

Brazil Travel Guide

Amazon

Bahia

Iguassu Falls

Rio de Janeiro



Insights:
Fine Dining
Brazilian Food & Drinks



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Rio de Janeiro

General Info	04 - 05
Hotels	06 - 09
Tours	10 - 13
Foods	14 - 18
Drinks	19 - 19

Amazon

General Info	22 - 23
Hotels	24 - 25
Tours	26 - 27
Specialities	28 - 29

Iguassu Falls

General Info	30 - 31
Hotels	32 - 33
Tours	34 - 35

Bahia

General Info	36 - 39
Hotels	40 - 46
Tours	47 - 56

RIO'S BEACHES & NEIGHBORHOODS



Famous Beaches

*Leme & Copacabana

Copacabana, known as the little sea princess, is one of the most famous city districts in the world. The beach is wide and beautifully suited for sporting activities. The sea is usually serene with small waves, except during a “Resaca” (storm).

*Arpoador Beach

Arpoador beach serves as a natural divider between Copacabana and Ipanema Beach. Arpoador sits between two large rock promontories that contribute to the formation of excellent surfing waves in this small stretch of beach. Because surfers are the main visitors here, Arpoador is quite clean and quiet beach. Few Brazilian beaches are conducive to nighttime surfing, but it is possible on Arpoador because of the floodlights.

*Ipanema & Leblon

This stretch of beach became world famous through the song “Garota de Ipanema” by Tom Jobim and Vinícius de Moraes. This is where the Bossa Nova and beach fashion were born. Ipanema means “dangerous waters” in the original Amerindian Tupi Guarani language.

*Barra da Tijuca

With white sands stretching for several kilometers, Barra Da Tijuca is the largest beach in Rio. This beach is especially suited to water sports, and is particularly ideal for windsurfing. On the first part of the beach is “Pepê”, a trendy meeting spot for beautiful young people.

Football

The best and only true way to experience the world’s largest soccer stadium is to watch an important match. What an experience! Outside the Stadium, people drink ice-cold beer. Inside, the torcedores (fan club members) bring out the samba drums and pound away for a good half-hour, psyching themselves up before parading in the banners -- huge flags in team colors -- to the wild applause of their fellow fans. Eventually after several hours of this silliness a soccer game breaks out.

Unfortunately, Rio’s world-famous Maracanã stadium is closed for an extended period of repairs, in preparation for the 2014 World Cup. Exact dates and plans have not yet been announced. It is expected to re-open in 2012 or 2013. In the meantime, the big games are transferred to the new Engenhão stadium, in the Rio suburbs.

Any of these teams playing against one another is worth seeing:

Flamengo

Botafogo

Fluminense

Vasco de Gama

Weather in Rio

Rio de Janeiro is dubbed by locals as 'cidade maravilhosa' (marvellous city) and it's easy to understand why; it has one of the most stunning settings of any major city in the world, the famous Rio Carnival and the samba party's go long into the night. Not to mention the fantastic weather. Brazil's most famous city, if not its capital, Rio is found in the southeast of the country on the Atlantic Ocean, and in the northern half of the South American continent.

The climate is tropical, with year round warm temperatures and plenty of rainfall. The average temperature is 23°C; generally staying between 17°C and 30°C, though hotter and colder temperatures are possible. The warmest months - between January and March - see average temperatures of 26 °C and the coolest months - June to August - average 21 °C. The summer weather lingers for most of the year while the winter is a comparatively short season.

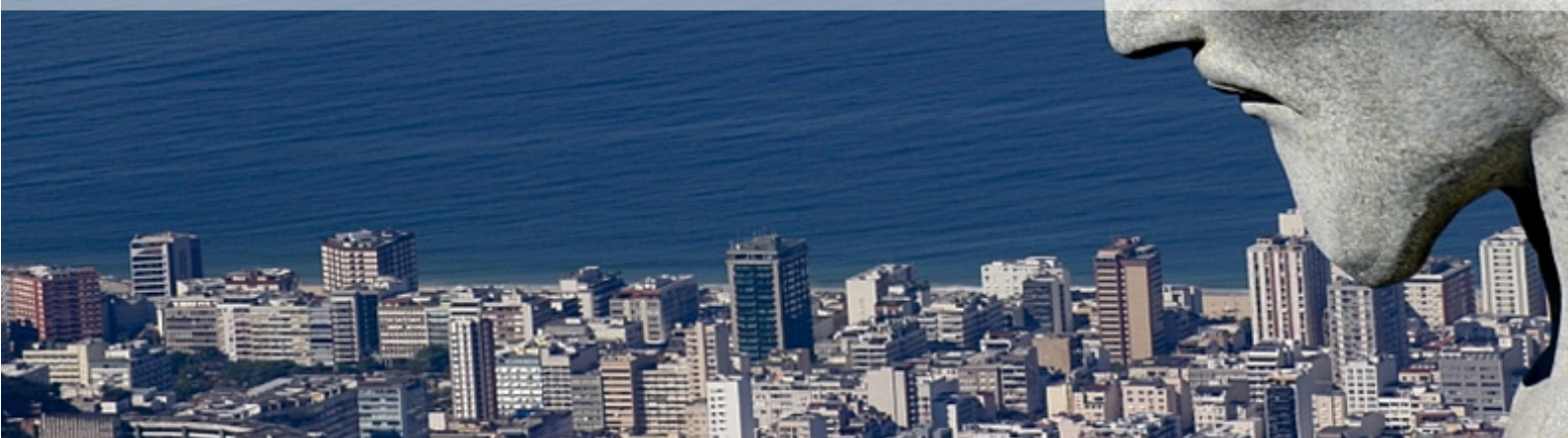
Summer actually begins towards the end of November and lasts until March. At this time daily highs average 29°C, though they can frequently climb into the 30s and even towards 40°C in some parts of the city. With temperatures remaining in the 20s even at night, the summer in Rio is scorching. Rainfall is at its highest in summer, over 100mm per month. December is on average the wettest month of the year with 169mm, though in fact rainfall is pretty unpredictable and sunny days or torrential downpours can be just as likely.

Winter is from June to August. It is still warm but average temperatures are around 5°C cooler than summer, on average. Sometimes it can drop into the mid-teens so a jacket is handy to have just in case. Rainfall is at its lowest in winter, especially July and August with around 50mm average. But don't be surprised to see a shower or two though, especially in early and late winter.

Spring and Autumn - Since the equatorial climate gives little seasonal variation, spring and autumn are short seasons and don't herald the dramatic transformations as is seen in more northerly climes. If anything the Spring is slightly drier than the Autumn but there is not a lot of difference. There really isn't a bad time to visit Rio. The weather doesn't vary a lot over the year and sunshine is generally plentiful with warm temperatures. Just remember rainy weather can arrive very quickly, almost without warning - except to some experienced locals - so always be prepared for a sharp shower.



Accommodation In Rio de Janeiro



Copacabana



5* Copacabana Palace

Superbly positioned overlooking the sea, this glamorous Orient-Express landmark in Rio has been welcoming the rich and famous since its Art Deco doors swung open in 1923.

4* Porto Pay International

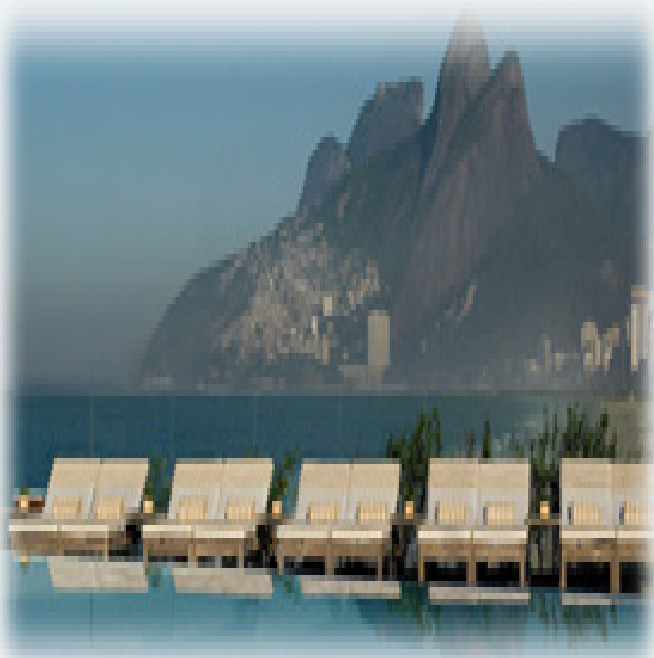
Right on Copacabana beach in the spectacular city of Rio de Janeiro, Porto Bay Rio International offers you the best of two worlds – the sensational city and a breathtaking view over the beach right on the doorstep



3* Windsor Plaza

The new Plaza Copacabana Hotel is perfectly located, within walking distance from the beach, cinemas, shopping malls and theaters.

Ipanema



5* Fasano Hotel

Located on Avenida Vieira Souto, in the heart of Ipanema Beach, the long awaited hotel Fasano Rio de Janeiro combines the sophistication of Rio's most coveted address with modernity and efficiency in design and service. The Hotel is the first project designed entirely from scratch by Phillippe Starc. From 50's and 60's style furniture to the vintage uniforms designed exclusively for the Hotel by Ocimar Versolato, everything has been thought out to reverberate the glorious Bossa Nova Era, when Ipanema was blossoming into the most charming neighborhood of Rio.

4* Mar Ipanema

Superbly positioned overlooking the sea, this glamorous Orient-Express landmark in Rio has been welcoming the rich and famous since its Art Deco doors swung open in 1923.



3* Ipanema Plaza

Ipanema Plaza Hotel brings to Rio a new concept of Boutique Hotels, the newest tendency among modern hotel business. Located in Ipanema, the most sophisticated and charming neighborhood in town, the Ipanema Plaza Hotel is only 50 meters away from the beach, 5 minutes from Copacabana and it offers a variety of business and leisure option, with easy access to the financial center and to the airports.



Special Places to Stay



With some exceptions, hotels in Rio have traditionally offered visitors dreary-looking 1960's-style rooms with basic amenities. But over the past few years, hoteliers have sharpened their look and boosted their services to accommodate savvy travelers.

A hand-picked portfolio of beautiful boutique hotels and B&Bs, created by a small team of passionate travellers, and backed up by an award-winning online booking service in Rio's most stunning locations...



FASANO IPANEMA

Fasano Rio is a Starck-styled Brazil boutique hotel with a rooftop pool and a chunk of Ipanema Beach to its name.

Style: 50s style meets Noughties chic: this 91-room addition to the Fasano dynasty is set to shake up Rio's hotel scene.

Price range: \$\$\$\$\$

Neighborhood: Ipanema

MARINA ALL SUITES

Located by the beach in exclusive Leblon, just a stroll away from Ipanema, the Hotel's bar and restaurant buzzes with Brazilian celebrities.

Style: One of Rio's hippest beach hotels, with stylish design suites overlooking Ipanema and Leblon beaches.

Price range: \$\$\$\$

Neighborhood: Leblon





HOTEL SANTA TERESA

The French owners' passion, their celebration of Brazil's native art in the neo-colonial décor, and their philanthropic intent is impressive in itself.

Style: Luxury neo-colonial hotel in Santa Teresa, evokes tropical and ethnic Brazil in its art and interior design.

Price range: \$\$\$\$

Neighborhood: Santa Teresa

LA MAISON

La Maison was the first Rio boutique hotel of its kind; its sophisticated decor could be straight from the pages of a fashion magazine.

Style: Flamboyant and immaculate interiors to satisfy design lovers.

Price range: \$\$\$

Neighborhood: Leblon



HOTEL PORTINARI

Good value design hotel located between Copacabana and Ipanema beaches

Style: Soothing, contemporary and minimalist to colorful, tropical or traditional.

Price range: \$\$

Neighborhood: Copacabana



HOTEL MAMA RUISA

Elegant French-owned B&B with pool in bohemian Santa Teresa with views of Sugarloaf Mountain and Guanabara Bay.

Style: Stained glass, wooden shutters, and a crisp of French fabrics.

Price range: \$\$\$

Neighborhood: Santa Teresa



Tours

Full Day Buzios



Búzios sits on the tip of a long, beach-rich peninsula jutting out into the clear blue Atlantic. The sheer number of beaches close to town makes it easy to experience Brazilian beach culture firsthand. Geribá Beach is the place for surfing. Quiet and calm and very deep, Ferruda Beach is perfect for a lazy afternoon snorkel. Far from town are more isolated spots to steal a quiet moment with a special beach friend, while right in town on Ossos Beach you can sip a caipirinha at a beachside cafe and feel you're young, rich, and beautiful. In this South American Saint-Tropez, everyone else certainly is.

