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# Accessible Rio de Janeiro

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# 3

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plus  
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Top Sights features provide in-depth coverage of the city's very best sights.



TOP SIGHT  
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All reviews are ordered in our authors' preference, starting with their most preferred option. Additionally:

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**Eating and Sleeping reviews** are ordered by price range (budget, midrange, top end) and, within these ranges, by author preference.

These symbols and abbreviations give vital information for each listing:

★ Must-visit recommendation

🌿 Sustainable or green recommendation

**FREE** No payment required

☎ Telephone number

🕒 Opening hours

P Parking

🚭 Nonsmoking

❄ Air-conditioning

@ Internet access

📶 Wi-fi access

🏊 Swimming pool

🥬 Vegetarian selection

📖 English-language menu

👪 Family-friendly

🐾 Pet-friendly

🚌 Bus

🚢 Ferry

🚊 Tram

🚊 Train

apt apartments

d double rooms

dm dorm beds

q quad rooms

r rooms

s single rooms

ste suites

tr triple rooms

tw twin rooms

For symbols used on maps, see the Map Legend.

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# Accessible Rio de Janeiro



**“All you’ve got to do is decide to go  
and the hardest part is over.**

**So go!”**

TONY WHEELER, COFOUNDER – LONELY PLANET

THIS EDITION WRITTEN AND RESEARCHED BY

**Emily Rose Yates,  
Regis St Louis**

# Contents

## Plan Your Trip

3

What 'Accessible' Means & What to Expect in Rio .. 3	Need to Know ..... 12	<b>Entertainment.....22</b>
Welcome to Rio de Janeiro ..... 4	An Accessible Weekend in Rio .....14	<b>Shopping.....25</b>
Rio de Janeiro's Top 7 ..... 6	<b>Eating .....16</b>	<b>Sports &amp; Activities .....27</b>
	<b>Drinking &amp; Nightlife ...19</b>	<b>Sports Venues..... 30</b>

## Explore Rio de Janeiro

34

Ipanema & Leblon .....38	Botafogo, Humaitá & Urca .....68	Santa Teresa & Lapa ..... 97
Gávea, Jardim Botânico & Lagoa .....50	Flamengo & Around ..... 77	Barra da Tijuca & Western Rio ..... 105
Copacabana & Leme .....58	Centro & Praça Mauá .....86	<b>Sleeping ..... 112</b>

## Survival Guide

119

Transportation .....120	Language .....131
Directory A-Z ..... 125	Index .....136

## Rio de Janeiro Maps

140

# What 'Accessible' Means & What to Expect in Rio

For more than 40 years, Lonely Planet has published guidebooks to both inspire and assist travelers. The cornerstone of Lonely Planet's reputation has always been, 'We know because we go.' Our intrepid authors visit every establishment included in our books and give their unbiased, first-hand reviews based on personal experience.

True to form, *Accessible Rio de Janeiro* is based on our *Rio de Janeiro* guide, which was comprehensively updated this year. *Accessible Rio de Janeiro* was researched on the ground by wheelchair-user Emily Rose Yates. However, venues change, close down or may now be different to how they were when this guide was written. Indeed, some venues were not open at the time of research (or were not accessible to our author) and, as such, have not been verified for accessibility for this edition. Reviews of places that do not include accessibility information in this guide have not been assessed for accessibility. Call or email these places before visiting them to discuss any accessibility issues.

While we believe that the information we are presenting is both accurate and useful, we urge you to remember that Brazil is still a developing country. Although Brazil does have a building code (issued by the Brazilian Technical Standards Association) that includes standards for disabled access, we found that there are a number of private businesses and public buildings that don't appear to conform to the code. In particular, we found that there are very few accommodations made for the deaf and hearing-impaired. There are also reports that some of the Olympic venues may not fully conform with the official building code or with the Rio 2016 Accessibility Technical Guidelines, according to audits performed by Nucleo Pró-Acesso at the Federal University of Rio de Janeiro, which helped to draw up the

guidelines. However, this may change as the Games draw near and more venues attempt to become more accessible.

The term 'accessible' is a complex one. What is accessible for some might be difficult for others. We have included a range of sights, activities and venues in this book that can be enjoyed by those in wheelchairs, but we have also tried to include advice for those with a vision or hearing impairment. We have included some places and walking tours that are not suited to wheelchair-users, but may still be suitable for people with other disabilities. As everybody's needs and levels of ability are different, not every venue will suit every reader. We encourage you to contact businesses and venues directly to discuss your individual needs.

To share your experiences of travel with a disability, ask questions or get advice, or simply keep abreast of developments in accessible travel:

- ➔ Visit our Travellers with Disabilities branch of the Thorn Tree travel forum (<https://www.lonelyplanet.com/thorntree/forums/travellers-with-disabilities>)
- ➔ Join our Travel for All Google+ community (<https://plus.google.com/u/0/communities/114049628154087345562>)
- ➔ Follow our Accessible Travel Pinterest board (<https://au.pinterest.com/lonelyplanet/accessible-travel/>).

For the latest news and stories on accessible travel, follow Lonely Planet's Accessible Travel Manager Martin Heng on Twitter: @Martin\_Heng.

Lonely Planet is not responsible for any loss or damage suffered in connection with your use of *Accessible Rio de Janeiro*.

# Welcome to Rio de Janeiro

*Golden beaches and lush mountains, samba-fueled nightlife and spectacular football matches: welcome to the Cidade Maravilhosa.*

## Tropical Landscapes

Looking out from the 710m peak of Corcovado, you will see why Rio is called the Cidade Maravilhosa (Marvelous City). Lushly forested mountains fringe the city, shimmering beaches trace the shoreline and a string of tiny islands lie scattered along the seafront. Far from being mere cinematic backdrop, this seaside beauty hosts outstanding outdoor adventures: hiking in the Tijuca rainforest, cycling alongside the lake and beaches, sailing across Baía de Guanabara, and surfing, rock climbing and hang gliding amid one of the world's most stunning urban landscapes.

## Captivating Beaches

Rio's beaches have long seduced visitors. Copacabana Beach became a symbol of Rio during the 1940s, when international starlets would jet in for the weekend. Hogging the spotlight these days is Ipanema Beach, its fame and beauty unabated since bossa nova stars Tom Jobim and Vinícius de Moraes introduced the world to its allure in the 1960s. For *cariocas* (residents of Rio), the beach is Rio's backyard – a playground that's free and open to all, offering endless enjoyment in the form of football, volleyball, surfing, snacking, drinking or simply relaxing amid the passing parade of people.

## The Rhythms of Rio

Music is the lifeblood of Rio, with a soundtrack comprising rock, old-school bossa nova, hip-hop, funk and Brazil's many regional styles. Above all there's samba, a rapid-fire style of music with African influences and an infectious beat that is synonymous with Rio. You can hear it all over town, but the soul of samba resides in Lapa, an edgy red-light district that's home to dozens of live-music halls and an enormous weekend street party. Samba is also ubiquitous during Carnival, and it's the backing music to street parties and all-night parades.

## Joie de Vivre

Rio knows how to party. Whether you call it joie de vivre or lust for life, *cariocas* have it in spades. Carnival, and the buildup to it, is the most obvious manifestation of this celebratory spirit. But Rio has many other occasions for revelry: celebrations after a big Flamengo (or Vasco, Fluminense or Botafogo) soccer match; weekend samba parties around town; *baile* (dance) funk parties in the favelas (slums, informal communities); and boat parties on the bay – not to mention major events such as Réveillon (New Year's Eve) and, of course, the 2016 Olympic and Paralympic Games.



## Why I Love Rio de Janeiro

By Emily Rose Yates, Writer

There is no other city quite like Rio. With a different landscape around every corner – from beaches and mountains to sparkling waters and lush green forests – there's a vibrancy and variety that strikes every visitor and never quite leaves. The longer I spend here, the less I want to leave, and it isn't coincidental that the Brazilians have a word for missing something in a way that you just can't describe: *saudades*. *Cariocas* (residents of Rio) are some of the friendliest people I've ever met and for a wheelchair user in a less-than-accessible city, that's important! Forget awkwardness around assistance; the Brazilians might know how to party, but they also know how to help anyone who needs it.

**For more about our writer, see p160.**

# Rio de Janeiro's Top 7

1





## Ipanema Beach (p40)

**1** This enchanting beachfront attracts a wide mix of *cariocas* (residents of Rio). Different crowds – surfers, volleyballers, bohemians, muscle boys – congregate at each section, or *posto*, including famous *posto 9* where Ipanema's young and beautiful frolic. The main activities are strolling, people-watching and sunset-watching – best enjoyed from Arpoador, at Ipanema's east end, which is accessible as the promenade is paved. You can also eat and drink on the sand. Roaming vendors will come to you, and *barracas* (beach stalls) set you up with chairs, umbrellas and caipirinhas. All you need do is show up.

 **Ipanema & Leblon**

## Copacabana Beach (p60)

**2** The Copacabana experience is about many things: exercising on the beachfront, playing in the waves or whiling away the evening over cocktails and appetizers at a local kiosk. Regardless, you'll notice the seductive view: 4km of wide, curving sands framed by Rio's ubiquitous green peaks. Head uphill for even better views; rooftop bars and forts at either end of the beach make great settings for taking it all in. The 'Praia Para Todos' (Beaches for All) event every weekend makes both Copacabana and Barra beaches accessible, with sand-free pathways, beach wheelchairs and accessible portable toilets.

 **Copacabana & Leme**



KEREN OSBORNE / FOX PHOTOS / GETTY IMAGES ©



MARCHELLOVA / GETTY IMAGES ©



3

PLAN YOUR TRIP RIO DE JANEIRO'S TOP 7

4



### Pão de Açúcar (p70)

**3** Some will tell you to arrive around sunset for the best views from this absurd confection of a mountain, but in truth, no matter what time you come, you're unlikely to look at Rio (or your own possibly comparatively lackluster city) in the same way again. From up here on Sugarloaf Mountain the landscape is one of pure undulating green hills and golden beaches lapped by blue sea, with rows of skyscrapers sprouting along the shore. The ride up is good fun, too: fully accessible, all-glass aerial trams whisk you up to the top. The adventurous and able can rock climb their way to the summit.

📍 **Botafogo & Urca**

### Cristo Redentor (p79)

**4** The open-armed savior has stood atop his lofty perch (710m-high Corcovado), gazing over Rio, since 1931. The statue of Christ the Redeemer is a remarkable work of artistry, but most people don't visit to admire the art deco design. They come for the mesmerizing panorama, a combination of rainforest, beaches, islands, ocean, bay and verdant peaks, that surrounds this unlikely metropolis. There are various ways to reach the top, including a relatively accessible (but steep!) ascent on a cog train. Escalators are the only way to see Christ in all his glory at the very top. Trained staff can provide assistance, and there are accessible viewing points at a lower level, too.

📍 **Flamengo & Around**

## Floresta da Tijuca (p108)

**5** New York has Central Park; Rio has the Floresta da Tijuca, a vast swath of rainforest with hiking trails, sparkling waterfalls and abundant greenery that makes other parks look like playgrounds. There are a number of fine walks and easier trails you can take, as well as some climbs up rocky 900m peaks, where rewarding views await. If you prefer flying to walking, take a hang-gliding flight from Pedra Bonita inside the Tijuca boundaries for a magnificent (if somewhat terrifying) view over Rio's wondrously green backyard. The flight is possible even for most people with disabilities.

**👉 Barra da Tijuca & Western Rio**

## Nightlife in Lapa (p103)

**6** The Arcos da Lapa form the gateway to Rio's most animated nightlife. Pass through the arches of the 64m-high aqueduct and stroll the packed, bar-lined streets while the rhythms of samba spill out from 19th-century facades. While you'll encounter drinks (from curbside beer and caipirinha vendors) and music (from impromptu jam sessions) all around, venture inside an old-school dance hall to see the city at its most dynamic. From the band on stage come the rhythms of samba, some of the world's most infectious beats. Grab a partner and hit the dance floor!

**★ Santa Teresa & Lapa**

5



6



GONZALO AZCUMENDI / GETTY IMAGES ©

7

## Lagoa Rodrigo de Freitas (p53)

7 'Saltwater lagoon' may not be the first thing you think of when you hear the words 'Rio de Janeiro', but this picturesque body of water plays a key role in the city's psyche. By day *cariocas* cycle, jog and stroll the 7km flat and accessible path that loops around it. By nightfall a different crowd arrives to eat and drink in the open-air kiosks scattered along the shore. In December Lagoa is home to a massive floating Christmas tree; its glittering lights and nightly displays are pure magic for kids and adults alike.

**📍 Gávea, Jardim Botânico & Lagoa**



JOSE EDUARDO NUCCI / GETTY IMAGES ©

# Need to Know

For more information, see **Survival Guide (p119)**

## Currency

Real (R\$)

## Language

Portuguese

## Visas

Many nationalities require them; see p129.

## Money

ATMs widely available. Credit cards accepted in most midrange and top-end hotels and restaurants.

## Cell Phones

Local SIM cards can be used in unlocked European and Australian phones, and in US phones on the GSM network.

## Time

Rio is three hours behind GMT. Daylight savings pushes the clocks one hour forward between mid-October and mid-February.

## Tourist Information

Riotur ([www.rioguiaoficial.com.br](http://www.rioguiaoficial.com.br)) has offices and kiosks for getting maps, transport info and tips on attractions and events.

## DANGERS & ANNOYANCES

Crime in Rio is always a concern, so be cautious:

- ➔ Don't take valuables to the beach.
- ➔ Avoid deserted parts of Centro on weekends.
- ➔ Don't wear expensive-looking accessories.
- ➔ Carry one credit card, a copy of your passport, and enough cash for the day. Keep part of your daily cash in a bag and the rest concealed in your pockets. Leave the passport, extra cash and cards in your hotel safe.

## Daily Costs

### Budget: Less than R\$200

- ➔ Hostel bed: R\$40–70
- ➔ Sandwich and drink in a juice bar: R\$15
- ➔ Coconut water on the beach: R\$5

### Midrange: R\$200 to R\$600

- ➔ Standard double room in Copacabana: R\$350
- ➔ Dinner for two: R\$100–150
- ➔ Guided tour: R\$100–125
- ➔ Admission to a samba club: R\$20–50

### Top End: More than R\$600

- ➔ Boutique hotel room: from R\$600
- ➔ Dinner for two at top restaurants with drinks: R\$350
- ➔ Rock climbing up Pão de Açúcar: R\$375

## Advance Planning

**Three months before** Organize your visa (if you need one) and book accommodation. Most hotels only have a few accessible rooms, so be quick!

**Two weeks before** Book guided tours and activities such as city sightseeing, rainforest tours and tandem gliding. Hotel staff can discuss your access requirements, advise on the most accommodating organizations and chat to tour companies to ensure the best experience.

**One week before** Book a table at top restaurants. Check concerts and events on [www.rioguiaoficial.com.br](http://www.rioguiaoficial.com.br).

## Useful Websites

**Insider's Guide to Rio** ([www.ipanema.com](http://www.ipanema.com)) Tips and planning info, with sections on gay Rio.

**Lonely Planet** ([www.lonelyplanet.com](http://www.lonelyplanet.com)) Destination information, travel forum and bookings.

**Riotur** ([www.rioguiaoficial.com.br](http://www.rioguiaoficial.com.br)) Rio's official tourism authority.

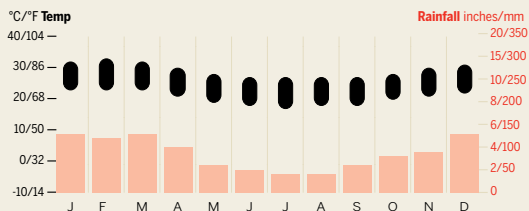
**Rio Wheelchair** ([www.riopara cadeirantes.blog.com](http://www.riopara cadeirantes.blog.com)) Blog by a Brazilian wheelchair user residing in Rio de Janeiro. Includes many reviews of accessible venues. It's in Portuguese so you may need to use Google Translate.

**Rio Times** ([www.riotimesonline.com](http://www.riotimesonline.com)) English-language resource on current events.

## WHEN TO GO

High season runs from December to March, when Rio is festive, pricey and hot. To beat the crowds and higher prices, visit from May to September.

## Rio De Janeiro



## Arriving in Rio de Janeiro

### Aeroporto Antônio Carlos

**Jobim** Most international flights arrive at this airport (also called Galeão) located 15km north of the city center. From there, Premium Auto Ônibus ([www.premiumautoonibus.com.br](http://www.premiumautoonibus.com.br); R\$15) operates buses about every 30 to 40 minutes to Flamengo, Copacabana, Ipanema, Leblon and other neighborhoods. It takes 75 minutes to two hours depending on traffic.

If you're a wheelchair user, a taxi is the best way to get to your accommodations. Radio taxis charge a set fare of R\$130 to Copacabana and Ipanema (45 to 90 minutes). Less expensive metered yellow-and-blue *comum* (common) taxis cost between R\$60 and R\$90. A fleet of 50 wheelchair-accessible taxis operated by **Especial Coop Taxi** (☎021-2585-5577, 021-3295-9606) is available for those who need to ride in their wheelchair. Book in advance as they are in short supply.

For much more on arrival, see p120



## Getting Around

➔ **Metro** The most convenient way to get around. Trains run from 5am to midnight Monday through Saturday, and from 7am to 11pm on Sundays and holidays. Single rides cost R\$3.70. All stations are fully accessible with well-trained, helpful staff. Tactile flooring is available for the visually impaired, all signs are bilingual and many stations are working to install hearing loops.

➔ **Bus** Buses are frequent and cheap; destinations are listed above the windscreen. Fares on buses cost around R\$3. Buses are not recommended if you are a wheelchair user.

➔ **Taxi** Useful at night. Fares start at R\$5.20 plus R\$2.05 per kilometer. Rates are higher at night and on Sundays. Call **Especial Coop Taxi** for the wheelchair-accessible taxis previously mentioned.

➔ **Bike** Shared-bike scheme Bike Rio (p121) has numerous stations around town. You'll need a local cellphone (mobile) number to release the bikes at each station.

For much more on getting around, see p121



## Sleeping

Rio's most popular accommodations include high-rise beachfront hotels, small guesthouses and stylish hostels. The more expensive the accommodations, the more accessible they're likely to be.

Rates are fairly competitive (with prices slightly less than in the US). You'll pay a premium (double or triple the normal price) during major events, with minimum stays (four to seven nights) usually required. You can save money by renting an apartment.

Book at least two or three months in advance during high season, especially if you require an accessible room as these are in short supply. It's best to call the hotel directly to discuss your needs.

## Useful Websites

➔ **Booking.com** ([www.booking.com](http://www.booking.com)) Best option for hotels, with a reliable accessibility filter.

➔ **Airbnb** ([www.airbnb.com](http://www.airbnb.com)) Rooms and apartments listed across Rio, with the option to contact each owner and discuss specific needs.


For much more on sleeping, see p112



# An Accessible Weekend in Rio

## Friday


### Flamengo & Around (p77)

 Starting off in Cosme Velho, take the cog train up Corcovado to admire the view beneath the open-armed **Cristo Redentor** (there are escalators to take you right to the very top, and trained staff to offer assistance; see p79).



**Lunch** Sirio Libaneza (p83) is loved by locals. If it's too crowded, get takeaway.


### Copacabana & Leme (p58)

 In the afternoon, take a stroll along the mosaic promenade of **Copacabana Beach** (p60), stopping at local kiosks for coconut water and the odd savory snack. Don't forget the sunblock!




**Dinner** Head to the excellent Cobal do Humaita (p75).

### Gavea, Jardim Botânico & Lagoa (p50)


 How about a trip to the movies at **Shopping da Gavea** (p56)? It has gorgeous cinema screens, with most films in English with Portuguese subtitles.

### Centro & Praça Mauá (p86)

 If cinema without English subtitles is not accessible to you, go and see some incredible late-night exhibitions at **Centro Cultural Banco do Brasil**. (p88).

## Saturday


### Ipanema & Leblon (p38)

 Try your hand at adapted surfing at Leblon Beach with **AdaptSurf** (p28), a Brazilian specialist in accessible and inclusive surfing. There's no feeling like catching those waves.



**Lunch** Shopping Leblon (p48) has a choice of accessible restaurants.

### Ipanema & Leblon (p38)

 After a morning in the sun, it's time for some retail therapy. Spend the afternoon looking around the glamorous boutiques in **Shopping Leblon** (p48).



**Dinner** Take a taxi to Aprazível (p101) in Santa Teresa.


### Santa Teresa & Lapa (p97)

 Enjoy a late night of samba and caipirinhas. Start the evening by taking in the street party around the **Arcos da Lapa** (p100) before making your way to the excellently accessible **Rio Scenarium** (p103), a beautiful antique-filled club. Either join samba-loving crowds on the dance floor or watch the evening unfold from an upper balcony, where the food is pricey but divine.



## Sunday


### Ipanema & Leblon (p38)

 Get ready for a morning of creativity, colors and serious haggling at Ipanema's famous Sunday **Hippie Fair** (p47).



**Lunch** Bar Astor (p45) is a fine place for a hangover burger.

### Botafogo & Urca (p68)

 Spend the afternoon down in Urca. Take the accessible cable-cars to the top of **Pão de Açúcar** (p70), from where Rio spreads before you in a stunning panorama. Afterwards, grab a drink and a snack at waterfront **Bar Urca** (p74) before heading to **Praia Vermelha** (p73) to watch live (and free) jazz with Sugarloaf



**Dinner** Head to Palaphita Kitch (p56) for contemporary food in a great setting.

as the backdrop – just watch out for the odd sandy cobbled pathway.

### Gávea, Jardim Botânico & Lagoa (p50)

 There are creative cocktails and serene views at the open-air lakeside bar at **Palaphita Kitch** (p56), and there's also a great accessible bathroom. Why leave?

### AND IF A CAIPIRINHA IS ALL YOU ARE LOOKING FOR...

You can find some of the best-tasting ones at Rio Scenarium (p103) and Windsor Atlantica (p115).

For a choice of flavors, nip to Devassa (p45) – their strawberry version is a must-try – and for a drink with an unbeatable view, head to a cafe on Pão de Açúcar (p70).



Hippie Fair market (p47)



# Eating

*Despite top-notch chefs, ethnically diverse cuisine and a rich bounty from farm, forest and sea, Rio hasn't earned much of a culinary reputation abroad. Within Brazil, however, it's a different story, with cariocas (residents of Rio) convinced that there's no place quite like home for sitting down to a first-rate meal.*

## The Dining Scene

Variety comes in many forms in Rio, which is unsurprising given the large immigrant population. Lebanese, Japanese, Spanish, German, French and Italian cuisines are among the standouts, though there's an equally broad selection of regional Brazilian restaurants.

Diners can sample rich shrimp-filled *moqueca* (seafood stew cooked in coconut milk) from Bahia or tender *carne seca* (jerked meat) covered in *farofa* (manioc flour), a staple in Minas Gerais. Daring palates can venture north into Amazonia, enjoying savory *tacacá* (manioc paste, lip-numbing leaves of the vegetable jambu and dried shrimp) or *tambaqui* (a large Amazonian fish) and other meaty fishes from the mighty Amazon. Cowboys and the *gaúcho* from the south bring the city its *churrascarias*, Brazil's famous all-you-can-eat barbecue restaurants, where crisply dressed waiters bring piping-hot spits of freshly roasted meats to your table.

Wherever you end up, try to pace yourself. Brazilian dishes are normally quite large – and some dishes are meant for two. When in doubt, ask the server to clarify.

## Juice Bars

Most *cariocas* start off their morning with a stop at the local juice bar, where they can choose from two or three dozen varieties of vitamin-filled elixirs, including the very popular *açaí* (healthful juice made from an

Amazonian berry and whipped up to a thick consistency – it's eaten with a spoon).

Other unique flavors to try: *cupuaçu* (Amazonian fruit), *caju* (fruit from the cashew-nut tree), *acerola* (tropical cherry), *carimbola* (star fruit), *graviola* (custard apple), *fruta do conde* (sugar apple) and *cacau* (made from the creamy pulp of the cocoa pod; nothing like cocoa). More traditional fruits include *maracujá* (passion fruit), *manga* (mango), *goiaba* (guava) and *tomate de árbol* (tamarillo).

Juices are made from frozen pulp, with added sugar. To order it without sugar, request '*sem açúcar*'.

Juice bars also serve snacks (on display in the counters), hot sandwiches such as *misto quente* (toasted ham and cheese sandwich) and other bites served up in a hurry.

## Per-Kilo Restaurants

At lunchtime, locals favor pay-by-weight restaurants, which range from simple, working-class affairs to sumptuous buffets lined with fresh salads, grilled meats, pastas, seafood dishes and copious desserts. These are found all across the city and are a great way to sample a wide variety of Brazilian dishes.

Most places charge around R\$50 to R\$70 per kilogram, with a sizable plate of food costing about R\$35 to R\$50.

## Snacks

Snack stands, juice bars and *botecos* (small open-air bars) serve up a wide variety of delicious, if utterly unhealthy, *salgados* (snacks).

After a day at the beach, they go quite nicely with a few rounds of *chope* (draft beer).

A few top picks:

**Pão de queijo** Bite-sized cheese-filled rolls.

**Esfíha** Triangular pastry filled with meat and spices, spinach or other fillings.

**Kibe** Deep-fried Middle Eastern snack with a thin whole-wheat crust and a filling of ground beef and spices.

**Bolinho de bacalhau** Deep-fried codfish balls.

**Coxinha** Pear-shaped cornmeal balls filled with shredded chicken.

**Pastel de carne/camarão/queijo** Square of deep-fried dough filled with meat, shrimp or cheese.

**Tapioca** A crepe made from manioc flour, filled with chicken, cheese, fruit preserves and more. Found primarily at food markets.

## Food Markets

The *feiras* (produce markets) that pop up in different locations throughout the week are the best places to shop for juicy mangoes, papayas, pineapples and other fruits. For an authentic slice of homegrown *carioca* commerce, nothing beats wandering through a market and taking in the action. The best time to go is in the morning (from 9am to noon). The *feiras* end by 2pm or 3pm.

In addition to the markets we list, stop in at Ipanema's Hippy Fair (p47) on Sundays for delectable Bahian fare.

**Cobal do Humaitá** (p75) The city's largest farmers market sells plenty of veggies and fruit; it also has cafes and restaurants, and a huge open-air pavilion for alfresco dining.

**Cobal do Leblon** (p46) Fruit stalls, as well as indoor-outdoor restaurants and bars.

**Copacabana** (p58) Markets are held Wednesdays on Praça Edmundo Bittencourt; Thursdays on Rua Ministro Viveiros de Castro and Rua Ronald de Carvalho; Saturdays on Rua General Azevedo Pimentel; and Sundays on Praça Serzedelo Correia.

**Gávea** (p50) Friday market on Praça Santos Dumont.

**Glória** (p77) Sunday market on Av Augusto Severo.

**Ipanema** (p38) Markets are held Mondays on Rua Henrique Dumont, Tuesdays on Praça General Osório and Fridays on Praça NS da Paz.

**Jardim Botânico** (p50) Saturday market on Rua Frei Leandro.

## NEED TO KNOW

### Price Ranges

The price symbols in reviews indicate the cost of a main course.

**\$** less than R\$30

**\$\$** R\$30–75

**\$\$\$** more than R\$75

### Opening Hours

Most restaurants open from noon to 3pm and 6pm to 11pm. On Sundays many restaurants open only for lunch, if at all. Juice bars open around 7am or 8am and close at midnight or later.

### Tipping

A 10% tip is usually included in restaurant bills. When it isn't included, it's customary to leave 10%.

### Reservations

Most restaurants accept reservations for both lunch and dinner, so call ahead to avoid a wait. Reservations are essential at high-end restaurants, and the answering host will usually speak English.

### Lunch Specials

Some restaurants serve multicourse lunch specials, which often provide decent value for money. Prices hover around R\$30, but can go upwards of R\$50 for more elaborate offerings.

### Dress Code and Etiquette

*Cariocas* (residents of Rio) are quite casual when it comes to dress, and dining out is no exception. Even at the nicest places, a pair of smart jeans and a collared shirt or blouse will do just fine. Brazilians can be fastidious when it comes to eating. Use a knife and fork when eating pizza. In fact, never touch your food with bare hands: always use a napkin when eating sandwiches, bar snacks etc.

**Leblon** (p38) Thursdays on Rua General Urquiza.

**Leme** (p58) Monday market on Gustavo Sampaio.

**Santa Teresa** (p97) Fridays on Rua Felício dos Santos.

**Urca** (p68) Sundays on Praça Tenente Gil Guilherme.

## ACCESSIBILITY

Levels of accessibility depend on the neighborhood you are in. In Zona Sul, and especially around Copacabana and Ipanema beaches, many restaurants have step-free seating outside, a medium-gradient ramp leading inside and relatively accessible toilets (or are near a hotel with excellent bathrooms). Further north, accessible eateries are noticeably more difficult to find, with cobble pavements and high-rise buildings with narrow passageways providing additional obstacles. If you have a visual or hearing impairment, the likelihood of finding any equipment within cafes and restaurants that will aid your experience is extremely slim. Many of the larger restaurants have bilingual menus and English-speaking staff.

### Feijoada

As distinctively *carrioca* as Pão de Açúcar (Sugarloaf Mountain) or Cristo Redentor (Christ the Redeemer), the *feijoada completa* is a dish that constitutes an entire meal, and often begins with a caipirinha aperitif.

A properly prepared *feijoada* consists of black beans slowly cooked with a great variety of meat – including dried tongue and pork offcuts – seasoned with salt, garlic, onion and oil. The stew is accompanied by white rice and finely shredded kale, then tossed with croutons, fried *farofa* (manioc flour) and pieces of orange.

*Feijoada* has its origins in Portuguese cooking, which uses a large variety of meats and vegetables; fried *farofa* (inherited from the indigenous inhabitants) and kale are also Portuguese favorites. The African influence comes with the spice and the tradition of using pork offcuts, which were the only part of the pig given to slaves.

### Eating by Neighborhood

- ➔ **Ipanema & Leblon** (p42) Best assortment of dining from inexpensive juice bars and per-kilo places to award-winning restaurants.
- ➔ **Gávea, Jardim Botânico & Lagoa** (p54) Charming upscale neighborhood options, plus dining with views at open-air lakeside kiosks.
- ➔ **Copacabana & Leme** (p61) Humble rotisseries, ethnic fare and beachfront kiosks, plus hidden gems on the side streets.

- ➔ **Botafogo, Humaitá & Urca** (p73) Creative, high-end eateries along Rua Conde de Irajá; casual open-air options along Rua Nelson Mandela.

- ➔ **Flamengo & Around** (p83) Small selection of midrange and downmarket options and a few well-concealed surprises (Lebanese, Japanese and Rio's best pizzas).

- ➔ **Centro & Praça Mauá** (p92) Atmospheric lunch options on cobblestone streets near Praça XV, but few dinner options.

- ➔ **Santa Teresa & Lapa** (p101) Small but enticing collection of eateries, with the densest concentration around Largo do Guimarães.

### Lonely Planet's Top Choices

**Don Pascual** (p109) Simply one of the most beautiful restaurants in Rio. Beautiful and affordable food with a treehouse and fairy-tale atmosphere that cannot be matched.

**Confeitaria Colombo** (p92) A display of pastries that will make your jaw drop in this grand and spacious cafe.

**Aprezível** (p101) Beautiful setting with magical views over the city.

**Sirio Libaneza** (p83) A small and simple but oh-so-delicious joint for fans of Middle Eastern cuisine.

**Cobal do Humaita** (p75) If you're not sure what you want, but know it needs to be easy and accessible, this place has plenty of choice and a cracking atmosphere, too.



A bar in Rio de Janeiro



## Drinking & Nightlife

*Any night of the week you'll find plenty of ways to experience Rio's electrifying nightlife: open-air bars by the lake; festive outdoor drinking spots on the colonial streets of Centro; beachfront kiosks; stylish lounges and nightclubs; and warm and welcoming botecos (small open-air bars) that are scattered all across the city.*

## NEED TO KNOW

### Opening Hours

**Bars** From 6pm to 2am Monday to Friday, from noon on Saturday and Sunday. Most places stay open later (typically till 4am) on Friday and Saturday nights.

**Nightclubs** From 11pm to 5am Thursday to Saturday.

### How Much?

**Drink prices** A draft beer will set you back roughly between R\$6 and R\$10, with cocktails R\$14 to R\$22 and up to R\$30 at pricier lounges. Most bars tack on a 10% service charge.

**Club admission** Prices vary; women typically pay less than men. Fridays and Saturdays are the most expensive nights. On average, club admission on a weekend night is around R\$50 for men and R\$30 for women.

### Getting In

- ➔ The dress code at clubs isn't strict in Rio. Neat shorts and sneakers are fine, though flip-flops and swimsuits are a no-no.
- ➔ Groups of single men will have a harder time getting in. Try to join up with a few females.
- ➔ Go before midnight to beat the crowds.

## The Scene

As in most places in the world, there are a few different subcultures (models and modelers, surfers, hipsters and hippies) within the nightlife circuit, though there's plenty of crossover between groups. The well-heeled crowd from the Zona Sul tends to favor high-end nightclubs in Gávea and Barra, while an alternative crowd heads to the clubs in Botafogo. Lapa's mix of bars and dance halls attracts a greater diversity of people from all backgrounds who have little in common aside from a love of samba.

Venues come and go – and the best parties are often one-off events in unique spots – so it helps if you can get the latest from a local source. If you can read a bit of Portuguese, pick up the *Veja Rio* insert

in *Veja* magazine, which comes out each Sunday. *Rio Show*, the entertainment insert that comes in the Friday edition of *O Globo*, also has extensive listings

## Botecos & Brewhouses

For an insight into Rio's drinking culture, familiarize yourself with one of the great sociocultural icons of the city: the *boteco*. These casual, open-sided bars are scattered all over town, and draw in a broad cross-section of society. You'll find young and old, upper class and working class, men and women, black and white mixing over ice-cold *chope* (draft beer) or caipirinhas (cocktails made from lime, sugar and sugarcane alcohol), flirting and swapping the latest gossip as bow-tied waiters move deftly among the crowd.

Just as most *cariocas* (residents of Rio) have a favorite team, nearly every local also has a favorite *boteco* to call their own. These range from hole-in-the-wall joints where canned beer is handed out to drinkers slouched over plastic tables to classic, wood-paneled bar rooms with murals on the walls, expertly mixed drinks and a history dating back several generations. Wherever you go in the city, you'll find food is an important part of the experience, as *cariocas* rate bars not just on the drinks and the vibe but on the menu as well.

Lately the beer scene has improved immensely thanks to the rise of the craft brewing industry across Brazil. New bars featuring top microbrews from within the state and beyond have opened all across Rio, and *cariocas* are discovering their beer nerd within.

Accessible bathrooms are hard to find, but chatting outside without the worry of finding step-free access or a cramped table will come as a pleasant surprise.

## CONSUMPTION CARD

At many clubs in Rio you'll receive a control card when you enter. Rather than paying for individual drinks, your card will be marked each time you order. At the end of the night, you'll head to the cashier and pay for your food and drinks, plus the admission charge. Don't lose the card – if you do, you'll be hit with a hefty fee (upwards of R\$200).

## ACCESSIBILITY

When it comes to Rio's nightlife, companionship equals comfort. Many of the bars in Rio have excellent outdoor (and largely step-free) seating options, and *botecos*, in particular, are great if you're happy to chill out on street corners without having to worry about table bookings or accessible bathrooms. But it's always great to have someone with you, especially if you are attempting the cobbles and high curbs of Lapa, for instance. The more authentic bars you go to, the less English will be spoken. Unfortunately, for those with sensory impairments, very little equipment will be available (although staff are always eager to help where they can). Some hotel rooftop bars have excellent jazz nights, not to mention accessible bathrooms and trained staff at the ready. Favela nightlife may prove tough, although accessible bars do exist behind the beautiful Leme. Just make sure that, wherever you go, you've got money for an easy cab ride home.

## Nightclubs

Rio has some great places to shake your *bunda* (booty). DJs pull from the latest house, drum 'n' bass and hip-hop favorites, as well as uniquely Brazilian combinations such as electro-samba and bossa-jazz. In addition to local DJs, Rio attracts a handful of vinyl gurus from São Paulo, New York and London to spin at bigger affairs. Flyers advertising dance parties can be found in boutiques in Ipanema and Leblon. You'll save money by getting on the guest list – this usually means adding your name on the club's event-listing page on Facebook.

## LGBT Rio

Rio has been a major destination for gay travelers since the 1950s. Back then the action was near the Copacabana Palace, which is still popular with a slightly older crowd (look for the rainbow-hued flag). Today, however, the party has mostly moved on, with the focal point of the LGBT (lesbian, gay, bisexual and transgender) scene, especially for visitors, being in Ipanema. The gay beach at the end of Rua Farne de Amoedo (again, look for the rainbow flag) is the stomping ground of some of Rio's buffest men, sometimes known as 'barbies' in *carioca* slang. The bars and cafes of nearby streets – Rua Teixeira de Melo and Rua Farne – attract a mixed crowd and are a good spot to explore if you're not quite ready to jump into the beach scene.

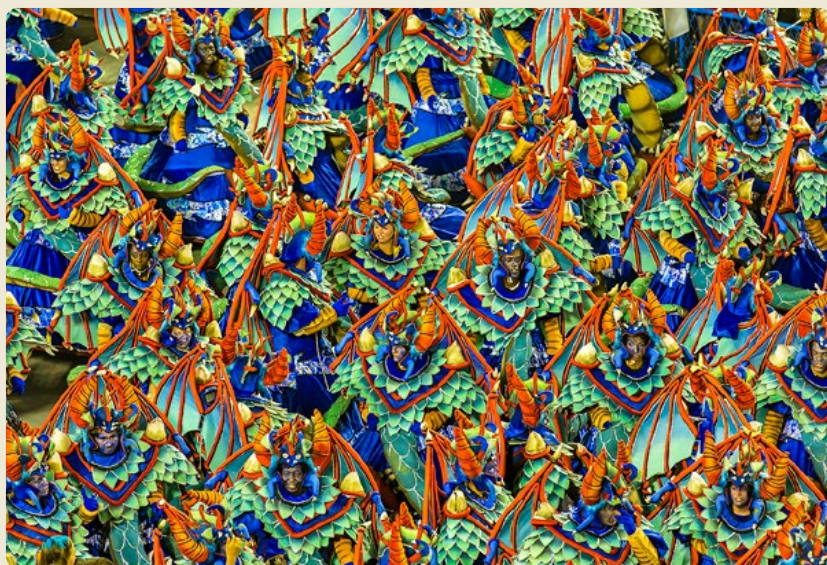
Rio also hosts an enormously popular Gay Pride Rio festival. For more info on the gay scene in Rio, including recommendations on nightclubs, bars, cafes and guesthouses, visit **Rio Gay Guide** ([www.riogayguide.com](http://www.riogayguide.com)).

