or equipment for individual use/comfort, like gloves, helmet, bike glasses, bike shoes, squeeze or clothes. We suggest participants to bring their own individual equipment to grant comfort and facilitate the tour.

Responsability: All participants should have a personal insurance for this kind of trip/activity, during biking all participants should use safe equipment requested by local staff and to take care of the equipment rented from us.

BE A RESPONSABLE TOURIST, WE DO A RESPONSABLE TOURISM.

Sustainability, Green and Social actions: Check our Tours, all of them are connected with traditional communities;

Non-Governmental agencies and enterprises that promotes the protection of cultures and environment. Plant a tree with us to help soften your CO2 emission at the Atlantic Coastal forest; make a social visit to our traditional communities and participate in social projects.

Talk to us.