Samba Show With Dinner



No other music style is more “Brazilian” than samba, and no other samba is more authentic than a “samba school”. Visit one these “escolas de samba” as they open their dance floors for “rehearsals” (a combination of a party and a pep rally), in preparation for the coming Carnival. The percussion and the animated crowd will have you moving your feet in no time. Begin with dinner at a buffet restaurant for a non-stop feast of Brazilian meats, salads, vegetables and drinks.

Brazilian Gemstones



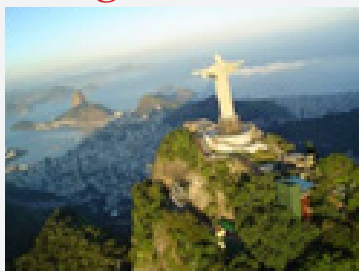
During your visit to Rio you will have the unique opportunity to see one of the most fascinating processes in the world - the intricate steps by which a rough gemstone is transformed into a beautiful jewel. H.Stern, one of the world's major international jewelers, invites you to a work shop tour, starting with the incredible lapidary art to the polishing process and jewelry crafting. It has been H.Stern's tradition for over 50 years to offer you the opportunity to see how this work is really done. In addition, the Museum that features Mr. Stern's private collection of Tourmalines and a variety of rare gemstones can be seen on request.

Botanical Gardens



The Botanical Garden was first planted by Dom João in 1808. More than 6,200 varieties of plants are spread over 141 hectares. At the weekends you will meet many families, but during weekdays it is really quiet and peaceful. You will also visit the Catacumba Park which features sculptures by internationally renowned visual artists. Besides viewing these works of art, visitors can venture into a 20-minutewalk along a 350 meter trail to an observatory where the view is simply fabulous.

Full Day Corcovado & Sugar Loaf



After a beautiful scenic drive along Copacabana, Ipanema, Leblon beaches and Rodrigo de Freitas Lagoon, passengers arrive at the bottom of the Corcovado hill where they will embark on a comfortable train which will go along the beautiful Mountain, from where the statue of Christ the Redeemer overlooks Rio and its famous beaches.

Lunch at BBQ restaurant

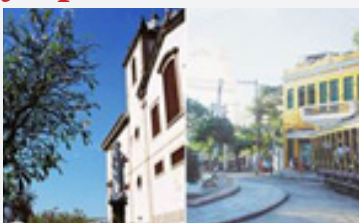
The afternoon tour begins with a trip Downtown with a stop at the Metropolitan Cathedral, followed by a drive to “Praia Vermelha” to take the two-stage car up to the top of the Sugar Loaf (270m), which grants the entrance to Rio’s harbor and Guanabara Bay. The first stage is Morro da Urca with 170m, with a restaurant, amphitheater and helicopter-point. The second stage goes on the Sugar Loaf itself. Includes fee cable car to the Sugar Loaf.

Tropical Island Tour



Transfer from your hotel to the Marina da Glória. Boarding at the main pier and navigation through the Guanabara bay. During the tour, the main sights will be: Flamengo, Botafogo, Urca, Pão-de-Açúcar (Sugar Loaf), São João fort, Lage fortress, Niterói, Santa Cruz fortress, Adão and Eva beach, Juruju beach, Charitas beach, São Francisco beach, Icaraí beach, Pedra de Itapuca (Itapuca stone) and Pedra do Índio (Indian Stone), Flechas beach, Boa Viagem beach, Nossa Senhora da Boa Viagem church, Contemporary Art Museum, Gragoatá beach, Gragoatá fort, Mocanguê island, Rio-Niterói bridge, Enxadas island, Cais do Porto (pier harbor), Cobras island, Fiscal island, Villegaignon island, Modern Art Museum, Monumento aos mortos da Segunda Guerra Mundial (monument to the soldiers killed in the Second World War). Return to the pier and transfer back to your hotel.

Jeep Tour + Slums



Pick-up in convertible Jeeps at the hotel. Visit Tijuca Atlantic Forest, (the largest urban forest in the world) stopping at the Chinese View belvedere with a magnificent view of the Ipanema and Copacabana beaches, the Guanabara Bay and the Sugar Loaf. Inside the forest, we stop at a beautiful waterfall for a refreshing bath and walk through a trail of easy tracking. During the tour, usually we can see tropical animals like monkeys, sloths and exotic birds. On the way back to the hotel, we stop at the Pepino Beach to watch the hang gliders.

Optional visit of Slums: This tour we can visit the Rocinha slum, the largest slum in South America with around 150 thousand inhabitants, where we can watch the routine of this community.

Helicopter Flight



This is the ultimate way of looking at Rio’s breathtaking beauty. Don’t hesitate and join us in this fabulous trip. It can be combined with most of the other tours offered. Let us look at your itinerary and suggest one of the different Helipads for takeoff. Helipads: / Christ / Lagoon / Ipanema / Copacabana / Sugar Loaf.

Paragliding in Rio



Paragliding Tandem Flights take place in Pedra Bonita, a beautiful mountain located in São Conrado, just 20 minutes from Copacabana. No previous experience is required since the instructor takes control of the whole flight while you’ll be experiencing one of the greatest adventures of your life. The flight is 15 to 20 minutes long, depending on the wind conditions. For your safety, we work with the best pilots, who have over 15 years of experience and are certified by the Brazilian Hang Gliding Association. Make your dream of flying come true.

Visit Samba City



It was not without reason that this location was chosen for the thematic city, since it was here – considered a “Sacred Ground” – that the Carioca samba was born. The design of Samba City forms a geometrical figure, with factories surrounding the main square. The thematic city turned the Samba School activities into a permanent practice. More than a tourist attraction, the Samba City has become a production center for genuine Brazilian art, music and Culture.

City of Niteroi



Across the bay of Guanabara lies Rio’s sister city Niteroi. The two cities are linked by a 13km bridge; one of the region’s famous landmarks. Crossing the bridge you already have a marvelous view of the bay. Once in Niteroi, however, the panorama becomes truly spectacular, especially from the Contemporary Art Museum, a project of Oscar Niemeyer. This tour includes a trip to the historic fortress at the mouth of the bay, in the shadow of Sugar Loaf. You can choose how you prefer to travel to and from Niteroi; for example, you can take a trip over the bridge and then return by boat. You will be picked up at your hotel in Rio de Janeiro and driven back at the end of the tour

Rio By Night Show



Night in Rio is a meeting point and makes the heart beat faster. Music and joy - key ingredients to a good night life - go together with a permanent parade of artists in the show nightclubs.

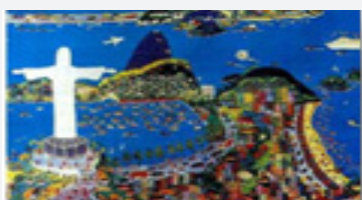
A delicious dinner in the typical Barbecue House will be served. After dinner, passengers are taken to Plataforma 1 where a show of Samba and Folklore music with native mulata girls where you will feel the energy known worldwide just as Carnival.

Historical Rio



Central Rio, which is a busy mixture of historic buildings overshadowed by high rise office blocks, is the main business area. The downtown area is where the 400-year-old city started to grow and is nowadays a very busy trade center. Despite this hectic movement, you can discover the most interesting places, combining baroque and modern architecture, little cafes, and pedestrian streets. The historical center of Rio houses an impressive complex of colonial Baroque architecture, including the Royal Palace, the National Historical Museum, the Candelaria Church and the Municipal Theatre, a two-thirds replica of the Paris Opera inaugurated in 1909.

Museum Tour



There are a variety of museums in Rio to cater for all interests. Let our specialized guides, some of them artists themselves, take you to insider places. A wide range of art and culture expects you.

The Chácara do Céu in Santa Teresa, the Museum of Modern Art, National History Museum, Edson Carneiro Folklore Museum, the Museum of Fine Art, and the Banco do Brasil Exhibition Centre are just a few worth mentioning.

Maracana Stadium Tour



IMPORTANT: due to the refurbishment, games are suspended. New dates for games have not yet been scheduled, but the stadium is expected to re-open on December 2012.

Passing by the Sambadrome, the area where the Carnival Competitions are held, we arrive quickly at the Maracanã Stadium. Its official name is Journalist Mario Filho. Probably the world’s most famous football stadium, Maracanã can hold 100,000 spectators. Going to the Maracanã is an unforgettable experience, even if there is no game going on. Just by sitting on the tribunes and breathing the air you can already imagine the ambiance of these matches.

Rio de Janeiro has a great many restaurants, from the classy, expensive establishments where you can expect perfect service, exquisite cuisine and wines, to the tiny neighborhood places where the menu is smaller, as are the prices. The cuisine ranges from typically Brazilian, focusing on seafood, vegetables and produce to international menus, churrascaria steakhouses and Asian/Pacific. The restaurants listed here are highly recommended, popular and reservations are always recommended!



LEBLON

On Dias Ferreira street and surrounding areas you can find an array of good restaurants: Sushi Leblon (Japanese); Venga (Spanish Tapas); Mok (Asian); Quadrucci (modern Italian); Carlota (excellent, comfort food), Sawasdee (Thai food). Around the corner, at Aaulfo de Paiva Street you find Jobi (“boteco” food, excellent for a cold draught beer) and BB lanches (juice store & sandwiches). Bar d’hôtel is another option, at Marina Palace Hotel, beachfront. Also for a beach scenery and a cold beer look for Velloso, one street down, at General Saint Martin street.



IPANEMA

In Botafogo, you have Miam Miam (comfort food), Mesa (very demanded, tapas style) and O Restaurante. Inside the Jockey Club there is an eclectic restaurant Victoria, with a nice deck and a different view of Rio (dinner only). Guimas at Gavea is another cool spot, French bistro style. Filé de Ouro, at Jardim Botânico Street; Braseiro, at Baixo Gavea. Braz in Jardim Botânico for creative pizza. Renowed Olympe signed by French Chef C. Troagois, at Jardim Botânico is the City’s highlight.

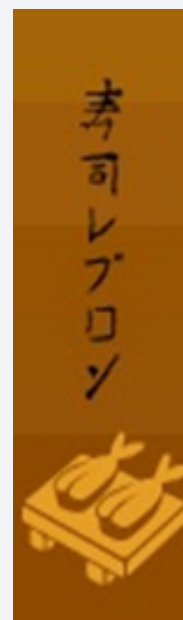


Sushi Leblon:

Rua Dias Ferreira, 256
Leblon.

Tel.: 21 2512 7830

www.sushileblon.com





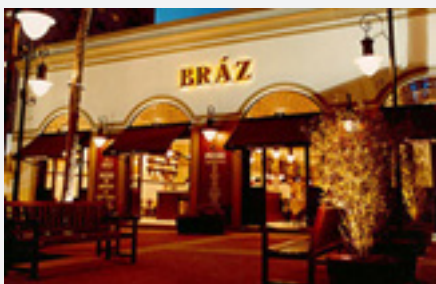
Out to Eat



*Aprasivel Restaurant

OFF THE BEATEN TRACK

Bazzar (comfort food); Alessandro & Frederico (quick bites, good for breakfast). Across the road is Via Sete (good food, drinks and a nice veranda as well); Gero (fancy, good food); Forneria São Sebastião (cool, modern food, best for lunch or brunch on weekends); Devassa (draught beer, for a good after-beach chill out or a nice buffet during lunch time); Market (good food, also an option for breakfast); Boox (modern food, club style crowd at night); Polis Sucos (juice store, good sandwiches); Extravaganza (creative Pizza); At Sofitel Hotel, Le Pre Catalan, French food, best restaurant in town only matched by Olympe (C. Troagois, at Jardim Botânico). The most sophisticated and expensive Japanese restaurant in Rio, Madame Butterfly is a must for Japanese food lovers, and was elected best in its category by gourmet specialists.



Braz Pizzaria:

Rua Maria Angélica, 129
Jardim Botânico
Tel.: 21 2535 0687
www.casabraz.com.br

Madam Butterfly:

Rua Barão da Torre, 472
Ipanema
Tel.: 21 2267 4247

SANTA TERESA

Adega do Pimenta (German, good draught beer and liquors), Asia, Tereze (at the Hotel Santa Teresa), Sobrenatural (good seafood); *Aprazivel (very good food and nice spot).

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TOP 10 RESTAURANTS IN RIO DE JANEIRO

1. Antiquarius

Category: Portuguese

This traditional restaurant is credited with bringing Portuguese cuisine, one of the staples of the Brazilian food heritage, to an enhanced level that benefits both from fine dishes such as Bacalhau a Lagareiro -- a signature codfish recipe -- and from the serene ambiance based on antique furniture (hence the restaurant's name).