## Drinking & Nightlife by Neighborhood

- ➔ **Ipanema & Leblon** (p45) Lots of *botecos*, a handful of lounges and nightclubs.
- ➔ **Gávea, Jardim Botânico & Lagoa** (p55) Romantic lakeside drinking spots.
- ➔ **Copacabana & Leme** (p66) Beach kiosks, *botecos*, nightclubs and bars with views in the favela above Leme.
- ➔ **Botafogo, Humaitá & Urca** (p74) Several popular spots in Urca; great *botecos*, and creative bars and drinking dens in Botafogo.
- ➔ **Centro** (p95) Atmospheric after-work drinking spots on pedestrianized streets.
- ➔ **Santa Teresa & Lapa** (p102) Old-fashioned bars and bohemian haunts in Santa; riotous street parties and samba clubs in Lapa.

## Lonely Planet's Top Choices

- Palaphita Kitch** (p56) Amazonian-tinged cocktails and serene lakeside views.
- Rio Scenarium** (p103) With live samba and some of the yummiest caipirinhas going, this really is an accessible hot-spot in Lapa.
- Bar Astor** (p45) For a good daytime drink after a local market haggle, Bar Astor is the place to be.
- Balada Mix** (p110) A nice chilled-out open space to sit and soak up the Barra scene. **Delirium**, next door, has a fantastic range of beers but is less accessible.
- Mud Bug** (p66) A real hit with Copacabana's locals, this sports bar boasts a great atmosphere and some sing-a-long rock tunes.
- Fasano** (p115) With rooftop views like nowhere else in Rio, you just have to have a (rather expensive) drink by the pool one evening.



RICHARD JANSOU / GETTY IMAGES ©

Samba School parade at Carnival



## Entertainment

*Rio has a celebrated music scene, with enchanting settings to catch live performances, from cutting-edge concert halls to small and intimate neighborhood venues. Dance, theater, classical concerts and opera also have their small but loyal local following, while cinema is an even bigger deal – Rio is one of the leading film centers in Latin America.*

### Live Music

In addition to samba, Rio is a showcase for jazz, bossa nova, Música Popular Brasileira (MPB), rock, hip-hop and fusions of these styles. Brazil's many regional styles – *forró* (traditional Brazilian music from the North-east), *chorinho* (romantic, intimate samba) and *pagode* (relaxed and rhythmic samba) – are also a part of the music scene.

Venues range from modern concert halls seating thousands to intimate samba clubs in edgy neighborhoods. Antiquated colonial

mansions, outdoor parks overlooking the city, old-school bars, crumbling buildings on the edge of town and hypermodern lounges facing the ocean are all part of the mix. Rio has a few large concert halls that attract Brazilian stars such as Gilberto Gil and Milton Nascimento, as well as well-known international bands visiting Rio on world tours.

Major music festivals include the Rio Music Conference ([www.riomusicconference.com.br](http://www.riomusicconference.com.br)), held in the Marina da Glória. In addition to established venues, during the summer months concerts sometimes take place



on the beaches of Copacabana, Botafogo, Ipanema and Barra da Tijuca.

## Dance

Rio has produced a number of successful dance troupes, including the contemporary Companhia de Dança Deborah Colker, which spends much of its time touring abroad. One homegrown talent you might catch in town is the Cia de Dança Dani Lima, an avant-garde troupe that weaves provocative pieces together through dance and aerial gymnastics. Also keep an eye out for the Lapa-based Intrépida Trupe, whose talented acrobat-dancers bring surreal works to the stage.

There is no space dedicated solely to dance; performances can take place at many venues around the city.

Rio's biggest dance festival, Festival Panorama de Dança ([www.panoramafestival.com](http://www.panoramafestival.com)), is held in November. For classical dance, try to see a production by the Ballet do Theatro Municipal, which puts on highly professional performances at Rio's most venerable theater.

## Theater

Brazil has a long history of theater. Literary greats from the 19th century, including the highly imaginative *carioca* (resident of Rio) Joaquim Machado de Assis, gave vision to the stage. Talents from the 20th century, such as the great Nelson Rodrigues and more recently Gerald Thomas, have kept the flame alive, and you may be able to catch some of their work on Rio's stages. There are more than two dozen theaters in town. Unfortunately, if you don't speak Portuguese, you won't get a lot out of an evening at the theater.

## Classical Music

In the classical-music scene, Rio has several symphony orchestras, and irregular appearances are made by chamber groups and soloists. The best new venue is Barra da Tijuca's excellent Cidade das Artes (p110), where the Brazilian Symphony Orchestra plays. You might also attend a performance at the Centro Cultural Banco do Brasil (p88), which is extremely accessible and hosts orchestral works periodically.

The biggest classical-music festival is *Música no Museu*, held in museums, churches and cultural centers around town.

## NEED TO KNOW

### Tickets & Reservations

**Tickets for Fun** (<http://premier.ticketsforfun.com.br>) Sells tickets to big shows at Citibank Hall and Arena HSBC, both in Barra da Tijuca. Also sells through various stores in Rio including Lojas Saraiva, in **Rio Sul Shopping** (p76).

**Ingresso.com** ([www.ingresso.com.br](http://www.ingresso.com.br)) Sells tickets to various venues, including Theatro Municipal, Sala Cecília and Espaço Tom Jobim. Purchasing online or over the phone requires Portuguese, or you can buy from a distributor such as **Lojas Americanas** (Visconde de Pirajá 142, Ipanema).

### Listings

**Rio Guia Oficial** ([www.rioguiaoficial.com.br](http://www.rioguiaoficial.com.br)) The city's tourism authority maintains up-to-date listings of major events.

**Time Out** ([www.timeout.com.br/rio-de-janeiro](http://www.timeout.com.br/rio-de-janeiro)) Maintains a weekly calendar of key concerts and events in Portuguese.

**Rio Show** (<http://rioshow.oglobo.globo.com>) Published inside the Friday edition of *O Globo* newspaper; has extensive listings in Portuguese.

**Veja** (<http://veja.abril.com.br>) The *Rio* insert included with this magazine, which comes out on Sundays, is a good (but Portuguese only) source of info.

## Cinema

There's plenty of variety at Rio's many cinemas. The market here is remarkably open to foreign and independent films, documentaries and avant-garde cinema. This isn't to say that mainstream Hollywood films are in short supply. The latest American blockbusters get ample airtime at movie megaplexes, while cultural centers, museums and old one-screen theaters offer a more diverse repertoire. Films are shown in the original language with Portuguese subtitles. On weekends, popular shows often sell out, so buy your ticket early. Prices range from R\$20 to R\$34 per ticket, with cheaper matinee prices from Monday to Thursday and the highest prices (and longest lines) from Friday to Sunday.

The Rio film fest is one of the biggest in Latin America. More than 400 films

## ACCESSIBILITY

Happily, Rio's cinemas, especially the ones based in grand and shiny shopping centers, are extremely accessible. With wheelchair spaces often at both the front and back of the auditoriums and screenings with audio description and subtitles (although these are only in Portuguese), the movies are a good option on an exhaustingly hot day, or when you need a break from all the caipirinhas! The CCBB (p88) and Cidade das Artes (p110) are also excellently inclusive and really know how to put on a show.

Unfortunately, many of Rio's jazz bars are cramped, accessed via stairs and have few provisions for the disabled. A big show is really the only way to go if you're looking for inclusive entertainment in Rio.

representing 60 countries show at theaters across Rio, and there are occasional screenings at the Marina da Glória and other open-air spots around town. In past years the two-week festival has attracted more than 300,000 attendees. It runs from the last week of September to the first week of October. Although there's a wide variety of international fare screened here, the festival often sets the stage for the success of Brazilian films aimed at wide release. For more info, visit [www.festivaldorio.com.br](http://www.festivaldorio.com.br).

## Samba

Two excellent options for anyone wanting a truly accessible samba experience, both inside and outside, are Rio Scenarium (p103) and Pedra do Sal (p95). The two are pretty different, with the former being a multifloor grand samba building, with antiques galore and a beautiful (if overpriced)

restaurant. Pedra do Sal, on the other hand, consists of a communal 'drinking rock', with parties taking off on the streets around. Accessible bathrooms may be difficult to find once out on the street, and be aware of uneven pavements once in the dark. There are also accessible samba classes and drumming workshops, aimed solely at disabled locals (and tourists) who want to be seen – and remembered! Get in touch with Paul Davies at Embaixadores da Alegria (p28) and ask to join in.

## Entertainment by Neighborhood

- ➔ **Ipanema & Leblon** (p46) A handful of theaters, cinemas and live-music venues.
- ➔ **Gávea, Jardim Botânico & Lagoa** (p50) Live-music spots at lakeside kiosks.
- ➔ **Flamengo & Around** (p85) Small concert halls in arts spaces.
- ➔ **Centro & Praça Mauá** (p95) Large selection of concert halls and theaters.
- ➔ **Santa Teresa & Lapa** (103) Many live-music venues in Lapa.
- ➔ **Barra da Tijuca & Western Rio** (p110) Home to megasized concert halls.

## Lonely Planet's Top Choices

- Centro Cultural Banco do Brasil** (p88) A truly accessible venue, showcasing wonderfully engaging exhibitions and intimate live shows.
- Cidade das Artes** (p110) Massive R\$500 million home to the Brazilian Symphony Orchestra.
- Praia Vermelha** (p73) Go here late on a Sunday afternoon to witness live local jazz with cheap caipirinhas and a Sugarloaf sunset.



Shoppers fill a street in Rio



## Shopping

*Unsurprisingly, beach and casual wear are a big part of the shopping scene in Rio. Less well known is the great variety of stores selling antiques, custom-made handicrafts, wine and spirits, handmade jewelry, records and CDs, coffee-table books and one-of-a-kind goods found only in Rio.*

## NEED TO KNOW

### Opening Hours

**Stores** 9am to 6pm Monday to Friday, to 1pm Saturday

**Malls** 10am to 10pm Monday to Saturday, 3pm to 10pm Sunday

### Consumer Taxes

Most stores list their prices with the tax already included, so what you see on the price tag is the total price you'll pay for the goods.

### Language

Many sales assistants in high-end shops speak English.

### Bargaining

A little bargaining is expected when making purchases at markets, but keep in mind that sellers generally don't over-inflate their prices and so aren't willing to haggle very much.

## Rio's Markets

Rio's many markets are ideal places for exploring the subcultures beneath the city's surface, whether that means you're brushing elbows with antique lovers, recent migrants from the Northeast or youthful flocks of fashionistas from the Zona Sul. Some markets, such as the monthly Feira do Rio Antigo, are as much about food and music as they are about shopping.

A few top markets:

### Hippie Fair (p47)

**Av Atlântica Fair** (Map p146; on the median along Av Atlântica near Rua Djalma Ulrich, Copacabana; ☺6pm-midnight Mon-Sat)

**Feira do Rio Antigo** (Map p154; Rio Antiques Fair; Rua do Lavradio, Lapa; ☺10am-6pm 1st Sat of month)

**Praça Santos Dumont Antique Fair** (Map p148; Praça Santos Dumont, Gavea; ☺9am-6pm Sun)

## Rio Souvenirs

**Music** Expand your CD collection with local favorites such as singers Maria Rita, Diogo Nogueira or Mart'nália.

**Cachaça** Buy quality *cachaça* (high-proof sugar-cane alcohol) from Minas from around R\$35.

**Swimwear** Flaunt your new tan in a tiny *sunga* (Speedo) or *fio dental* (string bikini). Ipanema, along Rua Visconde de Pirajá, is the place to look.

**Maracatu drums** If the massive Northeastern instrument won't fit on your coffee table, consider the smaller ukelele-like *cavaquinho*.

**Paintings** Artists showcase their works at the Sunday **Hippie Fair** (p47).

**Soccer jerseys** Score a jersey for one of Rio's teams.

**Folk art** Tap into Brazil's handicraft traditions at stores scattered about town.

## Shopping by Neighborhood

➔ **Ipanema & Leblon** (p47) Loads of boutiques; high prices.

➔ **Gávea, Jardim Botânico & Lagoa** (p56) Several small-scale but atmospheric shopping streets.

➔ **Copacabana & Leme** (p67) Loads of stores, a few markets and tourist fare.

➔ **Centro & Praça Mauá** (p97) Wine shops, bookstores and downmarket clothing shops; Medina-like browsing in the pedestrian streets of Saara.

➔ **Santa Teresa & Lapa** (p104) A few handicrafts shops and galleries near Largo do Guimarães.

## ACCESSIBILITY

While haggling in markets is fun and the produce more interesting than in shopping centers, getting around them is often not the easiest thing to do. If markets are a must, though, the Hippie Fair in Ipanema is truly delightful and really quite accessible if you can cope with the unevenly tiled floor.

As in most cities, big and brash shopping centers are less exciting, but they come with smooth floors, large elevators to all levels, accessible bathrooms and Braille buttons/visual strips – at least most of the time. Hearing loops are, well, almost unheard of in Rio, but should you be lucky enough to find one, it's likely to be in Rio Sul (p76), Shopping da Gavea (p56) or Shopping Leblon (p48).



STUART DEE / GETTY IMAGES ©

Hang gliding over São Conrado (p28)



## Sports & Activities

*Tropical rainforest, towering peaks and sparkling beaches set the stage for a wide range of adventures in this outdoors-loving city. Hiking, rock climbing, hang gliding, surfing and cycling are just a few ways to spend a sun-drenched afternoon. For those with reduced mobility, there are many adapted activities and adventures in this marvelous city. Rio is also a great place to watch sport; nothing quite compares to seeing the spectacle of a football match at hallowed Maracanã, or athletes competing in the Games.*

### Trails to Wander

Splendid views and the sounds of the ever-present ocean are just two features of the many good strolling paths of the Zona Sul. Parque do Flamengo (p81) has plenty of paths stretching between the city and bay. Further south Lagoa Rodrigo de Freitas (p53) has a 7.2km track for cyclists, joggers and inline skaters – it's great for a wheelchair workout, too! At the lakeside Parque dos Patins you can rent bicycles (R\$15 per hour), tricycles

or quadricycles (around R\$30 per hour). A popular option is to take the seaside path from Leme to Barra da Tijuca. You can also wander along paths from Copacabana up to Parque do Flamengo. Sunday is the best day to go, as the road is closed to traffic but open to the city's many outdoor enthusiasts.

The short Pista Cláudio Coutinho (p72), between the mountains and the sea at Praia Vermelha in Urca, is closed to bikes but open to walkers and joggers. It's open from 7am to 6pm daily, and is steep and cobbled, but not impossible for a fit manual wheelchair

## NEED TO KNOW

### Football at Maracanã

**Getting to Maracanã** You can take the metro to (the very accessible) Maracanã station and buy tickets at the gate.

**Game days** Games take place year-round on Saturdays or Sundays, and less frequently on Wednesdays or Thursdays.

**Information** For results, schedules and league tables visit [www.sambafoot.com/en/](http://www.sambafoot.com/en/).

### Surf Rio

**Surf conditions** Find detailed information on all the breaks around Rio at [www.wan.nasurf.com](http://www.wan.nasurf.com). If you can read Portuguese, check out [www.riosurfpge.com.br](http://www.riosurfpge.com.br).

**Boards** For boards and other gear, visit **Galeria River** (Map p146; Francisco Otaviano 67, Arpoador; ☉9am-8pm Mon-Sat) or **Spirit Surfboards** (Map p146; Galeria River, Francisco Otaviano 67; ☉10am-6pm Mon-Sat). You can also rent boards on the beach and from some hostels.

**Classes** Beginners who want to learn to surf can take classes through informal *escolinhas* (schools) off Ipanema Beach and off Barra. Adaptsurf can also teach those with additional requirements (equipment provided).

user and/or one with a willing companion. Power wheelchair users should have no problem.

### Accessible Adventures

Although it may not be the most accessible city in the world, there are some incredible organizations in Rio catering for disabled locals and tourists alike by providing accessible, inclusive and unforgettable activities on land, in the sea and up high.

### Adapted Surfing and Beach Life

Rio is known for its amazing surf spots, beachy fashion sense and gorgeous bikini bods. Want a piece of the action? You can get it in Copacabana, Leblon and Barra courtesy of these two excellent organizations:

**AdaptSurf** (Map p144; ☎021-2239-1737; [www.adaptsurf.org.br](http://www.adaptsurf.org.br)) Run by a dedicated couple with regular events in Zona Sul and Barra, you

can learn to surf from scratch – in a manner that suits your ability. Beach chairs and sand-ramps will aid you down to the water, while staff teach you according to your strengths and impairment. Nothing feels as good as catching your first wave and getting back to the beach, surrounded by applause.

**Praia Para Todos** (Map p146; [www.praiapara.todos.com.br](http://www.praiapara.todos.com.br)) Want to experience volleyball, barbecues and parties on the beach while getting involved with a close-knit disability campaigning community? Then Praia Paras Todos (Beaches for All) may just be where you should be spending your weekends.

### Accessible Carnaval

**Embaixadores da Alegria** (☎021-98050-9911; <https://www.facebook.com/Embaixadoresdaalegria/>) Rio is famous for its colorful and crazy Carnaval, but disability had gone unnoticed in the proceedings for years. That is, until Paul Davies and his Embaixadores da Alegria came along, offering drum workshops, costume-making sessions and the odd Carnaval prep party to anyone willing to lend a hand and some excitement. Search for them on Facebook and witness the madness for yourself.

### Hang Gliding

If you weigh less than 100kg (about 220lb) and have a spare R\$500 to spend, you can hang glide off 510m Pedra Bonita – one of the giant granite slabs that tower above Rio – onto Pepino Beach in São Conrado. Flights last about seven to 10 minutes, and no experience is necessary. Guest riders are secured in a kind of pouch attached to the hang glider. The winds are quite safe here and accidents are rare. Depending on who you book with, it's totally accessible, too! Ask a receptionist at your hotel or hostel to help with translations when inquiring about access over the phone. The price of the flight includes pick-up and drop-off from your hotel.

**Bernard Moraes** (Map p152; ☎021-99702-3577; <http://www.bernardprivatetours.com>) With years of experience taking people of all abilities on tours to places such as Pão de Açúcar, Cristo Redentor and the Escadaria Selarón, and adrenaline trips that include scuba diving and hang gliding, Bernard has a wealth of knowledge and a totally zen personality that will ease you right into the *carioca* spirit.



Surfing, Ipanema Beach (p40)

## Other Activities

Depending on tournament dates, you could catch a Powerchair Football match in central Rio. Or visit ABBR, a hospital that feels more like a university campus. It has its own art shop selling handmade gifts made by patients in art therapy sessions. Visit [www.abbr.org.br](http://www.abbr.org.br) to find out more.

## Activities by Neighborhood

- ➔ **Ipanema & Leblon** The beach path provides a great work-out for all.
- ➔ **Gávea, Jardim Botânico & Lagoa** The lake-shore path provides a cool place to exercise first thing in the morning.
- ➔ **Copacabana & Leme** Wander along the beach path; Adaptsurf on the weekends.
- ➔ **Botafogo & Urca** Rock climb up Pão de Açúcar. Walk the short and more accessible Pista Cláudio Coutinho.

➔ **Flamengo & Around** Take a stroll through Parque do Flamengo.

➔ **Barra da Tijuca & Western Rio** Hikes and climbs in Floresta da Tijuca, and Praia Para Todos on the weekends.

## Lonely Planet's Top Choices

**Best football experience** See a game at **Maracanã** (p31).

**Best bike/wheelchair outing** The trail from Leblon to Leme.

**Best (st)roll** Head down **Avenida Atlântica**, Copacabana, on a Sunday when the roads are pedestrianized.

**Best climb** The ascent up **Pão de Açúcar** (p70).

**Best surfing** Join **Adaptsurf** (p28) in Leblon.

**Best airborne experience** The (accessible) hang-gliding plunge off Pedra Bonita.



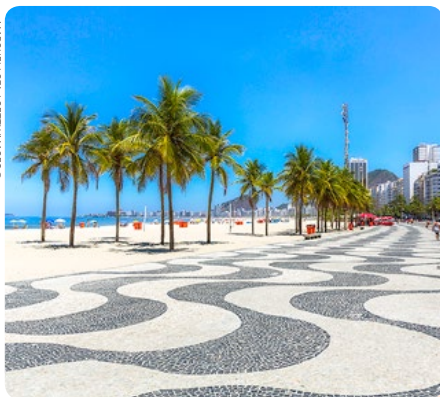
Maracanã Football Stadium



## Sports Venues

*Venues for the 2016 Rio Olympics and Paralympics are spread across Rio and occupy some of the most picturesque parts of the city. At the time of writing, many of the arenas were still kept tightly under wraps, but we managed to get a taste of what this marvelous city will be offering.*





Copacabana Beach

## Maracanã Football Stadium

With a seating capacity of 78,000, and having undergone extensive renovations in time for the 2014 World Cup and now the 2016 Olympic and Paralympic Games, **Maracanã Football Stadium** (☎021-8871-3950; [www.suderj.rj.gov.br/maracana.asp](http://www.suderj.rj.gov.br/maracana.asp); Av Maracanã, São Cristóvão) has gained recognition as one of the world's great sporting venues. A visit to an event held here will surely be a highlight of anyone's Olympic experience.

Accessibility was a consideration in the renovations and, on the whole, the stadium really does stand out as inclusive. All the usual things can be expected: level access to most areas and accessibility through all stadium gates; allocated and spacious accessible and companion seating; bilingual signage and sporadic Braille signage; and areas of contrasting color to aid those with visual impairments. Large elevators provide plenty of room for all, but unfortunately not all are equipped with audio floor indication. Accessible and adapted bathrooms are well-marked and easy to find.

In terms of transport, Maracanã metro station is situated just outside the stadium and is fully accessible for all, with helpful and knowledgeable staff on hand. If you are traveling by car, there are about 50 parking spaces specifically for those with disabilities at the State University, near the Quinta da Boa Vista, which, although quite a way from the stadium, will provide the most convenient access on busy days.

Beware: some ramps at Maracanã don't quite tick the boxes. One in particular, leading from the metro station to the stadium, is extremely steep and many people with mobility issues will require assistance. Similarly, tactile flooring for those with visual impairments is inadequately placed and inconsistent at times.

## Copacabana Beach

This stunning waterfront spectacle (p60) in Zona Sul (the south zone) has welcomed sun-worshippers from far and wide and seen countless world-famous surfers and footballers celebrate on its sand. It has hosted big-name bands, New Year's Eve celebrations and enough beach volleyball tournaments to last a lifetime. Its beautiful promenade, with a mosaic wave-patterned path, has become one of the most striking symbols of Rio de Janeiro.

Its 4.5km of golden sand is punctuated by many welcoming kiosks at which you can buy fresh coconut water, and is patrolled by hawkers encouraging you to buy everything from scarves to photos of sand sculptures. Along the seafront are small stations, or *postos*, equipped with bathrooms and changing stations. On the seafront, you can also find several well-known restaurants and hotels, including **Copacabana Palace** (Map p146), famous for accommodating politicians and celebrities.

In terms of accessibility, all signage on the beach and promenade is in both English and Portuguese and there are several accessible parking spaces dotted around for those with disabilities. However, the very beautiful mosaic paving can prove difficult for those with reduced mobility, and accessible toilets cannot easily be found. Many nearby hotels, however, will welcome visitors with disabilities to use their accessible bathrooms. Much of the beach also lacks tactile flooring, visual contrast strips or sound signaling for visually impaired people, and there is no equipment to support those who are hard of hearing. One last point: be careful of the pedestrian crossings as few have lowered curbs and many cross the cycle path.

## Barra and the Olympic Park

As one of the main arenas for the Rio 2016 Olympic and Paralympic Games, the Carioca One Arena offers comfortable seating,

excellent air-conditioning and absolutely spectacular views over Barra and beyond. Situated to the right of Olympic Park, and between its sister arenas (aptly called Carioca Two and Three), this building is right in the middle of the sports action. With a large basketball court in the center of the arena, surrounded by tiered spectator seating, everyone will get a great view of the events.

Each entrance gate into the arena provides level access, with elevators leading to the spectator areas. There are several wheelchair spaces within these areas (at the highest points), alongside larger seats for those who require more room. The viewing platforms are separated by glass panels, ensuring that people of all statures can enjoy the full experience.

At the time of writing, there were no wheelchair-accessible toilets available within the arena, but we are assured that this will have changed come Games time.

In terms of transport, ramped bus stops are available for those requiring public transport to and from the venue. Taxis will also be in great supply at Olympic and Paralympic events.

For those with visual impairments, all elevators have Braille buttons and tactile flooring is present throughout the outer

areas of the arena. Descriptive sports commentary during the matches is delivered in both Portuguese and English. First-aid staff are identifiable by their large armbands.

Visitors with hearing impairments will be happy to know that lighting within the arena is extremely natural and there are no windows within the main seating sections, preventing 'lip-reading headaches' and enabling all visitors to communicate regardless of where they are seated. Interpreters will be present at the Games, and will likely use International Sign (IS).

For more information about Parque Olímpico, see p107.

### Lagoa Rodrigo de Freitas

Lagoa Rodrigo de Freitas (p53), with its 7.2km shoreline, offers several opportunities for leisure activities. There are bike trails, jogging tracks, playgrounds, sports courts, a skate park, areas for dogs, kiosks and bars. One of the most popular areas of the lagoon is Parque Tom Jobim, the area between the Piraquê and Heliport Club, where live music can often be heard. A major event in the city's calendar is the lighting of the floating Christmas tree on the lake each year. If you're around in December, don't miss a nighttime visit.

### LOCAL KNOWLEDGE: HANNAH COCKROFT, GOLD MEDAL WINNER

Hannah Cockroft won a gold medal as a sprinter at the London 2012 Paralympic Games and holds the world records for both the 100m and 200m. She has been in Rio ahead of the 2016 Games.

**What do you like about Rio?** Rio has absolutely stolen my heart: from the friendly, supportive people to the beautiful scenery, views and vibrant colors of the city. Rio is such an exciting place to be, I cannot wait to see how much more it comes to life for the Games.

**What are you most excited about when it comes to the Games?** I think I'm most excited for the crowds. To have met and seen the Brazilian people, I already know they are going to welcome the Paralympics with open arms, just from their reactions of me training on the road next to Copacabana beach. They know we're on our way and they're as excited about it as I am! These people are going to make *noise* and I cannot wait to experience that!

**Where is the most accessible place you've been in Rio, and why?** I found Sugarloaf Mountain [Pão de Açúcar] to be the most amazing and accessible place I visited. Obviously three days in Rio is only a flying visit, so I'm sure there is lots more to see but I was amazed by the systems they had in place, with ramps onto and off the cable cars, well-trained security to help you, and lifts to every viewing platform and level of the mountain. I was a little apprehensive about whether I would be able to have an enjoyable experience whilst pushing uphill but it was incredible to have the opportunity to see everything that everyone else could see. Definitely a must-visit on anyone's list!

## LOCAL KNOWLEDGE: EDUARDO MAYR, BRAZILIAN WHEELCHAIR RUGBY PLAYER

As part of the Rio 2016 test events in February and March 2016, we attended a wheelchair rugby (or 'murderball' as it was originally known) session at the Carioca One Arena in the Olympic Park. Eduardo Mayr is a player on Brazil's wheelchair rugby team.

**What's your favorite thing about wheelchair rugby?** I love the heat. The energy is like nothing else. The conditioning and technical stuff has really helped me, too.

**Are you excited for Rio 2016?** Of course! I can't wait for Rio, and the game of wheelchair rugby to become bigger and better once the Games start. It'll be great to invite people from all over the world to my home.

**What should visitors do while they are here?** Go to Sugarloaf Mountain [Pão de Açúcar]. It's my favorite. You can relax all day there and it is so beautiful. And for partying? It's got to be Lapa!

The park is surrounded by a low wall; access into the park is via small openings along the wall. The famous mosaic paving looks stunning, but can prove tough for those with mobility impairments, as can the fact that curb cuts are a rarity around the lake. It's not all bad though: there is reserved parking for people with disabilities and ramps for easy access throughout. Certain staff members are also trained to communicate in Brazilian Sign Language (Libras).

There are three piers in Parque Tom Jobim, all made of wooden slats, with steeply sloped access ramps. The tactile flooring is not particularly helpful at the moment, but plans to change this for the Games are under way. Small food and drink kiosks are available; just be aware that they are surrounded by cramped tables and chairs.

Currently, there are no public toilets in Parque Tom Jobim, and the ones that do exist at the kiosks for customer use are inaccessible. However, we have been informed that accessible public bathrooms will be installed for the 2016 Games.

Getting there is probably easiest via taxi, although the Cantagalo metro station is not far away, and is accessible.

### Other Venues

For general information about Rio de Janeiro's other sporting venues, visit [www.lonelyplanet.com/brazil/rio-de-janeiro](http://www.lonelyplanet.com/brazil/rio-de-janeiro).

For information about the accessibility of other Paralympic and Olympic venues, visit the official Rio 2016 websites, click through to the individual venues and look under 'accessibility'.

For information about other Paralympic venues, visit <https://www.rio2016.com/en/paralympics/venues>

For information about other Olympic venues, visit <https://www.rio2016.com/en/venues>

# Explore Rio de Janeiro

<b>Neighborhoods at a Glance</b> .....	36	<b>Botafogo, Humaitá &amp; Urca</b> .....	68	<b>Santa Teresa &amp; Lapa</b> .....	97
<b>Ipanema &amp; Leblon</b> ....	38	<b>Top Sights</b> .....	70	<b>Top Sights</b> .....	99
<b>Top Sights</b> .....	40	Sights .....	72	Sights .....	100
Sights .....	41	Eating .....	73	Eating .....	101
Eating .....	42	Drinking & Nightlife .....	74	Drinking & Nightlife .....	102
Drinking & Nightlife .....	45	Entertainment .....	76	Entertainment .....	103
Entertainment .....	46	Shopping .....	76	Shopping .....	104
Shopping .....	47	Sports & Activities .....	76	Sports & Activities .....	104
Sports & Activities .....	49	<b>Flamengo &amp; Around</b> ...	77	<b>Barra da Tijuca &amp; Western Rio</b> .....	105
<b>Gávea, Jardim Botânico &amp; Lagoa</b> ....	50	<b>Top Sights</b> .....	79	Sights .....	107
<b>Top Sights</b> .....	52	Sights .....	81	Eating .....	109
Sights .....	53	Eating .....	83	Drinking & Nightlife .....	110
Eating .....	54	Drinking & Nightlife .....	84	Entertainment .....	110
Drinking & Nightlife .....	55	Entertainment .....	85	Shopping .....	111
Shopping .....	56	Shopping .....	85	<b>Sleeping</b> .....	112
Sports & Activities .....	57	Sports & Activities .....	85		
<b>Copacabana &amp; Leme</b> .....	58	<b>Centro &amp; Praça Mauá</b> .....	86		
<b>Top Sights</b> .....	60	<b>Top Sights</b> .....	88		
Sights .....	61	Sights .....	90		
Eating .....	61	Eating .....	92		
Drinking & Nightlife .....	66	Drinking & Nightlife .....	95		
Entertainment .....	66	Entertainment .....	95		
Shopping .....	67	Shopping .....	96		
Sports & Activities .....	67				



## RIO DE JANEIRO'S TOP SIGHTS

Ipanema Beach .....	40
Jardim Botânico .....	52
Copacabana Beach .....	60
Pão de Açúcar .....	70
Cristo Redentor .....	79
Centro Cultural Banco do Brasil .....	88
Museu Do Amanhã .....	89
Escadaria Selarón .....	99



# Neighborhoods at a Glance



## 1 Ipanema & Leblon p38

Ipanema and Leblon share the same stretch of south-facing shoreline. Rio's beautiful people flock to these beaches, while the tree-lined streets just inland hide some of the best eating, drinking and shopping in the city.

## 2 Gávea, Jardim Botânico & Lagoa p50

The northern border of Ipanema and Leblon is the Lagoa Rodrigo de Freitas, a saltwater lagoon fronted by the high-rent districts of Gávea, Jardim Botânico and Lagoa. Here you'll find open-air dining and drinking at lakeside restaurants, and verdant botanical gardens to the west.

## 3 Copacabana & Leme p58

The scalloped beach of Copacabana begins northeast of Ipanema. Once a destination for international jet-setters, Copacabana is the city's somewhat ragged tourist magnet, with dozens of oceanfront hotels and sidewalk restaurants. The population density is high here and mixes old-timers, favela kids and tourists, and high and low culture.

## 4 Botafogo, Humaitá & Urca p68

Just north of Copacabana, Botafogo and Humaitá are desirable neighborhoods with vibrant nightlife, cutting-edge restaurants and a few intriguing museums and galleries in the area's old mansions. East of Botafogo, Urca retains a peaceful vibe and is famed for Pão de Açúcar (Sugarloaf Mountain), which shadows its quiet streets.

## 5 Flamengo & Around p77

To the north of Botafogo, residential neighborhoods include low-key Flamengo, leafy

Laranjeiras and, further west, Cosme Velho, above which looms Cristo Redentor (Christ the Redeemer) atop Corcovado. Following the curve of the bay north is Parque do Flamengo, home to cycling trails, sports fields, and several monuments and museums. Inland from there, Catete and Glória hide history in their battered streets, including the former presidential home.

## 6 Centro & Praça Mauá p86

Centro is Rio's business hub and also one of Rio's oldest areas; it houses baroque churches, historic sites, scenic plazas and lavish theaters. Its wide boulevards are crisscrossed with narrow pedestrian streets sprinkled with colonial buildings. History aside, Centro has atmospheric open-air cafes and bars that draw the happy-hour crowd. North of Centro, Praça Mauá is the center of Rio's revitalized port district and has some outstanding new museums.

## 7 Santa Teresa & Lapa p97

On the southwestern edge of Centro, Lapa is a ramshackle neighborhood that's also the epicenter of Rio's nightlife, with dozens of samba-filled bars and clubs, and late-night street parties. Uphill from Lapa, Santa Teresa is a picturesque neighborhood of winding streets and old mansions that have been restored by the many artists and bohemian characters who have settled there. However, it's without doubt the most inaccessible area of Rio, especially as some parts of steep Santa Teresa are only suitable for motorcycles.

## 8 Barra da Tijuca & Western Rio p105

West of Leblon you'll find great hiking amid the rainforest of Floresta da Tijuca. Nearby, hang gliders make their soaring descent. Further out, Barra da Tijuca is a sprawling suburb with a long, pretty beach, but you'll need a car (or a driver) to get around. Other

# Ipanema & Leblon

IPANEMA | LEBLON

## Neighborhood Top Five

**1** Frolicking in the waves, sipping refreshing *maté* and watching people parade on lovely **Ipanema Beach** (p40).

**2** Joining fishers and couples on rocky **Ponta do Arpoador** (p41) for the nightly spectacle of sunset.

The promenade below is particularly accessible and provides a pleasant stroll, with hotels and restaurants nearby.

**3** Feasting on Bahian snacks and browsing artwork and handicrafts at the weekly **Hippie Fair** (p47).

**4** Treating yourself at the stunning (and accessible) **Spa Maria Bonita** (p49).

**5** Enjoying the spectacular view, with a (pricey) caipirinha in hand, from the rooftop bar of at **Hotel Fasano** (p115).



For more detail of this area see Maps p142 and p144 →



## Explore Ipanema & Leblon

The favored address for young, beautiful and wealthy *cariocas* (residents of Rio), these twin neighborhoods boast magnificent beaches and tree-lined streets full of enticing open-air cafes, restaurants and bars. They're also the epicenter of the city's high-end shopping, with dozens of colorful boutiques and multistory *galerias* (shopping centers) selling pretty things that can quickly deplete a budget. While there are few traditional sights here, you can bask on the beach and explore the leafy streets. Ipanema is also Rio's gay district, which revolves around the cafe and bar scene on and near Rua Farme de Amoedo.

Ipanema acquired international fame in the early '60s as the birthplace of the bossa nova hit song 'Girl from Ipanema.' The neighborhood became the hangout of artists, intellectuals and wealthy liberals, who frequented the sidewalk cafes and bars. These days the artists and intellectuals have moved on, and the area is better known for its high-priced apartments and luxury lifestyle. This is, after all, Rio's most affluent district. While few *cariocas* can afford to live here, the streets and beach attract a wide cross-section of society, from surf kids from the outskirts to long-time residents and fashion-conscious twenty- and thirty-somethings who pack the open-sided bars by night. Ipanema and Leblon are also among the city's top destinations for dining and drinking.

In terms of accessibility, most big brand-name shops have their headquarters here, so expect a lavish (and more spacious) experience, with thought having gone into the design and layout of boutiques and jewelry stores. Luxurious hotels abound here and, as you'd expect, accessibility generally improves as the price increases. Walkways are wide and relatively flat, taking a stroll along the seafront is pleasant, and hitting up the Hippie Fair at General Osorio Square is not to be missed.

## Local Life

- ➔ **Markets** Hit a market for fresh mangoes, passion fruit and snacks (such as the crepe-like tapioca).
- ➔ **Restaurant strips** Rua Dias Ferreira in Leblon is packed with high-end restaurants that serve sushi, Italian tapas, Brazilian fusion and more.
- ➔ **Hangouts** Ipanema and Leblon have many lively neighborhood bars, and many of the grand hotels also offer rooftop experiences.
- ➔ **Rainy-day escapes** Shopping Leblon (p48) has plenty of rainy-day amusements including top-end shops, a movie theater and decent restaurants – some with views. It provides great accessible respite when needed, too.

## Lonely Planet's Accessible Top Tip

On Sundays the eastbound lane of the beach road closes to traffic and fills with cyclists, joggers and in-line skaters. The car-free stretch goes all the way up through Copacabana to Leme, which is particularly interesting if you're a wheelchair user: enjoy the space and smooth roads.

## Getting There & Away

**Taxi** if you're staying in Zona Sul, a taxi to this area should not cost more than R\$30.

**Metro** General Osório station is particularly accessible, and is also where line (*linha*) 1 starts. It's a good option to take if you wish to visit Copacabana without having to trek a couple of kilometers along the seafront. Get off at Siqueira Campos, the most accessible station in Copacabana.



## TOP SIGHT IPANEMA BEACH

**You've probably seen the photos and heard the jazzy theme song 'Girl from Ipanema', but nothing quite compares to the experience of kicking off your Havaianas and strolling along the golden sands of Rio's most-famous beach. If you're a wheelchair user, wait until the weekend to do this when you can borrow a beach chair from AdaptSurf (p28) or Praia Para Todos (p28). The beach is the city's great backyard, free and open to all, with amusements of all kinds: from surfing and jogging along the shore to sitting back, *agua de côco* (coconut water) in hand, and watching Rio at play.**

One long stretch of sun-drenched sand, Ipanema Beach is demarcated by *postos* (posts), which mark off subcultures as diverse as the city itself. *Posto* 9, right off Rua Vinícius de Moraes, is Garota de Ipanema, which is where Rio's most lithe and tanned bodies tend to migrate. The area is also known as the Cemitério dos Elefantes because of the handful of old leftists, hippies and artists who sometimes hang out there. In front of Rua Farma de Amoedo, the beach is known as Praia Farma, and is the stomping ground for the gay community. *Posto* 8 further east is mostly the domain of favela (slum, informal community) kids. Arpoador, between Ipanema and Copacabana, is Rio's most popular surf spot.

Leblon attracts a broad mix of single *cariocas*, as well as families from the neighborhood. *Posto* 10 is for sports lovers, where there are ongoing games of volleyball, soccer and *frescobol* (beach tennis played with wooden rackets and a rubber ball).

Whatever spot you choose, you'll enjoy cleaner sands and sea than those in Copacabana. Keep in mind that if you go on a Saturday or Sunday, the sands get crowded; go early to stake out a spot.

Once on the beach, head to your favorite *barraca* (beach stall), where you can hire chairs and a sun umbrella. There are also food and drink stalls, though roving vendors will come to you, proffering cold drinks (try the sweet tea-like *maté*) and snacks (such as crunchy *globos* – a crispy biscuit made from manioc flour).

A few warnings: The word *ipanema* is an indigenous word for 'bad, dangerous waters', which is not far off given the strong undertow and often oversized waves that crash onto the shore. Be careful, and swim only where locals do. Bring just enough cash for the day, and keep a close watch on your belongings. Petty theft is rife on the beach.

Much like Copacabana Beach next door, Ipanema offers very beautiful mosaic paving that can prove difficult for those with reduced mobility, and accessible toilets cannot easily be found. Many nearby hotels, however, will welcome visitors with disabilities who want to use their accessible bathrooms. Unfortunately, much of the beach also lacks tactile flooring, visual contrast strips or sound signaling for visually impaired people, and there is no equipment to support those who are hard of hearing. At the weekends, head further down to Leblon beach where you can engage in some adapted surfing.

### DON'T MISS...

- The chance to try your hand at adapted surfing with AdaptSurf (p28) in Leblon every weekend.
- *Globos* (manioc flour biscuits) and *maté* (sweet-tea drink).
- Rehydrating *agua de côco* (coconut water).
- Watching *cariocas* show off their skills at volleyball and *futevolei* (volleyball played without using your hands).

### PRACTICALITIES

- Map p142
- Av Vieira Souto

## SIGHTS

### IPANEMA BEACH

BEACH

See p40.

## Ipanema

### PONTA DO ARPOADOR

VIEWPOINT

Map p142 (Av Vieira Souto) At the far eastern end of Av Vieira Souto, this rocky point juts out into the water and serves as one of Rio's best places for watching the sunset. Throughout the day, you'll spot fishers casting off the rock, couples stealing a few kisses and photographers snapping that iconic length of Ipanema Beach that stretches off toward the towering peaks of Dois Irmãos. You'll also see large flocks of surfers jockeying for position offshore. Around the western edge of the rock is the tiny, secluded Praia do Diabo (Devil's Beach); it's a fine place to take in the views, but swim with caution. A very rustic gym is built into the rocks (think Fred Flintstone-style barbells with concrete weights and chin-up bars).

Strolling to the Arpoador is accessible and pleasant, especially on the tiled promenade, although getting onto the sand below may prove tricky for some. At *Posto 7* there is a step-free but relatively small bathroom for those who are able to use it. If getting high onto the rocks or down onto the beach is tricky, fear not – the views are just as stunning from the outdoor kiosks. Beware: there is little shade in this area, so get prepared.

### H STERN

MUSEUM

Map p142 (☎021-2106-0000; www.hstern.net; Garcia d'Ávila 113; ☎9am-6pm Mon-Fri, to noon Sat) **FREE** The famous jeweler H Stern allows visitors to get a glimpse behind the scenes at these gemological headquarters. A 12-minute audio tour shows the process of turning the rough stones into flawlessly cut jewels, and you can peer behind the laboratory windows to see craftspeople, cutters, goldsmiths and setters at work.

While there you can also ask to visit the small museum with its display of rare mineral specimens and a large collection of tourmalines. Following the tour, you'll meet with a sales rep, which some people find uncomfortable. A polite 'No, thank you,' will usually see you to the next level (the showroom) and then on to the exit.

There's a free shuttle service to and from major hotels in Rio. This usually involves a minibus with an entrance that is quite high, even with the added stool that is available, and may not be suitable for those who are unable to transfer independently. However, discuss your requirements at the booking stage and the representatives may be able to book alternatives. The headquarters themselves are fully accessible for those with limited mobility, with an elevator to each floor and a small accessible bathroom on each level. As part of the service a guide is on hand every step of the way – great if you need a push!

The tour itself is in a very dark area, with only the luminous colors of the display lighting the way. The audio tour, however, is very thorough in describing what is happening behind each window, and is available in many languages. An attendant is always in the elevator, too, removing any worries about the visibility of buttons and closing doors. There is no tactile flooring or contrasting visual signposts throughout the rest of the experience.

Unfortunately H Stern does not offer an interpreter for the experience, nor a hearing loop. Throughout the tour, however, written information is available in both English and Portuguese. In the showrooms and shops, calculators can be used to negotiate prices.

### PARQUE GAROTA DE IPANEMA

PARK

Map p142 (off Francisco Otaviano, near Bulhões Carvalho; ☎7am-7pm) This small park next to Ponto do Arpoador features a tiny playground, a concrete area popular with skaters, and a lookout with a view of Ipanema Beach. On weekends in summer, occasional concerts are held here.

As expected with a park, there are no accessibility features here. It is, however, an excellent place to seek refuge from Ipanema's constant bustle.

### ELEVADOR DO MORRO DO CANTAGALO

VIEWPOINT

Map p142 (Barão da Torre & Teixeira de Melo) **FREE** Connected to the metro station off Praça General Osório, this elevator whisks passengers up to Cantagalo, a favela that's wedged between Ipanema and Copacabana. The sparkling sea views from the elevator are quite fine, though local residents are just happy to have a convenient way to get home

that doesn't mean ascending hundreds of steps. From the top, keep heading uphill for even better views over Ipanema and Lagoa Rodrigo de Freitas.

As far as security goes, Cantagalo has been safe to visit since the police pacification units arrived in 2009. Recent high-profile visitors include Lady Gaga, Carla Bruni and Brazil's president, Dilma Rousseff. In terms of accessibility, the views are great but unfortunately there is little else available. At the top, there is an extremely steep uphill climb, steps, and uneven terrain. It's definitely something to look into if you fancy a challenge or have particularly active company, though.

## Leblon

### MIRANTE DO LEBLON

VIEWPOINT

(Av Niemeyer) A few fishers casting out to sea mingle with couples admiring the view at this overlook uphill from the western end of Leblon Beach. The luxury Sheraton Hotel looms to the west, with the photogenic favela of Vidigal nearby.

For a more accessible option, have a drink poolside at the Sheraton Hotel and look out onto the sea. The hotel can also act as a good meeting point as, for those who are able to, heading across the road and up into the Vidigal favela to take a few snaps of the sunset is absolutely worth it; it is difficult not to feel humbled by the vista before you.

### PRAIA DE LEBLON

BEACH

(Map p144) Separated from Ipanema by the gardens and canal of Jardim de Alah, Leblon Beach attracts families and has a slightly more sedate vibe than its eastern counterpart. Parents with little ones may want to check out Baixo Bebê, between *postos* 11 and 12, where you'll find a small playground on the sand as well as other young families.

It's definitely a place to go if you fancy a bit of accessible adrenaline: the beach is home to AdaptSurf (p28), an initiative set up to encourage anyone with a disability to ride the waves in style. Beach chairs, ramps and accessible bathrooms are available, and the sessions take place most weekends. It would be difficult to not feel immediately welcome and see the sands of Rio in a totally different light.

## EATING

Rio's best restaurants lie in the neighborhoods of Ipanema & Leblon. Along the tree-lined side streets abutting the major thoroughfares, you'll find a mix of trendy eateries, outdoor cafes and juice bars. Price and quality generally run high here, though the stylish new flavor of the month doesn't always live up to the hype.

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

## Ipanema

### URUGUAI

SNACKS \$

Map p142 (Posto 9, Ipanema Beach; sandwiches R\$12-18; ☺noon-5pm) Of the many *barracas* (food stalls) on the beach, Uruguaí is a long-term favorite and serves scrumptious grilled chicken, beef or sausage sandwiches. Look for the blue-and-white striped Uruguayan flag flying high over the beach.

It's totally accessible for anyone able to get straight onto the beach, but not ideal for anyone with mobility issues who is traveling alone.

### VERO

ICE CREAM \$

Map p142 (☎021-3497-8754; Visconde de Pirajá 260; ice cream R\$11-16; ☺11am-midnight) This artisanal Italian-run *gelateria* whips up Rio's best ice cream. You'll find more than two dozen rich and creamy temptations, including *gianduia* (chocolate with hazelnut), *caramelo com flor de sal* (caramel with sea salt), *figo com amêndoas* (fig with almond) and classic flavors such as *morango* (strawberry). The selection changes daily.

A ramp leads into the store, which is all on one level. The staff speak English, although there is no English menu. Unfortunately, bathrooms are for staff only.

### GALITOS GRILL

BRAZILIAN \$

Map p142 (☎021-2287-7864; Farma de Amoedo 62; mains R\$18-44; ☺noon-10pm) This open-sided purveyor of roast chicken is a handy eating spot in the neighborhood. Grab a seat at the counter and enjoy inexpensive, nicely seasoned lunch specials whipped up in a hurry.

The entrance is step-free and the restaurant is all on one level with English menus.

## HOPE IN RIO'S FAVELAS

Residents of Rio de Janeiro's favelas (slums, informal communities) face enormous obstacles. Many families live in communities lacking basic essentials such as sewers, medical clinics and roads. Children attend some of the city's worst schools; many, indeed, drop out. The long bus commute for those heading to work can often take hours on traffic-snarled roads for a salary that may not even meet their basic living expenses. There's also a social stigma attached to living in the slums, some of which – particularly those far removed from visitors' eyes – are still run by local drug lords.

Yet it isn't all gloom for Rio's estimated one million favela residents. In the past two decades locally managed organizations have begun appearing in favelas across the city. While small in scale, these nonprofits offer residents the chance to learn new skills and gain a sense of pride. They also give something often in short supply – hope.

For many poor favela children, the **Grupo Cultural Afro Reggae** (GCAR; [www.afroreggae.org](http://www.afroreggae.org)) is a lifeline. Since 1997 the GCAR has run a cultural center in the Vigário Geral favela, offering workshops in music, theater, dance, hip-hop and capoeira (Brazilian martial art). The center provides kids with a chance to get off the street, tap into their Afro-Brazilian heritage and gain self-esteem in the setting and fulfillment of goals. Owing to the center's wide popularity, these ideas have spread. GCAR and its favela affiliates now offer more than 60 different programs for poor residents around Rio.

Rocinha, Brazil's largest favela, creates similar opportunities for local residents at its Casa da Cultura. Founded in 2003 by Gilberto Gil, Minister of Culture, singer and neighbor, the center draws on the favela's rich artistic tradition, and offers classes in music, theater and painting. The favela next door, Vidigal, perched on a hillside overlooking Ipanema beach, is the base of the group **Nós do Morro** (Us from the Favela; [www.nosdomorro.com.br](http://www.nosdomorro.com.br)). This theater group won fame after some of its young actors appeared in the award-winning film *Cidade de Deus* (City of God) and 10 of its members performed in *The Two Gentlemen of Verona* for the Royal Shakespeare Company in 2006. The organization celebrates its 30th-year anniversary in 2016 and its work has expanded to offer Vidigal kids and adults the opportunity to take courses in theater and filmmaking. Nós do Morro also hosts exhibitions, stages shows and screens open-air films in the favela.

As many have discovered, the favela has a deep well of talent but few opportunities. Opportunity is exactly what sociologist Maria Teresa Leal had in mind when she founded a sewing collective in Rocinha in the 1980s. The idea began during Leal's repeated trips to the favela, where she encountered many talented seamsters who had no chance to earn money for their skills. So began Coopa Roca, comprising a small group of women, each working from home to produce quilts, pillows and craft items made of recycled fabrics and other materials. As of 2015 the co-op employs some 100 women, and makes pieces for Brazilian and international designers; its work has been displayed at museums in cities such as Rio, New York and Paris.

Favelas have made numerous contributions to the city. Rio's biggest party, Carnaval, was born in the favelas, which continue to be pivotal to the festival. That favelas throw the best parties has long been known to many *cariocas* (residents of Rio). Today, Baile Funk is a well-known aspect of the party scene, luring both rich and poor to the gritty neighborhoods on the hillsides. It's there that DJs spin a blend of Rio's bass-heavy tunes (with almost no relation to American-style funk) to packed dance floors.

Accessibility is also gradually improving in these communities, with equipment such as the Cantagalo elevator having been installed to help those with mobility issues. Similar initiatives have also taken hold closer to home, with some residents building lifts, ramps and hoists for their disabled neighbors. Favelas are definitely places where real communities can be accessed easily, something that can't be said of the tourist streets of Ipanema and Leblon.

The bathrooms are not accessible, so you'll need to use those in nearby hotels.

### KONI STORE

JAPANESE \$

Map p142 (☎021-2521-9348; Maria Quitéria 77; hand rolls R\$12-17; ☀11am-2am Sun-Thu, to 6am Fri & Sat) Numbering almost two dozen branches in Rio, the Koni craze shows no sign of abating. The recipe is simple: *temaki* (seaweed hand roll) stuffed with salmon, tuna, shrimp, roast beef or a combination of ingredients, which can then be devoured at one of the tiny bistro tables. It's healthy, tasty and cheap, which are a few reasons why you'll have to wait in line among nightclub kids for a roll at 4am on a Friday. There are numerous other branches around town.

One small step leads into Koni, but there is also seating outside and waiter service. It's all on one floor and has an English menu. The bathroom door is quite narrow so may be suitable only for those who can transfer easily and briefly weight-bear.

### LA VERONESE

PIZZA \$

Map p142 (☎021-2247-3152; Visconde de Pirajá 29; mini pizzas R\$5; ☀7am-7pm Tue-Sat, 9am-2:30pm Sun) If Rio is destroying your budget, head to this friendly stand-up snack counter for one of the best deals in the Zona Sul: the R\$5 mini pizza with crispy crust is excellent value, and you can top it off with a few strangely addictive *palmeiras* (palm-shaped cookies).

The entrance is completely accessible for wheelchair users and there are no steps. Unfortunately, there is no bathroom and no English menu.

### GAROTA DE IPANEMA

BRAZILIAN \$\$

Map p142 (☎021-2522-0340; Vinicius de Moraes 49; mains R\$36-96; ☀noon-2am) A mix of visitors and neighborhood regulars pack the tables at the former bar where 'The Girl from Ipanema' composers Tom Jobim and Vinicius de Moraes once held court. Although the food is fairly standard Brazilian fare, one dish stands out: the *picanha Brasileira* (R\$96 for two), a scrumptious skillet of sliced sirloin brought sizzling to your table. Wash it down with a few glasses of ice-cold *chope* (draft beer) and you'll realize why Garotas have been springing up all over the city.

The ramped entrance is fully accessible, staff speak English and English menus are available. There is no accessible bathroom.

## Leblon

### ARMAZÉM DO CAFÉ

CAFE \$

Map p144 (☎021-3874-3678; Rita Ludolf 87B; snacks R\$6-12; ☀8am-11pm) Dark-wood furnishings and the aroma of freshly ground coffee lend authenticity to this Leblon coffeehouse. It serves waffles, snacks and desserts, and connoisseurs rate the aromatic roasts here much more highly than at neighboring cafes.

Table service and accessible outdoor seating make up for the inaccessible entrance and bathrooms. Staff speak little English, but there is an English menu.

### ZONA SUL SUPERMARKET

SUPERMARKET \$

Map p144 (☎021-2259-4699; Dias Ferreira 290; ☀6am-11pm Mon-Sat, 7am-10pm Sun) A Rio institution for nearly 50 years, with branches all over the city. This one is the best of the bunch, with freshly baked breads, imported cheeses and olives, wines, cured meats and other items. The adjoining pizza and lasagna counter serves decent plates. There's an **Ipanema branch** (Map p142; Prudente de Moraes 49; ☀24hr Mon-Sat, 7am-8pm Sun) near Praça General Osório.

Zona Sul is accessible, but with narrow check-out aisles, which can be tricky for wheelchair users. Aside from the check-outs, access shouldn't be a problem for anyone.

### VEGETARIANO SOCIAL CLUB

VEGETARIAN \$\$

Map p144 (☎021-2294-5200; Conde Bernadotte 26L; buffet lunch R\$41; ☀noon-11pm Mon-Sat, to 5:30pm Sun; ♿) Vegetarians interested in sampling one of Brazil's signature dishes should visit this small charmer on a Wednesday or a Sunday when tofu *feijoada* is served. At other times it serves a 10-dish lunch buffet, while the more elaborate evening à la carte menu features risottos, *yakisoba* (Japanese grilled noodles), heart-of-palm stroganoff and other inventive dishes.

A ramped and accessible entrance is available, as are English-speaking staff and English menus. The bathrooms are unadapted and are therefore inaccessible to wheelchair users.

### SUSHI LEBLON

JAPANESE \$\$\$

Map p144 (☎021-2512-7830; Dias Ferreira 256; mains R\$60-90; ☀noon-4pm & 7pm-1:30am Mon-Sat, 1pm-midnight Sun) Leblon's top sushi des-

tionation boasts a Zen-like ambience, with a handsome dark-wood sushi counter setting the stage for succulent cuisine. In addition to sashimi and sushi, you'll find grilled *namorado* (a type of perch) with passion fruit *farofa* (manioc flour sautéed with butter), sea-urchin ceviche and refreshing sake to complement the meal.

A portable ramp is available in order to make the entrance accessible for all, however, wheelchair users will struggle to fit into the unadapted bathroom. Staff speak English and English menus are available.



## DRINKING & NIGHTLIFE

**Ipanema has a mix of stylish and classic bars attracting a twenty- and thirtysomething crowd. For drinking alfresco, you will find peacefully set tables along the east side of Praça General Osório.**

**Leblon has even more bars on offer than Ipanema, with venerable *botecos* (small open-air bars) and a few lounges as well. A particularly good place to wander in search of a drink is toward the west end of Av General San Martin.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**



## Ipanema

### BAR ASTOR

BAR

Map p142 ([www.barastor.com.br](http://www.barastor.com.br); Vieira Souto 110; ☎6pm-1am Mon-Thu, 1pm-3am Fri, noon-3am Sat, noon-10pm Sun) Can't make it to São Paulo? No problem. One of Sampa's best bars has become a mainstay of post-beach revelry on prime real estate along the Ipanema shore-front. This gorgeous art deco bar does meticulously prepared caipirinhas, some 20 exotic flavors in all, and great food to help soak up the quality *cachaça* (sugarcane alcohol).

A perfect place for lunch after a Sunday morning at the Hippy Fair (p47), Bar Astor has an accessible entrance and only one moderate step down to the semi-outdoor seating area, which staff are happy to help with. Staff speak English and an English menu is available. It gets absolutely packed on weekends, so getting to the bathroom will not prove easy.

### BARTHODOMEU

BOTECO

Map p142 (☎021-2247-8609; Maria Quitéria 46; ☎noon-2am) Barthodomeu is a friendly bar with *boteco* charm. It's open-sided with wooden tables, minimal decor and waiters that bustle about under trays of *chope*, *feijoada*, grilled meats and appetizers.

With three floors, no elevator and bathrooms only upstairs, this place is not ideal for those with mobility impairments, although accessible outdoor seating is available. Staff speak English and there are English menus.

### DEVASSA

BOTECO

Map p142 (☎021-2540-8380; Visconde de Pirajá 539; ☎noon-2am) Devassa makes its own creamy brews and offers them up to chatty *cariocas* at this bar and restaurant; it's one of seven in the Rio chain. The choices: *loura* (pilsner), *sarará* (wheat beer), *ruiva* (pale ale), *negra* (dark ale) and *Índia* (India Pale Ale; IPA). The food menu features well-prepared pub fare: burgers, steak, pastas, grilled fish and lots of appetizers.

An accessible side entrance is available via the nearby Mar Ipanema Hotel. Staff speak English and English menus are available. Note that the toilets at Devassa are small cubicles at a right angle; nearly impossible for any wheelchair user. It's worth asking the hotel if you can use their bathrooms instead.

### GAROTA DE IPANEMA

BAR

Map p142 (☎021-2522-0340; Vinicius de Moraes 49; ☎noon-2am) During its first incarnation, this small, open-sided bar was called the Bar Veloso. Its name and anonymity disappeared once two scruffy young regulars – Tom Jobim and Vinicius de Moraes – penned the famous song, 'The Girl from Ipanema.' It changed history, and the name of the street, too.

There's a ramped entrance and English-speaking staff, but no accessible bathrooms.

### LORD JIM

PUB

Map p142 (☎021-2294-4881; Paul Redfern 44; admission R\$10-15; ☎6pm-2am Mon-Sat, from noon Sun) Something of a novelty for *cariocas*, Lord Jim is one of several English-style pubs scattered about the Zona Sul. English-speaking waiters and a few expat beers – Guinness, Harps, Bass etc – are on hand to complete the ambience. The R\$40 all-the-beer-and-caipirinhas-you-can-drink nights (currently Wednesdays from 6pm to 10pm) get messy. Unlike many bars, there's

always a cover charge here, though drink specials lessen the hurt.

Although it's spread over two floors with no elevator, Lord Jim has a ramped, accessible entrance and ground-level seating outside. Staff speak English and there's an English menu. A fully adapted bathroom with handrails is on the ground floor.

### BARETTO-LONDRA

LOUNGE

Map p142 (☎021-3202-4000; Av Vieira Souto 80; ☎8pm-2am Thu-Sat) You'll find one of Rio's most glam bars here inside the Hotel Fasano, and it offers a vision of decadence matched by few of the city's night spots. The intimate space, designed by Philippe Starck, has an enchantingly illuminated bar, leather armchairs and divans, and a DJ spinning world electronica.

The crowd is A-list; the drinks are pricey (cocktails cost around R\$35); and unless you're a model (or have one on your arm), be prepared for a long wait at the door.

Baretto-Londra is accessible for wheelchair users, and has an accessible toilet. As you'd expect from a popular night spot, it is a noisy place with limited lighting.

### POLIS SUCOS

JUICE BAR

Map p142 (☎021-2247-2518; Maria Quitéria 70; juices R\$8; ☎7am-midnight) One of Ipanema's favorite spots for a dose of freshly squeezed vitamins, this juice bar facing the Praça NS de Paz has dozens of flavors. You can pair those tangy beverages with sandwiches or *pão de queijo* (balls of cheese-stuffed tapioca bread).

The entrance is accessible, although no bathrooms are available. Staff don't speak English, but they do have an English menu.

## Leblon

### ACADEMIA DA CACHAÇA

BAR

Map p144 (☎021-2529-2680; Conde Bernadotte 26G; ☎noon-1am) Although *cachaça* has a sordid reputation in some parts, at this bar the fiery liquor is given the respect it (nearly) deserves. Along with traditional Brazilian dishes, this pleasant indoor-outdoor spot serves more than 100 varieties of *cachaça*; order it straight, with honey and lime, or in a fruity caipirinha.

The entrance to Academia Da Cachaça is accessible, and the bathroom is larger than average but still arguably unsuitable for those who cannot weight-bear or transfer

with ease. Staff don't speak English, but an English menu is available.

### JOBI

BOTECO

Map p144 (☎021-2274-0547; Av Ataulfo de Paiva 1166; ☎9am-5am) A favorite since 1956, Jobi has served a lot of beer in its day, and its popularity hasn't waned. The unadorned *botequim* (bar with table service) still serves plenty; grab a seat by the sidewalk and let the night unfold. If hunger beckons, try the tasty appetizers; the *carne seca* (jerked beef) and the *bolinhos de bacalhau* (codfish croquettes) are tops.

The entrance is fully accessible and English menus are available. However, the small bathroom does not accommodate a wheelchair user.

### COBAL DO LEBLON

BAR

Map p144 (☎021-2239-1549; Gilberto Cardoso; ☎6pm-1am Tue-Sun) Leblon's flower-and-produce market is home to this popular outdoor bar hidden on the large back terrace. It draws groups of friends and young families, and is particularly lively on game days. There's also an eatery: Pizza Park.

No specific accessibility equipment is available here, or in the market in general. But in Rio, outdoor venues are usually pretty accessible – as long as you know where the nearest accessible bathroom is!

### BAR VELOSO

BOTECO

Map p144 (☎021-2274-9966; Aristides Espínola 44; ☎11am-1am) Named after the original bar (now Garota de Ipanema, p45) where Tom Jobim and Vinícius de Moraes penned the song 'The Girl from Ipanema', the open-sided Bar Veloso attracts a young, good-looking crowd, who spill out onto the sidewalk on busy weekends. Upstairs there's a quieter air-conditioned retreat where (mostly) men watch the game in peace.

No specific accessibility features are available, but this may be a good choice if a quick outdoor drink with the locals is what you're looking for.

## ENTERTAINMENT

### TEATRO DO LEBLON

PERFORMING ARTS

Map p144 (☎021-2529-7700; Conde Bernadotte 26, Leblon) This nicely located theater shows a mix of drama, cutting-edge shows and children's performances on three different



stages. In the same complex is an assortment of lively eating and drinking spots.

A ramped entrance and a larger, more accessible bathroom are both available here. The theater is set over two floors, with no elevator on-site, so those unable to manage stairs will only be able to view ground-floor shows or shows with ground-floor seating. Staff don't speak English and any subtitles or audio descriptions are in Portuguese.

### ESTAÇÃO NET IPANEMA

CINEMA

Map p142 (☎021-2279-4603; Visconde de Pirajá 605, Ipanema) On the 1st floor of a small shopping complex in Ipanema, this cinema screens popular contemporary films from Brazil and abroad. Its single theater seats 140 people.

Although these screens are on the first floor, there is an electronic stair-climber available for those unable to manage stairs (if you are feeling brave!). Once up, all screens are accessible, although the bathrooms will not be suitable for everyone. Staff don't speak English, and any subtitles or audio descriptions that are present during screenings are in Portuguese.



## SHOPPING

**Ipanema and Leblon are the best hunting grounds for top fashion designer pieces, both home-grown and foreign labels. You'll also find curio and novelty stores, galleries, bookshops, liquor stores and plenty of cafes for refueling along the way. There's a lot going on along the main thoroughfares of Rua Visconde de Pirajá in Ipanema and Av Ataúlfo de Paiva in Leblon.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**



### Ipanema

#### ★HIPPIE FAIR

MARKET

Map p142 (Praça General Osório; ☎9am-6pm Sun) The Zona Sul's most famous market, the Hippy Fair (aka Feira de Arte de Ipanema) has artwork, jewelry, handicrafts, clothing and souvenirs for sale. Stalls in the four corners of the plaza sell tasty plates of *acarajé* (croquettes made from mashed

black-eyed peas and shrimp, with a sauce of *vatapá* – manioc paste, coconut and *dendê* (palm) oil; R\$9), plus excellent desserts (R\$4). Don't miss it.

You'll find a good mix of tourists and locals here, and you can barter a little (any language barriers are just part of the fair's charm). Most stall owners accept credit and debit cards.

The fair is flat throughout, and stalls are spaciouly set out. Watch out for the usual Portuguese tiling, though – it's not great for anyone who uses any kind of mobility aid. There are no accessible bathrooms on site, although they are available around the General Osorio square.

### GILSON MARTINS

ACCESSORIES

Map p142 (☎021-2227-6178; Visconde de Pirajá 462; ☎9am-8pm Mon-Sat) Designer Gilson Martins transforms the Brazilian flag and silhouettes of Pão de Açúcar and Corcovado into eye-catching accessories in his flagship store in Ipanema. This is the place for one-of-a-kind glossy handbags, wallets, passport covers, key chains and iPad covers. Products are durable and use recycled and sustainable materials – and are not available outside of Rio.

A ramped entrance and larger bathroom with handrail are available. Staff speak English.

### GAROTA DE IPANEMA

CLOTHING, ACCESSORIES

Map p142 (☎021-2521-3168; Vinícius de Moraes 53; ☎10am-7pm Mon-Sat) Located next to the famous restaurant of the same name (see p44), this tiny boutique is an excellent place to browse for attractive, reasonably priced bikinis and beachwear. There are also eye-catching T-shirts (for men and women), trucker hats, bags and other accessories.

A ramped entrance is available and staff speak English.

### AMSTERDAM SAUER

JEWELRY

Map p142 (☎021-3539-0165; www.amsterdam-sauer.com; Visconde de Pirajá 484; ☎9am-7pm Mon-Fri, to 4pm Sat) Well-known for its impressive collection of precious stones, Amsterdam Sauer also sells finely crafted jewelry. Watches, pens, wallets and other accessories are available, too. Check out its museum on Garcia d'Avila while in the area.

Works were being done on the Amsterdam Sauer building at the time of writing; stay tuned for the updated accessibility

features. In the meantime, call them if you'd like to visit. Staff speak English.

### H STERN

JEWELRY, ACCESSORIES

Map p142 (☎021-2274-3447; www.hstern.com.br; Visconde de Pirajá 490; ☎9:30am-6:30pm Mon-Fri, 10am-4pm Sat) The famous jeweler H Stern has an array of finely crafted jewelry, watches and other accessories for sale. At the company's nearby headquarters, you can take a tour of the H Stern gem museum (p41).

### Leblon

#### ARGUMENTO

BOOKS, MUSIC

Map p144 (☎021-2239-5294; Dias Ferreira 417; ☎9am-midnight Mon-Sat, 10am-11pm Sun) One of Leblon's fine neighborhood bookstores, Argumento stocks a small but decent selection of foreign-language books and magazines. Audiobooks are also available. The charming cafe in the back is the perfect place to disappear with a book.

Argumento has a ramped, accessible entrance and a spacious, but not specifically adapted, bathroom. Staff speak English, although there are no English menus available in the spacious cafe.

#### ESCH CAFÉ

CIGARS

Map p144 (☎021-2512-5651; Dias Ferreira 78; ☎3pm-midnight Mon, from noon Tue-Sat, 2-10pm Sun) This restaurant-bar is also the 'House of Havana,' which means if you have a taste for Cuban cigars, this is your place. The humidor is stocked with a decent selection, which you can enjoy there over a glass of port, or a few blocks away on the beach. It also has a Centro branch.

A ramped, accessible entrance leads inside, although a single step precedes the bathroom, making it inaccessible for some mobility-impaired people. The restaurant is spacious (a rarity in Rio!) and there's an English-language menu but no English-speaking staff.

#### SHOPPING LEBLON

SHOPPING CENTER

Map p144 (☎021-2430-5122; www.shoppingleblon.com.br; Av Afrânio de Melo Franco 290; ☎10am-10pm Mon-Sat, 1-9pm Sun) This glittering multistory shopping center packed with top-name Brazilian and foreign labels is the best shopping destination in Leblon. It has plenty of tempting stores that will drain

your vacation funds, as well as good restaurants and a cinema.

Parking and drop off-points are both readily available and accessible, and entrances to the mall are step-free. On entering the center on the ground floor, there is a steep ramp taking users down to the shops – great for going down but quite a workout on the way back up! Staff are on hand to assist, though, and will happily help.

There are several large elevators within the center that are easily big enough for both manual and power wheelchair users. The elevators also have Braille buttons.

Tactile flooring is only available to 'warn' users, for example, it is available at elevator entrances.

Within the usual bathrooms, there are larger, accessible cubicles, with Braille on the main bathroom doors.

There are bilingual signs throughout Shopping Leblon, most of which are conveniently cream with a brown background, making them more accessible for those with visual impairments.


There are reserved tables within the food court for those with reduced mobility.

Shopping Leblon also has a cinema. All screens are accessible and there is an accessible bathroom. There are preferential ticket and food desks for those with disabilities, and there is a wheelchair space or two in each cinema. Audio descriptions and subtitles are available, but these are in Portuguese.

Along with many others, the following shops are within Shopping Leblon:

#### ➔ Maria Oiticica

JEWELRY

Map p144 (☎21 3875-8025; Shop 112B)  Using native materials found in the Amazon, Maria Oiticica has created some lovely handcrafted jewelry inspired by indigenous art. Seeds, plant fibers and tree bark are just some of the components of her bracelets, necklaces, earrings and sandals. There are even sandals and handbags made from fish 'leather.'

Maria Oiticica has a partnership with several indigenous tribes in the Amazon, which gather raw materials and even handcraft some of her pieces.

#### ➔ Wöllner Outdoor

CLOTHING, ACCESSORIES

(☎021-3496-1230; Shop 112) The great outdoors, and the clothes you'll need to enjoy it, seem to be the inspiration for Wöllner. Clothes and accessories are ruggedly styled,

not unlike Abercrombie and American Eagle. There's another branch in **Ipanema** (Map p142; ☎2512-6531; Visconde de Pirajá 511; ☉10am-9pm Mon-Fri).

➔ **Livraria da Travessa** BOOKS, MUSIC  
(☎021-3138-9600; Shop 205) One of several branches around town, Livraria da Travessa has a small selection of foreign-language books and periodicals, and some CDs and audiobooks. Staff speak English.

➔ **Antonio Bernardo** JEWELRY  
(☎021-2523-3192; Shop 302) Designer-goldsmith Antonio Bernardo has garnered attention for his lovely bracelets, earrings and necklaces. The designs are unique and artfully done, and Bernardo uses high-quality materials. There's another branch in **Ipanema** (Map p142; ☎2512-7204; Garcia d'Ávila 121; ☉10am-7pm Mon-Fri, to 4pm Sat).

➔ **Espaço Fashion** CLOTHING  
Map p144 (☎021-2294-0526; Shop 112) This boutique has an aesthetic aimed at a young, hip, somewhat fashion-forward group of shoppers, with its form-fitting skirts, dresses and tops, its flashy sneakers and its one-of-a-kind jewelry.

Espaço Fashion is fully accessible for those with mobility impairments, with a larger fitting room for wheelchair users.



## SPORTS & ACTIVITIES

**DIVE POINT** DIVING  
Map p144 (☎021-96429-0895; www.divepoint.com.br/english; Shop 04, Av Ataúlfo de Paiva 1174, Leblon) Scuba divers can rent equipment or take classes from Dive Point. It also offers

diving courses, plus dive tours around Rio's main beaches and Ilha Cagarras (the island in front of Ipanema), as well as the premier dive spots in Arraial do Cabo, west of Rio.

Accessible and adapted courses are available for people with disabilities. Bookings and course plans should be made with the specially qualified instructors well in advance – preferably before your arrival in Rio.

Theory exam centers are all over Rio, however, the only accessible ones are in Barra and Tijuca. They are fully accessible and have all necessary features, such as ramps, elevators and adapted bathrooms. Adapted exams are also available for those with visual or hearing impairments, and courses can be taken in English, French or German, as well as Portuguese.

**SPA MARIA BONITA** SPA  
Map p142; (☎021-2513-4050; www.spamaria-bonita.com.br; Level P, Prudente de Moraes 729, Ipanema) Although better known for its lush spa resort in Friburgo, Maria Bonita does offer a full range of treatments for those who'd rather not trek out to the countryside. Options here include aromatherapy baths, deep-tissue massage, shiatsu and acupuncture. There is also an organic and raw-food restaurant on-site.

The entrance is fully accessible, although those with mobility impairments are only able to access the ground floor of the spa. A specifically adapted treatment room and bathroom have been installed for guests with disabilities. Staff speak English, and one staff member is fluent in Brazilian Sign Language.

The restaurant is also fully accessible, and English menus are available.

# Gávea, Jardim Botânico & Lagoa

GÁVEA | JARDIM BOTÂNICO | LAGOA

## Neighborhood Top Five

**1** Hiring a bike and going for a spin around the **Lagoa Rodrigo de Freitas** (p53).

**2** Taking a stroll through the lush and flower-filled **Jardim Botânico** (p52). Make sure you also visit the

newly refurbished (and very accessible) **Museu do Meio Ambiente** (p53).

**3** Going for some retail therapy, a coffee or a movie at **Shopping da Gavea** (p56).

**4** Sipping cocktails in an open-air setting while admiring the view from **Palaphita Kitch** (p56).

**5** Checking out the universe around us at the **Planetario** (p53).



For more detail of this area see Map p148 →

## Explore Gávea, Jardim Botânico & Lagoa

Rio's picturesque lake is the focal point of these well-heeled neighborhoods. The Lagoa Rodrigo de Freitas is actually a saltwater lagoon and is much utilized by *cariocas* (residents of Rio). Joggers and cyclists zip along the shoreline trail by day, while the lakeside restaurants fill with people enjoying a meal and live music in the open air by night. This area includes the north, east and west sides of the lake. The streets on the south side of Lagoa are generally considered part of Ipanema and Leblon.

West of the lake are the botanical gardens for which the neighborhood, Jardim Botânico, is named. Here you'll find stately palms and a variety of flowering plants. South of the gardens is Gávea, home to Rio's premier horse-racing track and a planetarium. Aside from their natural attractions, these neighborhoods also have some excellent restaurants, lively nightlife and one of the Zona Sul's best cultural centers, the Instituto Moreira Salles.