Price Range: \$\$\$\$\$

2. Aprasível *

Category: Brazilian Fusion

Located in a charming, hilly neighborhood -- Santa Teresa -- Aprazível (which means "pleasant", as in relation to a place) has a casual, rustic feel and a menu that explores the bounty of Brazilian vegetable gardens.

Price Range: \$\$.

3. Celeiro

Category: Buffet

This restaurant in Leblon features the buffet system known in Brazil as restaurante por quilo, or "kilo restaurant". Plates are weighed and you just pay for what you get. It features organic choices and a great variety of light dishes.

Price Range: \$\$

4. Gero

Category: Italian

Gero belongs to the Fasano Group, a Brazil household name in upscale restaurants and now also in hotels. The Leblon location follows the style of the original restaurant, in Sao Paulo. Among the many highlights is Gero's fresh-made pasta.

Price Range: \$\$\$\$\$

5. Olympe

Category: French

Located near the Botanical Garden, the restaurant belongs to one of the best chefs in Brazil: Frenchman Claude Troisgros, who has a flair for incorporating Brazil's culinary traditions into his art.

Price Range: \$\$\$\$\$



6. Le Pré Catelan

Category: French

Another French restaurant makes the list: Guia Brasil Quatro Rodas 2008 has nominated Roland Villard 2007 Chef of the Year.

Price Range: \$\$\$\$\$

7. Porcão

Category: Brazilian Steakhouse

unabashedly named Big Pig, Rio's most famous churrascaria de rodízio, or all-you-can-eat barbecue restaurant,

has locations in Miami and New York as well.

Price Range: \$\$\$

8. Roberta Sudbrack

Category: Contemporary

Chef Roberta Sudbrack's place in the Botanical Garden area. Her style is known for its mix of classical and daring recipes.

Price Range: \$\$\$\$\$

9. Great Rio de Janeiro Category: Seafood

Rio's wealth of seafood restaurants finds its highest expression both in the note-perfect sophistication of Fasano al Mare and in the unaffected abundance of Off-Barra eateries.

Price Range: \$\$\$\$\$

10. Braz

Category: Pizza

Named after one of the neighborhoods in Sao Paulo where waves of Italian immigrants settled around the beginning of the 20th century, the Braz location in the Botanical Garden area features the same pizzas that brought well-deserved fame to the original Sao Paulo restaurants.

Price Range: \$\$





Typical Brazilian things to try!

FRUITS

Warning: Those who have visited Brazil will find their mouths watering and feelings of saudade appearing while reading this article. Do not be alarmed.

Cupuaçu

Looks like a huge raw potato hanging from a tree. It belongs to the cocoa family and grows to a height of 12-20 meters

Mamão/Papaya

Papayas offer not only the luscious taste and sunlit color of the tropics, but are rich sources of antioxidant nutrients such as carotenes, vitamin C and flavonoids; the B vitamins, folate and pantothenic acid; and the minerals, potassium and magnesium; and fiber

Cajú

There are thousands, maybe millions of types of cashew fruit, and they come on impressively large trees. In a Rosca, the juice is so sweet but it can leave an after taste in your mouth. And this is where the delicious cashew nut comes from (but don't try to eat it raw as it's toxic)

Goiaba

The guava tastes nice both as a fruit and a suco/juice. But be careful with the goiaba worm!

Acerola

Contains 100 times the Vitamin C of oranges. One glass should be enough to see remain scurvy free for your entire holiday

Graviola

Green in color like an avocado. Can be used in cooking when green or for chutneys and sauces. The juice can be easily found in northern Brazil.

Jabuticaba

Very similar in appearance to açai only it's also used to make wine or liqueur. That is if you don't want to eat it fresh, in a dessert or juice.

Jaca

Slightly bigger than a watermelon, jaca can be one lethal fruit when gravity takes hold. Camping under a jaca tree laden with fruit is not a smart idea. I've seen them fall right through cheap roofs. The fruit is a fleshy off-white pulp. Loved by some but not by most.

Maracujá Passion fruit. Most common is the large yellow variety.

I haven't come across the smaller purple variety in Brazil but I have no doubt you could find it.



Top Food

A great thing we found about Brazil is that you can find places that sell food by kilo. It's like a buffet where you choose what you would like to eat, pile it onto your plate which is then weighed so the price you will pay can be calculated.

Below are some of the most common dishes and food that you will find around cafés and food places:

Churrasco: Has many different meanings throughout South America, but in Brazil it simply refers to a barbeque, which usually comprises large chunks of meat cooked on skewers. The famous steakhouses are spread all over the country and are mostly famous for the all you can eat style buffet.

Feijoada: Considered the Brazilian national dish, this is a thick stew of black beans with pieces of beef and pork added to it. It is traditionally prepared in a clay pot. Feijão is Portuguese for Beans.

Pão de queijo: These cheese balls are found throughout the country and are prepared at home and also served at restaurants. If you don't have time to make your own you can also find them in the supermarket freezer section. It is a simple round cheesy dough which accompanies most meals, especially breakfast.

Coxinha: a common snack in Brazil which is shredded chicken shaped like a drumstick and deep fried in batter until golden brown. With catupiry cheese or without, it's the quick snack you will find anywhere.

Pizza: In Southern Brazil pizza is often served in gourmet restaurants with high quality ingredients, where as in the north, where they lack strong Italian influences it is commonly eaten with ketchup and sometimes even mustard or mayonnaise. Dessert pizzas are also common in Brazil with toppings like chocolate, bananas, guava jam and cinnamon.

Pamonha: This is a corn and milk paste wrapped in a corn husk and boiled. In some areas of Brazil it can be prepared with coconut milk. It is similar to humitas in Chile. Can be sweet or savory.

Dessert

Brazilians have a very sweet tooth and the main ingredient is Condensed milk. Here are some of their typical sweet dishes:

Arroz doce: A simple rice pudding, it is made with cinnamon and can be served as a dessert or sometimes alongside a meal.

Brigadeiro: Probably the national dessert of Brazil they look like balls of chocolate similar to truffles. A thick mix of condensed milk, butter and chocolate powder is cooked, rolled into small balls and are then covered in chocolate sprinkles like a truffle. They are named after a Brigadier that helped stop a communist coup in Rio.

Pudim de Leite: Condensed milk Flan with caramel sauce.

Goiabada: A guava paste that is made with sugar and water, it is normally served with white cheese. This combination is called Romeo and Juliet and can be found as a filling for many things, including Pizza.

Did you know that Avocado is considered a sweet in Brazil so don't be surprised if you see Brazilians dipping them in sugar or in your dessert.



BRAZILIAN DRINKS

Brazil is a vast country with many different drinks in its many regions. The following are the most common drinks found:



Alcoholic:

Cachaça: Brazilian national liquor, made from distilled sugar cane. Very similar to rum, it can be aged or unaged, white or gold. Aged cachaça which is considered superior and is generally sipped on its own, can vary in flavor, depending on the type of wood used for the barrels. Many different local trees are used in different regions and by different manufacturers. You will also find cachaças with delicious varieties of fruit flavors.

Caipirinha: This is the most famous drink from Brazil and considered the national cocktail. Made with cachaça, sugar and lime juice, it can either be a refreshing cocktail or a strong one that might leave you regretting your purchase. (Caipi)Roska is the equivalent version with the same fruit options but made with Vodka instead.

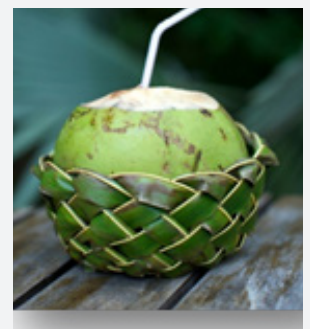
Cerveja: Beer! In many different shapes and sizes, the national beer has always got to be served very cold. Notice that when you are served chopp (tap beer) it will be served with a lot of foam on top. It's not that the bar you're at is trying to rip you off, no, that's just how it's served in Brazil. Popular brands are Skol and Schin, but for more flavor try Bohemia, Devassa or Original!

Non-alcoholic:



Guaraná Antarctica: Is the most popular soft drink produced in Brazil with a distinct apple/berry flavor. In some places it is considered an energy drink. To give you an idea of the popularity of Guarana, it is the official sponsor of the Brazilian national football team (yes, they beat Coca-Cola to that title).

Água de côco: Literally meaning coconut water, this drink is often served directly in the coconut itself. Unripe coconuts contain much more liquid than ripe coconuts, as the liquid is absorbed by the flesh of the fruit, so green coconuts are plucked off the trees and opened for a sweet and mild drink that has proven cholesterol lowering effects. Água de côco can easily be found in stands on the street.



Chimarrão: The Brazilian version of yerba mate. As in Uruguay and Argentina this special tea is both symbolic and social, and is commonly shared amongst a group of friends through a special ceremony where each person drinks from the same cup. It is considered to have many of the same health benefits as Chinese green tea and has natural caffeine in it. This drink is more common in the South of Brazil.

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AMAZON INFORMATION

The Amazon Rainforest has long been a symbol of mystery and power, a sacred link between humans and nature. It is also the richest biological incubator on the planet. The world's largest tropical forest seems an endless carpet of green that's sliced only by the curving contours of rivers. Its statistics are as impressive: the region covers more than 10 million square km (4 million square miles) and extends into eight other countries (French Guiana, Suriname, Guyana, Venezuela, Ecuador, Peru, Bolivia, and Colombia). It takes up roughly 40% of Brazil in the states of Acre, Rondônia, Amazonas, Roraima, Pará, Amapá, and Tocantins. The Amazon forest is home to 500,000 catalogued species of plants and a river that annually transports 15% of the world's available freshwater to the sea, yet it's inhabited by only 16 million people. That's less than the population of metropolitan São Paulo.

Weather in Amazon

There are two seasons in the Amazon basin: wet season and dry season. During the dry season it's very hot (which can mean 40°C plus the humidity) and thus may be unbearable for some. Many channels and rivers dry out in this season. On the other hand, fishing is much easier since all fish concentrates in the remaining water basins. During the wet season, it rains almost every day. When there is a storm, the amount of rain may be overwhelming. Thus, if traveling in wet season, be prepared to get wet and not dry out until the end of your trip. During the season the rivers and lakes rise several meters and many new channels are formed in the flooded jungle. Temperature-wise, the weather is more bearable and only the humidity can be a problem. The wet season lasts roughly from January to July, with the best time to visit the jungle being from May to August.

Health / Insects

It's truly a blessing that the rivers have a high tannin concentration due to the forest's leaf decay, and do not encourage the growth of insect eggs and larvae. Although we have never had a case of tropical illness amongst our clients, there are occasional encounters with bugs. All visitors need the yellow fever injection prior to arriving. Please follow your doctor's recommendations.

MANAUS

Manaus was founded in 1669 by the Portuguese as a small fishermen's village. Its name is of Amerindian origin and its literal translation is "Mother of God". This city of about 2.5 million inhabitants is located on the Rio Negro a few miles before it meets the Rio Solimões to form the Amazon River proper. The two rivers flow side by side for many miles, different in color, mixing in eddies: the "Meeting of the Waters". Legend has it that they never mix.



SPECIALIZED TOUR

Peacock Bass Fishing

The exclusive and remote Fly-In Floating Cabins allow travellers to experience a true and unique fishing trip with professionals. The small 8-guest parties are whisked away to camp by turbo-pop float plane and then fast boat to the floating cabins. Exclusive permits allow anglers and guests to fish in exclusive Amerindian reservations and government reserves in exchange for humanitarian financial commitment



LODGES & CRUISES



The Amazon rainforest -- the world's most diverse ecosystem -- is a land of enchantment and excitement, spanning more than 2.5 million square miles in nine countries of South America. Sixty percent of the rainforest is located within the borders of Brazil. Eco-tourism is steadily increasing in the region, and there are things you should know before you set off on an Amazon adventure

CRUISES

5* Iberostar

Iberostar Grand Amazon is a luxury hotel cruise ship that will take you on an unforgettable cruise along the Amazon River, with the comfort and excellence that distinguish Iberostar's service.

Departures: Every day except Thursday & Sunday



4* Clipper Premium

The Amazon Clipper with its shallow draft of 2.5 feet, is perfect for navigating the most remote regions of the Amazon Rain Forest in search of the best fishing without giving up all of the comforts of home. Departures : Every Monday, Wednesday and Saturday

3* Clipper Traditional

Also with shallow draft, the traditional Amazon Clipper is also excellent for navigating and fishing in the most remote regions of the Amazon Rain Forest safely and comfortably.