Much of the development of this area is linked to the lake, which is named Rodrigo de Freitas in honor of the Portuguese settler who made his fortune off the sugarcane fields surrounding the lake in the 16th century. Factories blighted the landscape in the 1900s, and it took much of the 20th century for the area to recover. Although the lake is still too polluted for swimming, some wildlife has returned, and visitors might see egrets on the lookout for fish in the lake.

## Local Life

- ➔ **Walks** For a scenic hike, and for those who are able, you can take the uphill trail to Cristo Redentor (Christ the Redeemer) in Parque Lage. A shorter trail offers great views from Parque da Catacumba. Otherwise, an accessible stroll around Jardim Botânico is a lovely way to spend an afternoon.
- ➔ **Markets** Praça Santos Dumont hosts an antiques market on Sundays and a fruit market on Fridays.
- ➔ **Nightlife** Bars near Praça Santos Dumont attract a young, festive crowd during the week.

## Lonely Planet's Accessible Top Tip

This area is one of the best to visit if you are looking for a step-free (st)roll. With both the Lagoa and Jardim Botânico offering water and greenery aplenty, there's many opportunities for wheelchair users and those with reduced mobility to head out and soak up Rio's great outdoors.

## Getting There & Away

### Gávea

**Bus** Centro, Flamengo and Catete (170); Ipanema and Copacabana (571, 572 and 574); and Leblon (432, 435 and 593).

**Metro** Gávea (by early 2017).

### Jardim Botânico

**Bus** Centro, Flamengo and Catete (170); Copacabana and Ipanema (162, 570 and 584); and Leblon (512, 574 and 584).

### Metrô na Superfície

Metro buses connect Botafogo station with Jardim Botânico.



## TOP SIGHT JARDIM BOTÂNICO

**This exotic 137-hectare garden, with more than 8000 plant species, was designed by order of the Prince Regent Dom João (later to become Dom João VI) in 1808. The garden is quiet and serene on weekdays and blossoms with families on weekends. Highlights of a visit here include the row of palms (planted when the garden first opened), the Amazonas section, the lake containing the huge Vitória Régia water lilies and the enclosed *orquidário*, home to 600 species of orchids. There's an outdoor snack bar on the grounds (near a kid's playground) and an appealing cafe just outside the main entrance. There's also a Sensory Garden. The new visitor center shows films (in English and Portuguese) that give the history of the gardens, and has a gift shop that sells unique crafts and souvenirs, such as shirts made of bamboo and bowls with pre-Columbian designs made from banana fibers.**

The easiest way to visit the Botanical Garden Park is by private transport or taxi. There are four parking spaces reserved for people with disabilities, and taxis and private cars are allowed to enter the gardens so that people with disabilities can disembark. The pathways are both spacious and flat, making for easy movement. In some places, however, there are tree roots and irregularities, as you would expect in a botanical garden. The park offers electric buggies exclusively for use by people over 60, people with disabilities and their companion, and pregnant women. Booking is free and should be done at the visitor center during opening hours. There are also three accessible bathrooms.

The Sensory Garden has tactile flooring and signage throughout, including some signs in Braille. Elsewhere in the gardens, there is no tactile signage. All signs are in Portuguese and English. A sign-language interpreter is also available at the gardens at certain times.

### PRACTICALITIES

- ➔ Map p148
- ➔ ☎021-3874-1808
- ➔ [www.jbrj.gov.br](http://www.jbrj.gov.br)
- ➔ Jardim Botânico 920
- ➔ admission R\$9
- ➔ 🕒9am-5pm

## SIGHTS

### Gávea

#### PARQUE DA CIDADE

PARK

(☎021-2512-2353; [www.rio.rj.gov.br/cultura](http://www.rio.rj.gov.br/cultura); Estrada de Santa Marinha 505; ☀8am-5pm Tue-Sun) On the outer reaches of Gávea, this lush park of native Mata Atlântica rainforest and replanted secondary forest provides a refreshing escape from the heavy traffic on nearby Rua Marques de São Vicente. Local residents come here to jog, go for long walks with their dogs and let their kids run about at the large playground. A hiking trail connects the park with Solar da Imperatriz, an 18th-century colonial building that is today part of a school for horticultural studies, near Jardim Botânico; it's best to go with a local who knows the way as the path isn't well marked and the danger of assault is an unlikely but serious consideration. The trail starts near the small waterfall. The park also has a small chapel, and a 19th-century colonial mansion and museum that remain closed for renovations.

No specific accessibility features exist in the park, and unmarked trails and paths can prove difficult to follow. It's worth going if you have a companion, fancy a break from Rio's bustle and are already in the area, but it might otherwise prove hard work and tricky to navigate.

#### PLANETÁRIO

PLANETARIUM

Map p148 (☎021-2274-0046; [www.planetario.dorio.com.br](http://www.planetario.dorio.com.br); Av Padre Leonel Franca 240; adult/child R\$12/6, incl cúpula session R\$24/12; ☀9am-noon & 2-5pm Mon-Fri, 2:30-5pm Sat & Sun) Gávea's stellar attraction, the Planetário features a museum, a *praça dos telescópios* (telescopes' square) and a couple of state-of-the-art operating *cúpulas* (domes), each capable of projecting more than 6000 stars onto its walls. Forty-minute sessions in the domes take place on weekends and holidays. Visitors can also take a peek at the night sky through the telescopes on Wednesdays from 7:30pm to 8:30pm (6:30pm to 7:30pm from June to August). The modern Museu do Universo (Universe Museum) houses sundials, a Foucault's Pendulum and other permanent exhibitions, plus temporary displays.

With free parking close to the attraction, accessible bathrooms and full wheelchair

access throughout, the Planetarium is a great choice for those with reduced mobility (although wheelchair users may have to sit in the auditorium aisles during some shows). No equipment is available for those with visual impairments, although a telephone with text transcription is available for those with hearing impairments.

### Jardim Botânico

#### JARDIM BOTÂNICO

GARDENS

See p52.

#### MUSEU DO MEIO AMBIENTE

MUSEUM

Map p148 (Environmental Museum; ☎021-2294-6619; Jardim Botânico 1008; ☀9am-5pm Tue-Sun) **FREE** Situated just outside the entrance to the botanical gardens, the Museu do Meio Ambiente houses temporary, environmentally focused exhibits.

Recent refurbishment works have made all entrances accessible to wheelchair users. There are ramps and handrails aplenty. The museum is set over two floors with a large elevator (with Braille buttons) accessing them both. Bathrooms are fully refurbished and adapted, and real thought has gone into enhancing the experiences of all visitors. Staff speak English, and some exhibitions have Braille descriptions, too. Audio content has Portuguese subtitles and interpreters are sometimes available to translate into Brazilian Sign Language.

### Lagoa

#### ★LAGOA RODRIGO DE FREITAS

LAKE

(Map p148) One of the city's most picturesque spots, Lagoa Rodrigo de Freitas is encircled by a 7.2km walking and cycling path. Bikes and paddle boats are available for hire from stands along the east side of the lake. For those who prefer caipirinhas (cocktail made from limes, sugar, ice and high-proof sugarcane alcohol) to plastic swan boats, the lakeside kiosks on either side of the lake offer alfresco food and drinks, sometimes accompanied by live music on warm nights. Keep an eye out for capybaras, which can sometimes be spotted munching (or swimming) near the shoreline. Dusk is the best time to find them. For information on accessibility features, see p32.

**PARQUE DA CATACUMBA**

PARK

Map p148 (☎021-2247-9949; www.parquedacatumba.com.br; Av Epitácio Pessoa; ☀8am-5pm Tue-Sun) On the edge of the Lagoa Rodrigo de Freitas, across a busy road, this park and sculptural garden has a short but steep trail to the Mirante do Sacopã lookout, which offers memorable views from a height of 130m above Lagoa. It's a 15-minute walk along a 600m forest-lined path. For a bit more excitement, you can scale a rock-climbing wall, go rappelling (abseiling) or take a treetop walk offered by Lagoa Aventuras (p57).

Accessible parking spots are available. Pavements are smooth but lowered curbs can be tough to find. Ramps are of a suitable gradient, and handrails are installed at difficult parts along the trails. Bathrooms, of any kind, are not available. Tactile signage is inconsistently available throughout; no other equipment exists for those who are visually or hearing impaired.

**EATING**

The open-air restaurants around the peaceful Lagoa Rodrigo de Freitas are big draws. On warm evenings music fills the air as diners eat, drink and enjoy the views across the water. The hot spots for drinking and dining are at the Parque dos Patins on the west side, where some places host live music, and Parque do Cantagalo on the east side.

Gávea has a few dining and drinking spots around Praça Santos Dumont, while Jardim Botânico's thickest concentration of eateries is on Rua JJ Seabra and Rua Pacheco Leão.

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

**Gávea****BRASEIRO DA GÁVEA**

BRAZILIAN \$\$

Map p148 (☎021-2239-7494; www.braserioda gavea.com.br; Praça Santos Dumont 116; sandwiches around R\$20, mains for 2 people R\$50-110; ☀noon-1am Sun-Thu, to 3am Fri & Sat) This family-style eatery serves large portions of its popular *linguiça* (garlicky pork sausage) appetizers, *picanha* (rump steak) and *galetos* (grilled chicken). On weekends the

open-air spot fills with the din of conversation and the aroma of freshly poured *chope*. As the evening wanes, a younger crowd takes over drinking late into the night.

With a ramped entrance, English and Braille menus and English-speaking staff, Braseiro da Gávea is up there in terms of accessibility. However, the bathrooms, albeit step-free, may prove too small for most wheelchair users.

**GUIMAS**

BRAZILIAN \$\$\$

Map p148 (☎021-2259-7996; José Roberto Macedo Soares 5; mains R\$55-80; ☀noon-1am) An upscale *carioca boteco* (small open-air bar) with creative flair, Guimas has been going strong for more than 30 years. Winning dishes include the *bacalhau à bras* (codfish mixed with potatoes, eggs and onions), shrimp risotto and the juicy *picanha wessel* (grilled rump steak). There's outdoor seating in front.

To enter Guimas, there is one moderately large step and no ramp. There are, however, tables outside. Staff speak English and both English and Braille menus are available. There is a small step to enter the bathroom, which has no specific accessibility features, but is large enough for a wheelchair user to enter and turn.

**Jardim Botânico****LA BICYCLETTE**

FRENCH \$\$

Map p148 (Jardim Botânico 1008; sandwiches R\$18-33; ☀8:30am-6pm Tue & Wed, to 8pm Thu-Sun; ☎☎) Just outside the entrance to the botanical gardens (but inside the gates off the busy roadway), La Bicycleette whips up creative sandwiches (named after French neighborhoods), hearty quiches, salads and desserts. It's set in a lovely colonial building and has outdoor seating on a peaceful veranda. There's a second location on the north side of the botanical gardens.

Outdoor seating provides accessibility for this charming place, with accessible bathrooms nearby in the botanical gardens. Some staff speak English, although no English menu is currently available.

**JOJÔ**

CAFE \$\$

Map p148 (☎021-3565-9007; www.jojocafe.com.br; Pacheco Leão 812; mains R\$35-55; ☀6pm-2am Tue-Fri, 1pm-1am Sat, to 8pm Sun) This small, charming neighborhood cafe and bistro on a peaceful corner in Jardim



Botânico serves up delectable salads, pastas and Asian-inspired dishes such as Thai chicken curry. There are a handful of side-walk tables. Oyster lovers should come on Thursdays during happy hour, when oysters arrive fresh from Santa Catarina.

With tables outside, this is a great step-free option for many. There is, however, a small step to the bathroom inside. Despite being small, the bathroom is regularly used by wheelchair users dining at less accessible restaurants across the road, so it may well be a suitable option. Staff speak English, although no English menu is available.

## Lagoa

### LAGOON

BRAZILIAN \$\$

Map p148 (☎021-2529-5300; www.lagoon.com.br; Av Borges de Medeiros 1424; mains R\$35-75; ☎noon-2am) This lakefront eating and entertainment complex houses a handful of restaurants, as well as a cinema, a bar and a live-music venue. The best tables are on the 2nd floor, and offer photogenic views over the lake. Italian, seafood, bistro fare and traditional Brazilian cooking are among the options. No matter where you sit, you can order from any of the menus.

The entrance is step-free, and the restaurant runs over two floors, with an elevator (with Braille buttons) taking people up to the tables with a view. Staff speak English, and menus in English and Braille are available. There's also a large accessible bathroom for wheelchair users.

### LA CARIOCA CEVICHERIA

PERUVIAN \$\$

Map p148 (☎021-2226-8821; Maria Angélica 113; sharing plates R\$30-37; ☎6:30pm-1am Mon-Fri, from 1pm Sat & Sun) On a peaceful tree-lined street, La Carioca is an excellent spot for ceviche and other Peruvian hits. It has another, equally charming branch in **Ipanema** (Map p142; ☎021-2522-8184; Garcia d'Ávila 173; sharing plates R\$30-37; ☎6:30pm-1am Mon-Fri, from 1pm Sat & Sun).

There is one step at the entrance, however, very helpful staff are quick to help those who may need it. Staff also speak English, and English menus are available. There is one other step into the bathroom, which is very small and only suitable for those who can weight-bear.

### ARAB DA LAGOA

MIDDLE EASTERN \$\$

Map p148 (☎021-2540-0747; www.restaurante.arab.com.br; Av Borges de Medeiros, Parque dos Patins; mains R\$35-60; ☎9am-1:30am) This is one of the lake's most popular outdoor restaurants. It serves up traditional Middle Eastern specialties such as hummus, baba ghanoush, tabouleh, kibbe and tasty thin-crust pizzas. The large platters for two or more are good for sampling a tasty variety. During the day it's a peaceful refuge from the city, while at night you can hear live samba, *choro* (romantic, intimate samba) or jazz from 9pm on weekdays, and 7pm on Saturdays and Sundays.

The restaurant is popular, and therefore can get cramped as the tables are placed close together. However, if asked, staff will reserve a table around the edge of the restaurant for those with limited mobility. The entrance is flat via the park, and there are English menus.

Around the back of the restaurant is the park's accessible bathroom, with a gated entrance instead of a turnstile. There are no rails, but the bathroom is large enough for both front and side transfer onto the toilet. It is free to use for customers of the restaurant (ask a waiter for a ticket to open the gate), or pay R\$2 if you don't plan to have a drink, lunch or dinner.



## DRINKING & NIGHTLIFE

**Gávea has one of Rio's liveliest drinking spots for young people: Baixo Gávea, near Praça Santos Dumont. The bars here almost always draw a crowd, with imbibers spilling onto the plaza most nights. Jardim Botânico has a youthful population that comes out en masse to the bars along Rua JJ Seabra. Meanwhile, the lakeside kiosks offer a more sedate experience, with couples gathering for live music against the backdrop of Lagoa and Cristo Redentor.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

## GÁVEA

### HIPÓDROMO

BAR

Map p148 (Praça Santos Dumont 108; ☀noon-1am) In an area more commonly referred to as Baixo Gávea, Hipódromo is one of several bars responsible for the local residents' chronic lack of sleep. Most nights you'll find a college-age and twentysomething crowd celebrating here, with patrons spilling onto the facing Praça Santos Dumont.

The entrance to the Hipodromo is step-free. The bathroom is small with no handrails. Staff don't speak English but there is an English menu available.

## Jardim Botânico

### BAR DO HORTO

BAR

Map p148 (☎021-3114-8439; Pacheco Leão 780; ☀noon-2am Tue-Sun) Colorful Bar do Horto is one of Jardim Botânico's most charming bars. The decor is festive and kitsch: walls are covered with shimmering fabric and the interior is festooned with brightly hued paper lanterns, butterfly appliqué, bottle-cap curtains and other recycled ephemera. At night the sidewalk tables gather a festive crowd that comes for cocktails and good cheer.

For an outdoor drink and to soak up the atmosphere, Bar do Horto is great. However, it runs over two floors with no elevator to the upstairs bathroom.

## Lagoa

### ★PALAPHITA KITCH

LOUNGE

Map p148 (☎021-2227-0837; www.palaphita.kitch.com.br; Av Epitácio Pessoa s/n; ☀6pm-1am) A great spot for a sundowner, Palaphita Kitch is an open-air, thatched-roof wonderland with rustic bamboo furniture, flickering tiki torches and a peaceful setting on the edge of the lake. This is a popular spot with couples, who come for the view and the creative (but pricey) cocktails: the caipirinhas, made from unusual fruits from the Northeast and Amazonia, are a hit.

An accessible but dimly lit spot, Palaphita Kitch is flat, with pathways made from packed earth and wooden walkways. The bathroom is easily accessible. Some staff speak English, although there are no English menus.

## BAR LAGOA

BOTEÇO

Map p142 (☎021-2523-1135; Av Epitácio Pessoa 1674; ☀noon-2am) With a view of the lake, past a busy road, Bar Lagoa is one of the neighborhood's classic haunts. Founded in 1935, this open-air spot hasn't changed all that much since then: the bar still has surly waiters serving excellent beer to overcrowded tables and, in spite of its years, a youthful air pervades.

To enter, there are a couple of steps, but there is also a permanent ramp for wheelchair users. There are menus in English and Braille, and the bathroom is step-free but incredibly small – only really of any use if you are able to transfer, and possibly walk slightly.



## SHOPPING

**Aside from a few scattered shops, there isn't much of a shopping scene in Jardim Botânico or Lagoa. Residents from the neighborhood typically head to Ipanema, Leblon or to the huge Shopping da Gávea mall to satisfy their retail cravings. On weekends, however, an interesting market on the Praça Santos Dumont (see p26) makes a journey here worthwhile.**

### O SOL

HANDICRAFTS

Map p148 (☎021-2294-6198; Corcovado 213, Jardim Botânico; ☀9am-6pm Mon-Fri, to 1pm Sat) O Sol is run by Leste-Um, a nonprofit social-welfare organization. This delightful store displays the works of regional artists and sells Brazilian folk art in clay, wood and porcelain. It also sells baskets, hammocks and woven rugs.

A side entrance has a wooden ramp, although the shop is over two floors with no elevator. The staff, however, are delightful, and bring stock down the stairs for customers with disabilities. Not ideal, but worth a look if you are in the area.

### SHOPPING DA GÁVEA

SHOPPING CENTER

Map p148(☎021-2294-1096; Marquês de São Vicente 52, Gávea; ☀10am-10pm Mon-Sat, 2-9pm Sun) Shopping da Gávea touts itself as the preferred mall of artists and intellectuals, which may or may not matter to you when you're laying down serious cash for those sneakers. It's home to 200 stores, a five-screen cinema, several theaters and numer-

ous restaurants, including La Pastaciutta, which serves tasty pastas and appetizers.

A medium-gradient ramp leads to the entrance of the mall, and elevators with 'preferential' signs for those with disabilities, pregnant women and the elderly take visitors to all floors. The elevators also have Braille buttons and assistants on hand to help visitors. Tactile flooring, however, is not available throughout the center. All shops and restaurants in the center are accessible, and each floor of the center has an accessible toilet.

The cinema on the 4th floor has a ticket office at a reasonably low height, and you can buy half-price tickets if you have an impairment. Be careful in the walkways to each cinema screen; they are very dark with no handrails to assist. Try to watch films in screens one and two if possible; to access screens three and four there is a less-reliable motorised chair lift to take you up a flight of stairs. Any audio description in the cinema is in Portuguese, and all subtitles (for mostly English films) are in Portuguese. There is an excellent accessible toilet in the cinema with handrails and room for both side and front transfer.

No hearing loops or other equipment are available in Shopping da Gávea.

### ISABELA CAPETO

CLOTHING

Map p148 (☎021-2537-3331; Alberto Ribeiro 17, Jardim Botânico; ☉10am-6pm Mon-Fri) One of Brazil's fashion stars, Isabela Capeto creates beautifully made clothing with seductive lines. Many of her pieces are embroidered and feature vintage lace, sequins or fabric trims. This shop is a good place to see dresses and skirts that have earned her accolades from *O Globo*, *Vogue* and other publications.

There's a small step at the entrance; with help, a wheelchair user could enter this single-level store. Fitting rooms are spacious enough for a wheelchair but not specifically adapted. Staff do not speak English and although there is a bathroom, it is not wheelchair-accessible.



## SPORTS & ACTIVITIES

### LAGOA AVENTURAS

ADVENTURE SPORTS

Map p148 (☎021-4105-0079; www.lagoaaventuras.com.br; Av Epitácio Pessoa 3000; zipline R\$20, climbing wall R\$25, treetop walk R\$35, rappelling R\$130; ☉9:30am-4:30pm Tue-Sun) Located in the Parque da Catacumba, across from Lagoa, this is a fine place to come for outdoor adventures. You can get a workout scaling a 7m rock-climbing wall, take a zip-line ride, rappel (abseil) down a rock face or take a canopy walk through the treetops. Kids aged four years and up are welcome.

Call directly to discuss your own individual access needs. A member of staff at your accommodations will help if Portuguese is not a strong point.

### JOQUEI CLUBE

HORSE RACING

Map p148 (☎021-3534-9000; www.jcb.com.br; Jardim Botânico 1003, Gávea; ☉6-10pm Mon & Fri, 2-9pm Sat & Sun) One of the country's loveliest racetracks, with a great view of the mountains and Corcovado, the Joquei Clube (Jockey Club) seats 35,000. It lies on the Gávea side of the Lagoa Rodrigo de Freitas, opposite Praça Santos Dumont. Local race fans are part of the attraction – it's a different slice of Rio life. Tourists are welcome in the members' area, which has a bar overlooking the track. Races are held on Mondays, Fridays, Saturdays and Sundays. The big event is the Brazilian Grand Prix (the first Sunday in August).

The club's events area has a ramped entrance, with elevators up to the two floors that are open to the public. No Braille buttons are available within the elevators, although porters are on hand to help. The bathrooms are fully accessible and English menus are available. There is nothing to aid those with hearing impairments.

# Copacabana & Leme

COPACABANA | LEME

## Neighborhood Top Five

- 1 Soaking up the sunshine on **Copacabana Beach** (p60), followed by a meal at an oceanfront eatery.
- 2 Exploring the **Forte de Copacabana** (p61) and taking in the view across the beach.
- 3 Getting your rock and roll on at **Mud Bug** (p66).
- 4 Eating with locals and tourists alike at Leme's **Joaquina** (p65).
- 5 Listening to samba jam sessions at **Bip Bip** (p66).



For more detail of this area see Map p146 →

## Explore Copacabana & Leme

With the construction of the neoclassical Copacabana Palace hotel in 1923, Copacabana – and Rio – became South America's most elegant destination, one frequented by international celebrities. Copacabana remained Rio's untarnished gem until the 1970s, when the area fell into decline. Today's Copa is a chaotic mix of discount stores and noisy traffic-filled avenues, with a humming red-light district and slightly edgy streets. While paradise it clearly is not, the beach remains beautiful. Framed by mountains and deep blue sea, the magnificent curve of shoreline stretches more than 4km.

Packing the beach are sun-worshippers of every age and background, from favela (slum, informal community) kids to aging socialites, from tourists to families from the Zona Norte. Copacabana's democratic mix, old-school *botecons* (small open-air bars), eclectic restaurants and nightclubs, myriad shops and, of course, the handsome shoreline still entrance many visitors. While the cool kids cling to Ipanema and Leblon, Copacabana seems poised on the edge of a renaissance. Its glassy kiosks have brought class to the neighborhood, while Baixo Copa has become a nightlife destination.

The small neighborhood of Leme, just northeast of Copacabana (Av Princesa Isabel divides the two), has a village feel, with its mix of old-timers, upper-middle-class families and favela residents. The lack of major roads through Leme creates a more peaceful vibe, and the oceanfront restaurants make for a more relaxing setting for a drink than the buzzing Copacabana strip.

## Local Life

- ➔ **Markets** Copacabana has a handful of weekly produce markets held at various locales.
- ➔ **Hangouts** One of Copacabana's liveliest areas for a drink is Baixo Copa, a bar- and restaurant-lined strip just back from Ave Atlântica around Rua Domingos Ferreira and Barão de Ipanema.
- ➔ **Activities** Don't miss Praia Para Todos (p28) if you have time to spare on the weekend. Copacabana will suddenly become so much more accessible.

## Lonely Planet's Accessible Top Tip

Make sure you enjoy a (st)roll from Ipanema to Leme on a Sunday, when half of the road is pedestrianized and families come out in force to make the most of the space. When you need a break, sip an *agua de côco* (coconut water) at one of the many kiosks lining the beach. Hotels along Avenida Atlântica, the main beach strip, provide some of the best rooftop views in Rio (and are great for nipping into when you need an accessible bathroom).

## Getting There & Away

**Bus** Ipanema (161 and 573), Leblon (161, 511 and 583), Gávea (161 and 583), Jardim Botânico (161, 573 and 583) and Centro (121, 123 and 124).

**Metro** Cardeal Arcoverde, Siqueira Campos, Cantagalo and Ipanema/General Osório.



## TOP SIGHT COPACABANA BEACH

**A magnificent confluence of land and sea, the long, scalloped beach of Copacabana extends for some 4km, with a flurry of activity along its length: over-amped soccer players singing their team's anthem; cariocas (residents of Rio) and tourists lining up for caipirinhas at kiosks; favela kids showing off their soccer skills; and beach vendors shouting out their wares among the tanned beach bodies.**

Each group stakes out its stretch of sand. The area between the Copacabana Palace hotel and Rua Fernando Mendes is the gay and cross-dressing section, known as the Stock or Stock Market – easily recognized by the rainbow flag. Young football and *futevôlei* (soccer volleyball) players hold court near Rua Santa Clara. *Postos 5* and *6* are a mix of favela kids and *carioca* retirees, while the spot next to Forte de Copacabana is the *colônia dos pescadores* (fishermen's colony). As Copacabana Beach curves north you get into the quieter sands of Leme (Av Princesa Isabel forms the demarcation between the two neighborhoods). Here you'll find a mix of older Leme residents as well as kids from the nearby favelas of Babilônia and Chapeu Mangueira.

The beach is lit at night and there are police in the area, but it's still not wise to walk there after dark – stay near the liveliest beach kiosks when venturing out. Av NS de Copacabana is also sketchy – watch out on weekends, when the shops are closed and there are few locals around.

For information on accessibility, see p31.

### DON'T MISS...

- ➔ Stand-up paddle boarding across the sea.
- ➔ Evening drinks at a beachfront kiosk.
- ➔ A Sunday run, walk or bike ride along the beach boulevard.

### PRACTICALITIES

- ➔ Map p146
- ➔ Av Atlântica

## SIGHTS

### COPACABANA BEACH

BEACH

See p60.

### MUSEU DO IMAGEM E SOM

MUSEUM

Map p146 ([www.mis.rj.gov.br](http://www.mis.rj.gov.br); Av Atlântica, near Miguel Lemos) Copacabana finally has an outstanding rainy-day attraction, thanks to the stunning Museum of Image and Sound, which is due to open in late 2016. The building, designed by celebrated New York firm Diller Scofidio + Renfro (who also designed NYC's High Line), will feature high-tech interactive galleries devoted to the great Brazilian music and film that has played such a pivotal role in the nation's culture. Performance halls and an open-air rooftop amphitheater (for outdoor films) are other highlights. The museum also contains a gallery devoted to Carmen Miranda. You can peek at photographs, hear music, watch a few film clips and check out the over-the-top garments that once belonged to the famous starlet from Brazil (never mind that Miranda was actually born in Portugal).

The Museum was closed for works at the time of writing; contact them to discuss accessibility (or ask someone at your accommodations to help you).

### FORTE DE COPACABANA

FORT

Map p146 (☎021-2521-1032; Av Atlântica & Rua Francisco Otaviano; adult/child R\$6/free; ☀10am-7:30pm Tue-Sun) Built in 1914 on the promontory of the old Our Lady of Copacabana chapel, the fort of Copacabana was one of Rio's premier defenses against attack. You can still see its original features, including walls that are up to 12m thick, defended by Krupp cannons. Inside is a museum with several floors of exhibits tracing the early days of the Portuguese colony through to the mid-19th century. Some signage and descriptions are bilingual. The views out across the full length of Copacabana are striking.

Although the fort is old and has no accessibility features, the ground in and around it is mostly flat, with the odd step leading to separate parts of the building. The main problem, however, is getting there. It's a long, cobbled walk (or push) to the fort, and the heat can be unforgiving. Cafes with accessible outdoor seating and table service line the way, though, so it is possible to sit and have a coffee while taking in the incredible views of Copacabana and beyond.

### FORTE DUQUE DE CAXIAS

FORT

Map p145 (Forte do Leme; ☎021-3223-5076; Praça Almirante Júlio de Noronha; adult/child R\$4/free; ☀9:30am-4:30pm Tue-Sun) More commonly known as Forte do Leme, this military base is open to the public. Visitors can walk to the top of Morro do Leme (Leme Mountain) along a steep 800m trail that passes through Atlantic rainforest. At the top stands an 18th-century fort affording magnificent views of Pão de Açúcar (Sugarloaf Mountain) and the Cagarras Islands.

The fort has no accessibility features, so is no good for those who have limited mobility or are wheelchair users.

### BAIRRO PEIXOTO

AREA

Map p146 (Anita Garibaldi) A world away from the bustle of Copacabana's busy avenues, the Bairro Peixoto is a peaceful enclave centered on the leafy Praça Edmundo Bittencourt. There you'll find a playground, park benches and tables where folks play dominoes and read the paper, all of which seems to lend the setting more of a village-like air than that of a big-city neighborhood. You might even see a few marmosets up in the trees. There's also an outdoor gym, with certain bits of equipment adapted for people with disabilities.



## EATING

**Rio's most visited neighborhood has an enormous variety of restaurants, from award-winning dining rooms to charming old bistros from the 1950s, as well as creperies, churrascarias (traditional barbecue restaurants), sushi bars and other ethnic haunts. In general, you will encounter less experimentation, but if you're looking for excellent traditional cuisine – both Brazilian and international – you will find plenty of delectable options in Copacabana.**

**The restaurant strip along Av Atlântica has fine views of the seaside, but generally unexceptional food. The narrow roads crisscrossing Av NS de Copacabana from Leme to Arpoador contain many fine establishments – and many mediocre ones. Do some exploring; trust your instincts and *bom proveito* (happy eating).**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

## Copacabana

### GALETO SAT'S

BRAZILIAN \$

Map p146 (☎021-2275-6197; Barata Ribeiro 7; mains R\$18-26; ☀noon-5am) One of Rio's best roast-chicken spots, laid-back Galeto Sat's has earned many fans since its opening back in 1962. Grab a seat along the mirrored-and-tiled wall, order a *chope* (draft beer) and enjoy the scent of grilled spit-roasted birds before tucking into a filling meal. Price-wise, you can't beat the R\$50 feast for two.

There's one small step into Galeto Sat's, and the restaurant is both narrow and popular – possibly not the best mix for a wheelchair user. Staff will do their best to make one of the 11 tables accessible to guests with disabilities if they are warned in advance. The bathroom is small.

### CERVANTES

BRAZILIAN \$

Map p146 (☎021-2275-6147; Barata Ribeiro 7; sandwiches R\$15-30; ☀noon-4am Tue-Thu & Sun, to 6am Fri & Sat) A Copacabana institution, this late-night spot gathers *cariocas* who come to feast on Cervantes' trademark steak and pineapple sandwiches. This popular branch on busy Barata Ribeiro attracts a mostly standing-room-only crowd. For the sit-down restaurant, head a few steps around the corner to Av Pradio Junior 335.

Cervantes is long and narrow but accessible for a wheelchair user, with help. The bathroom is not adapted, but is possible to use for those able to weight-bear and transfer with little space.

### BIBI SUCOS

BRAZILIAN \$

Map p146 (☎021-2513-6000; Rua Miguel Lemos 31; mains R\$18-36; ☀8am-12am Sun-Thu, to 1am Fri & Sat) Offering much the same recipe for success as its **Leblon branch** (Map p144; ☎2259-4298; www.bibisucos.com.br; Av Ataúlfo de Paiva 591A; juices R\$6-15; ☀8am-1am), Bibi serves dozens of juices, along with savory and sweet crepes, sandwiches, burgers, pastas, quiches and build-your-own salads. It has outdoor tables and a bustling vibe. Go early or late to beat the lunchtime crowds.

With an accessible pedestrian crossing directly next to the outdoor seating area,

and a low-gradient ramp leading inside, Bibi Sucos is a spacious accessible option. English menus are available, with white text on coloured backgrounds. There are two cubicle toilets with flat access but no handrails. They are only really suitable for those with reduced mobility who can transfer onto the front of the toilet with ease.

### EL BORN

SPANISH \$\$

Map p146 (☎021-3496-1780; www.barelborn.com.br; Bolívar 17; tapas R\$15-40; ☀5pm-2am Mon-Fri, from 3pm Sat & Sun) Named after Barcelona's hippest, foodie-loving neighborhood, El Born fires up some of Rio's best tapas plates: think Galician-style octopus, spicy prawns and tender Iberian ham. The setting channels a bit of old-world Spain, with rustic stone and brick walls, outdoor tables on the sidewalk and ample bar seating – the latter is a fine spot for watching the dexterous bartenders in action. Don't order too much. Waiters emerge from the kitchen and make the rounds with freshly cooked tapas plates; if you see something you like, take it.

A single step leads inside, and wheelchair users may benefit from some assistance, which staff and locals alike are all too happy to give. There is a larger-than-average bathroom that is step-free but not specifically adapted for those with disabilities. Staff speak English and both English and Braille menus are available.

### SANTA SATISFAÇÃO

BRAZILIAN \$\$

Map p146 (☎021-2255-9349; www.santa.satisfacao.com; Santa Clara 36C; mains R\$27-46; ☀10am-10:45pm Mon-Sat) It's worth forking out a bit extra for the outstanding daily lunch specials of upscale Brazilian comfort food and sophisticated sandwiches at this always-packed bistro. Among the favorites: pasta with gorgonzola and sliced filet mignon, caprese salad, and an open-faced ham and brie sandwich.

There's one step to get in, and the bathroom is typically small and unadapted. Accessible outdoor seating is available. There's an English menu, although staff are not confident English speakers.

### LE BLÉ NOIR

FRENCH \$\$

Map p146 (☎021-2267-6969; Xavier da Silveira 19A; crepes R\$40-70; ☀7:30pm-midnight) Flickering candles, art-filled walls and chattering crowds set the scene for feasting on Rio's best crepes. Le Blé Noir offers more



## MORRO DA BABILÔNIA

Scattered across the hillsides above Leme are two small favelas (slums, informal communities) that lie side by side: **Babilônia** to the west (left side) and **Chapéu Mangueira** to the east (right side). These informal communities, home to about 4000 residents, have become a magnet for visitors since pacification arrived in 2009. Today in the area there are more than half-a-dozen hostels, simple bars and eateries with amazing views (and great cocktails), and a mountaintop rainforest preserve.

As you walk up to the favelas, you can also check out the **Mural de Babilônia**, a breathtaking Gaudi-esque mosaic that covers a long sweeping wall (140 sq meters) near the bottom of the hill. The work was created by two artists from the Czech Republic who go by the names of X-Dog and Plebe, along with the help of dozens of volunteers.

Access to the favelas is via Ladeira Ary Barroso, off Rua General Ribeiro da Costa in Leme. If you don't feel like hoofing it, you can also take a mototaxi from here to the top.

To make the most of a visit to Babilônia favela, you can take a walking tour offered by **Jungle Me** (☎021-4105-7533; www.jungleme.com.br; tours from R\$150) or **Rio by Bike** (☎021-96871-8933; www.riobybike.com; tours R\$100-125). Wheelchair users may find access to the favelas difficult. If you're interested in taking a tour of the area, it's best to call in advance to discuss your needs.

Here are a few favela locales for eating and drinking:

**Bar do David** (Map p145; Ladeira Ary Barroso 66; appetizers R\$20-30, mains around R\$35; ☼8am-10pm Tue-Sun) Located in Chapéu Mangueira favela, this simple open-sided eatery serves excellent snacks. The chef and owner David Vieira Bispo was formerly a fisherman, and his seafood *feijoada* (stew with rice) is outstanding – but available weekends only. At other times, you can nibble on seafood *croquetes*, garlic shrimp, sausage with manioc, and other hits that go nicely with a caipirinha or two.

**Bar do Alto** (Map p145; Ladeira Ary Barroso 57; ☼1-10pm Wed-Sun) High up in the Babilônia favela, this friendly place has jaw-dropping views over Copacabana. It's an open-sided affair, with cool breezes, flickering candles on the tables, and a small menu with standouts such as fish or mixed-seafood *moqueca* (Bahian fish stew cooked in a clay pot with *dendê* oil, coconut milk and spicy peppers; around R\$40), and *feijoada*-stuffed rolls – good for sharing. You'll also find some intriguing cocktails such as the *caipichopp*, a bubbly caipirinha that goes down smoothly – never mind the green color.

**Estrelas da Babilônia** (Map p145; Ladeira Ary Barroso; ☼5-11pm Tue-Thu & Sun, to 3am Fri & Sat) In the uppermost reaches of the Babilônia favela, Estrelas da Babilônia has a picturesque open-air setting with an unrivaled view of the mountains and sea with the cityscape of Copacabana wedged between the two. It's a fun and welcoming spot, run by a Colombian-Belgian couple, with a lineup of live music, film screenings and other events. It's worth coming for the view alone.

than 50 different varieties, pairing rich ingredients such as shrimp and artichoke hearts or Brie, honey and toasted almonds. The wait can be long (about 45 minutes on average).

A portable (high-gradient) ramp is available to overcome the several steps leading inside. The bathroom is step-free but small and unadapted, making it only suitable for those who are able to weight-bear and transfer with ease. Staff speak English and an English menu is on hand.

## CAFE COLOMBO

CAFE \$\$

Map p146 (☎021-3201-4049; Forte de Copacabana, Praça Coronel Eugênio Franco; mains R\$24-38; ☼10am-8pm Tue-Sun) Far removed from the hustle and bustle of Av Atlântica, this cafe has magnificent views of Copacabana Beach. At the outdoor tables you can sit beneath shady palm trees, enjoying cappuccinos, omelets, waffles, salads or sandwiches as young soldiers file past. To get here, you'll have to pay admission (R\$6) to the Forte de Copacabana (p61).

Inaccessible to get into, but with some of the loveliest outdoor seating around the fort, Cafe Colombo is a great place to sit, rest and have a sweet treat as part of the long, cobbled journey to, or from, Forte de Copacabana.

### ARATACA

AMAZONIAN \$\$

Map p146 (📍021-2548-6624; Domingos Ferreira 41D; mains R\$32-65; 🕒10am-9pm) The casual, no-nonsense Arataka serves exotic cuisine of the Amazon. There's *moqueca* (fish stew) made with *pirarucu* (a freshwater fish), *pato no tucupi* (roast duck flavored with garlic) or *vatapá* (a seafood dish with a thick sauce of manioc paste and coconut), all of which go nicely with real guaraná juice.

With a small step leading into the small restaurant inside, those with reduced mobility may find sitting at the waited outdoor tables an easier option. The bathroom is small and not adapted, and no further accessibility features exist, aside from an English menu.

### CAPRICCIOSA

PIZZA \$\$

Map p146 (📍021-2255-2598; Domingos Ferreira 187; pizzas R\$50-85; 🕒6pm-2am) Like its better-known version in **Ipanema** (Map p142; 📍021-2523-3394; Vinicius de Moraes 134; small/large pizzas R\$50/80; 🕒6pm-1am), Capricciosa serves excellent thin-crust pizzas.

Several steps lead up to the entrance, although a portable ramp is available. The bathroom is step-free but very small, with no accessibility features. It would only prove useful for those who can weight-bear and transfer easily. Staff speak English, and an English menu is available.

### MÔNACO

SEAFOOD \$\$

Map p146 (📍021-2521-0195; Miguel Lemos 18; mains R\$50-100, for 2 people R\$70-160; 🕒8am-2am) The casual Bar Mônaco is the neighborhood destination for sizzling plates of grilled squid, fresh cherne (grouper), shrimp and a mean bowl of Leão Veloso (a rich seafood soup). Sidewalk tables provide a relaxing point for a meal or a drink on a fairly untrafficked street.

There's a small step to enter, although accessible outdoor seating is available. The bathroom is step-free but the doorway in particular is narrow and will be impossible for wheelchair users who are unable to transfer or weight-bear unaided. Staff don't

speak much English, although an English menu is available.

### ★CHURRASCARIA PALACE

CHURRASCARIA \$\$\$

Map p146 (📍021-2541-5898; Rodolfo Dantas 16; all you can eat R\$110; 🕒noon-midnight) Hands down, this is one of the best *churrascarias* (traditional barbecue restaurants) in town. You'll find high-quality cuts of meat and attentive service at this elegantly set dining room. Waiters make frequent rounds with the goods; don't be shy about saying no, otherwise you'll end up with more than you could possibly eat.

The entrance is totally accessible, flat and wide. There are, however, eight steps to the bathrooms, although plans are being put in place to install an elevator this year. Staff speak English and there are English menus available.

### DON CAMILLO

ITALIAN \$\$\$

Map p146 (📍021-2549-9958; Av Atlântica 3056; pastas R\$40-110; 🕒noon-1am) This handsomely appointed Italian restaurant has flavorful pastas and lasagnas, as well as some excellent seafood dishes. Antique tile floors, distressed wood beams and black-and-white photos make a nice setting, though it's hard to top the outdoor tables facing the beach. For pure decadence, try the linguine with lobster, crayfish and cherry tomatoes.

A portable ramp can be put over the several steps leading inside. Accessible outdoor seating is also available. The bathroom is larger than most and step-free but not specifically adapted; some wheelchair users may be able to manage quite well. Staff speak English and there is an English menu.

### SIMON BOCCANEGRA

ITALIAN \$\$\$

Map p146 (📍021-3269-4366; Aires Saldanha 98; mains R\$60-88; 🕒noon-1am Tue-Sat, to 10pm Sun) Named after an Italian opera, this overly polished wine bar and osteria is set with reflective chandeliers, tall ceilings and a long wall lined with wine bottles. Come for ingredient-rich bruschettas, creative pastas and nicely prepared grilled meat or fish plates. You can also stop in for a drink, and relax in one of the velvet armchairs in front.

A (higher-gradient) fixed ramp enables those with limited mobility to ride over the several steps leading to the entrance. A large bathroom with handrails but no

## THE KIOSKS OF COPACABANA

The *quiosque* (kiosk) has long been a presence on the beachfront of Rio. It's where cold drinks and snacks are doled out to *cariocas* (residents of Rio) on the move, and where plastic tables and chairs provide a fine vantage point for contemplating the watery horizon. In recent years Copacabana Beach has seen a new crop of flashy kiosks replacing the old-fashioned wooden ones. Now it's possible to get a decent meal (the kitchens are cleverly concealed underground), an ice-cold *chope* (draft beer) or gourmet snacks without ever leaving the sand (although, as the kiosks are on a beach, wheelchair access can be difficult).

The new kiosks are sprinkled all along Copacabana Beach, with most options roughly between Rua Siqueira Campos and the Copacabana Palace hotel. Here are a few popular ones:

**Globo** (Map p146; Copacabana Beach, near Miguel Lemos; snacks R\$8-15; ☺9am-midnight) Run by Brazil's major media network, Globo has a brightly illuminated kiosk with colorful seats near the new Museu do Imagem e Som. Aside from snacks and drinks, you can sometimes catch live programming here, such as mini concerts, televised interviews and public debates.

**Cantinho Cearense** (Map p146; near Duvivier; appetizers R\$13-35, mains for 2 people R\$63-100; ☺9am-midnight) A popular gathering spot, Cantinho Cearense serves up cold *chope* and plenty of satisfying snacks, as well as heartier fare from the state of Ceará, including grilled seafood with fried cassava.

**Espetto Carioca** (Map p145; near Praça Julio de Noronha; snacks R\$12-20; ☺8am-midnight) At the northeast end of Leme, elevated over the beach, this peacefully set kiosk serves *espettos* (kebabs or skewers) of vegetables, meats and cheeses, which go nicely with drinks. Nearby, you can watch fearless *carioca* kids diving off the seawall. There's usually live music on weekends.

further adaptations is available, and quite accessible by Rio's standards. Staff don't speak English but visitors can order from an English menu.

Avenida Atlantica is (for once) not an issue. Staff speak English and an English menu is available.

## Leme

### JOAQUINA

BRAZILIAN \$\$

Map p145 (☎021-2275-8569; Av Atlântica 974; mains R\$34-46; ☺11:30am-midnight; ☺) Joaquina has much to recommend it: a great ocean-facing location with outdoor seating; excellent caipirinhas that don't skimp on the fresh fruit; and tasty Brazilian dishes served up at fair prices. On Sundays Joaquina serves *feijoada* (R\$34); on Saturdays it's oxtail rice (also R\$34). Arrive early before it runs out. Other hits: *moqueca* for one, shrimp risotto and vegetarian stroganoff.

Accessible outdoor seating enables visitors to enjoy views of the beach and beyond, and a ramped entrance allows for access to indoor seating, too. The bathroom is step-free but not specifically adapted, although finding a bathroom to suit your needs on

### GALERIA 1618

BISTRO \$\$

Map p145 (☎021-2295-1618; Gustavo Sampaio 840; mains R\$48-62; ☺noon-midnight) Opened by two French expats in 2006, the art-filled Galeria 1618 offers tender grilled meats, shrimp linguine and fresh bruschetta plates. Inside, the design is elegant, if a little on the formal side, so you may prefer to eat at one of the sidewalk tables out the front.

The entrance is ramped, and the bathroom is step-free and larger than average but not adapted. If you're struggling, the Golden Tulip Hotel on the same street can offer an accessible alternative. Staff speak English and there's an English menu.

### LA FIORENTINA

ITALIAN \$\$\$

Map p145 (☎021-2543-8395; Av Atlântica 458A; mains R\$42-98; ☺11:30am-midnight) One of Leme's classic Italian restaurants, La Fiorentina attracted Rio's glitterati in the 1960s. Today, its beach-facing outdoor tables draw a loyal, mostly neighborhood

crowd who come to feast on oysters, seafood risottos and thin-crust pizzas. Try the Brandy Alexander – it's divine!

There is spacious and accessible outside seating looking onto the beach. A medium-gradient ramp leads inside to the restaurant and an easy-access bathroom is available, equipped with handrails and room for side transfer. Menus in English are available, and staff speak a little English.



## DRINKING & NIGHTLIFE

**Despite being overshadowed by younger, hipper Ipanema to the south, Copacabana has seen marked improvement in its nightlife offerings, boosted in part by its ocean-fronting kiosks, which make a great spot for a late-afternoon drink. On the other side of the busy road are the open-air restaurants and bars of Av Atlântica, which are generally – with a few exceptions – overpriced tourist traps. More authentic is the emerging nightlife area that some have dubbed Baixo Copa (Lower Copa), where a dozen or so lively bars and restaurants are sprinkled along a quiet street just back from Av Atlântica. To explore this area, head along Rua Aires Saldanha and Rua Domingos Ferreira, between Rua Almirante Gonçalves and Rua Constante Ramos. For something more upscale, the best options are at high-end hotel bars, some of which have million-dollar views.**

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

### PONTO DA BOSSA NOVA

BAR

(☎021-2235-4616; Domingos Ferreira 215, Copacabana; ☀noon-1am Sun & Mon, to 3am Tue-Sat) On a lively street sprinkled with bars, this boxy, wood-lined space has a tiny outdoor patio that makes a peaceful spot for sampling appetizers such as *carne seca com aipim* (jerked beef with fried cassava) and well-made caipirinhas. True to its name, there's live bossa nova – and Música Popular Brasileira (MPB) – from time to time.

Wheelchair users may struggle here without a companion as entry to the ground level is accessible, but there are two large steps to go any further. Staff are hap-

py to help, though. The bathroom is small, unadapted and on the higher level. There's a menu in English.

### MUD BUG

BAR

Map p146 (☎021-3547-8527; www.mudbug.com.br; Rudolfo Dantas 16, Copacabana; ☀5pm-3am) Mud Bug is a buzzing, warmly lit sports bar that has a rustic, all-wood interior where *cariocas* and foreigners mingle over football games, bar bites and a broad beer selection. There's also live music – typically classic rock – on weekends. A second, smaller Copacabana location is a few blocks west on Rua Paula Freitas, just north of NS de Copacabana.

One of Copacabana's more accessible bars, Mud Bug has a well-ramped entrance and friendly staff on hand to help. The interior is spacious, with larger-than-average cubicle toilets proving quite accessible for those who are able to transfer with ease. For those who can't, it's not ideal, but an accessible hotel bathroom is not far away. Staff speak a little English.

### LE BOY

GAY CLUB

Map p146 (☎021-2513-4993; www.leboy.com.br; Raul Pompéia 102, Copacabana; cover R\$10-30; ☀11pm-5am Tue-Sun) Open since 1992, Le Boy is Rio's gay temple. There are theme nights with drag shows and go-go boys.

Le Boy was shut for renovations at the time of writing. Call to discuss accessibility, or ask someone at your accommodations to call on your behalf.



## ENTERTAINMENT

### ★ BIP BIP

LIVE MUSIC

Map p146 (☎021-2267-9696; Almirante Gonçalves 50, Copacabana; ☀6pm-midnight Sun-Fri) For years Bip Bip has been one of the city's favorite spots to catch a live *roda de samba* (informal samba played around a table), despite it being just a storefront with a few battered tables. As the evening progresses the tree-lined neighborhood becomes the backdrop for serious jam sessions, with music and revelers spilling into the street. The musical lineup features samba on Thursdays, Fridays and Sundays, *choro* (short for *chorinho*; a romantic, intimate samba) on Mondays and Tuesdays, and bossa nova on Wednesdays. Music kicks off around 8pm.

Bip Bip is a tiny venue, but most of the action happens outside. There are no accessibility features, but it is worth a visit for the atmosphere alone if you are able to find an accessible bathroom elsewhere, and have a friend to go and get you a drink when battling through the crowds becomes tough.



## SHOPPING

**Copacabana's shops, just like its local residents, are a diverse bunch, with everything from cachaça (sugarcane alcohol) to football jerseys on hand, as well as shoe stores, surf shops and record stores thrown in the mix. Fashion hunters will find more lower-tier labels than in neighboring Ipanema, along with lower prices to match.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

### SHOPPING SIQUEIRA CAMPOS

SHOPPING CENTER

Map p146 (☎021-2549-0650; Siqueira Campos 143, Copacabana; ☀10am-9pm Mon-Fri, to 6pm Sat, to 4pm Sun) One of Rio's first malls, this quirky shopping mall packs an intriguing mix of stores in a no-nonsense parking-garage-like interior. Scattered across two floors, you'll find numerous antique shops, used-book and record stores, internet cafes, art galleries and dozens of other surprising finds.

Shopping Siqueira Campos is good for a unique browse if you are in the area, although it is not nearly as accessible, well-known or easy to get around as larger centers like Shopping Leblon (p48), Shopping da Gavea (p56) or Rio Sul (p76). If you're looking for a venue with a cinema and numerous eateries to choose from, this is not your best option.

### MUNDO VERDE

FOOD

Map p146 (☎021-2135-4415; www.mundoverde.com.br; Av NS de Copacabana 1171, Copacabana; ☀9am-8pm Mon-Fri, to 4:30pm Sat) Brazil's largest health-food retailer, Mundo Verde sells organic products including *salgados* (bar snacks), jams made from Amazonian fruits, and other assorted goods. The sun-care products are usually cheaper here than in pharmacies, and probably better for your skin.

A fixed, higher-gradient ramp takes customers inside. There are no bathrooms and staff don't speak English, although good communication is possible with a few gestures.



## SPORTS & ACTIVITIES

### RIO SAMBA DANCER

DANCE

Map p146 (☎021-98202-9810; www.riosamba.dancer.com; Barata Ribeiro 261A, Copacabana; group/private classes R\$70/150) English-speaking dance instructor Hélio Ricardo offers private and group dance classes in samba or *forró*, a popular music of the Northeast. To try out your new moves, sign up for a samba-class and night-tour combo: you'll take a one-hour crash course, then head out to Lapa for a night of dancing in a club (R\$100 per person; cover charge not included).

The entrance to both the building and the studios is step-free and accessible. There is also a step-free but very small bathroom that is only really suitable for those who can weight-bear and transfer easily. Classes are in English, and may prove difficult for wheelchair users. Adaptations can be made to suit people with audio/visual impairments as necessary, for example separate, private classes.

# Botafogo, Humaitá & Urca

BOTAFOGO & HUMAITÁ | URCA

## Neighborhood Top Five

- 1 Gliding up to the top of **Pão de Açúcar** (p70) by cable car for the awe-inspiring view of Rio at your feet.
- 2 Having a scrummy bite to eat and a much-needed caipirinha at the renowned **Cobal do Humaita** (p75).
- 3 Strolling between forest and sea on the peaceful **Pista Cláudio Coutinho** (p72).
- 4 Getting some retail therapy at **Rio Sul** (p76).
- 5 Basking on the sands of **Praia Vermelha** (p73), one of Rio's prettiest little beaches.



For more detail of this area see Map p150 →

## Explore Botafogo, Humaitá & Urca

The traditional, middle-class neighborhoods of Botafogo and neighboring Humaitá may not have the beaches of their neighbors to the south, but they don't lack for much else, with intriguing museums, movie theaters, quaint bookshops, a shopping center, and festive, open-air bars on tree-lined back streets. There are also a few night-clubs and a boulevard dotted with old mansions.

To the east, Urca is even more idyllic, with shaded, quiet streets. Its eclectic architecture includes art deco and modernist houses backed by manicured gardens. Along the seawall, which forms the northwestern perimeter of Pão de Açúcar, fishermen cast for dinner as couples lounge beneath palm trees, taking in views of Baía de Guanabara (Guanabara Bay) and Cristo Redentor (Christ the Redeemer). Tiny Praia Vermelha in the south marks the beginning of a pleasant walking trail and has one of Rio's finest beach views.

Botafogo is named after the Portuguese settler João Pereira de Souza Botafogo and grew in importance following the arrival of the Portuguese court in the late 1800s. Dona Carlota Joaquina, the wife of Dom João VI, had a country villa here, and she used to bathe in the Baía de Guanabara. With royalty established in the area, arriving aristocrats built many mansions, some of which still stand as schools, theaters and cultural centers.

In the 19th century, development was spurred by the construction of a tram that ran to the Jardim Botânico (botanical garden), linking the bay with Lagoa Rodrigo de Freitas. This artery still plays a vital role in Rio's traffic flow, though Botafogo's main streets are now extremely congested.

## Local Life

- ➔ **Hangouts** At Bar Urca (p74), locals sip beers and munch on appetizers along the seawall across the street, while taking in the pretty views.
- ➔ **Markets** Browse the produce stands of Cobal do Humaitá (p75) by day and sample the bars by night.
- ➔ **Shopping** Botafogo Praia Shopping (p76) has colorful shops, a cinema and upper-floor restaurants with great views.

## Lonely Planet's Accessible Top Tip

An accessible day out could easily be spent in this area alone. **Pão de Açúcar** (p70) provides an inclusive and interesting experience, while shopping centers such as **Rio Sul** (p76) allow everyone to indulge in accessible retail therapy and cinema experiences. For food and drink, **Cobal do Humaitá** (p75) provides plenty of choices, and there's nothing quite like an evening of live jazz on the pretty, and flat, promenade of **Praia Vermelha** (p73).

## Getting There & Away

### Botafogo

**Metro** Botafogo

### Urca

**Taxi** The best option for those with limited mobility

**Bus** Centro (107), Ipanema, Leblon and Copacabana (511), Jardim Botânico and Gávea (512)



## TOP SIGHT PÃO DE AÇÚCAR

**One of Rio's dazzling icons, Pão de Açúcar (Sugarloaf Mountain) offers a vision of Rio at its most disarming. Following a steep ascent to the mountain, you'll be rewarded with superb views of Rio's gorgeous shoreline, and the city planted among the green peaks. From the summit, 395m above Rio and the Baía de Guanabara, it's quite clear why Rio is called the Cidade Maravilhosa (Marvelous City).**

The most traditional way to reach the top is to board the two-stage cable car that departs from Urca every 20 minutes or so. The glass-and-steel cars are good fun in themselves, and ascend 215m to Morro da Urca. From here, you can see Baía de Guanabara and along the winding coastline; on the ocean side of the mountain is Praia Vermelha, in a small, calm bay. Morro da Urca has a restaurant, souvenir shops, a playground, outdoor theater and a helipad. In the summer, concerts are sometimes staged in the amphitheater.

The second cable car goes up to Pão de Açúcar. At the top, the city unfolds beneath you, with Corcovado mountain and Cristo Redentor off to the west, the twinkling lights of Niteroi across the bay to the east, and the long curve of Copacabana Beach to the south. If the breath-taking heights unsteady you, a cafe is on hand to serve caipirinhas and other drinks. There's also a restaurant, an ice-cream shop and the obligatory souvenir shop.

Those who'd rather take the long way to the top, and are able to climb, should sign up with one of the granite-hugging climbing tours offered by various outfits in Rio. Morro da Urca is much easier to climb, and if you are able to climb you can do it on your own. The short but steep path takes about 30 minutes to the top. You'll find the unmarked trail along the **Pista Cláudio Coutinho** (p72).

### DON'T MISS...

- Drinking caipirinhas while watching planes land beneath you.
- Summer concerts up top.
- The monkeys in the trees lining Morro da Urca.

### PRACTICALITIES

- Map p150
- Sugarloaf Mountain
- ☎021-2546-8400
- [www.bondinho.com.br](http://www.bondinho.com.br)
- Av Pasteur 520, Urca
- adult/child R\$62/31
- 🕒8am-7:50pm





For prime views of the Cidade Maravilhosa, go around sunset on a clear day.

Pão de Açúcar is one of Rio's most accessible attractions for wheelchair users and those with reduced mobility. The ticket office is easily accessible, with many of the operators speaking great English. Parking spaces outside the entrance are reserved for those with disabilities (including those with visual impairments) and taxis will drop you off right by the attraction itself. Several elevators will take you to the cable-car platform, with a motorized stair-climbing chair on hand if anything is out of order. Only one wheelchair will fit in each cable car, so groups may have to split up for parts of the journey. The cable cars do also swing slightly when embarking and departing, so take extra care of any possible gaps.

Morro da Urca is very accessible, with the higher Pão de Açúcar having a few more stairs. It is possible, however, to get to the cafe on the higher of the sister mountains. Watch out for Via Verde, a concrete walkway through the lush vegetation of the Morro da Urca, connecting the second boarding station to the lookouts and Cucuruto Museum (you might even see monkeys if you're lucky). The flooring is flat and even; however, the guide railings are thin, unmarked steel cables, with only a single handrail, making it not the easiest of walkways for people with a visual impairment. There is no tactile flooring, either. At the halfway point there is a tree in the middle of the walkway, leaving only a narrow space for wheelchair users to pass through. Accessible bathrooms are available on-site. Staff are on hand to help, and are well trained.

## SIGHTS

### Botafogo & Humaitá

#### MUSEU CASA DE RUI BARBOSA MUSEUM

Map p150 (☎021-3289-4600; www.casaruibarbo.sa.gov.br; São Clemente 134; admission R\$4, Sun free; ☀9am-5:30pm Tue-Fri, 2-6pm Sat & Sun) The former mansion of famous Brazilian journalist and diplomat Rui Barbosa is now a museum housing his library and personal belongings. Barbosa played a pivotal role in shaping the country's socioeconomic development in the early 20th century.

Currently undergoing refurbishment, this museum is scheduled to re-open in mid-2016. Call them to discuss the new accessibility features.

#### MUSEU DO ÍNDIO MUSEUM

Map p150 (☎021-3214-8700; www.museudoindio.org.br; Rua das Palmeiras 55; ☀9am-5:30pm Tue-Fri, 1-5pm Sat & Sun) **FREE** Featuring multimedia exhibitions on Brazil's northern tribes, the small Museu do Índio provides an excellent introduction to the economic, religious and social life of Brazil's indigenous people. Next to native food and medicinal plants, the four life-size dwellings in the courtyard were actually built by four different tribes. As a branch of Funai (the National Indian Foundation), the museum contains an excellent archive of more than 14,000 objects, 50,000 photographs and 200 sound recordings. Its indigenous ethnography library containing 16,000 volumes by local and foreign authors is open to the public during the week.

There's an accessible ramped entrance, and an automatic stair-climbing chair to enable wheelchair users to go up the several stairs that are inside the building. Bathrooms are fully adapted and accessible, and staff speak good English. There is no specific material or equipment to help those with visual impairments, although there is a telephone-to-text system available for those who are hard of hearing or deaf.

#### PRAIA DE BOTAFOGO BEACH

Map p150 (Av dos Nações Unidas) Although the waters of the bay are too polluted for swimming, the beach overlooking the Enseada de Botafogo (Botafogo Inlet) makes a photogenic setting for a run or bike ride. Hopeful football stars play pick-up games along the

shore against a backdrop of sailboats bobbing on the water and Pão de Açúcar off in the distance.

As with most beaches, those with mobility impairments may have a tough time getting around. There are no specific accessibility features, and Leblon, Copacabana and Barra beaches are better suited to those with disabilities, especially on weekends when AdaptSurf (p28) and Praia Para Todos (p28) are in town.

#### MIRANTE DO PASMADO VIEWPOINT

Map p150 (Bartolomeu Portela) Sweeping views of Enseada de Botafogo, Pão de Açúcar and Corcovado await visitors who make the journey up Pasmado. It's best reached in early morning or late afternoon, when the light is at its best for capturing the postcard panorama. Visitors will also be able to see details of a favela from above. The overlook is best reached by taxi via Rua General Severiano.

No specific accessibility features are available, although anyone who is able to get there via taxi or private driver should manage to see the great view.

### Urca

#### PÃO DE AÇÚCAR MOUNTAIN

See p70

#### PISTA CLÁUDIO COUTINHO WALKING TRAIL

Map p150 (☀6am-sunset) Everyone loves this paved 2km trail winding along the southern contour of Morro do Urca. It's a lush area full of trees, with the waves crashing on the rocks below. Look out for families of marmosets with their gray fur, striped tails and tiny faces. To get there, head 100m north along the edge of Praia Vermelha (with your back to the cable-car station) and you'll see the entrance to the path straight ahead, just past the beach. About 300m along the path, there's a small trail leading off to Morro da Urca. From there you can have a fine view over the city that won't cost a thing (except plenty of sweat – the path up is steep!). Pão de Açúcar can also be climbed – but it's not recommended without an experienced guide and climbing gear.

#### PRAIA DA URCA BEACH

Map p150 (Av João Luís Alves) This tiny beach is popular with neighborhood kids who gather here for pick-up football games when school is not in session (and sometimes

when it is). A small restaurant, Garota da Urca (p74), lies near the beach.

As with most beaches, those with mobility impairments may have a tough time getting around. Leblon, Copacabana and Barra beaches are better suited to those with disabilities.

## PRAIA VERMELHA

BEACH

Map p150 (Praça General Tibúrcio) Beneath Morro da Urca, narrow Praia Vermelha has superb views of the rocky coastline from the shore. Its coarse sand gives the beach the name *vermelha* (red). Because the beach is protected by the headland, the water is usually calm.

Getting onto the beach itself requires overcoming a huge step. However, the promenade is stunning, and relatively flat. Be sure to go on Sunday evenings when live jazz and caipirinhas are on the menu.



## EATING

**The dining scene has exploded here recently, with some of Rio's most creative restaurants opening up on the tree-lined back streets of Botafogo and Humaitá. A great street for browsing is Rua Nelson Mandela (right next to the Botafogo metro station), which is lined with casual open-air eating and drinking spots. For higher-end dining, Rua Conde de Irajá, 12 blocks west in Humaitá, has excellent restaurants. Urca, largely residential, has only a few choices.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**



## Botafogo & Humaitá

### MEZA BAR

TAPAS \$\$

Map p150 (☎021-3239-1951; www.mezabar.com.br; Capitão Salomão 69, Humaitá; tapas R\$12-30; ☎6pm-1am) Humaitá's see-and-be-seen hot spot serves up delectable, Brazilian-slanted tapas to a sophisticated and trendy crowd. Creative cocktails and delightful staff round out the fun.

A fixed ramp leads inside. The venue is all on one floor with a larger-than-average, step-free (but not adapted) bathroom. Staff speak English and there are both English and Braille menus.

### MIAM MIAM

CONTEMPORARY \$\$

Map p150 (☎021-2244-0125; www.miammiam.com.br; General Goés Monteiro 34, Botafogo; mains around R\$60; ☎7pm-midnight Tue-Fri, 8pm-1am Sat) Exposed brick walls and a mishmash of retro furnishings set the scene for dining in style at Botafogo's culinary darling. Chef Roberta Ciasca serves up her own brand of comfort food, such as smoked trout with roasted potatoes, pork with rice and pineapple, eggplant lasagna with sheep's milk yogurt, and other unique dishes.

In a stunning old building with four steps to the entrance, no ramp and a tiny bathroom, Miam Miam is no good for those with mobility impairments. They do, however, have English and Braille menus, and staff speak English.

### OUI OUI

FRENCH, BRAZILIAN \$\$

Map p150 (☎021-2527-3539; www.restauranteouiou.com.br; Conde de Irajá 85, Humaitá; small plates R\$35-42; ☎noon-3pm & 7pm-midnight Mon-Fri, 8pm-1am Sat) On a tranquil street in Humaitá, elegantly set Oui Oui serves innovative tapas plates designed for sharing – caramelized ribs with pumpkin purée, duck risotto and zesty quinoa salad with truffle oil are perennial favorites.

Oui Oui has a ramped side entrance and is all based on one floor. The bathroom is step-free but not adapted, and is only really useful for those who are able to weight-bear and transfer. Staff speak English and there is an English menu.

### LIVRARIA PREFÁCIO

BRAZILIAN \$\$

Map p150 (☎021-2527-5699; Voluntários da Pátria 39, Botafogo; mains R\$22-49; ☎10am-10pm Mon-Fri, 2-10pm Sat & Sun) This charming restaurant scores high on novelty: it's hidden in the back of a bookshop, with stone walls, low-lit lamps and bookshelves. Atmosphere aside, the food is quite good, with nicely presented pastas, sandwiches, salads and more creative fare such as Indian samosas.

A portable ramp is available for those who require it. The bathroom is relatively large but has a small step to enter. Staff do not speak English but there is an English menu available.

### EMPORIUM PAX

BRAZILIAN \$\$

Map p150 (☎021-3171-9713; www.emporiumpax.com.br; Botafogo Praia Shopping, 7th fl, Praia de Botafogo 400, Botafogo; lunch buffet R\$44-65; ☎noon-midnight) One of many eateries at

Botafogo Praia Shopping, Emporium Pax is a more polished affair than the adjoining food court and offers spectacular views of Pão de Açúcar and Baía de Guanabara. The big draw is the extensive lunch buffet, though for something lighter you can order salads, sandwiches and quiches, plus tasty desserts.

As it is inside a shopping center, Emporium Pax is perfectly accessible for wheelchair users.

### ★ LASAI

FUSION \$\$\$

Map p150 (☎021-3449-1834; www.lasai.com.br; Conde de Irajá 191, Humaitá; prix fixe R\$185-245; ☉7:30-10:30pm Tue-Fri, 1pm-10:30pm Sat) Inside an elegant early 20th-century house in Humaitá, Lasai has dazzled critics and foodies with its deliciously inventive cuisine. The *carioca* (resident of Rio) chef Rafa Costa e Silva earned his chops in some of the world's best dining rooms (including Mugaritz in Spain), and he puts his skills to brilliant use here. There's no set menu: dishes are based on whatever is fresh that day (some ingredients are grown in the chef's own garden). Reservations are essential.

Lasai is set over two floors; only the ground floor is accessible for those with mobility impairments. A ramp and elevator lead to the ground-floor entrance, and there is also a fully accessible bathroom on the ground floor. Staff speak English and menus in English and Braille are available.

### ✂ Urca

#### JULIUS BRASSERIE

EUROPEAN \$\$

Map p150 (☎021-3518-7117; Av Portugal 986, Urca; mains R\$45-75; ☉noon-midnight Tue-Sun) This elegant Dutch-Brazilian-run restaurant in Urca turns out a creative mix of grilled meats (rack of lamb, duck breast), seafood (shrimp curry with black rice), pastas and risottos in a quiet location on the edge of Praia da Urca. It makes a great lunch or dinner spot, followed by a stroll around the neighborhood.

The entrance into Julius Brasserie is fully accessible, and a large, but unadapted bathroom is available. Staff speak English and the restaurant also has an English menu.

#### GAROTA DA URCA

BRAZILIAN \$\$

Map p150 (☎021-2541-8585; João Luís Alves 56, Urca; mains R\$35-68; ☉noon-1am Sun-Thu, to 2:30am Fri & Sat) Overlooking the small Praia da Urca, this restaurant serves good-

value weekday lunch specials, and you can enjoy views over the bay from the open-air veranda. By night, a more garrulous crowd converges for steak and *chope* (draft beer).

A portable ramp can be used to overcome the stepped entrance. The bathroom is small, albeit step-free. There are English-speaking staff and English and Braille menus.

#### BAR URCA

BRAZILIAN \$\$\$

Map p150 (☎021-2295-8744; Cândido Gaffrêe 205; mains R\$52-136; ☉noon-3pm & 7-11pm) Near the outskirts of Urca, you'll find an elegantly set dining room with big windows letting in the breeze (not to mention lovely views over the bay). The seafood is first-rate, with scrumptious *caldeirada* (seafood stew), *moqueca* (Bahian fish stew) and grilled octopus on the menu.

While the restaurant is totally inaccessible, Bar Urca is better known for its popular and accessible snack stand that's on street level, where you can order appetizers and drinks and assemble a satisfying feast to enjoy on the seawall across the street (just watch out for the massive curbs).



## DRINKING & NIGHTLIFE

**Botafogo is the place to go for lively, authentic *carioca* bars, with fun, mixed crowds and little of the pretense you might encounter in bars further south. Rua Visconde de Caravelas is a good place to browse the pub scene.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**



## Botafogo & Humaitá

#### CAVERNA

BAR

Map p150 (☎021-3507-5600; www.espacocaverna.com; Assis Bueno 26; ☉6pm-1am Mon-Fri, 7pm-2am Sat) Yet another reason why Botafogo may be surpassing Ipanema in the cool factor these days, this always buzzing rock-and-roll-loving bar and bistro serves up microbrews and juicy burgers amid a fun and festive atmosphere (though the music rocks a little loud some nights).

One small step takes guests inside this funky bar. They do have a portable ramp, but it was broken at the time of visiting. The bathroom is step-free but not adapted, so may suit some visitors with mobility impairments. Staff speak English and there is an English menu.

### CABARET LOUNGE

LOUNGE

Map p150 (☎021-2226-4126; www.cabaretlounge.com.br; Voluntários da Pátria 449, Humaitá; cover R\$15-40; ☎7pm-3am Tue-Thu, 9pm-5am Fri & Sat) The cozy Cabaret Lounge channels the look of an old-fashioned Parisian dance hall, with red walls, glittering chandeliers, velvet couches and armchairs, and gilt frames (containing video screens rather than sepia prints). Champagne and cocktails are the drinks of choice. As the evening progresses, it becomes more of a dance spot, with DJs spinning overhead.

A fixed, higher-gradient ramp leads inside. Cabaret spans over two floors, with only the first being step-free, although this is where most of the action happens. The bathroom is upstairs and is therefore not accessible. Staff speak English and there's an English menu.

### CALAVERA

BAR

Map p150 (☎021-3734-5461; Capitão Salomão 14, Humaitá; ☎6pm-midnight Mon-Thu, to 2am Fri & Sat) Opened in 2015, Calavera is the newest gastropub to open in Humaitá. You'll find creative snacks, craft beer and a hipster-leaning crowd that raise glasses inside the small but artfully designed space.

As the space is so small, the tables outside are more suitable for those with mobility impairments. There is a small, step-free but unadapted bathroom on-site that won't be suitable for many. You'll have to test your language skills as staff don't speak English and there is no English menu.

### O PLEBEU

BAR

Map p150 (☎021-2286-0699; Capitão Salomão 50, Botafogo; ☎noon-2am Mon-Sat, to 7pm Sun) In the liveliest stretch of Botafogo, O Plebeu is a welcoming, open-sided two-story bar with tables spilling onto the sidewalk and a 2nd-floor balcony. Neighborhood regulars pack this place, drawn by ice-cold bottled beer, codfish balls and an unpretentious crowd befitting the name (The Commoner).

The entrance is accessible, although those unable to manage stairs will have to stay on the ground floor. The bathroom is

upstairs and therefore inaccessible. Staff don't speak English and no English menus are available.

### COBAL DO HUMAITÁ

BAR

Map p150 (Voluntários da Pátria 446, Humaitá; ☎8am-2am) A large food market in Humaitá, the Cobal transforms into a festive nightclub when the sun goes down, complete with open-air eating and drinking.

If you need to get taxis around Rio, Cobal is a good option as taxis can go inside the gates and drop visitors off in one of the accessible parking bays. The entrance on Voluntários da Pátria is possibly the best bet. Cobal is flat throughout, with only a few restaurants having a couple of steps inside. The supermarket is also good, with a medium-gradient ramp up to the entrance. The cashier aisles are particularly narrow, although members of staff have been known to pack bags for mobility-impaired customers and then help them out to a taxi. In terms of restaurants, there's everything you could want, from Brazilian to American, Italian and even a dedicated cake shop. Some have outdoor step-free seating.

### BAR BUKOWSKI

CLUB

Map p150 (☎021-2244-7303; Álvaro Ramos 270, Botafogo; admission R\$50; ☎9pm-6am Fri & Sat) Paying homage to the bohemian American writer, this club has a downstairs dance floor and bar, and an upstairs level for live bands playing rock, pop and blues. It's a great scene, and usually attracts a fun crowd. There's also a pool table, darts and you can have a go at one of the water pipes.

No ramp is available for the one small step leading inside, although it should be manageable for most. There is no elevator to take visitors to the upper floor, although the two main dancefloors are downstairs and accessible. Staff speak English.

### Urca

### BAR URCA

BAR

Map p150 (☎021-2295-8744; Cândido Gaffrée 205, Urca; ☎8am-11pm) This much-loved neighborhood bar and restaurant (p74) has a marvelous setting near Urca's bay-side waterfront. At night, young and old order drinks and appetizers from Bar Urca's street-level snack stand, then cross the street to feast on the food and the fine views.

**GAROTA DA URCA**

BAR

Map p150 (☎021-2541-8585; João Luís Alves 56, Urca; ☀noon-1am Sun-Thu, to 2:30am Fri & Sat) A neighborhood crowd gathers over *chope* and *salgados* (snacks) in the evening at this low-key spot.

A portable ramp can be used to overcome the stepped entrance. There is a small, step-free bathroom, plus English-speaking staff and English and Braille menus.

**ENTERTAINMENT**

**As independent cinemas in Rio are not the most accessible, it is recommended that those with additional needs go to the movies in either Botafogo Praia Shopping (p76) or Rio Sul (p76), both of which are fully accessible for wheelchair users and show the odd subtitled or audio-described film (although these are both in Portuguese).**

**SHOPPING**

**Shopping in Botafogo usually means heading to the high-rise mall overlooking the bay. Urca, quiet old soul that she is, has nothing in the way of shopping.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

**BOTAFOGO PRAIA SHOPPING**

SHOPPING CENTER

Map p150 (☎021-3171-9872; Praia de Botafogo 400, Botafogo; ☀10am-10pm Mon-Sat, 2-9pm Sun; ☎) Botafogo's large shopping center has dozens of stores, featuring Brazilian and international designers to suit every style – and clothe every part of the body. The 3rd floor's the best for top designers: check out stores such as Maria Filó, Reserva and Hope. The mall also has a cinema and several top-floor restaurants, such as Emporium Pax (p73), with great panoramic views.

Botafogo Praia Shopping provides a safe haven to those with accessibility requirements – although there are very few elevators available, which can cause long queues of grumpy shoppers. There's warning tac-

tile flooring, and bathrooms are step-free and adapted. Porters man the elevators, making them easier for those with disabilities to use.

**RIO SUL SHOPPING**

SHOPPING CENTER

Map p150 (☎021-2545-7200; www.riosul.com.br; Lauro Müller 116, Botafogo; ☀10am-10pm Mon-Sat, 3-10pm Sun) The biggest shopping center you can reach without heading to Barra da Tijuca, Rio Sul has more than 400 shops, featuring both prominent and obscure labels, as well as cinemas and restaurants.