Departures: Every Monday, Wednesday and Saturday





LODGES & CRUISES

LODGES

4* Anavilhanas Lodge

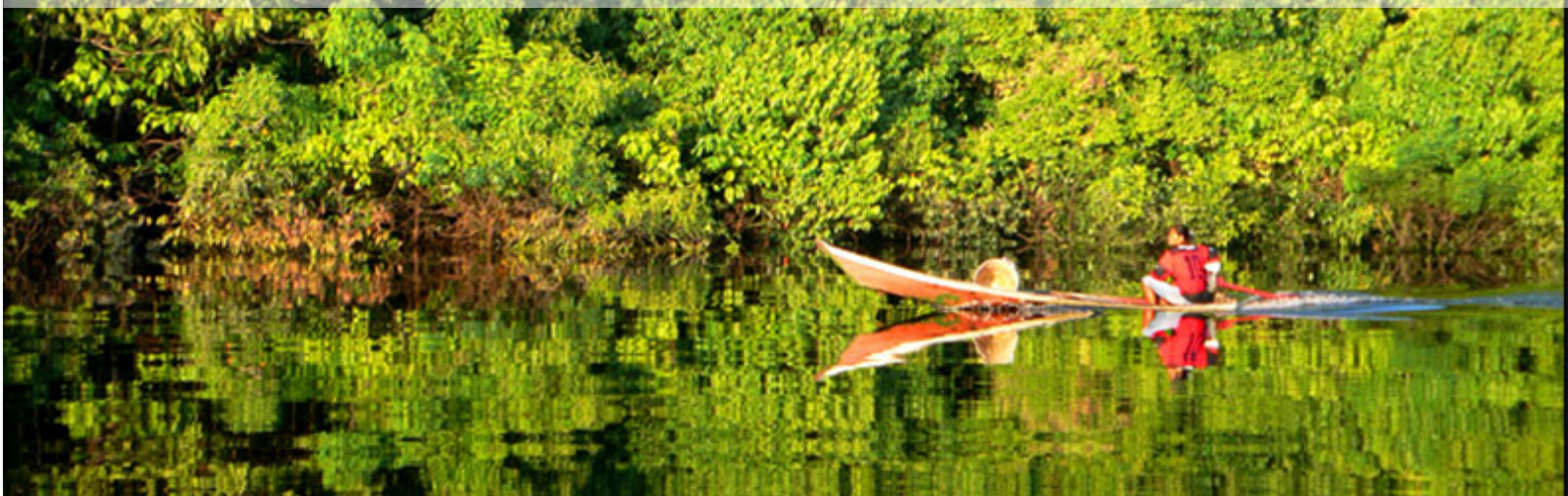
Anavilhanas Jungle Lodge is a small charming hotel that brings together nature and comfort in a subtle and harmonious fashion. The second greatest river archipelago in the world, the Anavilhanas Lodge contains about 400 islands which extend for over 90 km of untouched native forest

Minimum 3 nights



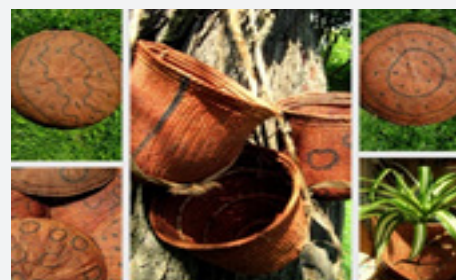
3* Eco Park

Located in the midst of lush jungle, just half an hour by boat from Manaus, the Ecopark has an educational and research center open to those interested in discovering the rainforest and all its wonders.



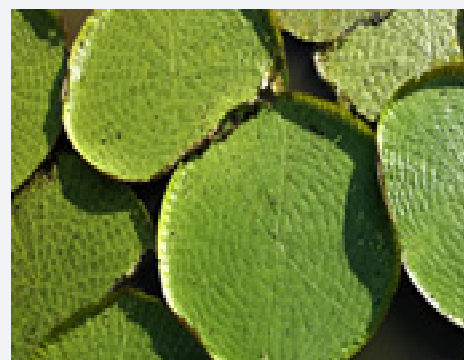
MANAUS CITY TOUR

In this tour you will visit one of the most important points of the city, the Amazonas Theater which still presents famous concerts. A visit to the City Market and its big variety of local handy craft, and the Floating Port, built by the English during the rubber extraction period.



MEETING OF THE WATERS

We departure from Manaus Floating Port and descend to the Rio Negro towards the Meeting of the Waters, one of the greatest nature mysteries. We will then follow the Rio Negro towards the January Ecologic Park, where we can explore the Igarapés and also an excellent opportunity to see up close the Vitória Régia. We will have lunch at a local floating restaurant and will go back to Manaus.



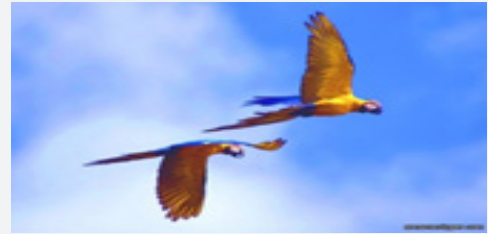
IQUEIREDO PRESIDENT FALLS TOUR

Only 107 Km away from Manaus this town's main attraction is its flora and fauna. You will visit the Ecological Reserves of Iracema, cave waterfalls and Sanctuary. Both are of incredible beauty and founded on sand-rocks, where forest and waterfalls form natural wonders and beauty. Typical regional food will be served at a local community before returning to Manaus.



Jungle Hike

Tour through the jungle and between the islands in regional boats where you can enjoy the beauty and silence of the forest with their birds flying by.



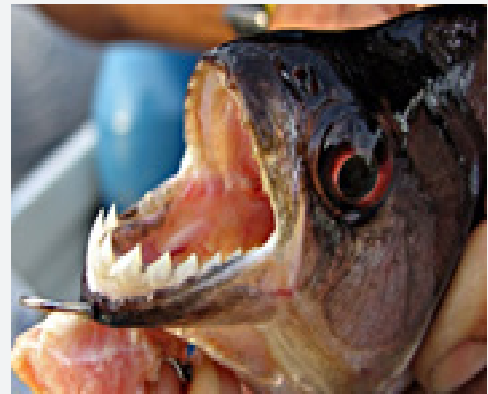
Pink Dolphin Tour

Of the five freshwater species of dolphins in the world, the pink Amazon River dolphin or “Botos” - as they are known in Brazil - are considered to be the most intelligent. These friendly, sensitive mammals with a brain capacity 40% larger than that of humans, and who have lived in harmony with the people of the Amazon and its tributaries for centuries, now face extinction in some tributaries.



Piranha Fishing

Piranhas may be the smallest of the river monsters to roam the world’s freshwaters, but don’t be fooled by their size. The mouth of a piranha, no matter how tiny, is packed with sharp, triangular teeth that are tailor-made for puncturing and tearing the flesh of prey. This fish, working in large packs, can strip away meat down to the bone in a matter of minutes. Locals in the Amazon region often use piranha teeth to make tools and weapons.



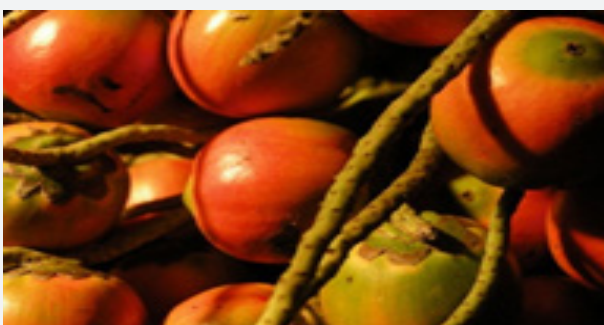
Local Community Contact

Visit to a local Craft shop and learn how local people do handwork without damaging the jungle and to the most famous local shipyard builder and learn how regional boats are built. Indians.



Aaalligator Spotring

Unlike for a crocodile you are not their immediate prey but if provoked the predator in them erupts. Difficult to identify, they take on the color of the brackish murky waters. At night, their eyes glow a devilish red inflaming the calm waters.





AMAZON SPECIALITIES

Typical Amazonian cuisine:

Fish is the king of the Amazonian cuisine. There are dozens of exceptionally tasteful species of fish: Peixe Nobre (noble fish), the Pirarucu (the largest world freshwater fish), the Tambaqui, are good examples. They are big fishes, almost boneless, delicious when grilled over charcoal.

Also exceptional are smaller fishes as Surubim, Curimatã, Jaraqui, Acari and Tucunaré. The freshness and the special flavor of all those species of Amazon fish make the dishes based on them truly glorious. They are usually served grilled, but they can also be fried, or presented in tomato sauce (escabeche), or in coconut milk, or stewed in Tucupi (a truly marvelous sauce, made with fermented manioc juices). Manioc is also a major component of the Amazonian cuisine. Many dishes include manioc, as it is the case of pato no Tucupi (duck in Tucupi), a typical Amazon dish, certainly the most famous, based on the exotic Tucupi sauce. It's also the case of Tacacá, a shrimp soup, available everywhere, including street corners and docks. Or Maniçoba, a dish including pieces of meat, sausage and chicory leaves (besides the manioc).



Local Arts and Crafts

Some of the most beautiful jewelry available in Brazil comes from natural, sustainable materials. The seeds, nuts, leaves, stones and wood used by Haia Trading are all sustainable and native to the Amazon rain forest. But besides being stunning and eco-friendly, they're assembled by local artisans. The jewelry trade helps to improve their communities and the artisans' quality of life.

Culture

There is another important category of Amazon population (around three million people), scattered over the immense jungle, aside from urban centers, with only episodic contacts with the outside world, with absolutely no link with the legendary Amazon woman. They are the caboclos, the people of the forest: rubber-tappers, fishermen, and small farmers near the rivers' margins. They are the true representatives of present Amazonian culture.

If you want to contact some settlements of caboclos, Manaus is a perfect choice. Once in Manaus, we can easily arrange a tour to some nearby caboclo settlements. Much more difficult is the visit to a nearby Amerindian tribe.

As for the ancient Amazon woman, their presence is more easily detectable in popular tales.

Açaí



Harvested in the rainforests of Brazil, Açaí tastes like a vibrant blend of berries and chocolate. Hidden within its royal purple pigment is the magic that makes it nature's perfect energy fruit. Açaí is packed with antioxidants, amino acids and essential fatty acids. Although Açaí may not be available in your local supermarket, you will find it in several health food and gourmet stores (often in juice form). A new product featuring the unsweetened pulp is now also available, and I highly recommend choosing this form of Açaí.

Tapioca



Tapioca is basically a root starch derived from the cassava, or yuca plant. It's often used to thicken soups and a heavy pancake made from manioc flour





IGUAÇU INFORMATION

IGUAÇU FALLS

The Iguassu Falls (or Iguazu Falls, in Spanish-Argentinean; or Iguaçú / Iguacu Falls in Portuguese-Brazilian) are situated in Southern Brazil, at the Iguassu River, 650 Km/390 miles from the Brazilian coast, near the border with Argentina. The meaning of the name (originally Guaraní) roughly translates to “big water.”

They are part of a National Park with the same name, divided between Brazil and Argentina.

The Falls appear a little before the Iguassu river meets the Parana river, when part of the Iguassu plunges in itself for nearly 1,8 miles/3 Km, and originates 275 interlinked cataracts and immense precipices in an unexpected and breathtaking natural spectacle. The Niagara Falls, compared to the Iguassu Falls are “a leaky faucet”, to use the words that Eleanor Roosevelt allegedly used when facing the place. The Brazilian Iguassu Falls are, undoubtedly, one of the greatest natural phenomena of our planet.

WHEN TO TRAVEL?

March to November are frequently considered the best months to visit the Iguassu Falls. But, in reality, there isn't a best time. It depends on what you value most.

The high season is in January and February, when most Brazilians and Argentineans are on holiday. For those who want to experience the splendor and the impressiveness, that's a good period to visit the Iguassu Falls. But... there are some downsides. The sky is bluer (it's the peak of the summer) and the volume of the waters is high, but the humidity and the heat are also at their highest levels (as are the hotels prices and their occupation). And this is also a crowded period, you might wish to avoid.

If you want to avoid crowded periods, avoid the Easter time also. There is a strong Brazilian and Argentinean tradition to visit the Iguassu Falls at Easter. Vast throngs of tourists invade the place at Easter, breaking the quietness of most of the year. If you want to bet on low hotel prices, this is not a good season either.

May and July are rainy months and the volume of the waters is at its maximum. The rain is rarely a problem, except for those who are looking for a quick day visit. In that case, the rain may strike the unfortunates.

If you want to enjoy agreeable temperatures, lower prices, fewer people and a very low probability of a troubling rainy day, September and October are great months.

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How To Get There?

There are two international airports: the Iguacu International Airport (Brazil) and the Iguazu International Airport (Argentina). From Brazil, Sao Paulo airports have several direct flights to Iguassu Falls, and it's the best hub for those who come from abroad. But Rio de Janeiro, Curitiba, Florianopolis and other Southern Brazilian cities also have regular flight connections to Iguassu Falls.

Visa and Vaccination Requirements

Iguazu Falls are shared between Argentina and Brazil. If you want to see the falls from both sides you'll have to abide by the Visa and Passport Requirements for both countries.

As of 2007, there are no vaccination requirements that would deny you entry to the country unless you've been in countries prone to Yellow Fever in the last 90 days (and this includes Brazil). Still, mosquito-borne diseases and water-borne illnesses are a real threat so vaccination is a kind of insurance policy protecting your long term health after this trip.

Currency

Around Iguazu Falls (also known as the Triple Frontier Region), generally the Argentinean peso, the Brazilian real, and the United States dollar are all accepted. If you're in Ciudad del Este in Paraguay, they'll take US Dollars or Brazilian Real. The following are brief summaries of each currency (besides Paraguay).



ACCOMMODATION



There are plenty of good hotels in Iguassu Falls, either in the Brazilian side or in the Argentinean. The final choice depends a lot upon what you want.

On the Brazilian side, most of the hotels are located near the road that surrounds the Iguassu river, between the falls and the city of Foz do Iguacu, or inside this city. The distances from the hotels to the Falls are relatively short: 15-20 Kms (miles) at most.

In the Argentinean side, most of the hotels are also bordering the park and not far from the river, between the city of Puerto Iguassu and the Falls, or in Puerto Iguassu city itself.

Argentina

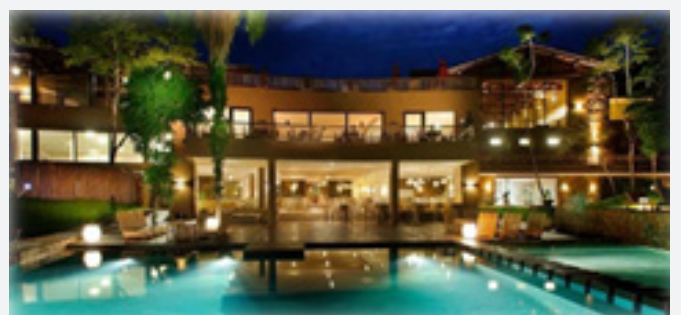
5* Sheraton IGuazu Resort & Spa

Situated in the heart of the Iguazú National Park, the Hotel is located within walking distance of nature's spectacular Garganta del Diablo (Devil's Gorge). Enjoy a private balcony, a wide array of activity opportunities as well as incomparable views.



4* Loi Suites

Located in the middle of the Sub tropical jungle in Puerto Iguazú and surrounded by great trees, outstanding vegetation and wildlife, in full contact with nature.



ACCOMMODATION

Brazil

5* Cataratas Hotel

Tropical das Cataratas Hotel is the only hotel situated in the National Park and directly in front of the falls.



4* Recanto Park

Boasting a privileged location and offering absolute ease of access for visiting Foz do Iguassu's main tourist attractions, the Recanto Park Hotel is the right option for your stay with refinement, comfort and neat assistance.



3* Falls Galli

Located in the most elegant area of downtown Foz do Iguacu, the Continental Inn is the right option for refinement, comfort and flawless assistance. An innovative hotel complex, where every detail has been carefully elaborated to serve the most demanding guest.



5* Sheraton Iguazu Resort & Spa

Located 1,2 km away from downtown Foz do Iguacu, the 4-star Falls Galli Hotel provides a calm atmosphere and leisure options that include a playground, gym, games room and outdoor swimming pools.





TOURS

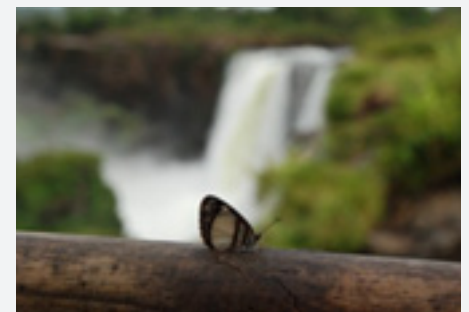
BRAZILIAN SIDE OF THE FALLS

Light stroll descending to the canyon that offers the most panoramic view of the more than 240 different falls. Penetrate the mist of the Devil's Throat on the main walkway. Take the glass elevator up the cliff in front of a view from the upper deck. The Iguassu National Park along its "sister" park in Argentina forms the most significant remaining rainforest in the southern cone which together with the cataracts has been declared a National Heritage Site by UNESCO.



ARGENTINEAN SIDE OF THE FALLS

Cross the Trancredo Neves Bridge with its lovely view of the Iguassu Canyon en route to the Iguazú National Park in Argentina. Visit the upper walkways which allow a different perspective and more intimate contact with the falls and adjoining rainforests filled with orchids, bromeliads, birds and other wildlife. The highlight of the trip is a visit the suspended platform at the very brink of the abysses Devil's Throat – largest of waterfalls. This trip shows you the highlights of the Argentine side.



MACUCO BOAT SAFARI AND RAFTING

Still in the Iguassu National Park on the Brazilian side, this attraction starts with a ride through the jungle in special 4x4 vehicles. Hike down the Iguassu canyon and board inflatable boats. Take an exciting trip through the rapids and arrive at the base of the waterfalls with a view of the Devils throat. Get your hair wet in the mist and feel of the forces of nature. Four kilometers of rapids in inflatable rafts - participants row together.



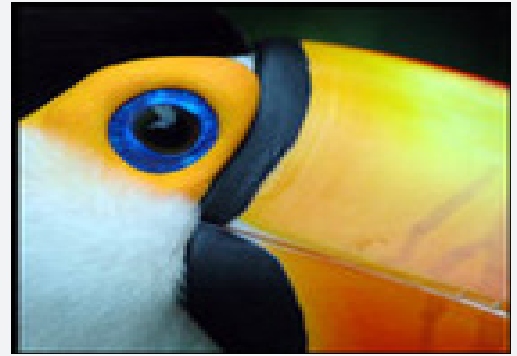
THREE BORDERS VISIT

Enjoy the view from the observation deck at the "Meeting of the Waters" of the Iguassu and Paraná rivers and Brazil, Argentina and Paraguay form the Three Borders. Three stone markers dating from 1916 designate the territory of each country.



Bird Park

The Bird Park is conveniently located at the entrance of the Iguassu National Park, and fully integrated into its natural surroundings. Mingle with and photograph hundreds of different native and exotic birds, snakes, caimans, marmosets and butterflies in spacious walk-through aviaries and trails that wind through the jungle.



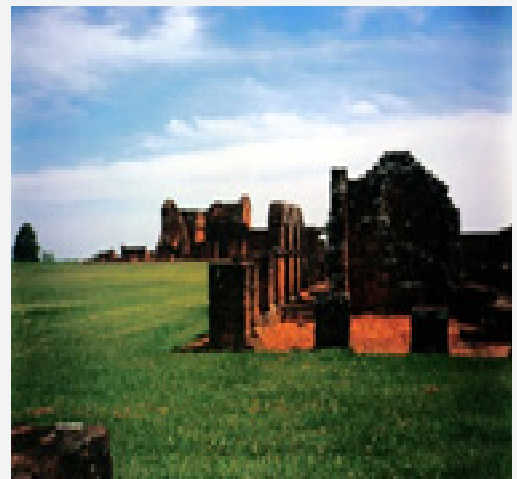
Itaipu Hidroelectric Dam

This visit to the largest Hydroelectric Dam in the world begins at the Reception Center where an audiovisual about the dam and power station is presented. Afterwards visit the dam itself with stops at the eight kilometers wide Itaipu Dam which presently has 19 turbines installed. In the near future the installation will be completed with a total of 20 turbines and an installed capacity of 14,000,000 kilowatts. Obs.: Special technical visits may be arranged upon request.



Jesuit Ruins

Only 250 kilometers from Iguassu Falls, the region of “Misiones” was stage for a fascinating but sad bit of history. In the seventeenth century, the Jesuits founded the Guarani Republic, which was an ill-fated experiment for a utopian society in South America. The brutal police of colonial Spain and Portugal condemned the Guarani Republic to destruction. Visit the ruins of San Ignacio, which are among the most well conserved of this period and preserve baroque traits with innumerable stone sculptures. En route we visit a working open-air gemstone mine. Optional Lunch.
Duration: Full day.



Dinner Folkloric Show

The Folkloric Show with dinner is done at “Rafain Churrascaria” where you will taste the Brazilian barbecue, prepared with a great variety of selected meats and side dishes. Besides the delicious meal, during the dinner, you will enjoy a South American folkloric show, which represents the music and dance mainly from the countries that meet in Foz do Iguassu, Argentina, Paraguay and Brazil, but there will also be elements from dance & music from Mexico, Bolivia, Peru and Chile.





BAHIA INFORMATION

Bahia is one of the 26 states of Brazil, and is located in the northeastern part of the country on the Atlantic coast. It is the fourth most populous Brazilian state after São Paulo, Minas Gerais and Rio de Janeiro, and the fifth-largest in size. Bahia's capital is the city of Salvador, also known as São Salvador da Bahia de Todos os Santos, and is located at the junction of the Atlantic Ocean and the Bay of All Saints, first seen by European sailors in 1501. The name "Bahia" is an archaic spelling of the Portuguese word baía, meaning "bay".

When To Travel?

Salvador has a tropical climate all throughout the year. The humidity and hot temperatures, however, are relieved by the winds blowing in from the ocean. March is the warmest month, with highs in the mid 80's and lows in the mid 70's, while July is the coolest, with temperatures in the 70's. Although the weather is usually enjoyable any time of year, the optimum time to go is typically between February and June, especially February if you don't want to miss out on Carnival. During these months you can expect perfect weather for lounging on the beach or swimming, or for strolling down the avenues rich in history and culture.

What To Take?

Luggage and bags: A light suitcase as the allowance is only 20KG.

Clothing/Shoes/Weather Gear: All that is needed are flip flops/ HAWAIIANAS are cheap and can be found on every street corner!

What's So Special?

Bahia - birthplace of Brazil – has a magic that is hard to describe, but which is undeniably present.

Land of different cultures, where the African inheritance is strongest in Brazil,

Bahia holds the cult of the Saints, Orixás, Patu and Babalorixás.

Bahia is also the mother of many Brazilian rhythms, celebrated musicians, writers and artists.

The people of Bahia are a mixture of European, African and native indian.

The Bahian Carnival in Bahia is the biggest street party in the world.

The electrifying sound of the trio leaves a real explosion of joy.

Capoeira is considered one of the most beautiful martial arts.

The Capoeira that is seen in Bahia, has its history and culture related to oppression.

Capoeira has styles that differ in the movements and rhythms of the musical accompaniment, with a fast game and to the sound of the tambourine and berimbau.

Bahia is, naturally, hospitable, warm, friendly and convivial.

There isn't hardly any difference between summer and winter in Bahia. The sun and pleasant temperatures prevail throughout the year, making it possible to swim in the sea in all seasons.

Its rich ecosystems are of stunning natural beauty and have attracted people from all over the world, keen to appreciate from upclose this oasis, which seems lost amid the wild blue yonder.

Beautiful white sand beaches, crystal clear turquoise water tones and a perpetual summer make Bahia one of the most pleasant places off the Brazilian coast.

Bahia is the Brazilian state with the longest coastline, warm waters with temperatures from 24 to 29 ° C invite a refreshing dip in the sea.

WHERE TO VISIT?

The places you chose to visit will depend on how many days you have available for Bahia.

Here is a list of towns and hot spots you can look into by order of popularity:

-SALVADOR

-PRAIA DO FORTE

-ITACARÉ

-BARRA GRANDE

-MORRO DE SAO PAULO

-PORTO SEGURO

-TRANCOSO

-BOIPEBA





Salvador da BAHIA

POPULAR DESTINATIONS IN BAHIA

Salvador - Capital of the state of Bahia, the first major port and the capital of colonial Brazil for almost two centuries. The city lies between green tropical hills and broad beaches along the bay of Todos os Santos. It was built on two levels with administration buildings and residences constructed on the hills; forts, docks, and warehouses on the beaches. To this day the city is still divided into upper and lower cities. From 1500 to 1815 Salvador was the nation's busiest port. A significant portion of the sugar from the northeast and gold and diamonds from the mines in the southeast passed through Salvador. It was a golden age for the town; magnificent homes and churches resplendent in gold decoration were built. Many of the city's baroque churches, private homes, squares, and even the hand-chipped paving bricks have been preserved as part of Brazil's historic patrimony. In Salvador, more than anywhere else in the country, the African influence in the makeup of Brazilian culture is readily visible, from the spicy dishes still called by their African names (caruru, vatapá, acarajé), to the ceremonies of Candomblé which honor both African deities and Catholic holidays, to the capoeira schools where a unique African form of ritualistic fighting is taught. Its population is around 2,250,000 inhabitants.