A favorite spot in terms of access, Rio Sul is Rio's easiest shopping center to navigate. Step-free shops, accessible bathrooms and modern elevators (with porters helping visitors to each floor) are in abundance, and warning tactile flooring, for those who are visually impaired, lines elevators and escalators. The food court is spacious, and entering and exiting via taxi is easy as ranks are available on the ground and 4th floors.

The mall offers free transport to/from its Rio Sul kiosk on Copacabana Beach (near Siqueira Campos) and from other points in Ipanema and Leblon to the shopping center. Check the website for departure times.

**SPORTS & ACTIVITIES**

**You can hire a stand up paddleboard (around R\$30 per 30 minutes) or a two-person kayak (around R\$15 per person per 30 minutes) from one of the informal rental outfits at Praia Vermelha.**

**CASA DE DANÇA CARLINHOS DE JESUS**

DANCE

Map p150 (☎021-2541-6186; www.carlinhosdejesus.com.br; Álvaro Ramos 11, Botafogo) At this respected dance academy in Botafogo, Carlinhos and his instructors offer evening classes in samba, *farró* (popular music of the northeast), salsa and tango. On some Friday nights, open dance parties for students and guests are held. One of Botafogo's colorful *bloco* parties, Dois Pra Lá, Dois Pra Cá, begins from here during Carnaval.

Certain dance classes may be accessible – call to discuss your needs.

# Flamengo & Around

FLAMENGO | COSME VELHO | CATETE | GLÓRIA | LARANJEIRAS & COSME VELHO

## Neighborhood Top Five

- 1 Taking the steep cog train up Corcovado for a panoramic view beneath Rio's open-armed **Cristo Redentor** (p79).
- 2 Exploring Rio's past days of demagogues and political intrigue in the **Museu da República** (p81).
- 3 Trying authentic Middle-Eastern delights (and testing your Portuguese) at **Sirio Libaneza** (p83).
- 4 Seeing amazing and ultra-modern exhibits at **Centro Cultural Oi Futuro** (p81).
- 5 Strolling through the expansive **Parque do Flamengo** (p81).



For more detail of this area see Map p152 →

## Lonely Planet's Accessible Top Tip

This is a vast and spread-out area, and distances between metro stations can be relatively long and tricky, especially in the midday heat. Plan your day in a way that allows attractions and eateries to be in close proximity – you'll save on energy and possible taxi fares. Go to see Cristo Redentor once in the daytime and once in the evening if you can, for two totally different experiences – especially in terms of crowds.

## Getting There & Away

### Flamengo

**Bus** Flamengo: Leblon, Ipanema and Copacabana (571 and 573).

**Metro** Flamengo, Largo do Machado, Catete and Glória.

### Laranjeiras & Cosme Velho

**Bus** Leblon (570 and 583), Ipanema and Copacabana (569 and 583).

**Express bus** 580 from Largo do Machado metro station.

## Explore Flamengo & Around

Running east from the bay out to Corcovado, the residential neighborhoods of Flamengo, Laranjeiras, Catete, Glória and Cosme Velho have much history hidden in their old streets. The Parque do Flamengo dominates the region. Also known as the *aterro* (landfill), this beach-fronting green space is one of the world's largest urban parks, and includes a nationally recognized art museum, biking and running trails, sports fields, and thousands of trees and flowering plants. Inland from the park, the shaded streets of Flamengo are sprinkled with a few cafes, historic *botecos* (small open-air bars) and gossip-filled juice bars.

West of Flamengo, Laranjeiras is a tightly woven community with a small-town feel. Charming plazas such as the Praça São Salvador are great spots for taking in the neighborhood. Cosme Velho lies beyond Laranjeiras and is the key access point for those heading up to the statue of Cristo Redentor (Christ the Redeemer) by cog train.

The aging buildings of bustling Catete and Glória have seen better days. These twin districts flourished in the mid-19th century when their locations on the city outskirts made them desirable places to live. Nobles and merchants built homes in this district, including the Barão de Novo Friburgo, who built the stately Palácio do Catete. By the end of the century, however, the wealthy began moving further out as the inner city expanded.

## Local Life

➔ **Outdoors** Parque do Flamengo (p81) draws locals, especially on Sundays, when the main road through the park closes to traffic. Parque Guinle (p82) and Parque do Catete (p82) are peaceful escapes from the bustling city.

➔ **Folk art** The Museu de Folclore Edison Carneiro (p82) has beautiful pieces from around Brazil.

➔ **Hangouts** Centro Cultural Oi Futuro (p81) often hosts cutting-edge exhibits, and stages plays and concerts.





## TOP SIGHT CRISTO REDENTOR

One of Rio's most identifiable landmarks, the magnificent 38m-high Cristo Redentor (Christ the Redeemer) looms large atop the granite mountain of Corcovado. From here, the statue has stunning views over Rio, which probably explains the contented expression on his face. There are various ways to reach the statue, but the traditional way is via a steep cog train, which ascends through tropical forest and adds a touch of excitement to the experience.

### The Views

Corcovado, which means 'hunchback,' rises straight up from the city to a height of 710m, and at night the brightly lit statue is visible from nearly every part of the city. When you reach the top, you'll notice the Redeemer's gaze directed at Pão de Açúcar (Sugarloaf Mountain), with his left arm pointing toward the Zona Norte; Maracanã Football Stadium crowds the foreground. You can also see the international airport on Ilha do Governador just beyond and the Serra dos Órgãos mountain range in the far distance. Beneath Christ's right arm you can see Lagoa Rodrigo de Freitas, Hipódromo de Gávea, Jardim Botânico, and over to Ipanema and Leblon.

### Getting to the Statue

Corcovado lies within the Floresta da Tijuca. The most popular way up is to take the red narrow-gauge train that departs every 30 minutes from the cog station. It takes approximately 20 minutes to reach the top. To reach the cog station, a taxi to the main ticket office is the best bet, as buses to and from there are not always fully accessible.

There's also a road going up to the base of the monument. A private car or taxi will take you only as far as Paineiras parking lot, from which you must transfer to an authorized van to continue the 2km to the top (at a cost of R\$35 per person). Another option is to travel by van from Corcovado train station. Vans also depart from Copacabana in front of Praça do Lido from 8am to 4pm (adult/child R\$62/40) and Largo do Machado from 8am to 5pm (adult/child R\$62/40).

The most challenging way to reach the statue is on foot. You'll need a moderate level of fitness and plenty of water. It's a 2½-hour walk, with a few tough sections. The trail starts at Parque Lage (Map p148) near Jardim Botânico and goes through rainforest to the heights of Corcovado. At the end of the trail you'll need to pay the admission (R\$35), which includes the van ride a further 1km to the site.

### Historical Background

Named one of the world's Seven New Wonders in 2007, Cristo Redentor is Brazil's largest and most recognized monument. The Redeemer, which opened in 1931, is considered to be the world's largest art deco statue. It's not a gift from the French, as is popularly believed. However, chief sculptor Paul Landowski was of French-Polish origin and carried out much of the construction in France. He collaborated with the Rio architect-engineer Heitor Silva Costa (1873–1947). Many organizations helped make the statue a reality, including several individuals who went door-to-door asking for contributions.

### DON'T MISS...

- ➔ The splendid views along the way (sit on the right side of the train for the best scenery).
- ➔ Other nearby sites in Cosme Velho.

### PRACTICALITIES

- ➔ Christ the Redeemer
- ➔ ☎021-2558-1329
- ➔ [www.corcovado.com.br](http://www.corcovado.com.br)
- ➔ cog station, Cosme Velho 513
- ➔ adult/child R\$62/40
- ➔ 🕒8am-7pm

## CRISTO ON FILM

The benign savior has played a supporting role in a few Hollywood films. It has appeared in *Now, Voyager* (1942) starring Bette Davis, and in Alfred Hitchcock's *Notorious* (1946), with Cary Grant and Ingrid Bergman. More recently the disaster film *2012*, which depicted the end of the world in vivid, unadulterated glory, showed Cristo crumbling as a giant tidal wave destroys the city of Rio. As an aside, the archdiocese of Brazil didn't take kindly to the depiction and sued Columbia Pictures for copyright infringement (for using the image without permission).

## WHAT'S NEARBY?

If you visit the statue by cog train you can also visit a the nearby Largo do Boticário (p81), a curious slice of Rio that seems straight out of the 1800s.

The idea for the statue originated in 1921 when a group called *Círculo Carioca* held a competition for a religious monument to commemorate Brazil's upcoming 100 years of independence. Heitor's winning project, which took 10 years to build, was considered particularly ambitious at the time – nay-sayers doubted whether it could be accomplished at all. Heitor's original idea depicted Christ as a vertical form with a long cross held against his side but the committee wanted something recognizable from a great distance, so the crosslike outstretched arms were chosen instead. Today it's one of Brazil's most frequented attractions, welcoming more than one million visitors a year.

## When to Go

Or rather...when *not* to go: avoid going on weekends when the crowds are thickest. Obviously, keep an eye on the sky and don't bother going on cloudy or overcast days. Your best bet for beating the crowds is to go first thing in the morning, or catch the last train up (around 7pm). Christ looks very different in the dark!

## Notes on Accessibility

The ticket office lies on a steep hill, and little shade is available on sunny days. There is a ramp leading on and off the cog train to support wheelchair users and those with reduced mobility. Take note: there is only one space per wheelchair user on each train, so early arrival is advised. Those using electric wheelchairs must sit side-on in the carriage. The train can stop and start quite rapidly, so hold on. Once off the train, there is an elevator to take users up to the statue, but then only escalators to get to within touching distance of the monument. An accessible bathroom is reserved specifically for those with disabilities. Well-trained staff are on hand to help. No sign-language interpreters or text transcription phones exist for those with hearing impairments, and no audioguides, digital materials, tactile flooring or maps, Braille buttons or contrasting directional tapings are on hand for the visually impaired.

## SIGHTS

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

### Flamengo

#### PARQUE DO FLAMENGO

PARK

Map p152 (Parque Brigadeiro Eduardo Gomes) Officially called Parque Brigadeiro Eduardo Gomes, Parque do Flamengo was the result of a landfill project that leveled the São Antônio hill in 1965. It now spreads all the way from downtown Rio through Glória, Catete and Flamengo, and on around to Botafogo. The 1.2 sq km of land reclaimed from the sea now stages every manner of *carrioca* (resident of Rio) outdoor activity.

Cyclists and rollerbladers glide along the myriad paths, while the park's many football fields and sports courts are framed against the sea. On Sundays and holidays, the avenues through the park are closed to vehicle traffic from 7am to 6pm.

Designed by famous Brazilian landscaper Burle Marx (who also landscaped Brasília), the park features some 170,000 trees of 300 different species. There are two indoor attractions in the park: the Museu de Arte Moderna and the Monumento Nacional aos Mortos da II Guerra Mundial.

This is a lovely place to sit and watch the world go by, but there is little equipment on offer in terms of accessibility. Getting around shouldn't be a problem, but there are no accessible bathrooms.

#### CENTRO CULTURAL OI FUTURO

ARTS CENTER

Map p152 (☎021-3131-3060; [www.oifuturo.org.br](http://www.oifuturo.org.br); Dois de Dezembro 63; ☀11am-8pm Tue-Sun) **FREE** One of Rio's most visually exciting additions is this futuristic space on the edge of Flamengo. Within 2000 sq meters of exhibition area spread across six floors, the center features temporary multimedia installations that run the gamut from architecture and urban design to photo-journalism, pop art and eye-catching video art. There's also a permanent exhibition on the history of telecommunications in Brazil. The top floor houses an auditorium, where visitors can attend concerts and plays, or catch a documentary.

The entrance to is totally accessible, and an elevator is available for those who need it. Staff don't speak much English, but the exhibition has a leaflet in English describing the works. There's also audio description devices for those with visual impairments. An adapted and accessible bathroom is on site.

### Cosme Velho

#### CRISTO REDENTOR

MONUMENT

See p79.

#### LARGO DO BOTICÁRIO

HISTORIC SITE

Map p152 (Cosme Velho 822) The brightly painted but sadly dilapidated houses on this picturesque plaza date from the early 19th century. Largo do Boticário was named in honor of the Portuguese gentleman - Joaquim Luiz da Silva Souto - who once ran a *boticário* (apothecary) utilized by the royal family. The sound of a brook coming from the nearby forest adds to the plaza's charm. Occasional art and cultural events are hosted here.

This plaza has no specific accessibility features, but is worth a visit if you're in the area for the sights and sounds alone.

### Catete

#### MUSEU DA REPÚBLICA

MUSEUM

Map p150 (☎021-2127-0324; [museudarepublica.museum.gov.br](http://museudarepublica.museum.gov.br); Rua do Catete 153; admission R\$6, Wed & Sun free; ☀10am-5pm Tue-Fri, 2-6pm Sat & Sun) The Museu da República, located in the **Palácio do Catete**, has been wonderfully restored. Built between 1858 and 1866 and easily distinguished by the bronze condors on its eaves, the palace was home to the president of Brazil from 1896 until 1954, when President Getúlio Vargas committed suicide here. The museum has a good collection of art and artifacts from the Republican period, and also houses a good lunch restaurant, an art-house cinema and a bookstore.

Vargas made powerful enemies in the armed forces and the political right wing, and was attacked in the press as a communist for his attempts to raise the minimum wage and increase taxes on the middle and upper classes. Tensions reached a critical level when one of Vargas' bodyguards

fired shots at a journalist. Although the journalist was unharmed, an air-force officer guarding him was killed, giving the armed forces the pretext they needed to demand Vargas' resignation. In response, Vargas committed suicide, and his emotional suicide note read: 'I choose this means to be with you [the Brazilian people] always...I gave you my life; now I offer my death.' The 3rd-floor bedroom in which the suicide occurred is eerily preserved.

The entrance to the museum is accessible via a ramp. There is no elevator available to take visitors to higher floors, so exhibits on the ground floor are the only option for wheelchair users. Some tactile exhibitions do exist for those with visual impairments. The bathroom is fully accessible, with a handrail, and the restaurant on-site has an English menu.

### PARQUE GUINLE

PARK

Map p152 (Paulo Cesar de Andrade 407) This handsomely landscaped park is a pleasant refuge from busy Rua das Laranjeiras outside its sphinx-guarded gates. It has a small wooded area, a tiny lake with ducks and there are always a few *cariocas* lounging on the grass.

Designed by French landscape architect Gochet (with later flourishes by Roberto Burle Marx), the park is also home to the dramatic Palácio das Laranjeiras, the state governor's residence (currently closed to visitors). The palace overlooks the west side of the park and is partially hidden by the thicket of trees.

No specific accessibility features are available in the park, although it is well thought out and designed, and shouldn't prove an issue for those with mobility impairments.

### MUSEU DE FOLCLORE EDISON CARNEIRO

MUSEUM

Map p152 (☎021-3826-4434; www.cnfcp.gov.br; Rua do Catete 179; 🕒11am-6pm Tue-Fri, 3-6pm Sat & Sun) **FREE** Created in 1968, this museum is an excellent introduction to Brazilian folk art, particularly that from the northeast. Its permanent collection comprises 1400 pieces, and includes Candomblé costumes, ceramic figurines and religious costumes used in festivals. The museum also features a folklore library and a small

shop that sells handicrafts, books and folk music. The museum is located next door to the Palácio do Catete.

Only the ground floor of this museum is accessible to those with reduced mobility. There's no elevator, but staff are working hard to change this. There is, however, an accessible bathroom and translated English text descriptions join each piece of the exhibition.

### PARQUE DO CATETE

PARK

(Map p152) The small landscaped park on the grounds of the Palácio do Catete provides a quiet refuge from the city. Its pond and shade-covered walks are popular with neighborhood strollers and children. Special performances in the park include concerts and plays. From 9am to 5pm on the last Sunday of the month, the park hosts a **Photography and Image Fair**, with works by amateur and professional photographers for sale.

No specific accessibility features are available, but getting around the park shouldn't prove an issue for those with mobility impairments.

## 📍 Glória

### IGREJA DE NOSSA SENHORA DA GLÓRIA DO OUTEIRO

CHURCH

Map p152 (☎021-2557-4600; www.outeiroda gloria.org.br; Praça NS da Glória 135; 🕒9am-noon & 1-4pm Mon-Fri, 9am-noon Sat & Sun) This tiny church atop Ladeira da Glória commands lovely views out over Parque do Flamengo and the bay. Considered one of the finest examples of religious colonial architecture in Brazil, the church dates from 1739 and became the favorite of the royal family upon their arrival in 1808.

Some of the more fascinating features of the church are its octagonal design, its single tower (through which visitors enter), the elaborately carved altar (attributed to the Brazilian sculptor Mestre Valentim) and its elegant 18th-century tiles.

In terms of accessibility, it's suggested that visitors take a car, as an on-site gate can be opened to aid those with reduced mobility in their journey to the church. There's also a ramp leading to the entrance. The current priest speaks English, and

would happily translate some of his sermon. A large bathroom is available on-site, but it is not specifically adapted.

## EATING

**Flamengo has a mix of longtime local favorites and stylish newcomers. Rua Marquês de Abrantes is one of the best streets on which to see old and new vying for attention.**

**Laranjeiras doesn't have much of a restaurant scene, but the neighborhood has several charming options for those wanting to get off the beaten path.**

**Catete and Glória are dotted with inexpensive juice bars and lunch counters, making them good areas for those eating on a budget. Most places are along Rua do Catete, with a couple of standouts hidden along the back streets.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

## Flamengo

### SÍRIO LIBANESE

MIDDLE EASTERN \$

Map p152 ([www.rotisseriesl.com.br](http://www.rotisseriesl.com.br)); Largo do Machado 29, Loja 16-19; snacks R\$8-24; ☎8am-11pm Mon-Sat; 🍷 Always packed, this bustling place serves up tasty and cheap Syrian-Lebanese cuisine and great juices. Try the hearty *kibe de forno* (oven-baked ground beef dish with spices), a hummus platter or *kafta* (spiced meat patty), followed by baklava and other sweets. It's inside the Galleria Condor on Largo do Machado.

This popular, cramped place is housed in a small shopping center, so the entrance is flat. The bathroom is tiny, so it would be best to search for another one nearby.

Staff speak little English, and no English menus are available, so be prepared to point and gesture. High bar tables and stools line the counter where customers can go for 'fast food', or there is a small seated area at the back - staff will reserve one of the outside tables for those with reduced mobility, if asked.

## Laranjeiras & Cosme Velho

### LUIGI'S

ITALIAN \$\$

Map p152 (☎021-2205-5331; Senador Corrêia 10, Laranjeiras; mains R\$36-54; ☎noon-midnight Tue-Sun) Well off the beaten path, Luigi's is a casual Italian restaurant set in an old villa in Laranjeiras. Join neighborhood regulars for a drink on the small covered courtyard or head inside to blessed air-conditioning for homemade pastas, authentic pizzas (available after 6pm) fired in the wood-burning oven and creamy tiramisu.

The old villa doorframe of this gorgeous place is pretty narrow; friendly staff are on hand to help but there's no easy, accessible ramp available. The restaurant probably isn't suitable for those with large power chairs (although staff are adamant they have many wheelchair-using customers). There is no elevator to the 2nd floor, although this floor is only used on weekends. Staff speak English, and there is an English menu available. The bathroom is rather narrow, although if you manage the doorframe you'll probably be fine.

## Catete

### CARIOCANDO

BRAZILIAN \$\$

Map p152 (☎021-2557-3646; <http://barcariocando.com.br/site>; Silveira Martins 139; per kg R\$40-60; ☎noon-3pm & 7pm-midnight Mon-Sat) This atmospheric pay-by-weight restaurant serves up a good selection of Brazilian dishes by day, and transforms to a live-music spot with a menu of mostly drinks and appetizers by night (cover charge around R\$20). Saturday afternoons, which feature *feijoada* (a bean-and-meat stew served with rice) and live *choro* (a romantic, improvised samba-related music) or samba, are a great time to stop in (per person R\$60).

An accessible ramped entrance takes you into a whole new world of flavors. Those with reduced mobility will have to sit at ground level as there is no elevator to take guests to the 1st floor. Staff speak English, but there is no English menu. The bathroom is relatively accessible, although not specifically adapted. Depending on individual needs, some may struggle here.

**CATETE GRILL**

BUFFET \$\$

Map p152 (📍021-2285-3442; Rua do Catete 239; per kg R\$62; 🕒11am-11pm) The Catete Grill has an excellent buffet with a wide range of seafood, grilled meats, sushi, pastas, salads, appetizers and baked dishes.

The entrance is ramped and tables are available on the ground floor. However, the bathroom is upstairs, with no elevator leading to the 1st floor. As it's a buffet restaurant, no menus are available – enjoy the guesswork!

 **Glória****TABERNA DA GLÓRIA**

BRAZILIAN \$\$

Map p152 (📍021-2265-7835; Rua do Russel 32; mains R\$40-72; 🕒noon-1am) On a small plaza in the heart of Glória, this large outdoor eatery serves decent Brazilian staples in abundance; most dishes here serve two. Next door is a roast-chicken restaurant and both are fine spots to enjoy an ice-cold *chope* (draft beer) and open-air ambience.

With tables both in and outside, an accessible entrance and relatively accessible bathroom with handrails, this is a good choice for those with reduced mobility. There's an English menu and some staff speak a little English.

**DRINKING & NIGHTLIFE**

**Few tourists visit the bars in Flamengo, which are mostly low-key neighborhood hangouts that are popular around happy hour. Rua Marquês de Abrantes is the best street to take in the scene, with bars and restaurants attracting a drinking crowd. Laranjeiras is best known for Rua Alice, which sports a couple of traditional botecos.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

**DEVASSA**

BOTECO

Map p152 (📍021-2556-0618; Senador Vergueiro 2, Flamengo; 🕒noon-1am) A particularly inviting branch of the growing Devassa network, this bar is set on a shaded square and serves the usual Devassa hits, including great drafts.

Tables outside on the veranda are best for wheelchair users; there's a few steps inside and it isn't the largest of places. A steep ramp leads to a small, non-adapted bathroom. Staff don't speak English but there is an English menu.

**BELMONTE**

BOTECO

Map p152 (📍021-2552-3349; Praia do Flamengo 300, Flamengo; 🕒9am-2am) One of the classic *botecos* in Rio, Belmonte is a vision of Rio from the '50s. Globe lights hang overhead as patrons down ice-cold drafts from the narrow bar. Meanwhile, unhurried waiters make their way across the tile floors, carrying plates of *pasteis de camarão* (shrimp pasties) or steak sandwiches. This hugely successful chain, born here, is now widespread across Rio.

There's one step to get into the bar, but there are also outdoor tables available. The bathroom is in the basement, and there's no elevator. There are menus in Braille and English.

**HERR BRAUER**

BAR

Map p152 (📍021-2225-4359; Barão do Flamengo 35, Flamengo; 🕒noon-midnight Mon-Sat) Dedicated to the great beers of the world, this cozy drinking den serves some 80 labels in all: Belgian beers, such as Duvel and Deus; German labels, including Erdinger and Warsteiner; English brews Abbot Ale and Newcastle; plus Guinness, Brazilian microbrews and dozens of other offerings. Stop in for happy hour from 6pm to 8pm, when you can get a first-rate pint for R\$19.

With one small step to enter, some wheelchair users may require help. The main area is on the ground floor, and the bathroom is step-free but small and not adapted; it won't be adequate for all. Staff don't speak English and there are no English menus.

**BAR DO SERAFIM**

BAR

Map p152 (📍021-2225-2843; Alice 24A, Laranjeiras; 🕒11am-midnight Mon-Sat, to 6pm Sun) On a lively stretch of Rua Alice, the Bar do Serafim is a simple, convivial *boteco* serving tasty Portuguese appetizers and plenty of *chope*. It's been around since 1944, and remains an institution and a popular happy-hour spot among neighborhood regulars.

The entrance is accessible, with a fixed ramp in place. There is a small step to enter the bathrooms, which are likely not wide enough for many wheelchair users. There is no English menu.

**CENTRO CULTURAL  
OI FUTURO**

PERFORMING ARTS

Map p152 (☎021-3131-3060; [www.oifuturo.org.br](http://www.oifuturo.org.br); Dois de Dezembro 63, Catete) This hyper-modern cultural center and gallery space also stages dance performances and concerts. The fare is generally not mainstream.

The entrance is totally accessible, and an elevator is available for those who need it. Staff don't speak much English, but the exhibition has a leaflet in English describing the work. There's also audio description devices for those with visual impairments. An adapted and accessible bathroom is on site. There are no aids or devices available for those with hearing impairments.

**ESPAÇO MUSEU  
DA REPÚBLICA**

CINEMA

Map p152 (☎021-3826-7984; Museu da República, Rua do Catete 153, Catete) The screening room located behind the dramatic Museu da República shows contemporary and vintage films of indie and world cinema. Entrance is via the Parque do Catete.

At the time of writing, this venue was closed, so contact the venue for accessibility information.

**SHOPPING**

**The Flamengo area is neither a traditional nor a particularly accessible shopping area, with most shops being small, cramped vintage stores and independent art galleries. Stick to Zona Sul for a more accessible**

**(and unfortunately more expensive) shopping experience. or visit the Photography and Image Fair at Parque do Catete (p82).**

**SPORTS &  
ACTIVITIES****MAR DO RIO**

DIVING

Map p152 (☎021-2225-7508; [www.mardorio.com.br](http://www.mardorio.com.br); Shop 16, Marina da Glória, Av Infante Dom Henrique, Glória) One of several dive operators in the Marina da Glória, Mar do Rio offers two-tank dives for around R\$200 (gear hire costs extra) on Saturdays and Sundays, departing at 8:30am and returning at 2:30pm. It also offers night dives twice a month. Less-experienced divers can opt for one of the courses, including a five-day PADI-certified basic course.

Accessible dives can be arranged, but interested participants must call and discuss their requirements in advance, as only certain access needs can be accommodated by certain instructors.

**SAIL IN RIO**

BOAT TOUR

Map p152 (☎021-99998-3709; [www.sailinrio.com](http://www.sailinrio.com); Marina da Glórias; 2/4/6hr private sailing tours from US\$240/300/400) This recommended outfit offers excellent private sailing tours around Rio. You can arrange anything from a two-hour sail around the bay to a six-hour trip out to the Cagarras Islands in front of Ipanema.

It's necessary to call and discuss your individual access requirements if you wish to book one of the tours.

# Centro & Praça Mauá

CINELÂNDIA & AROUND | PRAÇA XV & AROUND | PRAÇA MAUÁ & AROUND | PRAÇA TIRADENTES & AROUND

## Neighborhood Top Five

- 1 Pondering the future while browsing interactive exhibits in the beautifully designed **Museu do Amanhã** (p89).
- 2 Seeing a mind-opening exhibition or show at **Centro Cultural Banco do Brasil** (p88).
- 3 Watching a show at the lavish **Theatro Municipal** (p95).
- 4 Watching the world go by in **Praca Floriano** (p90).
- 5 Treating yourself to sweetly scented skincare products at **Granado** (p96).



For more detail of this area see Map p156 →



## Explore Centro & Praça Mauá

Rio's downtown is a wild architectural medley of old and new, with striking baroque churches and narrow colonial streets juxtaposed against looming office towers and wide, traffic-filled boulevards. During the week it's all fuss and hurry as Rio's lawyers, secretaries and clerks jostle among the crowded streets. But despite the pace, it's well worth joining the fray; Centro has some of the city's best museums and its most intriguing historical sights, including avant-garde art galleries and 18th-century cathedrals.

The southern focal point of downtown is Cinelândia, which has a wide plaza framed with grand buildings, a historic theater, an old cinema and several outdoor cafes. Near the waterfront, Praça XV is another pivotal sight, home to a former royal residence turned into a museum and some cafes. A short stroll from there leads to the Travessa do Comercio, one of the oldest intact parts of Rio. Lined with colonial architecture, the narrow cobblestone streets here buzz with life on weekday evenings, as *cariocas* (residents of Rio) pack the outdoor bars and cafes.

Many pedestrian-only areas crisscross Centro, and for the urban wanderer, there's no better destination in Rio. In addition to Praça XV and Cinelândia, it's worth exploring the streets around picturesque Praça Tiradentes. A handful of galleries, old dance halls and historic sites lie nearby. A few blocks north of there is Saara, a giant street bazaar crammed with discount stores and sprinkled with Lebanese restaurants.

North of Centro is Praça Mauá, a waterfront plaza that has become the symbol of Rio's renaissance. The once derelict streets here have been revitalized with new museums, an aquarium and towering office buildings, and there are new restaurants, cafes and bars in the works.

## Local Life

- ♦ **Arts** There are several key concert halls in the area, including Theatro Municipal (p90).
- ♦ **Hangouts** The open-air bars along Travessa do Comercio and nearby streets draw festive after-work crowds.
- ♦ **Shopping strips** The narrow, pedestrian-packed streets of Saara are intriguing for browsing, but not very accessible.

## Lonely Planet's Accessible Top Tip

You'll need to catch a cab to get to much of downtown Rio. Although a very authentic part of the city, this is one of the last to have had things such as curbs cuts and smooth flooring implemented. However, Centro also provides good value for money, making those taxi rides not sting too much. There are lots of museums in the area that have free admission, and stiff competition helps keep lunch prices down – particularly at the many decent pay-by-weight restaurants.

## Getting There & Away

**Bus** From the Zona Sul look for the following destinations printed in the window: 'Rio Branco', 'Praça XV' and 'Praça Tiradentes'.

**Metro** Cinelândia, Carioca, Uruguaiana and Presidente Vargas.



## TOP SIGHT CENTRO CULTURAL BANCO DO BRASIL

**Housed in a beautifully restored 1906 building, the Centro Cultural Banco do Brasil (CCBB) hosts some of Brazil's best exhibitions. Facilities include a cinema, two theaters and a permanent display of the evolution of currency in Brazil. There is always something going on, from exhibitions and lunchtime and evening concerts to film screenings, so look at *O Globo's* entertainment listings or the *Veja Rio* insert in *Veja* magazine before you go.**

Finally! An accessible dream for all, this center has luminous emergency signals in communal areas, interpreters on hand, and telephones with text transcriptions available. There are accessible parking spots reserved for those with reduced mobility, smooth pavements, lowered curbs and accessible doorways, with low- to medium-gradient ramps where needed. Elevators are available, as are accessible bathrooms and reserved places for wheelchair users and their assistants in auditoriums. Although there are no audioguides, contrasting strips or tactile maps available for those with visual impairments, there are sounding emergency alarms in communal areas, Braille buttons and audio floor indicators in the elevators, and tactile flooring is available in places.

### PRACTICALITIES

- ➔ Map p156
- ➔ CCBB
- ➔ ☎021-3808-2020
- ➔ [culturabancodobrasil.com.br](http://culturabancodobrasil.com.br)
- ➔ Primeiro de Março 66
- ➔ admission free
- ➔ 🕒9am-9pm Wed-Mon



## TOP SIGHT MUSEU DO AMANHÃ

EDUARDO GARCIA / GETTY IMAGES ©

**Designed by famed Spanish architect Santiago Calatrava, this beautifully conceived science museum has interactive exhibitions on outer space, Earth and its biodiversity, humans (and our impact on the world), and the major global trends and challenges that lie in the future. In all the museum takes a rather philosophical, and not entirely pessimistic, look at the human species and its long-ranging impact on everything around it.**

People with disabilities are entitled to half-price entry at the museum. Staff speak limited English, but there are cards that can be picked up from reception to translate all interactive exhibitions to English. Accessible toilets are available and have grab-rails, an angled mirror and a small space for side transfer. The museum has bilingual signs and tactile flooring on all levels. Be careful, though; some exhibitions are quite dark. There is a 'touchable gallery' on the 2nd floor for those with visual impairments. Elevators go to all floors and are large enough for power chairs, with Braille buttons and an audible floor indicator. There is an audioguide for visitors in Portuguese, English and Spanish. An IRIS Card for further interactivity for hard-of-hearing guests is currently being tested in Brazilian Sign Language (Libras), and will hopefully be available at Games time. This really is the place to go if you want inclusion.

### PRACTICALITIES

- Map p156
- [www.museudoamanha.org.br](http://www.museudoamanha.org.br)
- Rodrigues Alves 1

## SIGHTS

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

### Cinelândia & Around

#### PRAÇA FLORIANO

PLAZA

Map p156 (Rio Branco) The heart of modern Rio, the Praça Floriano (known to *cariocas* simply as Cinelândia) comes to life at lunchtime and after work when the outdoor cafes are filled with a beer-swilling office crowd. The square is also Rio's political marketplace and is a major meeting point for protesters. Most city marches and rallies culminate here on the steps of the old Câmara Municipal in the northwestern corner of the plaza.

Many cobblestones and Portuguese tiles make this square a gorgeous sight to see, although not the most accessible. However, taxis are plentiful so it's easy to get a ride home once you've had enough. It is pedestrianized in places. There are several cafes and restaurants with outdoor seating around the square.

#### THEATRO MUNICIPAL

THEATER

Map p156 (☎021-2332-9191; [www.theatromunicipal.rj.gov.br](http://www.theatromunicipal.rj.gov.br); Av 13 de Maio, Praça Floriano; guided tours R\$10) Built in 1905 in the style of the Paris Opera, the magnificent Municipal

Theater is the home of Rio's opera, orchestra and ballet. Its lavish interior contains many beautiful details – including the stage curtain painted by Italian artist Eliseu Visconti, which contains portraits of 75 major figures from the arts, including Carlos Gomes, Wagner and Rembrandt. Guided multilingual tours lasting 45 minutes are offered from Tuesday to Friday (at noon, 2pm and 4pm) and Saturday (at noon). It's also well worth coming for a performance.

Although parking is not available, getting to the theater is relatively simple, with smooth pavements, lowered curbs and accessible doorways all present. There is an elevator, and spaces are reserved for wheelchair users and their assistants in the theater. At the time of writing, the bathrooms were less than accessible, but the theater was undergoing some renovations so it might be worth calling the box office to check for any updates.

#### MUSEU NACIONAL DE BELAS ARTES

MUSEUM

Map p156 (☎021-3299-0600; [www.mnba.gov.br](http://www.mnba.gov.br); Rio Branco 199; adult/student R\$8/4, Sun free; ☉10am-6pm Tue-Fri, noon-5pm Sat & Sun) Rio's fine-arts museum houses more than 18,000 original paintings and sculptures, some of which date back to works brought over from Portugal by Dom João VI in 1808. One of its most important galleries is the **Galeria de Arte Brasileira**, which includes 20th-century classics such as Cândido Portinari's *Café*. Other galleries display Brazilian folk art, African art and furniture, as well as contemporary exhibits. Audioguides are available (R\$8).

Accessible bathrooms are available on each floor, although they may prove too small for a side transfer. Getting around the museum should not prove an issue: there are English-speaking staff at the door and a portable, medium-gradient ramp at the entrance. Signs are bilingual throughout. There is a small elevator, which may not be large enough for power-chair users. It has Braille buttons but no audio floor indicator.

#### BIBLIOTECA NACIONAL

HISTORIC BUILDING

Map p156 (☎021-2220-9484; Av Rio Branco 219; ☉9am-5pm Mon-Fri, 10am-3pm Sat) **FREE** Inaugurated in 1910, Rio's neoclassical national library is the largest in Latin America. It's home to more than nine million volumes,

### VLT: A NEW DOWNTOWN RAIL LINE

Rio's new light rail – the **VLT** ([www.vltcarioca.com.br](http://www.vltcarioca.com.br)) – is part of a massive urban-renewal project helping to transform Centro. The first part of the line opened in mid-2016. When finished, the VLT (Light Rail Vehicle) will have 32 stations in Rio, running about half-a-dozen routes throughout downtown. For visitors, handy lines include the route from Cinelândia to Praça Mauá and from Praça XV to Praça Tiradentes. There will also be links to Aeroporto Santos Dumont, Rodoviária Novo Rio bus station and the train station. At the time of writing, the VLT was not finished, so its accessibility could not be measured.

## ILHA DE PAQUETÁ

This **tropical island** (📍ferry 0800-721-1012; [www.grupoccr.com.br/barcas](http://www.grupoccr.com.br/barcas)) in the Baía de Guanabara was once a very popular tourist spot and is now frequented mostly by families from the Zona Norte. There's a certain dirty, decadent charm to the colonial buildings, unassuming beaches and businesses catering to local tourism. The place gets crowded on weekends.

There are no cars on the island. Transport is by foot, bicycle (with literally hundreds for rent) or horse-drawn cart. It may prove extremely tough for wheelchair users!

Go to Paquetá for the boat ride through Rio's famous bay and to see *cariocas* at play – especially during the Festa de São Roque, which is celebrated with fireworks, a procession and music on the weekend following 16 August.

Boats leave from near the Praça XV (Quinze) de Novembro in Centro. The ferry takes 70 minutes and will cost you R\$10 for a return trip. There are 12 departures daily; boats leave roughly every 90 minutes from about 7am.

including many rare books and manuscripts. Among the treasure trove are original letters written by Princess Isabel, the first newspapers printed in the country and two copies of the precious Mainz Psalter Bible, printed in 1492. Free guided tours in English depart at 1pm.

A flat, accessible entrance is around the back at Rua Mexico. A high-gradient ramp with contrasting visual strips leads to reception, with an entrance gate for those unable to manage a turnstile. There is also a wheelchair for public use. There is an elevator but it is very small; power chair users may struggle to fit in. There are no Braille buttons, although the elevator does have an audio floor indicator. Inside the library, some books are available in Braille and there is a large accessible bathroom, although the corridor leading to it is narrow. The bathroom has room for side transfer, grab rails, and a lowered mirror and sink. Staff do not speak English.

### CENTRO CULTURAL JUSTIÇA FEDERAL

CULTURAL CENTER

Map p156 (📍021-3261-2550; Av Rio Branco 241; ☀️noon-7pm Tue-Sun) **FREE** The stately building overlooking the Praça Floriano served as the headquarters of the Supremo Tribunal Federal (Supreme Court) from 1909 to 1960. Following a restoration project completed in 2001, it opened as a cultural center. It features exhibitions on photography and Brazilian art, and some fascinating shows from abroad sometimes make their way here.

No accessible parking is available, although ramps are of an acceptable gradient and stairs have handrails on both sides.