Morro de São Paulo – The island Tinharé in Bahia, Brazil, 272 km from the city of Salvador by route and 60 km by sea. The only way to go to the island is by boat or by regular flights that go from the airport of Salvador to the local airstrip.

Cars are forbidden on Morro de São Paulo. The only method of motorized transportation on the island is by tractor, which carries passengers to other distant beaches, to lodges and bed and breakfasts on Third, Fourth and Second Beach (the closest to the village) and to the airport.

A place with an intense nightlife and paradisiacal beaches. Some of the beaches of Morro de São Paulo are named due to their order on the coast. The First Beach is very close to the village and became very popular between the villagers. The Second Beach is all about partying. There are people playing capoeira, frescobol and soccer during the day and partying all night long. On the Third Beach you can take a boat to visit neighbor islands. The Fourth Beach is very peaceful, quite like the Gamboa Beach. It is also surrounded by ecological paradises: Praia do Encanto, Garapuá, and the neighbor island of Boipeba



Praia do Forte – Some 80 kilometers (50 miles) north of Salvador on Bahia's Miracle Coast is the resort town/fishing village of Praia do Forte. Upon entering the village the fishing village aspect will not be immediately apparent, though it will become so when one reaches the beach at the end of the esplanade and sees the fishing boats moored out there in the water



Chapada Diamantina – Located in the heart of Bahia, Chapada Diamantina consists of the most beautiful landscapes of mountain eco-system, with reasonable elevations and mild weather, only colder on winter nights. In this vast expanse of green hills and valleys run crystalline rivers, waterfalls and lakes. Chapada is like an oasis in the wilderness. Cradle of the main river basins of Bahia, Chapada Diamantina is increasingly attracting people from all over Brazil and the world for its great bio-diversity.

Salvador da BAHIA

Pelourinho

5* Carmo Convent

A renovated and equipped old convent, dated to the 16th century, the Convent had its role in some of the historical events that took place in Salvador, such as the Dutch invasion and Bahia's independence.



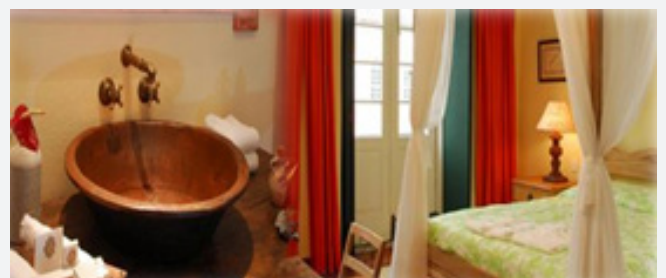
5* Aram Yami

At the top of the Historical Center of Salvador, the Hotel preserves its colonial style in all common areas except the rooms, where you can enjoy modern decoration and all the equipment necessary to make your stay an unforgettable experience



4* Villa Bahia

Villa Bahia is a charming hotel located in the heart of Pelourinho's main square and occupies two old houses that were completely renovated and decorated to give all the comfort to the guests.



3* Bahia Café

The Bahia Café Pousada is the newest and favorite pousada in Pelourinho, historical center. Located in Praça da Sé, the location is ideal for discovering the lower and upper city by foot



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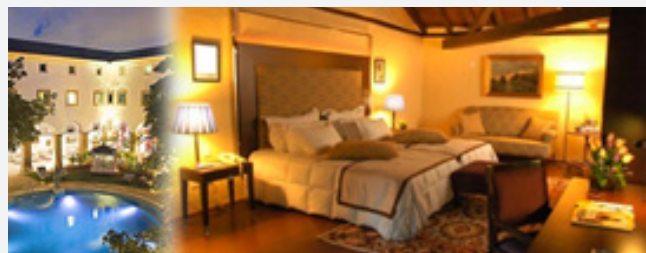


Hotels Bear Salvador

Praia do Forte

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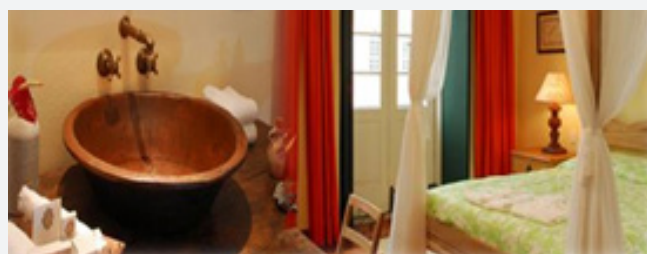
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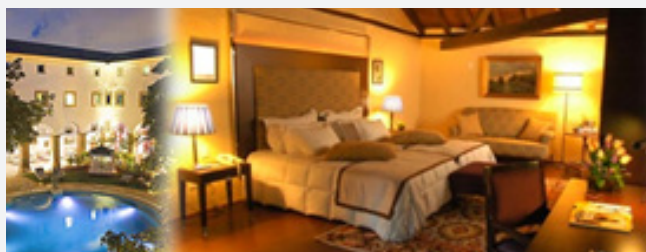
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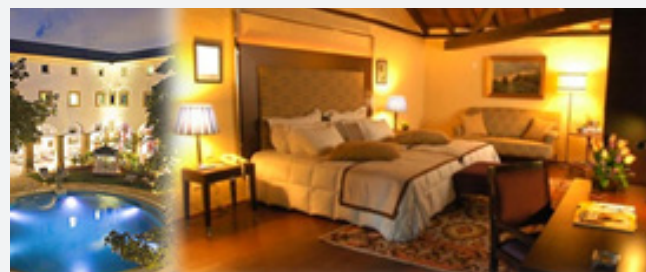
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Rio Vermelho

5* Pestana Lodge

The Pestana Bahia Lodge is an exclusive urban resort and the definitive word in what's new and modern, being the first time-sharing hotel in Salvador. While connected to the established Pestana Bahia Hotel, Pestana Bahia Lodge also offers an absolute breathtaking panoramic view.



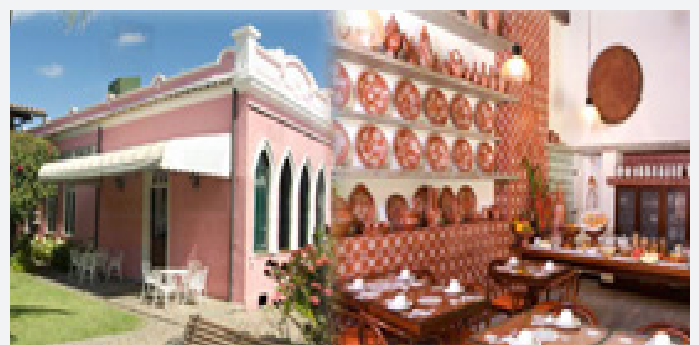
5* Zank Hotel

In a perfect location with an ocean view, Zank Hotel's indoor design reflects the Brazilian atmosphere, with furniture and objects made by Brazilian designers, sourced from the best antiquarians and studios.



4* Catharina Paraguassu

This charming hotel is a restored historic colonial house located within walking distance from the beach. Its desirable location is one of its special asset: Rio Vermelho, a traditional Bohemian artists' neighborhood of Salvador full of tourist attractions, beaches, bars and restaurants. Rio Vermelho is also where the traditional religious festival of Iemanjá is held on the second day of February of each year.



Hotels Near Salvador

Praia do Forte

5* Tivoli Eco Park Resort

To the north of Salvador, Bahia, there is an idyllic place for lovers of Brazil eco-tourism, which is both beautiful and luxurious. The Tivoli Ecoresort Praia do Forte is a 5-star Bahia hotel where simple architecture is in harmony with the stunning scenery and the biodiversity of the surrounding area.



4* Porto da Lua

The Hotel was built by the renowned Brazilian architect Wilson Reis Netto, successor of the famous architect “Le Corbusier” at the Institute of architecture in Paris. The Hotel had been renovated recently in 2005, and offers now modern services in a charming surrounding.



4* Villa Galé Marés Resort

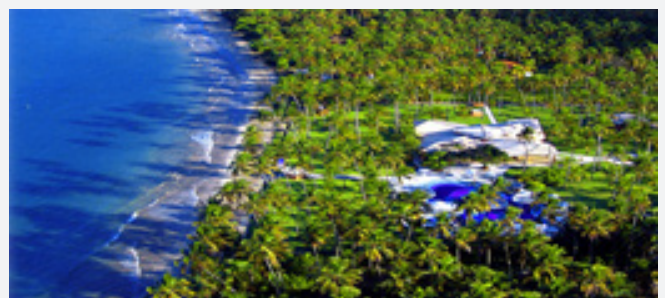
The Marés Hotel is a magnificent, exotic development set in a spectacular destination in Brazil, right between the sea and the Guarajuba Lagoon. By using only natural materials and taking advantage of the local vegetation, the Marés Hotel fully blends into the surrounding tropical landscape.



Morro de São Paulo

5* Patachocas

Situated in an old coconut farm by the sea, on the fourth beach of Morro de São Paulo, with a vast stretch of white sand and blue sea, sheltered by a coral reef, is the Patachocas Eco Resort, an upscale hotel international architecture which integrates the natural beauty of the island.



4* Vila das Pedras

Villa das Pedras is not only about localization, but also about comfort and style. The apartments have a rustic decoration, mixing wood ornaments with strong colors. A marvelous garden with dense tropical vegetation finishes this masterpiece and its amazing pool area practically on the beach.



3* Fazenda Guaiamu

Located on the third beach, in the middle of the fresh and relaxing shade of an ancient coconut plantation, the Pousada receives its guests with a warm family-like atmosphere. Close enough to enjoy Morro's nightlife and far enough to hear the sea and nature.



Itacaré

4* Txai Resort

Picture those endless beaches of Bahia. Frame them within 100 hectares of coconut groves and rare preserved Atlantic rainforest. Then add a little luxury and artistic flair to get Txai (pronounced "chai") - arguably the most stylish resort in Brazil.



Floating Schooner Resort - Salvador

The first floating Hotel of Bahia was projected and decorated as a cozy yet charming all-inclusive, containing 4 comfortable suites, leisure area, lounge, home-theater, solarium and bar & restaurant service. The sophisticated resort offers unique cuisine allying the Bahian flavors to enhance your experience of the Bay of All Saints.



Aguas Brasil - North Salvador

Located on the bank of the Joanes River, 100 meters from its mouth in the Atlantic Ocean, with river access to Busca Vida, with direct access to Salvador's north shore, Bahia, miles of unspoilt pristine beaches. Here you have the chance to totally relax in peace and quiet, enjoy the fresh sea air and bring balance to mind, body and spirit.



Canto das Aguas - Lençóis

Canto das Águas hotel was born on a curve of this very river. Set on the rocks, and looking out at the green forest covering its banks. It overlooks the town of Lençóis as well, which once was a great source of diamonds, and still sparkles as one of Brazil's most sought after and diversified destinations.



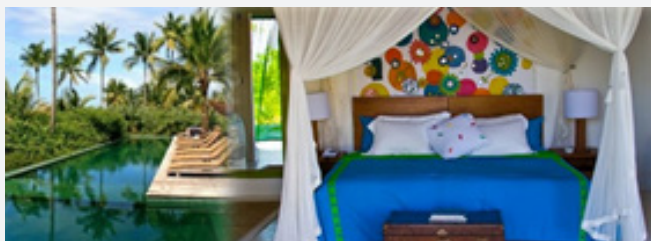
Vila dos Orixas - Morro de São Paulo

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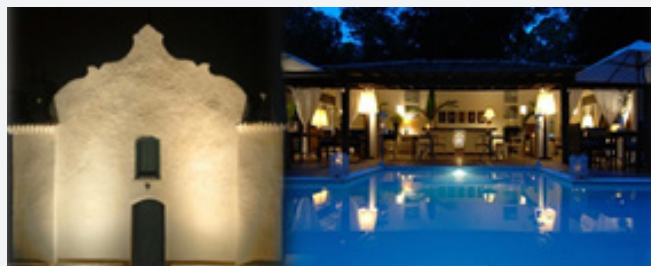
Hotel Fazenda da Lagoa - Ilhéus

Cut off from the rest of the Bahian coast by a long lagoon, Hotel Fazenda da Lagoa is a former farm turned honeymoon-tranquil jungle resort, with seven miles of untouched beach to play on.



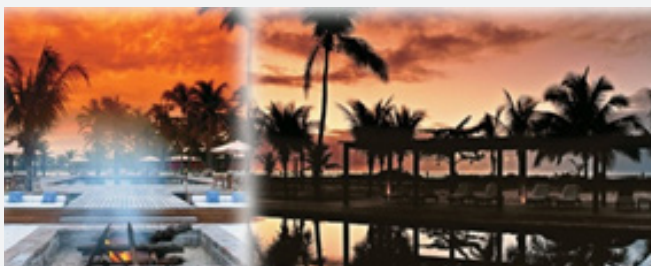
Etnia Pousada - Tancroso

Bahia's peaceful fishing village of Trancoso's been a choice destination and Etnia Pousada and Boutique ups the luxury a notch, offering eight woodland bungalows each styled with a different ethnic influence.



Hotel Fazenda da Lagoa - Corumbau

Backed by virgin forest and fronted by two kilometers of white-sand Columba shoreline, the terracotta-toned farm Fazenda São Francisco offers a taste of wild South Bahia without compromising on contemporary luxury.



Historical City Tour

You will be picked up at your hotel and begin your half day tour following to the Faro da Barra (the lighthouse), passing by the Santa Maria Fortress and Barra Harbor. From there you go to the upper city through the Corredor da Vitória, Campo Grande and Piedade. Awaiting us in the upper city is the highlight of the tour, the Pelourinho, filled with a rich collection of 17th and 18th century, colonial architecture, which UNESCO considers the most important that exists in the world today.

African Heritage Tour

It is time to learn a little about the religion brought by the slaves! You will start with a visit to the Orixás at the Dique do Tororó (Tororó Dam) where your guide will give an explanation about them, their clothing, colors and their preferences. After getting acquainted with the Orixás, you will visit the Terreiro Ilê Apo Ofonjá where Candomblé celebrations take place. Would you like to know a bit more about you, your future and your lives...? Then a visit to a Pai de Santo will enlighten you with the Jogo de Búzios (Ifã Game)!

Bahia by Night Show and Dinner

You will be introduced to Bahian folklore. The show presents some of the major Afro-Brazilian cultural expressions, such as maculelê, the fishermen's dance, Candomblé, and a host of others, including a special capoeira performance.

City Panoramic Tour

The route is a true eye drop to the tourists' eyes! The panoramic beauties of the city visited during that tour are unforgettable! On the way, you will appreciate the beauties of our "other city", called Cidade Baixa (low city), where the Itapagipe Peninsula stretches out into the sea, providing panoramic views. This first holiday residences district, now is a peaceful family district where life moves at a slower pace than the bustling upper city.



Bahia Cooking Classes

“What is so special about the Moqueca?”... this you will discover at the market, where in the early morning, you will accompany our experienced chef and will help him choose, bargain and buy all the necessary ingredients for an authentic Bahian moqueca. Next, you shall go home and cook! With the hints and tricks of our expert you will discover the magic of the Bahian cuisine. Later you will go for lunch. The main course? Moqueca, of course!



Capoeira Classes

The Afro-Brazilian Culture Class combines theoretical and practical classes about Afro-Brazilian Culture. During the Capoeira Classes, the teacher, trained in Afro-Brazilian dances, will give you first notions of Capoeira movements and how to make and play the berimbau. A professional instructor and percussionist will explain the essential parts and elements of the instruments, and then play the most important rhythms for which the instruments are used. He will teach you how to construct your own berimbau, and you will take home your instruments on the last day of the course.



Saint Joaquim Open Market

Feira de São Joaquim is the main distribution market of products directly connected to the popular culture of the city, occupying a large area of the eastern coast of All Saints Bay. Historically, it used to operate at the central docks, but due to renewals of the harbor and the market's unplanned growth, it was moved to its current location in the São Joaquim inlet.



Beaches Tour

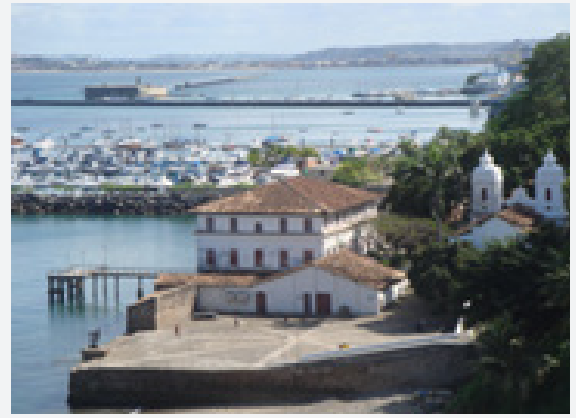
You will be picked up and taken to a beach itinerary in the exotic and sunny Salvador. You will start with Ondina beach with its many hotels, belvedere and the Grosvenor Mansion. The next will be Rio Vermelho with its mystic Yemanjá House. In sequence, you will visit Amaralina beach, a place with several legends and poetical dreams. At Amaralina square you will find many baianas typically dressed, selling “acarajés” and all other typical food. Then you will visit Pituba beach, which name means “strong wind”, and Jardim dos Namorados (lovers garden beach). Jardim de Alah is a natural campsite with its many coconut trees. Some other beaches will be visited, like Armação, Artists, Pituaçu and Itapoã, and finally the Abaeté lagoon. Return to your hotel at the end of the tour.



Tradition and Modern Art Tour

The choice is yours. Among our most famous museums and local artists we offer you the possibility to choose the ones that suit your taste. The Carlos Costa Pinto, the Sacred Arts of Bahia, the Afro-Brazilian and the Modern Art are the main museums of Salvador city.

If you would like to meet local artists working in their ateliers, just choose among painting, sculpture, modern art with recycled material, engraving, carving, etc.



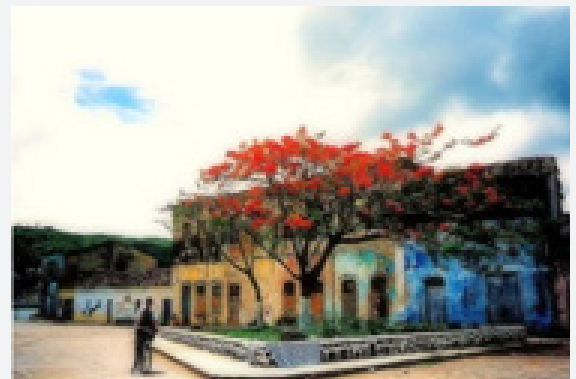
Bay Of All Saints Boat Tour

Visit the islands of the Baía de Todos os Santos on a schooner, stopping off for lunch at the island of Itaparica. The largest and fairest bay along the Brazilian coast, All Saints Bay in the state of Bahia, amazes visitors because of the large number of tropical islands with enchanting beaches and lush vegetation; great historical treasures dot the landscape: churches, forts, beautiful colonial mansions and plantation houses from the times when Brazil was still under Portuguese rule. The bay was once the largest seaport in the southern hemisphere.



Cachoeira Heartland Tour

You will leave the city behind and drive through the oldest farmland in Brazil. Only 110 Km from Salvador the enchanting city of Cachoeira rests along the banks of the Paraguaçu river. Handcrafts, dining and folklore make Cachoeira a unique city. Along the way we will visit a Cigar Factory, a cocoa and sugarcane plantation, but also have the opportunity to visit a fruit open-market.



Praia do Forte Full Day Tour

The Coconut Palm Coast boasts 80 km of exquisite shoreline. Crystalline waters bathe sun-drenched beaches and white dunes. The Linha Verde or Green Line, runs along the entire extension of these crystalline rivers and their estuaries, endless dunes, coconut palm groves, lakes, mangroves and tropical fauna and wildlife.



Open Water Diving Course

The Open Water Diver is a course with 5 days of theoretical classes and 3 days of practical classes, consisting of 2 diving sessions in open water. Classes are given by instructors with credentials, and all the classes are enhanced by audio-visual presentation to enable a better assimilation of the received training.



Open Water Deep Fishing

Leaving Barra Lighthouse we head to the north coast, looking for coralline formations, pinnacle and drop offs on the continental platform, parallel to the Itapuã beach in distances around 10 miles of the coast.

In 26 foot Wellcraft walk around, motorized with a 250 HP MWM Sprint diesel engine. It is properly equipped with the most modern in equipment to aid in our fishing journey. Vhf radio, Gps chartploter Furuno and Furuno sounder. We strictly accomplish all the Brazilian Navy requirements in order to keep the highest safety standards.



Itapuan and Abaeté Lagoon

Itapuã is for sure the most famous beach in Salvador, known by the many songs that depict its beauty, mainly the songs by the late poet Vinícius de Moraes and writer Jorge Amado.

Abaeté Lagoon - Sung by the poets of Bahia's music, Abaeté Lagoon is one of the main postcards of Salvador. Its dark waters, surrounded by a vast stretch of white sand, create an enchanting contrast, highlighted by the blue sky with white clouds and the sunrays is a true nature's aquarelle.



Beach and Surf Lessons on Northern Beach

At the locals sport beach ALELUIA, where the young and trendy crowds of Salvador locals meet, you will be divided into a group of the same level where all the basic points will be introduced and trained in gradual and logical steps, in order to have a good practical notion by the end of the course.



Imbassai Beach and Waterfalls

The 6 km of beaches is bordered by high dunes and, behind them, Imbassaí river, offering a swimming bath combining calm river waters.



Sapiranga Ecological Reserve

Sapiranga Ecological Reserve is widely sought by tourists, because besides the taste of adventure this tour awakens the pleasure of being totally in touch with nature. The Reserve Sapiranga is formed by the Atlantic forest and natural habitat of different species of flowers and native plants.





Salvador

Restaurants have been considered to be amongst the best cuisine in Brazil with feature dishes that just have to be tried to be believed. Bahian restaurants are located all over the city and metropolitan area and for anyone having yet to taste South American food they will certainly provide a culinary experience that you will never forget, for all of the right reasons.

Pelourinho

For that great typical Bahian food Pelourinho is the best place to find simple and stylish restaurants: Maria Mata Moura (\$\$); Panela da Bahia (\$); Dionisio (\$\$\$); Jardim das Delicias (\$\$) all offer a wide variety of the main dishes with variety and class.

Cidade Baixa / Lower City

Mont Serrat holds a secret spot to local restaurants with an exhilarating view of the lower city. Also known as Pedra Furada near Bomfim church, Recanto da Lua is strongly recommended (\$\$) with a diversified Menu of Bahian food and typical bar snacks.

Bahia Marina

Overlooking the Marine, many restaurants have gathered to elegantly serve the most exigent clients. A diversity of cuisines, Japanese SOHO (\$\$\$\$); Contemporary Amados (\$\$\$\$) and Lafayette (\$\$\$); and French Contemporary Chez Bernard (\$\$\$\$) are the best spots in town for a classy, upscale bite to eat with a magnificent view.



Maria Mata Moura
Rua da Ordem Terceira, 8
Pelourinho
71 3321-3929

www.mariamatomoura.com.br



DiscoverBrazil.com | E-mail: contact@discoverbrazil.com | Skype: [contact_its](https://www.skype.com/contact_its)

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Barra

Barra during the day is one thing, at night the life is another! For the gay scene, Barra is the meeting point, so bars and restaurants around the lighthouse come to life! Good restaurants around the Barra shopping centre include: Marinata (\$\$). Natural Asian Ramma (\$\$\$) Café & restaurant Pereira (\$\$\$)

Rio Vermelho

Mainly known for the bars and night-life, this neighborhood also has varied options of restaurants to enjoy. Thai food ZEN Thai (\$\$\$); Perfect Pizza places are Columbus Pizza (\$\$) Piola (\$\$) and Companhia da Pizza (\$\$\$). The perfect steakhouse is Fogo de Chão (\$\$\$) and for Natural food lovers and vegetarians the special Manjeriçã is open daily for lunch only.



Chez Bernard
 Rua Gamboa de Cima, 11 Afritos
 71 3328-1566
www.chezbernard.com.br



Jardim das Delicias
 Ladeira Coronel
 João de Deus, 12
 Federação
 71 3321-1449



Flavours of Bahia

Salvador has its own cuisine. You'll see baianas de acarajé everywhere, usually in white, the color of Iansã, goddess of the wind. Their bright, tables spread with a spicy and exotic assortment of Bahia's own version of fast-food. On their tabuleiro you can ask for:

Acarajé

An acarajé is basically a deep-fried "scone" made from black-eyed peas aka reputedly: feijão fradinho. The dough is deep fried in dendé (palm nut oil), cut in half and filled with vatapá (a cashew nut paste) and salada (diced tomatoes, onions, and coriander). A little spicy pimenta (hot pepper sauce) and topped in camarão (small sundried shrimp), these "fillers" can be included or left off at will, and the camarão will cost a little extra.