Elevators are available, as are accessible bathrooms, specifically for those with limited mobility. Spaces are also reserved for wheelchair users and their assistants during certain exhibitions, which makes a huge difference.

Braille buttons are present in elevators, as are audio floor indicators. No audio-guides or tactile flooring are available, although steps do contrast in colour to aid the mobility of those with visual impairments. There are luminous emergency signals in communal areas but no other equipment to help for those with hearing impairments.

## 📍 Praça XV & Around

### CENTRO CULTURAL BANCO DO BRASIL

CULTURAL CENTER

See p88.

### ★ MUSEU HISTÓRICO NACIONAL MUSEUM

Map p156 (📍021-3299-0311; [www.museuhistoriconacional.com.br](http://www.museuhistoriconacional.com.br); off General Justo, near Praça Marechal Âncora; admission R\$8, Sun free; ☀️10am-5:30pm Tue-Fri, 2-6pm Sat & Sun) Housed in the colonial arsenal, which dates from 1764, the impressive Museu Histórico Nacional contains relics relating to the history of Brazil from its founding to its early days as a republic. Highlights include gilded imperial coaches, the throne of Dom Pedro II, massive oil paintings depicting the horrific war with Paraguay and a full-sized model of a colonial pharmacy. There's some attention paid to Brazil's indigenous population and curious pieces such as the quill that Princess Isabel used to sign the document abolishing slavery in Brazil.

Elevators and accessible bathrooms are available, and getting in and around should cause little problem for those with limited mobility.

### PRAÇA XV (QUINZE) DE NOVENBRO

HISTORIC SITE

Map p156 (near Primeiro de Março) The first residents on this historic site were Carmelite fathers who built a convent here in 1590. It later came under the property of the Portuguese crown and became Largo do Paço, which surrounded Paço Imperial, the royal palace. The square was later renamed Praça XV (Quinze) de Novembro after Brazil declared itself a republic on November 15, 1822.

A number of historic events have taken place here: the coronation of Brazil's two emperors (Pedro I and Pedro II), the abolition of slavery and the overthrow (deposition) of Emperor Dom Pedro II in 1889.

No specific accessibility features are present in the square, although it is flat, accessible and generally peaceful, especially where shaded by the trees.

### IGREJA DE NOSSA SENHORA DE CANDELÁRIA

CHURCH

Map p156 (☎021-2233-2324; Praça Pio X; ☺8am-4pm Mon-Fri, 9am-noon Sat, to 1pm Sun) Built between 1775 and 1894, NS de Candelária was the largest and wealthiest church in imperial Brazil. The interior is a combination of baroque and Renaissance styles. The ceiling above the nave reveals the origin of the church. The cupola, fabricated entirely from limestone shipped from Lisbon, is one of its most striking features.

Mass is said at 7am daily except Monday and Saturday, and at 9am and 11am on Sunday. The construction of the original church, dating from the late 16th century, on the present site was credited to a ship's captain who was nearly shipwrecked at sea. Upon his safe return he vowed to build a church to NS de Candelária. A later design led to its present-day grandeur.

A small, old but stunning place, NS de Candelária is not a beacon of accessibility. A small step leads into the doorway, there is no accessible bathroom on site, all signage is in Portuguese and staff don't speak English. However, it's worth going just to appreciate the beauty and tranquillity of a building in the middle of one of Rio's busiest areas.

## 📍 Praça Mauá & Around

### MUSEU DO AMANHÃ

MUSEUM

See p89.

### MUSEU DE ARTE DO RIO

MUSEUM

Map p156 (MAR; www.museudeartedorio.org.br; Praça Mauá 5; adult/child R\$8/4, Tue & last Sun of month free; ☺10am-6pm Tue-Sun) Looming large over Praça Mauá, the MAR is an icon for the rebirth of Rio's once derelict port. The huge museum hosts wide-ranging exhibitions that focus on Rio in all its complexity – its people, landscapes, beauty, challenges and conflicts. Start by taking the elevator to the top (6th) floor, and absorbing the view over the bay. There's also an excellent restaurant here. Then work your way down through the galleries, taking in a mix of international and only-in-Rio exhibitions.

Easy-access entrances, elevators and accessible bathrooms are available, as are tactile flooring, tactile exhibitions and audioguides for those who are visually impaired. All signs are bilingual, and wheelchairs are available to hire free of charge. Accessible guided tours are available by appointment, and some members of staff are specifically trained in disability awareness.



## EATING

**Rio's busiest neighborhood has everything from greasy lunch counters to French bistros. Most restaurants open only for lunch on weekdays. Many pedestrian-only areas throughout Centro (such as Rua do Rosário) are full of restaurants, some spilling onto the sidewalk, others hidden on upstairs floors. Restaurant hunting here is something of an art.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

## 📍 Praça Tiradentes & Around

### CONFETARIA COLOMBO

BRAZILIAN \$

Map p156 (☎2505-1500; www.confetariacolombo.com.br; Gonçalves Dias 34; pastries



## Neighborhood Walk Historic Centro

**START PRAÇA FLORIANO**  
**END TRAVESSA DO COMÉRCIO**  
**LENGTH 3KM; FOUR HOURS**

A mélange of historic buildings and skyscrapers, Centro is a fine place to experience the city away from its beaches and mountains. Do this tour during the week, as the area's deserted (and unsafe) on weekends.

Start at the **1 Praça Floriano** (p90), a scenic plaza set with several outdoor cafes. On the north side, the neoclassical **2 Teatro Municipal** (p90) is one of Rio's finest buildings, particularly after its recent R\$65 million renovation. If you time your visit right, take one of the guided tours.

Stroll north along Av 13 de Maio. You'll pass through the **3 Largo da Carioca**, a bustling area with a small market. On the hill is **4 Igreja São Francisco da Penitência**, a 17th-century church with a jaw-dropping gilded interior. Reach the church via stairs or elevator near the Carioca metro station.

After taking in the views, walk over to narrow Rua Gonçalves Dias to reach

**5 Confeitaria Colombo** (p92) for coffee, pastries and art nouveau.

From Rua Gonçalves Dias, turn left on Rua do Ouvidor, following it to Largo de San Francisco de Paula. One block further is the **6 Real Gabinete Português de Leitura**, a historic reading room that seems straight out of 19th-century Portugal.

Turn right when exiting and pass Praça Tiradentes, before heading left over to Rua Sete de Setembro. Follow it until it ends near the **7 Paço Imperial**. Inside the seat of the Portuguese rulers in Brazil, the building today houses intriguing art exhibitions, and cafes.

Leaving the Paço, cross Praça XV (Quinze) de Novembro and take the narrow lane beneath the arch. You'll walk along one of Centro's oldest lanes, **8 Travessa do Comércio**, full of open-air restaurants and bars. It's a fitting ending to a day's wander.

## PORTO MARAVILHA

Rio's docklands, located north of Centro in the neighborhoods of Gamboa and Barrio Saúde (and also stretching into Centro, São Cristóvão and Cidade Nova), have been transformed into the Porto Maravilha (Marvelous Port; [www.portomaravilha.com.br](http://www.portomaravilha.com.br)), the most exciting and ambitious of the city's transformations in the run-up to hosting the 2016 Olympic Games. The massive urban waterfront revitalization project, clocking in at an area of 5 million sq meters and costing an estimated R\$8 billion, has turned a historic but underused and dilapidated port into one of Rio's showcase attractions, with new cultural attractions such as the **Museu de Arte do Rio** (p92), the **Museu do Amanhã** (p89) and the massive **AquaRio** (☎021-2558-3735; [www.aquariomarinhodorio.com.br](http://www.aquariomarinhodorio.com.br); Av Rodrigues Alves 379; admission R\$40; ☎9am-6pm) aquarium; plus 17km of bike paths, numerous parks, and squares dotted with 15,000 new trees. A flashy new light rail (see p90) connects the area with other parts of downtown. As the traditional birthplace for samba and *choro* (a romantic, improvised, samba-related music), Rio's port is once again singing following the dramatic transformation.

around R\$9, sandwiches R\$18-40; ☎9am-7pm Mon-Fri, to 5pm Sat) Stained-glass windows, brocaded mirrors and marble countertops create a lavish setting for coffee or a meal. Dating from the late 1800s, the Confeitaria Colombo serves desserts – including a good *pastel de nata* (custard tart) – befitting its elegant decor. The restaurant overhead, **Cristóvão** (Map p156; Gonçalves Dias 34; buffet per person R\$87; ☎noon-4pm), spreads an extensive buffet of Brazilian dishes for those wanting to further soak up the splendor.

A ramp with a yellow contrasting strip leads into this stunning place. The cafe is spacious, with lowered food counters and all food labels in both Portuguese and English. The elevator to the 1st floor is constantly attended, but is small. In terms of bathrooms, only the ladies' toilet is accessible, with grabrails and room for side transfer. Staff would be fine with a male using the bathroom – just let them know first, out of courtesy. Unfortunately, getting here is not the easiest; there are many cobbled and inaccessible roads to cross, and a taxi would prove the best bet. But it's worth the effort.

## Praça XV & Around

### BRASSERIE ROSÁRIO

FRENCH \$\$

Map p156 (☎021-2518-3033; Rua do Rosário 34; mains R\$26-73; ☎11am-9pm Mon-Fri, to 6pm Sat) Set in a handsomely restored 1860s building, this atmospheric bistro has a hint of old Europe about it. The front counters are full of croissants, *pain au chocolat* (chocolate-

filled pastry) and other baked items, while the restaurant menu features roast meats and fish, soups, baguette sandwiches, quiche, cheese plates and the like.

There are two steps into the restaurant, but customers can eat and drink at the tables outside. Should getting up the two steps be possible, there is a larger-than-average but unadapted bathroom inside. If not, there is a step-free accessible bathroom down the street at Cais do Oriente. Staff don't speak English and no English menus are available.

### CAFÉ ARLEQUIM

CAFE \$\$

Map p156 (☎021-2220-8471; Praça XV (Quinze) de Novembro 48, Paço Imperial; mains R\$27-44; ☎9am-8pm Mon-Fri, 10am-6pm Sat) In the middle of a shop selling books and CDs, this small, lively, pleasantly air-conditioned cafe is a fine spot to refuel, with Italian (Illy brand) coffee, sandwiches, salads, quiches, lasagna and desserts.

The cafe can be accessed step-free via the Palace courtyard. An elevator takes guests to bathrooms on the 2nd floor; they are not specifically adapted but may be manageable for some.

### CAIS DO ORIENTE

BRAZILIAN \$\$\$

Map p156 (☎021-2233-2531; [www.caisdooriente.com.br](http://www.caisdooriente.com.br); Visconde de Itaboraí 8; mains R\$55-85; ☎noon-4pm Sun & Mon, to midnight Tue-Sat) Brick walls lined with tapestries stretch high to the ceiling in this almost-cinematic 1870s mansion. Set on a brick-lined street, hidden from the masses, Cais do Oriente blends elements of Brazilian and Medi-



terrestrial cooking in dishes such as duck breast with Brazil-nut *farofa* (garnish of manioc flour sautéed with butter) and açaí sauce. There's a back courtyard and an upstairs concert space that hosts periodic concerts.

A portable medium-gradient ramp leads to a spacious interior. There's also a fantastically accessible bathroom. It has handrails and is spacious enough for those who need to side-transfer onto the toilet. There are English-speaking staff and an English menu is available.



## DRINKING & NIGHTLIFE

**Rio's working stiffs have some fine choices when it comes to joining the happy-hour fray. One of the most magical settings for a sundowner is along the historic Travessa do Comércio. The sidewalk tables on this narrow, cobbled lane are packed on weekday nights, particularly as the weekend nears – Thursday is always a good bet.**

**Places see a bit of action during the day on Saturdays (several restaurants along Rua do Rosário serve *feijoadá* – a bean and meat stew), but close the rest of the weekend. Another choice after-work spot is Praça Floriano, which has a handful of bars.**

### AMARELINHO

BOTECO

Map p156 (☎021-3549-8434; Praça Floriano 55, Cinelândia; ☀10am-1am) Easy to spot by its bright *amarelo* (yellow) awning, Amarelinho has a splendid setting on the Praça Floriano, with the Theatro Municipal in the background. Waiters serve plenty of *chope* (draft beer) here as they wander among the crowded tables. Amarelinho is a popular lunch spot but packs in even bigger crowds for that ever-important after-work brew.

Gorgeous and accessible outdoor seating is available, where customers are in a prime position to people-watch. Inside, there is a small step up to four cubicle toilets – only suitable for those who are able to transfer and weight-bear with ease. English menus are available, and staff can speak basic English. No features are present for those with visual or hearing impairments.

### WEEK

GAY

Map p156 (☎021-2253-1020; www.theweek.com.br; Sacadura Cabral 135, Centro; 10pm-5am Sat) Rio's best gay dance club has a spacious dance floor, excellent DJs and lots of go-go dancers. Saturday nights are when the big parties are held. On other nights, there might not be anything on, so check online before heading out.

Week was shut for works at the time of writing. Call the venue for accessibility information.



## ENTERTAINMENT

### PEDRA DO SAL

SAMBA

Map p156 (Largo João da Baiana, Gamboa; ☀8pm-midnight Mon & Fri) The Monday- and Friday-night street parties are major draws for lovers of samba, whether they be Brazilian or foreign, rich or poor. The lively *samba da mesa* features a handful of changing players who belt out well-known songs to swaying, joyful crowds surrounding the tiny plaza. The atmospheric but run-down setting is rich in history – samba was, in fact, born in the Bahian community that once flourished here. Because the action happens outdoors, the music is cancelled on days of heavy rain. It's best to take a taxi here (around R\$40 from Copacabana).

Bars around the plaza are either step-free or have a slight step to enter. The plaza itself is both flat and accessible. If possible, go with a friend; it will make the hustle and bustle more enjoyable. Adapted bathrooms are nearly impossible to find. No other accessibility features exist here.

### THEATRO MUNICIPAL

THEATER

Map p156 (☎021-2332-9191; www.theatromunicipal.rj.gov.br; Manuel de Carvalho, Centro) This gorgeous art nouveau theater provides the setting for Rio's best opera, ballet and symphonic concerts. The theater seats 2400, and sight lines are generally quite good.

Although parking is not available, getting to the theater is relatively simple, with smooth pavements, lowered curbs and accessible doorways all to hand. There is also an elevator, and spaces reserved for wheelchair users and their assistants in the theater. At the time of research the bathrooms were not very accessible, and no equipment or resources were available for

those with visual or hearing impairments, but as the theater was undergoing renovations, it might be worth calling the box office to check for any updates.



## SHOPPING

**For a break from the chrome and glass of the Zona Sul, check out the old-school shops of historic Centro. Bargains abound in the narrow pedestrian streets around Saara, where shops peddle everything from clothes and cosmetics to toys, jerseys and all the fabric and sequins you'd ever need to make your own Carnaval costume. Nearby streets offer a little of everything, including discounted record stores, secondhand bookshops and percussion stores, often set behind century-old shop fronts.**

### GRANADO

BEAUTY

Map p156 (☎021-3231-6747; Primeiro de Março 14, Centro; ☀8am-8pm Mon-Fri, 10am-2pm Sat) A classic-looking apothecary with a name that's been around since 1870, Granado incorporates Brazilian ingredients in its all-natural products. Favorites include the Castanha do Brasil (made from chestnuts from the Amazon) line of moisturizers, shampoos and conditioners. You'll also find bright, sweet-smelling soaps and bath gels (including some for pets and babies), scented candles, perfumes, shaving products and retro-looking bags. The shop has other locations in Lapa, Ipanema and Leblon.

An extremely large doorway and portable ramp lead into this hidden gem in the middle of downtown Rio. The staff are

delightful and speak English, and further ramps are available throughout the store, with all goods at an accessible height for wheelchair users. A bathroom is available, but it is not adapted and therefore only really suitable for those who can weight-bear and transfer easily. No helpful aids are present for those with visual or hearing impairments.

### ARLEQUIM

BOOKS, MUSIC

Map p156 (☎021-2220-8471; Praça XV (Quinze) de Novembro 48, Paço Imperial, Centro; ☀10am-8pm Mon-Fri, to 6pm Sat) Bossa nova plays overhead at this charming cafe, bookstore and music shop. As well as new books (including foreign-language titles), Arlequim sells CDs covering bossa, samba and other styles. The cafe menu features salads, sandwiches and other light fare (mains R\$20 to R\$37).

Arlequim can be accessed step-free via the Palace courtyard. An elevator takes guests to bathrooms on the 2nd floor (that are not specifically adapted but may be manageable for some).

### BERINJELA

MUSIC, BOOKS

Map p156 (☎021-2532-3646; Av Rio Branco 185, Centro; ☀9am-7pm Mon-Fri, 10am-1pm Sat) Berinjela is a fine place to hunt for old records and classic samba CDs, and there's also a selection of used books (though only a handful in English). It's hidden in a small shopping center, down a spiral ramp.

With step-free access, this light and airy store immediately makes you feel good. There is no bathroom or specific accessibility features, and the spiral ramp is much more fun to go down than up.

# Santa Teresa & Lapa

SANTA TERESA | LAPA

## Neighborhood Top Five

- 1 Photographing the **Escadaria Selarón** (p99), created by an artist who made the mosaic-covered staircase his life's work. It's impressive even if walking up it isn't an option!
- 2 Seeing local and international musos perform at **Circo Voador** (p103).
- 3 Watching an authentic and exciting performance at **Fundição Progresso** (p101).
- 4 Enjoying a more accessible Brazilian meal at **Aprazível** (p101).
- 5 Experiencing great samba and fine food at the gorgeous **Rio Scenarium** (p103).



For more detail of this area see Map p154 →

## Lonely Planet's Accessible Top Tip

This is arguably the least accessible part of Rio, although it is still possible to have a fantastic, and inclusive, night out in Lapa – just do not expect to be able to (st)roll the streets and explore with ease. The area is generally steep and narrow, with only moto-taxis able to access large parts of Santa Teresa. Plan ahead to ensure you can get where you want to. Similarly, many bars in Lapa have not had a revamp and, as such, accessible bathrooms and curb cuts are scarce – use them when you see them. Try to make friends with staff in the bars that suit your needs; there is no reason why they won't let you use their facilities, even if you're not buying a caipirinha with them. That said, many bars have accessible outdoor seating, and many *cariocas* (residents of Rio) who don't wish to pay entrance fees to bars and clubs dance to the music outside instead.

## Getting There & Away

### Santa Teresa

**Taxi** Drivers will take you as far as they can before the streets get too steep and narrow. Check with them before the journey starts.

### Lapa

**Metro** Cinelândia station is not far away, although it is surrounded by Portuguese tiles (mosaiced flooring that can be hard to navigate).

**Taxi** There are plenty of taxis around Lapa, and getting a lift to or from it will not prove an issue. Ensure you have your address written down and are confident about where you need to go; the driver may feign ignorance and take you the long way round after you've had a few drinks.

## Explore Santa Teresa & Lapa

Icons of bohemian Rio, Santa Teresa and Lapa are two rough-and-tumble neighborhoods that have contributed considerably to the city's artistic and musical heritage. On a hill overlooking the city, Santa Teresa has an impressive collection of 19th-century mansions set along winding lanes. Many beautiful colonial homes stretch skyward, their manicured gardens hidden behind gabled fences.

Today, Santa Teresa is the buzzword for a vibrant arts scene. Throughout the year, the sounds of impromptu festivals and street parties fill the air, ranging from Afro-Brazilian *maracatu* drumming along Rua Joaquim Murтинho to live jazz at the Parque das Ruínas, and the annual *Portas Abertas* event sees dozens of artists open their studios and cover the streets with living installations.

The streets of Lapa lie down the hill from Santa Teresa and south of Cinelândia. Formerly a residential neighborhood of the wealthy, Lapa became a red-light district in the 1930s. Although it is still a gritty area, it's also one of the music capitals of Brazil. At night, revelers from all over the city mingle among its samba clubs and music-filled bars. The music scene has brought some gentrification to the area, including new restaurants, hostels and even a luxury hotel.

Lapa's landmark aqueduct, Arcos da Lapa, is one of the neighborhood's most prominent features. Coursing over the 64m-high structure are narrow tracks that carry the photogenic *bonde* (tram) to and from Santa Teresa.

## Local Life

- ◆ **Hangouts** Santa Teresa has some fine local haunts, including Bar do Gomes (p103), which often gets so busy that locals spill out onto the street and therefore provide accessible entertainment. Plus, taxi drivers are happy to drop off and pick up customers here.
- ◆ **Shopping strips** The Rua do Lavradio is dotted with antique shops and cafes, plus samba clubs by night.



## TOP SIGHT ESCADARIA SELARÓN

**Created by the Chilean-born artist Jorge Selarón, the staircase bearing his name boasts colorful mosaics that cover the 215 steps leading up into the hilltop enclave of Santa Teresa. Situated in the heart of Rio's vibrant samba district, the *escadaria* has come to symbolize Lapa's creative and bohemian spirit, and its rebirth from a worn and battered former red-light district to a musical powerhouse.**

Sadly, Selarón died at the age of 65 in early 2013 – his body was found on the same steps to which he'd devoted the last 20 years of his life. Selarón was a well-known figure in the neighborhood, having moved to Rio in 1983 and settled in a house right off the stairway. What started out as a whim in 1990 evolved into an obsession; he was often spotted at work in Lapa and rarely left the neighborhood.

The mosaics started out as a homage to the Brazilian people by utilizing green, yellow and blue, the colors of the flag. Later he added mirrors and unusual colors and patterns to illustrious effect. As the media began to cover his unusual contribution to the urban landscape, his fame spread, and soon travelers began arriving with ceramics from their own countries to donate, which he later incorporated into his ever-evolving installation. The stairs' tiles hail from more than 60 countries. After he completed the stairs, he began covering other surfaces in need of cosmetic attention, including mosaics near the Arcos da Lapa.

The stairs have been named a city landmark, and have been featured in numerous magazines, and photo and film shoots. Snoop Dogg's 'Beautiful' features the steps, as does U2's 'Walk On.' Rio's stirring bid for the 2016 Olympics, 'The Passion That Unites Us,' also showcases the steps.

A hand-painted sign in English and Portuguese explains Selarón's vision.

As steps are the attraction here, they are of course inaccessible – but still incredible to look at from below.

### PRACTICALITIES

- ◆ Map p154
- ◆ stairway btwn Joaquim Silva in Lapa & Pinto Martins in Santa Teresa

## SIGHTS

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.

### Santa Teresa

#### MUSEU CHÁCARA DO CÉU

MUSEUM

Map p154 (📍021-3970-1126; www.museuscasromaya.com.br; Murtinho Nobre 93; adult/child R\$2/free, Wed free; ☀️noon-5pm Wed-Mon) The former mansion of art patron and industrialist Raymundo Ottoni de Castro Maya contains a small but diverse collection of modern art, formerly Ottoni's private collection, which he bequeathed to the nation. In addition to works by Portinari, Di Cavalcanti and Lygia Clark, the museum displays furniture and Brazilian maps dating from the 17th and 18th centuries, and also hosts temporary exhibitions.

A small step leads to the entrance, and some exhibits are on the ground floor. The majority of the exhibitions, however, are on the 1st floor and no elevator is available. Even if you can't manage stairs, accessing the 1st floor is not impossible, although it is slightly tricky. Visitors must go to the parking lot, and from there there's a ramp leading through the gardens and onto the 1st floor. It would be much easier to do this with assistance, as the path is uneven in places (though there's a good view at the top). The bathroom is in the basement and inaccessible. No English materials are available, although guided tours to the museum can be booked.

#### PARQUE DAS RUÍNAS

VIEWPOINT

Map p154 (📍021-2215-0621; Murtinho Nobre 169; ☀️10am-8pm Tue-Sun) **FREE** This park contains the ruins – exterior brick walls and a newly built staircase – of the mansion belonging to Brazilian heiress Laurinda Santos Lobo. Her house was a meeting point for Rio's artists and intellectuals for many years until her death in 1946. There's a small gallery on the ground floor, but the real reason to come here is for the excellent panorama from the viewing platform up top.

There's also a small outdoor cafe-kiosk and terrace where open-air concerts are sometimes held. Staff speak English and English menus are available. Apart from this cafe and terrace, few other areas of the

park are accessible for those with limited mobility, as there are several steps at numerous places throughout the park, including steps to get to the bathroom.

### CASA DE BENJAMIN CONSTANT

HISTORIC BUILDING

Map p154 (📍021-3970-1177; Monte Alegre 255; admission R\$2, Sun free; ☀️10am-5pm Wed-Fri, 1-5pm Sat & Sun) This tranquil estate served as the residence for one of Brazil's most influential politicians in the founding of the young republic. Benjamin Constant (1837–91) was an engineer, military officer and professor before taking an active role in the Provisional Government. He is also remembered for founding a school for blind children. Painstakingly preserved, his house provides a window into his life and times. The lush gardens surrounding his estate provide a fine view over Centro and the western side of Santa Teresa.

The entrance to the estate is up a steep cobbled path, which may be quite difficult for some. Once inside, there is no elevator, but ramps are available, and staff are able to make a visit quite accessible with advance notice. Staff do not speak much English, though, so ask someone at your accommodations to call ahead for you. The small, cramped bathroom is not accessible.

### Lapa

#### ESCADARIA SELARÓN

LANDMARK

See p99.

#### ARCOS DA LAPA

AQUEDUCT

Map p154 (near Av Mem de Sá) An accessible and much-photographed symbol of Lapa, the arches date back to the mid-1700s, when the structure served as an aqueduct to carry water from the Carioca River to downtown Rio. In a style reminiscent of ancient Rome, the 42 arches stand 64m high. Today it carries the **bonde** (☀️departures every 30min) on its way between Centro and Santa Teresa.

#### CATEDRAL METROPOLITANA

CHURCH

Map p154 (📍021-2240-2669; www.catedral.com.br; Av República do Chile 245; ☀️7am-5pm, museum 9am-noon & 1-4pm Wed, 9am-noon Sat & Sun) This enormous cone-shaped cathedral was inaugurated in 1976 after 12 years of construction. Among its sculptures, murals and other works of art, the four vivid stained-glass windows, which stretch 60m

to the ceiling, are breathtaking. The Museu de Arte Sacra in the basement contains a number of historical items, including the baptismal font used at the christening of royal princes and the throne of Dom Pedro II. The cathedral can accommodate up to 20,000 worshippers.

The entrance and ground floor of the cathedral are totally accessible and step-free, however, the bathroom is small and not adapted for accessibility. Staff are working on improving this in time for the Games. Two members of staff at the administration desk speak English.

### FUNDAÇÃO PROGRESSO

ARTS CENTER

Map p154 (☎021-3212-0800; www.fundacaoprogresso.com.br; Rua dos Arcos 24; ☎9am-6pm Mon-Fri) Once a foundry for the manufacturing of safes and ovens, Fundação Progresso today hosts avant-garde exhibitions, concerts and samba performances throughout the year. It is one of the few buildings in the area that survived the 1950s neighborhood redistricting project to widen Av República do Paraguai. A diverse range of shows is staged here: big-name acts such as Manu Chao and Caetano Veloso, plus theater, video arts and ballet. The center also hosts the occasional art exhibition. The foundation is one of Lapa's premier arts institutions and, if you're sticking around Rio for a while, you can sign up for classes in capoeira, dance, yoga and theater arts.

Step-free access to Fundação Progresso is available via the parking area. Once inside, the performance area is over two floors and the offices over five, catered for by a small elevator which is not fitted with Braille buttons. There are also ramps to some of the performance areas, and designated accessible bathrooms with handrails. Staff speak English, and some of the activities and classes are appropriate for people with disabilities – call to find out which ones.



## EATING

**Great views, a diverse crowd and a scenic atmosphere among late 19th-century buildings set the stage for a great night out in bohemian Santa Teresa. Most restaurants are within a short stroll of Largo do Guimarães.**

**Although Lapa is known more for its samba than its cuisine, more and more**

**restaurants are opening in the area, catering to the young crowds heading to the dance halls.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**



## Santa Teresa

### BAR DO MINEIRO

BRAZILIAN \$\$\$

Map p154 (☎021-2221-9227; Paschoal Carlos Magno 99; mains R\$51-75; ☎noon-2am Tue-Sat, to midnight Sun) Black-and-white photographs of legendary singers cover the walls of this old-school *boteço* (small open-air bar) in the heart of Santa Teresa. Lively crowds have been filling this spot for years to enjoy traditional Minas Gerais dishes. The *feijoada* (bean-and-meat stew served with rice) is tops, and served every day, along with appetizers, including *pasteis* (savory pastries). Strong caipirinhas will help get you in the mood.

A single step leads into Bar do Mineiro, and no ramp is available. The bathroom is step-free but extremely small and not suitable for wheelchair users. Staff do not speak English, but an English menu is available.

### ★ ESPÍRITO SANTA

AMAZONIAN \$\$\$

Map p154 (☎021-2507-4840; Almirante Alexandrino 264; mains R\$50-88; ☎noon-midnight Wed-Mon) Espírito Santa is set in a beautifully restored mansion in Santa Teresa. Take a seat on the back terrace with its sweeping views or inside the charming, airy dining room, and feast on rich, expertly prepared meat and seafood dishes from the Amazon and the Northeast.

A small step leads inside, but a portable ramp is available for wheelchair users – just ask. The restaurant is set over two floors, although the basement is inaccessible for those who are unable to manage stairs. A bathroom on the ground floor has been partially adapted; it is not large but it does have handrails. Staff speak English and both English and Braille menus are available.

### ★ APRAZÍVEL

BRAZILIAN \$\$\$

Map p154 (☎021-2508-9174; Aprazível 62; mains R\$70-110; ☎noon-11pm Tue-Sat, to 6pm Sun) Hidden on a windy road high up in Santa Teresa, Aprazível offers beautiful views and a lush garden setting. Grilled fish and roasted dishes showcase the country's

culinary highlights of land and sea. Standouts include orange-infused grilled fish with coconut rice, cashews and roasted plantains.

This place is a bit out of the way, so call ahead (sometimes the restaurant is booked up by groups). Take a taxi and have your map handy, as drivers don't always know where it is.

There is a ramp for wheelchairs users and an elevator, bringing guests down to the ground floor of the restaurant from street level. The restaurant has various areas, with some being up in the trees(!), so only the ground floor is accessible to those who cannot manage steps. There is also a dedicated, fully accessible bathroom on the ground floor. Staff speak English and an English menu is available.

### TÉRÈZE

FUSION \$\$\$

Map p154 (☎021-3380-0220; Felício dos Santos, Hotel Santa Teresa; mains R\$80-130; ☺noon-3:30pm & 7:30-11pm) Under the command of French chef Philippe Moulin, Têrêze provides a memorable dining experience. All the elements are here, from the decadent menu to the suggested wine pairings and the superb views over the city. Choose from the likes of creamy codfish risotto with lobster bisque, suckling pig with mashed sweet potatoes and truffles, and eggplant gnocchi with cashew pesto. Tables and artwork are made from reclaimed lumber and recycled materials.

Têrêze is up two flights of stairs and is therefore inaccessible to wheelchair users. It does, however, have English-speaking staff and menus in both English and Braille.

## Lapa

### ESPAÇO LAPA CAFE

BRAZILIAN \$

Map p154 (☎021-3971-6812; www.espacolapa.cafe.com.br; Gomes Freire 457; mains R\$15-36; ☺10am-6pm Mon. to 11pm Tue-Fri) This creative eat, drink and live-music space serves up good three-course lunch specials, plus sandwiches, snacks and a huge beer selection from across the globe (more than 400 varieties, though not all are always available). Several nights a week live bands playing rock, pop and salsa take to the small stage at the back.

The entrance is accessible and step-free, with a fully accessible bathroom on the ground floor. The 1st floor is only ac-

cessible via stairs, however, it is only used for special occasions and events. Staff do not speak English and there are no English menus – so get ready to try out your Portuguese.

### ERNESTO

GERMAN \$\$

Map p154 (☎021-2509-6455; Largo da Lapa 41; sandwiches R\$20-25, mains R\$40-70; ☺11am-midnight Mon-Sat) With high ceilings and exposed brick walls, there's an old-time feel to this restaurant and drinking spot that's just a short stroll from the samba clubs in Lapa. Ernesto has an extensive menu, though its grilled meats, codfish dishes and German-inspired plates such as sausage with lentils, are standouts. There's live music – Música Popular Brasileira (MPB) or samba – on Wednesdays (from 8pm; R\$7) and Fridays (from 10pm; R\$13).

There's one step inside and no ramp, but most people with disabilities should be able to manage. There is a larger bathroom on the ground floor. The 1st floor is only accessible via stairs, but it is only used for special occasions and events. Staff speak English and English menus are available.

### MANGUE SECO CACHAÇARIA

BAHIAN \$\$

Map p154 (☎021-3852-1947; Rua do Lavradio 23; mains R\$40-60; ☺11am-midnight Mon-Thu, to 2am Fri & Sat) Part of the Rio Scenarium nightclub empire, Mangue Seco serves a mix of seafood and Bahian fare, with hearty *moquecas* and *caldeirada de frutos do mar* (seafood stews). Upstairs, there's a bar with more than 100 types of *cachaça* (sugarcane alcohol), and there's live music (often samba) from Tuesdays through Thursdays.

Accessible outdoor tables are available, but there is a single step to enter the restaurant. There are two floors without an elevator, although the upper floor is generally only used for events. One member of staff speaks English, and English menus are on hand. The bathroom is accessible for wheelchair users – it is step-free and has handrails.



## DRINKING & NIGHTLIFE

**Santa Teresa and Lapa are two of Rio's most atmospheric neighborhoods, but are still rough around the edges, so take care when visiting. Lapa is at**



its wildest during the weekends, when *cariocas* from all over the city head to the neighborhood's samba clubs. Santa Teresa's bar scene is sprinkled along the main street near Largo do Guimarães, though Largo das Neves, with its tiny plaza and open-sided bars, is also a draw. Take a taxi when visiting these neighborhoods at night.

Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.



## Santa Teresa

### BAR DO GOMES

BOTECO

Map p154 (☎021-2232-0822; Áurea 26; ☀noon-1am Mon-Sat, to 10pm Sun) Although the sign says 'Armazém do São Thiago,' everyone calls the place Bar do Gomes. Regardless, this simple hole-in-the-wall has long been a favorite gathering spot, particularly on weekends, when young and old pack the few standup tables and bar front, and spill onto the sidewalk.

This place is popular and cramped and therefore not the most accessible. Bathrooms are small and staff speak limited English. However, Bar do Gomes is beautifully positioned in Santa Teresa, and one of the few bars taxis will happily drive to. So, if you want to experience Santa Teresa and all it has to offer, this is your chance. Sit outside and soak up the local atmosphere.



## Lapa

### LEVIANO BAR

BAR

Map p154 (☎021-2507-5967; www.leviano.com.br; Av Mem de Sá 49; ☀6pm-late) Near the entrance to Mem de Sá, the Leviano Bar is part of a new crop of slightly more upscale drinking and dancing spots. Watch the passing people parade – and take in the great view of the Arcos da Lapa – from the outdoor area before heading to the upstairs dance floor, where DJs mix house, electro-samba, soul and reggae.

Leviano Bar has no specific accessibility features. Bathrooms are inaccessible and no elevator is available to take guests to the upper floor. It does, however, have a lovely outside seating area that is both flat and spacious. It's a reasonable option in an otherwise inaccessible Lapa.

### SARAU

BAR

Map p154 (Av Mem de Sá 64; ☀6pm-4am Tue-Sun) Just past the Arcos da Lapa and tucked inside a building covered with an enormous mural, this place is hard to miss. There's live music (samba and *forró*, popular music of the Northeast) from 7:30pm. It's also a great spot for having a few drinks at one of the many outdoor tables on the plaza in front and taking in the vertiginous street scene.

With a large outdoor seating area and a relatively accessible interior, Sarau is big enough to stay pretty spacious when many other Lapa bars are splitting at the seams, so you can sit and have a drink or three on one of Lapa's most iconic corners. Again, bathrooms are not adapted or accessible.



## ENTERTAINMENT

**Lapa's Fundação Progresso (p101) is an accessible venue for music and theater performances.**

### RIO SCENARIUM

SAMBA

Map p154 (www.rioscenarium.com.br; Rua do Lavradio 20, Lapa; cover R\$25-50; ☀7pm-4am Tue-Sat) One of the city's most photogenic nightspots, Rio Scenarium has three floors, each lavishly decorated with antiques. Balconies overlook the stage on the 1st floor, where dancers keep time to the jazz-infused samba, *choro* (romantic, improvised samba-style music) or *pagode* (popular samba music) filling the air. Rio Scenarium receives much press outside of Brazil, and attracts at least as many foreigners as locals.

A long and high-gradient ramp leads inside, and all three floors are accessible via elevator. The balconies overlooking the samba bands are particularly good for wheelchair users who would otherwise struggle to get a good view. Bathrooms are unadapted and quite small. Works are being done to improve experiences for those with visual and hearing impairments, although there's nothing to show for it yet.

### CIRCO VOADOR

CONCERT VENUE

Map p154 (☎021-2533-0354; www.circovoador.com.br; Rua dos Arcos, Lapa; admission R\$40-90) In a curvilinear building behind the Arcos da Lapa, Circo Voador hosts big-name Brazilian and international artists. The acoustics here are excellent, and after a

show you'll find plenty of other musical options in the area. Check the website to see what's on. You can also take classes in capoeira (Afro-Brazilian martial arts), dance, percussion and yoga.

Avoid the crowds and feel like a VIP: a separate accessible entrance is available for guests with disabilities. For shows, there are two levels of seating, both with ramp access. There are even facilities to adapt a dressing room downstairs for performers in wheelchairs. Accessible bathrooms are available, and some staff members speak English. Currently, there are no aids to enhance the experiences of those with visual and hearing impairments, although work is being done to change this.

### LAPA 40 GRAUS

LIVE MUSIC

Map p154 (☎021-3970-1338; [www.lapa40graus.com.br](http://www.lapa40graus.com.br); Rua do Riachuelo 97, Lapa; admission R\$10-50; 🕒6pm-5am Wed-Sat) This impressive multistory music venue and pool hall has tables for lounging on the 1st floor, more than a dozen pool tables on the 2nd floor, and a small stage and dancing couples on the top floor. There are usually two shows nightly. Pop, rock, samba and *choro* kick off around 7pm and 11pm.