Abará

A variation on the acarajé is the abará. An abará is fundamentally the same as an acarajé except that rather than being deep-fried it is boiled in a banana leaf.



Bolinho de estudante

It's a tapioca and coconut dumpling, deep fried till golden brown and rolled in cinnamon sugar. It's got a slightly crispy, golden crust on the outside, and a gooey, white/translucent center. Bolinho de Estudante literally translates to "Student's Cake". It got its name because it's really cheap to make, as well as to buy. These little dumplings are found in every Bahiana stand in Salvador.



The Moqueca

The other ubiquitous food here is moqueca (moo-KEH-ka), a stew usually both cooked and served in a large clay bowl and consisting principally of some kind of seafood (or combination thereof), dendé and coconut milk (along with a panoply of other ingredients in accordance with regional styles and the cook's personal preferences). Bobó (bo-BO) is moqueca thickened with aipim (manioc). Sometimes the dendé is left out of these dishes in order to spare delicate stomachs, but to me that's like eating garlic bread without the garlic.





Flavours of Bahia

O 'boteco' in Brasil is more of a neighborhood bar than a full-on restaurant . The Brazilian "pub" caters mostly the entire day a la carte or buffet style.

Typical 'boteco' food is always a challenge amongst the owners. So a few places around town, depending on the time of the day you might come around for, cater for just a bite to eat with a nice cold beer.

CASQUINHA DE SIRI **Seafood relish**

Stuffed crab shells or "Casquinha de siri" is an appetizer made with sautéed crab meat, coconut milk, palm oil, tomatoes, bell peppers, parmesan cheese and bread crumbs. They are baked in scallop or crab shells, with manioc flour and are served with a sprinkle of lime juice on top.



LAMBRETA

Lambretas are inhabitants of brackish and muddy waters of the swamp and one of the favorite snacks of soteropolitanos (Salvadoreans). Lambreta is prepared in many ways: cooked in coconut milk, white wine, sautéed with garlic and oil, and served with its juice as a side

QUEIJINHO COALHO

Little Cheese

A firm but very lightweight cheese produced in Brazil, with An Almost 'squeaky' texture When bitten into. It is a popular and cheap snack on the beach in Brazil, by hand-held charcoal ovens, often with a sprinkling of oregano and calabresa spice. It is eaten off a stick, just as meat can be also found. The cheese also served on a flat grill with herbs, spices and melaço syrup on the side.



SURURU

Charua Mussels

Much like the oyster, the mussel is also a common sea food but here it is served in its sauce of bahiano seasoning. The cachaça joins palm oil mixes and is served with fresh lime. It is very common in the Northeast, even on the beach.



“Little snacks to discover”

PASTEL

Pasty

Freshly deep fried thin pasty filled savory or sweet. Special shrimp and seafood pastéis found everywhere but especially reputed Beach Stop restaurants all around the city.



BEACH STOP

Alameda Praia de Ipitanga, Ipitanga

71 3033-5767



Bahianos and their lives are at another **rhythm** to the rest of the country. But every pace you take into their culture will bring all smiles round.

Where families of musicians' origin to Bahian roots.

Music can be found anywhere and will change **moods** during the year.

Percussion is in their pop, **funk** & **bossa nova**, and found on every corner of the city.

The ideal way here is to go through their **MPB** (Musica Popular Brasileira) playlist.

Check daily programming to popular **AXÉ** shows and new bands, not just **OLODUM!**

Bahia Café
Largo do Mirante, Aflitos
71 3341 7872



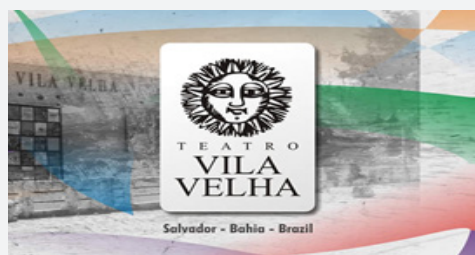
Zauber
Ladeira da Misericórdia, 11
Pelourinho
71 3326 2964



Groove Bar
R. Almirante Marques de Leao,
351 - Barra
71 3267 5124



Bohemia Bar
R. Belo Horizonte, 117
Barra - 71 3083 4600
www.bohemiamusicbar.com.br



Vila do Choro – Teatro Vila Velha - Av. Sete de Setembro,
Campo Grande - 71 3083 4600 - www.teatrovilavelha.com.br

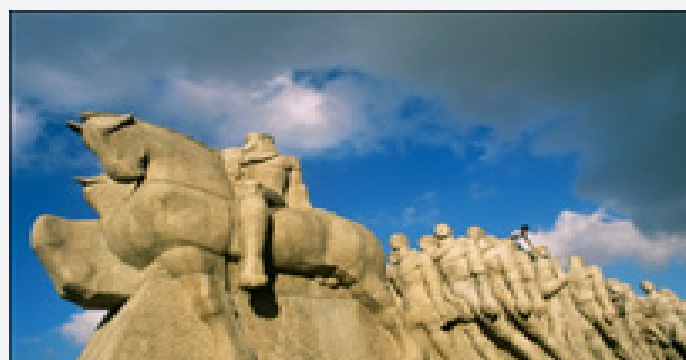
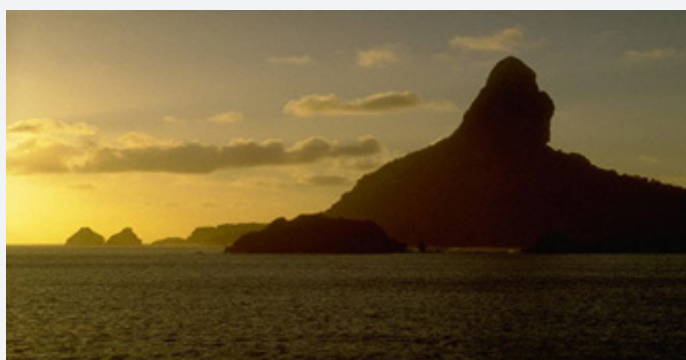
Sankofa African Bar R. Frei Vicente 7, Pelourinho
71 3326 296 - www.sankofabrasil.com





Next Season

SÃO PAULO | PANTANAL | NORONHA | LUXURY GOLF
CACHAÇA TOURISM



We're excited to release our new guide with more of our favorite places. Bringing together ideas and inspirations to help plan your next trip to Brazil.

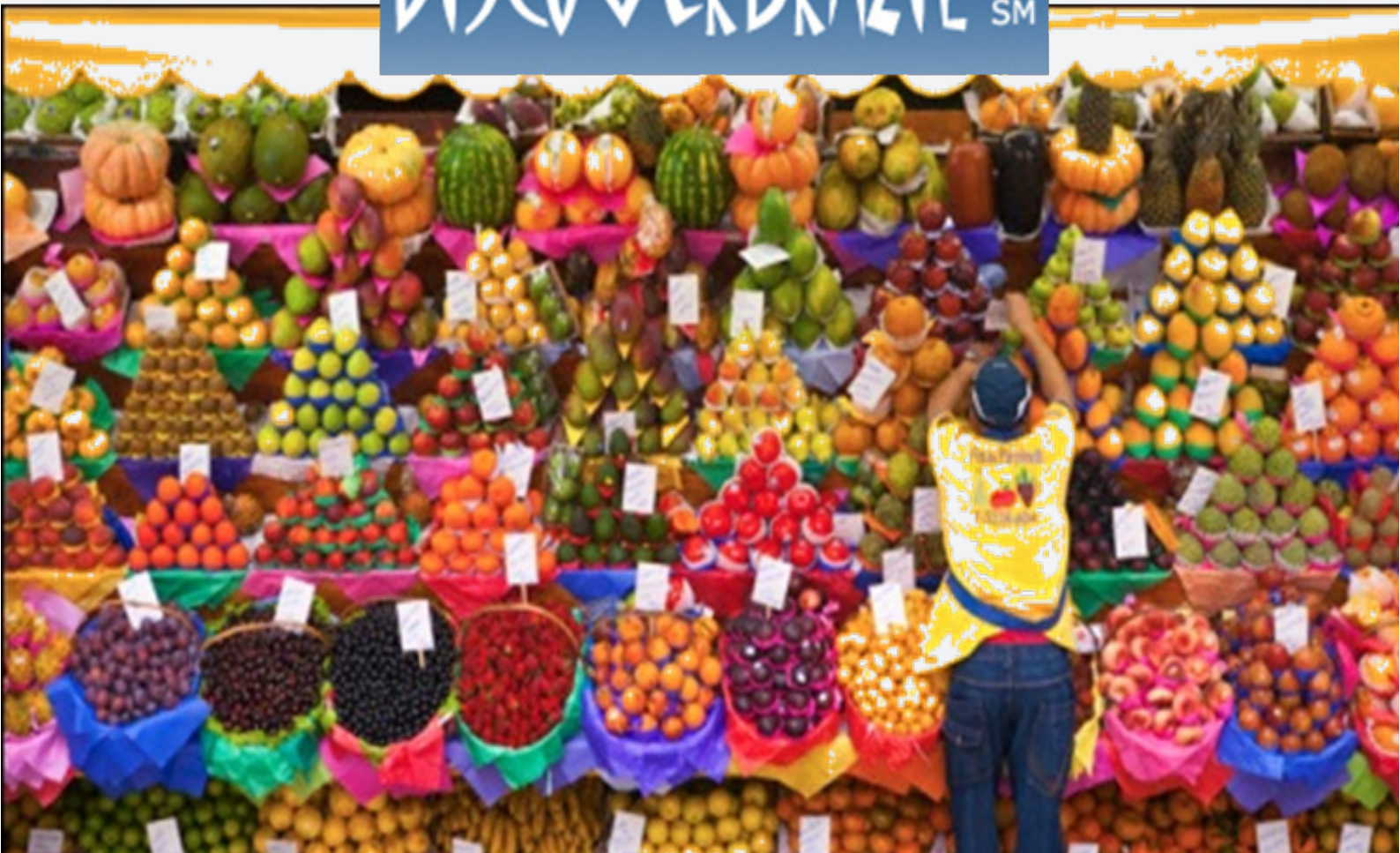
Off the beaten path images and guidelines to a combination of Brazilian lifestyles!

Made by: Giselle Schaeffer
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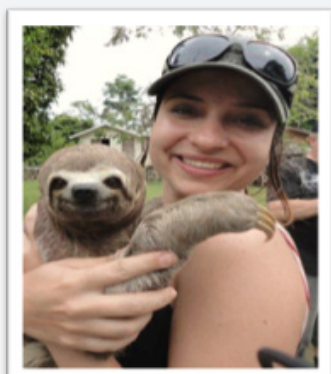


COMING SOON





Sales Team:



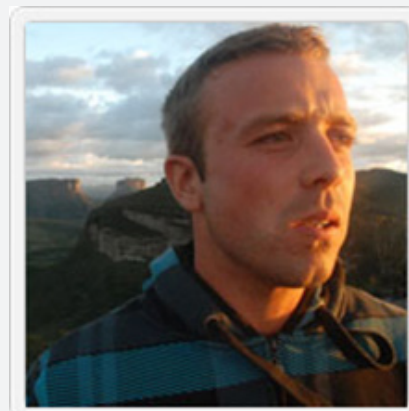
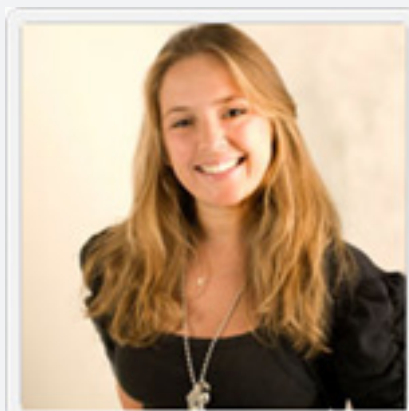
Kalu Costa, 30, is married and has recently become the proud mother of David.

With over 5 years at ILS3 she is our Senior Brazilian sales Consultant that loves organizing and sharing her country's secrets and back doors with her clients of the World.

Married, Giselle Schaeffer, 30 & Fabrice Theveny 27, work on the sales team helping and informing new clients every day.

Fabrice & Giselle can help you in English, French and of course, Portuguese!

Both also work as language teachers in Salvador and have travelled to the four continents.





Managing Director:

Robert Glenn Phillips
Director of
Intelligent Leisure Solutions
since 1999

Managing Team:



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