The entrance and all three floors are fully accessible, with an elevator catering for each. There is no accessible bathroom. Staff speak English.



## SHOPPING

**Stomping ground for Rio's bohemian crowd, Santa Teresa has a growing number of handicraft shops and vintage stores, with some enticing restaurants and cafes that add to the appeal. In Lapa you'll find Rua do Lavradio, the city's best antiques street. It's at its liveliest on the first Saturday of the month.**

### LA VEREDA HANDICRAFTS

HANDICRAFTS

Map p154 (☎021-2507-0317; Almirante Alexandrino 428, Santa Teresa; 🕒10am-8pm) La Vereda stocks a colorful selection of handicrafts from local artists and artisans in a spot near Largo do Guimarães. Handpainted clay figurines by Pernambuco artists, heavy Minas ceramics, delicate sterling silver jewelry and loosely woven tapestries cover the interior of the old store. Other cool gift ideas: T-shirts bearing a *bonde* (tram) image, block prints by local artist Erivaldo and vibrant arte naïf canvases by various Santa artists. There are several other handicraft shops and galleries also on this street.

With a couple of steps leading into the store and no ramp available, this shop is not suitable for most wheelchair users. Staff speak English.



## SPORTS & ACTIVITIES

### FUNDAÇÃO PROGRESSO

DANCING

Map p154 (☎021-2220-5070; [www.fundacao-progresso.com.br](http://www.fundacao-progresso.com.br); Rua dos Arcos 24, Lapa) This cultural center offers a wide range of courses, including classes in dancing: African styles, salsa, tango and samba. Those seeking something different can sign up for classes in percussion, acrobatics (run by the respected dance-theater-circus outfit Intrépida Trupe) or capoeira. Percussion and circus arts courses typically cost R\$200 for twice-weekly classes for a month. Capoeira costs R\$100 for a month.

Call to discuss your individual access requirements for a dance class. For accessibility information, see p101.

# Barra da Tijuca & Western Rio

## Neighborhood Top Five

- 1 Strolling through tropical rainforest, enjoying memorable views from rocky lookouts and recovering beneath cool waterfalls in the **Floresta da Tijuca** (p108).
- 2 Basking on the wide golden sands of **Praia da Barra da Tijuca** (p107).
- 3 Exploring the lushly decadent gardens of **Sítio Burle Marx** (p107).
- 4 Delving into Brazil's rich folk-art traditions at the impressive **Casa do Pontal** (p109).
- 5 Looking for wildlife in the peaceful, accessible trails of the **Parque Ecológico Chico Mendes** (p109).



For more detail of this area see Map p158 →

## Lonely Planet's Accessible Top Tip

Lots of new development and renovation is currently underway here, making Barra one of Rio's most accessible areas: space, shopping and luxurious hotels are easy to find. Watch out, though: with everything being quite far apart, taxis and private drivers tend to be a drain on resources.

## Getting There & Away

**Taxis** are currently the best bet for anyone with access issues. Beware: in bad traffic, getting back to Copacabana can cost more than R\$100.

**Metrô** The new *linha 4* (line 4) promises to connect Barra da Tijuca to Ipanema and will be fully accessible. It will run from Jardim Oceânico station (eastern Barra) to São Conrado, Antero de Quental (Leblon), Jardim de Alah (Leblon), NS da Paz (Ipanema) and General Osório (Ipanema and Copacabana), but was not yet complete at the time of writing.

## Explore Barra da Tijuca & Western Rio

The Miami of Rio, Barra da Tijuca is a sprawling suburb with huge malls and entertainment complexes, long traffic corridors and very little pedestrian movement. Barra – as it's known locally – is also where much of the 2016 Summer Olympics will take place. The beach here is the real attraction, a wide and lovely 15km-long stretch of shoreline.

The commercial area feels quite different from other parts of Rio, as Barra's development happened relatively recently. The middle class first began moving here in the 1970s, when *cariocas* (residents of Rio) fled crowded, crime-ridden streets to live on an unpopulated stretch of beachfront. Today, the influx of new residents is creating crowded, problematic conditions once again.

While first-time visitors to Rio don't always make it to Barra da Tijuca, there are some intriguing sights here aside from the beach. The Sítio Burle Marx (p107) contains some of the city's most picturesque gardens, while the Casa do Pontal (p109) houses a fascinating collection of folk art.

Once you get beyond the development of Barra, the region gets less and less urban, and you'll soon feel like you're deep in the tropics. Some of Rio's best beaches lie out this way. There are also great restaurants in idyllic settings where you can feast on seafood while watching crashing waves, all of which seems a far cry from busy downtown Rio.

## Local Life

- ♦ **Hangouts** Even party people from the Zona Sul will make the trip out to Don Pascual (p109), one of Rio's loveliest restaurants, set high in the trees. A taxi and companionship are must-haves here: it's in the middle of nowhere with a steep ramp.
- ♦ **Beaches** The western beaches are quite stunning, particularly Joatinga, Prainha and Grumari.
- ♦ **Shopping** You'll find plenty of it here, in big, beautiful and boastful centers with air-conditioning to die for.



Parque Olímpico

## SIGHTS

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

### PRAIAS DA BARRA DA TIJUCA

BEACH

Map p158 (Av Lúcio Costa, Recreio dos Bandeirantes) The best thing about Barra is the beach. It stretches for 12km, with the lovely blue sea lapping at the shore. The first few kilometers of its eastern end are filled with bars and seafood restaurants.

The young and hip hang out in front of *barraca* (stall) No 1, in an area known as Praia do Pepê, after the famous *carioca* hang-gliding champion who died during a competition in Japan in 1991. Like any beach, it is not the most accessible attraction, although on weekends Praia Para Todos provides additional equipment, such as beach ramps and wheelchairs, to enable Rio's disabled community to join in the fun. They also run sporting events and the odd party.

### PARQUE OLÍMPICO

LANDMARK

(Map p158) This is the epicenter of the 2016 Summer Olympics and the Paralympic

Games. You'll find seven arenas here: the tennis center, the aquatics stadium, the velodrome and separate arenas for basketball, judo and wrestling, handball, fencing and tae kwon do. After the Olympics, the city has plans to convert some of the arenas into training facilities, while others will be dismantled and used to construct public schools.

Based on the London 2012 Olympic Park model, this park will be a haven for all those who require access during the Games, with trained staff, step-free access, accessible bathrooms, visual strips and tactile flooring. Commentary will be signed by interpreters.

### SÍTIO BURLE MARX

GARDENS

(☎021-2410-1412; visitas.srbm@iphan.gov.br; Estrada da Barra de Guaratiba 2019, Guaratiba; admission R\$10; 🕒tours 9:30am & 1:30pm Tue-Sat) This 35-hectare estate was once the home of Brazil's most-famous landscape architect, Roberto Burle Marx. The estate's lush vegetation includes thousands of plant species, some of which are rare varieties from different corners of the globe. A 17th-century **Benedictine chapel** also lies on the estate, along with Burle Marx's original farmhouse

## FLORESTA DA TIJUCA – PARQUE NACIONAL DA TIJUCA

All that's left of the Atlantic rainforest that once surrounded Rio de Janeiro is **Parque Nacional da Tijuca** ([www.parquedatijuca.com.br](http://www.parquedatijuca.com.br); ☀8am-5pm). This 120-sq-km tropical jungle preserve is an exuberant green, with beautiful trees, creeks and waterfalls, mountainous terrain and high peaks. It has an excellent, well-marked trail system. Candomblistas (practitioners of the Afro-Brazilian religion of Candomblé) leave offerings by the roadside, families have picnics, and serious hikers climb the 1012m to the summit of Pico da Tijuca.

The heart of the forest is the **Alto da Boa Vista** area in the **Floresta (Forest) da Tijuca**, which has many lovely natural and human-made features. Among the highlights of this beautiful park are several **waterfalls** (Cascatinha de Taunay, Cascata Gabriela and Cascata Diamantina), a 19th-century **chapel** (Capela Mayrink) and numerous **caves** (Gruta Luís Fernandes, Gruta Belmiro and Gruta Paulo e Virgínia). Also in the park is a lovely **picnic spot** (Bom Retiro) and two **restaurants** – the elegant Restaurante Os Esquilos and Restaurante a Floresta near the ruins of Ruínas do Archer (Major Archer's House).

The park is home to many different bird and animal species, including iguanas and monkeys, which you might encounter on one of the excellent day hikes you can make here; the trails are well signed. Good, free trail maps are given out at the park entrance.

The entire park closes at sunset. It's best to go by car, and hiring a driver with an accessible car (or a special taxi) is recommended.

The best route by car is to take Rua Jardim Botânico two blocks past the Jardim Botânico (heading east from Gávea). Turn left on Rua Lopes Quintas and then follow the Tijuca or Corcovado signs for two quick left turns until you reach the back of the Jardim Botânico, where you turn right. Then follow the signs for a quick ascent into the forest, past the picturesque lookout points of Vista Chinesa and Mesa do Imperador. As soon as you seem to come out of the forest, turn right onto the main road and you'll see the stone columns to the entrance of **Alto da Boa Vista** on your left after a couple of kilometers. You can also drive up to Alto da Boa Vista by heading out to São Conrado and turning right up the hill at the Parque Nacional da Tijuca signs. Coming from Barra da Tijuca, take Estrada da Barra da Tijuca north, which eventually turns into Rua da Boa Vista, from which there are entrances into the park.

The forest is far from perfectly accessible, although some parts of it can be accessed. There are reserved parking spaces for those with disabilities, and ramps from them that lead to the entrance. Although not all pathways are smooth (as would be expected in a rainforest), access ramps are available in places. Much of the park is lacking in aids and equipment for those who are visually impaired: there are very few directional signposts, and not much in the way of visually contrasting areas or tactile flooring. Bathrooms are on the narrow side and may prove tough for those with reduced mobility. The bathrooms in the restaurants may be your best bet. In short, a manual-wheelchair user might need a strong companion to enjoy this place to the full.

and studio, where you can see displays of paintings, furniture and sculptures by the talented designer. Tours are by advance appointment only. On the downside, it's a very long drive to get out here (either take a costly taxi or go by private vehicle, making sure you have a good map or GPS). You're not allowed to wander on your own and there's no food at the museum.

The entrance to Sítio Burle Marx is accessible, as are various buildings inside. The

terrain may prove tricky in places as not all paths are as smooth as wheelchair users would like. An electric cart is available for guided tours (book in advance; English-speaking guides available) for those who wish to use it and are able to self-transfer. Not all areas are fully accessible, and bathrooms may not be suitable for those who are unable to transfer unaided: the space is small and there are no grab-rails.

## PARQUE ECOLÓGICO CHICO MENDES

PARK

Map p158 (☎021-2437-6400; Km 17, Av Jarbas de Carvalho 679, Recreio dos Bandeirantes; ☀8am-5pm Tue-Sun) This 40-hectare park was created in 1989 and named after the Brazilian ecological activist who was murdered for his work. The park protects the remaining sand-spit vegetation from real-estate speculators. The facilities include a visitor center and ecological trails that lead to a small lake. There is also an observatory in the park. Call ahead to schedule a tour.

Careful thought has gone into providing accessibility for visitors at Chico Mendes. Adapted park wheelchairs are available for hire from reception, and there are trail circuits with a guide cable so that visually impaired visitors can walk through the park without the assistance of a companion. Several of the trails are also wheelchair-accessible. Bilingual signs are present throughout (helpful for those who are hard of hearing). The bathrooms have level entry, but are rather small, especially for those who require assistance with transferring.

## CASA DO PONTAL

MUSEUM

Map p158 (☎021-2490-4013; www.museucasadopontal.com.br; Estrada do Pontal 3295, Recreio dos Bandeirantes; admission permanent collection/temporary exhibits R\$10/4; ☀9:30am-5pm Tue-Fri, 10:30am-6pm Sat & Sun) Owned by French designer Jacques Van de Beuque, this impressive set of more than 5000 pieces is one of the best folk-art collections in Brazil. The assorted artifacts are grouped according to theme, such as music, Carnaval, religion and folklore. The grounds of the museum are surrounded by lush vegetation.

With its lovely atmosphere, Casa do Pontal is an accessible haven in Barra. It has a gravel parking lot, a step-free entrance and free entry for personal assistants. There is good natural light and some visual contrast strips around certain artwork collection columns. This deceptively large space is level throughout and has a modern platform lift leading to the 2nd floor. An accessible bathroom is available across the parking lot, up a steep ramp, with a wide doorway, a grab-rail and room for side transfers. Casa do Pontal is working on providing audio tours for different exhibitions, especially for English speakers. It's worth calling to check on their progress.



## EATING

**Far from the bustling streets of central Rio, one can find some of the city's more rustic dining experiences, such as open-air spots with beautiful views complemented by fresh seafood. Places in Barra and western Rio are best reached by private transport. For totally accessible options, one of Barra's lavish shopping centers is probably your best bet; you'll save money on a long drive, too.**

**Unless otherwise noted, the following do not have accessibility features for those with hearing or visual impairments.**

### DON PASCUAL

CONTEMPORARY \$\$\$

(☎021-2428-6237; www.donpascual.com.br; Estrada do Sacarrão 867, Vargem Grande; mains R\$62-92; ☀noon-1am) Don Pascual has undeniable charm. Amid lush scenery you'll dine on open-sided wooden decks, listening to the sounds of birdsong and perhaps spying a toucan flitting past. Not surprisingly, by night it's all couples at the candlelit tables. The food is good – juicy *picanha* (beef rump), *moquequinha de frutas do mar* (seafood and coconut stew) and *ravioli de cordeiro* (lamb ravioli) – but not quite as dazzling as the ambience. The only problem is it's hard to get to; call ahead for specific directions. You can also spend the night, or simply arrive early and go for a dip in the pool. A taxi from the center of Barra costs around R\$60.

Accessibility is not the best, but the trip is worth it if you are able to manage. The restaurant is up a rainforest-like track, although a taxi can drive most of the way, leaving a medium-gradient pathway and two steps to navigate in order to reach the front door. Inside, it's step-free and surprisingly spacious, with a choice of indoor and outdoor seating. English menus are available, and the lovely staff will do all they can to make your night enjoyable. Note that the restaurant is rather dark, as it's lit mostly by candles.

Accommodations here are good only if you are able to negotiate a few steps and narrow doorways. The bathroom in 'Galleria 1' has a wider doorway and would be the best choice for those with reduced mobility.

## BIRA

SEAFOOD \$\$\$

(☎021-2410-8304; Estrada da Vendinha 68A, Barra de Guaratiba; mains for 3 people R\$190-300; ☺noon-5pm Thu-Sun) Splendid views await diners who make the trek to Bira. On a breezy wooden deck, diners can partake in the flavorful, rich seafood served in huge portions – big enough for three. It's located about 35km west of Rio in the marvelous seaside setting of Barra da Guaratiba, 45 to 80 minutes from the city, depending on traffic.

Situated on one floor, this restaurant has a fixed ramp at its entrance. English menus are available. There are two steps leading to the spacious bathroom.



## DRINKING & NIGHTLIFE

**In terms of its drinking and nightlife, Barra still has a way to go in terms of accessibility (although this may change come Games time). For the most accessible experience, although not particularly authentic, hotel bars and cocktail menus in shopping mall restaurants are a good choice. Don Pascual (p109) does a mean Brandy Alexander.**

## BALADA MIX

BAR

Map p158 (☎021-2491-6222; Av Érico Veríssimo, 843, Loja B, C, Barra da Tijuca; ☺☺) This restaurant-cum-bar has a gorgeous outside seating area, a welcoming vibe and a small ramp inside. Minimalist and funky decor really sets the place off at night, and 'attention buzzers' at each table mean you can grab a waiter's attention without leaving your seat. A fantastic accessible toilet sits in the corner of the outside area and staff are more than willing to help when required.

**Delirium** cafe next door has one of the finest selection of beers in Rio, although the bathroom is not accessible.



## ENTERTAINMENT

## CIDADE DAS ARTES

PERFORMING ARTS

Map p158 (☎021-3325-0102; www.cidadedasartes.org; Av das Americas 5300, Barra da Tijuca) Rio's grandest new arts complex is a R\$500 million venture that houses an 1800-seat concert hall, as well as theaters, a chamber

music hall, a cinema and a restaurant. It's home to the Brazilian Symphony Orchestra, and features a wide-ranging repertoire, including contemporary dance, puppet shows, jazz, musicals, choral recitals and experimental ensembles.

The complex is totally wheelchair-accessible, with an elevator leading to the 2nd floor and panoramic views. There are specifically allocated wheelchair spaces within the theaters and both the bathrooms and restaurant are spacious, although there are no English menus. There are no resources for those with sensory impairments.

## CITIBANK HALL

CONCERT VENUE

Map p158 (☎021-4003-5588; Av Ayrton Senna 3000, Barra da Tijuca) Rio's largest (6000-seat) concert house tends to change names every few years, but continues to host top international and Brazilian bands, as well as ballet, opera and Broadway shows. The hall is in the Via Parque Shopping Center. Purchase tickets through Tickets for Fun (p23).

With an accessible entrance, two floors connected by a spacious elevator, and fully accessible and adapted bathrooms, Citibank Hall is a welcome change for anyone with a mobility impairment. The automated voice message to the box office even states that those with disabilities are welcomed and fully catered for. As for most venues, those with visual and hearing impairments should call to discuss suitable seating arrangements and the possibility of audio description or interpretation.

## UCI – NEW YORK CITY CENTER

CINEMA

Map p158 (☎021-2461-1818; Av das Américas 5000, New York City Center, Barra da Tijuca) UCI – New York City Center is Brazil's largest megaplex, featuring 18 screening rooms complete with large, comfortable chairs and stadium seating. Films are screened constantly (every 10 minutes on weekends).

The elevator up to the complex has Braille buttons but is quite small – those with larger power chairs may struggle. All screens are accessible, with two wheelchair spaces per screen. Tickets are half-price for those with disabilities and are sold from lowered, preferential ticketing desks. Staff are extremely accommodating and happy to carry food and drinks – also able to be ordered at a lowered food counter – to the screen. The accessible toilets (situated with-



in the gendered bathrooms) are spacious, with grab-rails and room for side transfer. Subtitles and audio description programs, when available, are in Portuguese only.



## SHOPPING

**Barra da Tijuca is a kingdom of shopping malls; each offers something slightly different from the one next door. All of them provide great accessibility for those with restricted mobility, with elevators, accessible bathrooms and easy-access restaurants and shops in abundance – great for a rainy day or a break from Olympic and Paralympic madness. Barra Shopping is arguably the most consistent in terms of access and inclusion, with the option to go to the UCI megaplex next door without having to leave the building. Those with sensory impairments may still struggle to find hearing loops, tactile flooring or visual aids, although further accommodations are planned in the run-up to the 2016 Games.**

### VILLAGE

MALL

Map p158 (☎021-3003-4177; [www.shoppingvillagemall.com.br](http://www.shoppingvillagemall.com.br); Av das Américas 3900, Barra da Tijuca; ☀11am-11pm Mon-Sat, 1-9pm Sun) This shopping behemoth is Rio's most extravagant mall, with high-end retailers such as Prada, Cartier, Tiffany, Miu Miu, Michael Kors and Burberry, as well as an Apple store.

### FASHION MALL

MALL

(☎021-2111-4427; [www.fashionmall.com.br](http://www.fashionmall.com.br); Estrada da Gávea 899, São Conrado; ☀10am-10pm Mon-Sat, 3-9pm Sun) Rio's most beautiful mall features luxe retailers – Fred Perry, Rolex and others – plus all of Brazil's most recognizable brands. It's in the upper-class neighborhood of São Conrado.

### BARRA SHOPPING

MALL

Map p158 (☎021-4003-4131; Av das Américas 4666, Barra da Tijuca; ☀10am-10pm Mon-Sat, 1-9pm Sun) Rio's largest mall (and one of the biggest on the continent) is an easy place to shop away a few hours – or days – as do 30 million shoppers each year. More than 500 stores clutter this 4km-long stretch, which also includes five movie screens, a kids' parkland and a wealth of dining options.

### RIO DESIGN CENTER

SHOPPING CENTER

Map p158 (☎021-2430-3024; [www.riodesignbarra.com.br](http://www.riodesignbarra.com.br); Av das Américas 7777, Barra da Tijuca; ☀10am-10pm Mon-Sat, 3-9pm Sun) This architecturally rich center features a number of excellent home-furnishing stores selling designer lamps, vases, decorative pieces and furniture. It also has some very good restaurants and a few art galleries.

### VIA PARQUE SHOPPING

SHOPPING CENTER

Map p158 (☎021-2430-5100; [www.shoppingviaparque.com.br](http://www.shoppingviaparque.com.br); Av Ayrton Senna 3000, Barra da Tijuca; ☀10am-10pm Mon-Sat, 1-9pm Sun) With 200 stores, six movie theaters and an abundance of restaurants, this shopping center is the heart of Rio's thriving consumer culture. The center also houses one of the city's big, busy and diverse concert arenas, Citibank Hall (p110).



# Sleeping

*Rio has a wide range of lodging options, including boutique B&Bs, trendy hostels and bohemian guesthouses; there are scores of luxury hotels, particularly in Copacabana, and these are likely to be the most accessible of the bunch. Prices are expected to rise during major events such as Carnaval and the 2016 Games.*

## Hotels

Despite Rio's growing popularity, the city's hotel scene is lackluster. The majority of hotels are in glass and steel high-rises, with marble- and chrome-filled lobbies, and comfortable but uninspiring rooms. The best feature will be the view (if there is one) and the door by which to exit the room and explore this fascinating city. Amenities to look for include pools, wi-fi (usually free except in some luxury hotels, which charge exorbitant rates) and beach service (towels, chairs and attendants).

## Hostels

With more than 200 hostels scattered around the city, Rio does not lack for budget lodging. Hostels are great settings for meeting other travelers. With more and more Brazilians traveling, your dorm mate is just as likely to be from Porto Alegre as they are from Perth. Rio's hostels range in price and style, and subcultures dominate. For a bohemian vibe, try Santa Teresa; for the nightlife scene, look around Lapa, Copacabana and Ipanema. And for something totally different, stay in a hostel located in a favela. For those requiring step-free access and close proximity to the Games, the Barra region will be your best bet. Failing this, anywhere in Zona Sul should be able to cater for your needs, but expect to pay the price.

## Apartment Rentals

The best way to save money in Rio is to rent an apartment. There are numerous rental outfits in Ipanema and Copacabana, though you can also go through Airbnb ([www.airbnb.com](http://www.airbnb.com)). This site allows you to rent a whole apartment or simply a room in a shared flat, making it a good way to meet *cariocas* (residents of Rio). With a good, personal service, it's also a great way to ask for specific needs to be met. For example, the owner of the apartment may be able to hire a hoist for the duration of your stay and add this into the cost. Beware though: it is rare for rental agency websites to have an accessibility filter, so have an email template outlining your needs and prepare to send it far and wide.

If you book an apartment through an agency, nightly high-season rates start around R\$200 for a small studio apartment in Copacabana and R\$350 in Ipanema. Typically, you'll need to pay 30% to 50% up front; some agencies accept credit cards, others use Paypal. Make sure you ask whether utilities and cleaning fees are included in the price. Reputable outfits include:

**Rio Spot Homes** ([riospotohomes.com](http://riospotohomes.com))

**Ipanema for Rent** (☎021-2267-5264)

**Blame It on Rio 4 Travel** ([www.blameitonrio4travel.com](http://www.blameitonrio4travel.com))

**Rio Apartments** ([www.rioapartments.com](http://www.rioapartments.com))

## Prices & Reservations

Rooms with an ocean view cost about 30% to 50% more than rooms without. During the summer (December through March), hotel rates typically rise by about 30%, and many places book up well in advance, so it's wise to reserve ahead. There's no getting around it: prices double or triple for New Year's Eve, Carnaval and major events, such as the Olympics. Most accommodations, including hostels, will only book in four- or seven-day blocks around these times. It's never too early to book for Carnaval; better places fill up to a year in advance. Don't forget that each hotel is likely to have three to four accessible rooms at best, so get booking!

## Breakfast

Nearly every guesthouse, hostel and hotel serves some form of *café da manhã* (breakfast). At cheaper places, this may only be a roll, some bread and instant coffee; better places serve fresh fruit, juices, strong coffee, yogurt, cheese, cured meats, fresh bread and perhaps cooked eggs. Oddly, Rio's most expensive lodgings often charge for breakfast. In terms of access, staff in hotels are willing to provide help and support with breakfast orders.

## NEED TO KNOW

### Price Ranges

Prices are for double rooms, except for hostels with only dorm beds, in which case the price is for one person in a dorm bed (as is often the case with accessible rooms in less-accessible cities, the accommodations listed in this chapter are rather pricey).

<b>\$</b>	less than R\$200
<b>\$\$</b>	R\$200 to R\$500
<b>\$\$\$</b>	more than R\$500

### Room Tax

Keep in mind that many hotels add between 5% and 15% in taxes and service charges. Cheaper places don't generally bother with this. Be sure to read the fine print when booking.

### Websites

- ➔ Airbnb ([www.airbnb.com](http://www.airbnb.com)) Thousands of apartment listings across Rio.
- ➔ Couchsurfing ([www.couchsurfing.com](http://www.couchsurfing.com)) More than 10,000 hosts in Rio, and an active meet-up community.
- ➔ Booking ([www.booking.com](http://www.booking.com)) Generally the best deals for hotels and guesthouses, and equipped with a useful accessibility filter.
- ➔ Lonely Planet ([lonelyplanet.com/brazil/rio-de-janeiro/hotels](http://lonelyplanet.com/brazil/rio-de-janeiro/hotels)) Extensive hotel reviews and online booking.

## Where to Stay

Neighborhood	For	Against
<b>Ipanema &amp; Leblon</b>	Great location near the beach and the lake, with Rio's best restaurants and bars in the vicinity. Great views possible: ocean, lake or possibly Corcovado. Most high-end options (and some hostels) offer accessible rooms and assistance.	Pricier than other locations. Fewer options than Copacabana.
<b>Copacabana &amp; Leme</b>	Wealth of lodging possibilities packed into a long, narrow high-rise-lined neighborhood. Proximity to the beach. Good transport connections to other parts of the city. Good restaurants and bars. Although touristy, it is one of the best areas to ensure accessibility at a good price.	Nightlife more limited than Ipanema or Botafogo. Very touristy; some <i>cariocas</i> (residents of Rio) avoid it. Sex tourism in some parts; tourist-trap restaurants along Av Atlântica.
<b>Botafogo &amp; Urca</b>	Good neighborhood with restaurants, bars and nightclubs that attract a local crowd. Some accessible Airbnb apartments exist in this area.	Not within walking distance of the beach. Noisy, traffic-clogged avenues. Few attractions.
<b>Flamengo &amp; Around</b>	Better prices than the beachside districts.	Few options, mostly budget. Very few restaurants and bars, and very little nightlife. Limited options in terms of accessibility.
<b>Santa Teresa &amp; Lapa</b>	Santa Teresa is a charming bohemian district with great architecture and alternative, art-minded residents. Has a handful of good restaurants and drinking spots. Lapa is the epicenter of Rio's samba-fueled nightlife.	Santa Teresa is far from the beaches, and has poor transport links. Lapa is unappealing and gritty by day. Exceedingly difficult to find accessible accommodations or attractions here.
<b>Barra da Tijuca &amp; Western Rio</b>	Great beaches with a laid-back vibe. Due to vast improvements and extensions for the 2016 Games, Barra's new hotels and hostels offer great accessibility, with transport to the nearby Games venues being cheap and effective.	Long commutes into town. No neighborhood vibe; most locals use cars to get places.

## ACCESSIBLE ACCOMMODATIONS

Here are 10 of Rio's most accessible hotels. It is worth mentioning that, by law in Brazil, assistance dogs are allowed in any of these establishments.

### Ipanema & Leblon

#### SHERATON

HOTEL \$\$\$

(☎021-2529-1122; [www.sheraton-rio.com](http://www.sheraton-rio.com); Av Niemeyer 121, Vidigal; d from R\$820; ♿ @ 📞 📺) The Sheraton is a resort hotel, with large, peaceful grounds. Every room has a balcony, facing either Leblon and Ipanema or verdant greenery. The rooms are nicely furnished in a cozy, contemporary style. You'll enjoy a nearly private beach in front, plus tennis courts, swimming pools and a good health club. The main drawback is that it's far from the action.

For those with mobility impairments, this huge hotel has a medium-gradient ramped entrance, a lowered reception desk, six large elevators and flat access into all of the lounges, treatment rooms and restaurants. Both the gym and beauty salon are accessible. The rooms are spacious with great desks and wet rooms. However, the changing rooms in the spa area are neither large nor discreet and, although the outside pool is ramped, visitors who are unable to manage steps won't be able to access the beach from the hotel until alternative access is built later this year (hopefully in time for the Games). No equipment is available for those who are hard of hearing and, aside from Braille buttons and bilingual floor-indicator audio in elevators, the same can be said for visually impaired people.

#### HOTEL FASANO

HOTEL \$\$\$

Map p142 (☎021-3202-4000; [www.fasano.com.br](http://www.fasano.com.br); Av Vieira Souto 80, Ipanema; d from R\$1660; ♿ @ 📞 📺) Designed by Philippe Starck, the Fasano has 91 sleek rooms set with Egyptian-cotton sheets, goose-down pillows and high-tech fittings. The best rooms have balconies overlooking the crashing waves of Ipanema Beach, which lies just across the road. Rooms without a view simply don't justify the price. The lovely rooftop pool (open to guests only) is truly breathtaking. With stylish rooms, a great location and a much-touted seafood restaurant and bar, this is the top destination

for the style set and celebrity crowd: Lady Gaga, Kate Moss, Will Smith and Madonna have all been guests.

If you're looking for a truly accessible and inclusive hotel experience in Rio, this is the place to be. Very few hotels in Rio have made adjustments for people with hearing and visual impairments, but the Fasano is a notable exception. Although it is a relatively dark hotel – with curtains splitting up areas and dark wooden surfaces completing most of the design – cleaning staff are trained in disability awareness, so they blink the lights instead of knocking for a guest who is hard of hearing, and are careful not to move possessions around too much for those with visual impairments. There are no hearing loops and objects don't particularly contrast, but vibrating alarm clocks and blinking phones are available. For those with mobility impairments, there are two flat entrances and two specifically accessible rooms, but all suites also have accessibility features. All bathrooms are large, as is the restaurant, which is also equipped with a lowered bar. And there are bar chairs rather than stools, so everyone is at the same height. The elevators are rather small, as is the turning circle once up the ramp at the rooftop pool. But wow – the view is worth it!

### Copacabana & Leme

#### WINDSOR ATLANTICA

HOTEL \$\$\$

Map p145 (☎021-2195-7800; [www.windsorhotels.com](http://www.windsorhotels.com); Av Atlântica, 1020, Copacabana; d from R\$680; ♿ @ 📞 📺) A favorite among athletes and those on business, the Windsor Atlantica provides an upmarket stay in a location that simply could not be better – or nearer to the beaches and restaurants of Copacabana.

This is arguably one of the best hotels in Rio for wheelchair users or anyone with reduced mobility, but there are no facilities readily available to aid guests with visual or hearing impairments. Two flat entrances lead guests into the hotel lobby, with plenty of staff on hand to help with bags and reservations. The marble flooring is great to maneuver on, and the spacious lobby has plenty of room for business meetings or family downtime. The elevators are sizable and have Braille buttons. The accessible rooms are light and airy, with wet rooms

furnished with grab-rails and plenty of space for side transfers. The pool and bar area is gorgeous and flat.

### JW MARRIOTT HOTEL

HOTEL \$\$\$

Map p146 (☎021-2545-6500; [www.marriott.com](http://www.marriott.com); Av Atlântica 2600; d from R\$1025; ♿☎☎) Providing luxury and one of the best views of Copacabana from the rooftop pool, the Marriott is the place to stay if you enjoy plush glamour, sushi restaurants and live jazz on weekends.

The fact that vehicles can pull in right to the valet drop-off point immediately sets this hotel apart in terms of access. Two dropped and visually contrasting curb cuts also help guests into the accessible side entrance of the hotel. Bilingual signs guide guests throughout and the staff are very helpful and speak English. The Marriott has two accessible rooms, and the large elevators leading to them are equipped with Braille buttons but no audible floor indicator. Although gorgeous and with well-equipped wet rooms, these rooms are relatively dark and have plush carpets that will prove difficult for those using mobility aids. The restaurants and bars are spacious. There are visual alarm strips throughout the hotel, but there are no facilities available for those with hearing impairments. Two medium-gradient ramps lead to the rooftop pool area, but you will need to negotiate a step ladder to actually get into it.

### GOLDEN TULIP CONTINENTAL

HOTEL \$\$

Map p145 (☎021-3545-5300; [www.goldentulipcontinental.com](http://www.goldentulipcontinental.com); R Gustavo Sampaio 320; d from R\$370; ♿☎☎) Set a little back from the beach and therefore slightly lower in price, the Golden Tulip offers a comfortable stay in one of Leme's loveliest streets. With a pool, gym and fantastic breakfast each morning, alongside friendly staff, this hotel is a great choice for families who aren't looking for the luxury that bigger hotel names bring.

With medium-gradient ramps leading to the hotel entrance, friendly door attendants on hand to assist, elevators with Braille buttons and audio floor indicators, and light and airy communal areas, this hotel will suit many. As well as ample circulation space, the accessible bedrooms have desks at a perfect height for wheelchair users, while wet rooms are equipped with grab-rails and mirrors at an appropriate height.

Breakfast staff are extremely attentive and will happily assist you with collecting your order. Hearing loops are not available and no visual contrast is evident.

## Botafogo & Urca

### HOSTEL CONTEMPORANEO

HOSTEL \$\$

Map p150 (☎021-3495-1014; <http://contemporaneohostel.com.br>; Rua Bambina 158; dm from R\$375, wheelchair suite from R\$1050; ♿☎) A five-minute walk from Botafogo Praia Shopping Center, this modern, funky hostel provides both single-sex and mixed dorms as well as private rooms with facilities. There is free wi-fi, lockers and TVs in some rooms. Look forward to a free breakfast, a cool bar out front and a small but accessible communal kitchen.

This hostel would be great for those with reduced mobility who require slightly more space, or for wheelchair users with a companion. There are two moderate steps inside and an adapted double room for those with reduced mobility on the ground floor. Although accessible, it is a small room with little space to transfer. The adjoining wet room, however, is large and equipped with grab-rails. Signs are bilingual and the staff speak English, but there are no facilities for the visually or hearing impaired.

## Santa Teresa & Lapa

### VILA GALÉ

BOUTIQUE HOTEL \$\$\$

Map p154 (☎021-2460-4500; [www.vilagalé.com](http://www.vilagalé.com); Riachuelo 124, Lapa; r R\$360-800; ♿☎☎) Breathing new life into ragged Lapa, Vila Galé – a high-end luxury chain from Portugal – invested some €35 million in this beautiful property. The spacious, well-appointed rooms are good value, and the best of them are set in a 19th-century building overlooking a lovely pool. The rooms are quiet despite having the best of Rio's nightlife right outside the door.

With a convenient drop-off point, level entrance, trained staff, a stair lift (albeit slow) and several modern elevators to help navigate the property, this hotel is a dream for those with mobility impairments. The 13 accessible rooms are huge, with fully equipped wet rooms. The pool outside has shallow steps with handy grab-rails. All walls in the communal areas are contrasted

in white and brown paints. Braille buttons and audio floor indicators are available in all elevators (although you might need to know your Portuguese numbers) and tactile flooring is installed by the elevators on each floor. There are no large-print items, and no facilities available for those who are hard of hearing. In the authentic but somewhat run-down center of Rio, though, this place is a true gem.

#### DA LAPA DESIGN HOTEL

HOTEL \$\$

Map p154 (☎021-2252-4237; <http://www.dalapa.com.br>; Rua do Lavradio 200; d from R\$250; 🏠) Set in lively Lapa, this kooky and colorful little hostel will wow with its arty vibe and communal atrium, where guests hang out drinking coffee or checking their email. Breakfast is complimentary, and there's a seating area in the atrium for all to enjoy. And, of course, party central is right on the doorstep.

One of the only accessible accommodations in Lapa, Da Lapa Design has a level entrance and a small accessible bathroom on the ground floor (with grab-rails, an angled mirror and room for side transfer onto the toilet). An elevator with Braille buttons takes guests up to the 1st floor, leading to three accessible rooms, all with well-equipped wet rooms. The bathroom door may prove an obstacle for those in larger chairs, but can easily be taken off or swapped for a sliding door. Staff are incredibly friendly and attentive. There's no hearing loop installed at reception.

## Barra da Tijuca & Western Rio

#### HILTON BARRA

HOTEL \$\$\$

Map p158 (☎021-3348-1000; [www3.hilton.com.br](http://www3.hilton.com.br); Av Embaixador Abelardo Bueno 1430, Jacarepaguá; d from R\$515; 🏠🏠🏠) Located in the corporate heart of Barra and very close to the Olympic Park, the Hilton Barra provides luxury and comfort in equal measure. With huge shopping centers within walk-

ing distance, food and shopping temptations are not far away either. A rooftop pool and gym are complemented by a business center and large parking lot.

A real winner in terms of accessibility, this hotel pretty much has it all, including a hearing loop at the help desk. There are wide doors, lowered desks and level entrances, while the main reception area is particularly spacious with a good amount of light. There are 16 accessible rooms, all with lowered desks, added vanity desks and an assistance button which prevents those who are hard of hearing from needing to use the phone. The wet rooms are large enough for side transfer and have shower seats, grab-rails and large mirrors. There are also double shower heads.

The elevators are large, with Braille buttons and bilingual floor indicators. All signs are bilingual and the staff are helpful and speak English. The pool outside has low-gradient steps and double railings, as well as low sides for good out-of-chair transfers.

#### BRISA BARRA HOTEL

HOTEL \$\$

Map p158 (☎021-3433-6600; [www.brisabarra.com.br](http://www.brisabarra.com.br); Av Lúcio Costa 5700, Barra da Tijuca; d from R\$340; 🏠🏠🏠) This simple but extremely well-run hotel, with lovely, clean rooms and staff who cannot do enough to help, features adults' and children's pools out the front of the hotel with a lovely view of Barra beach.

Although this hotel has no specific equipment for visually or hearing-impaired guests, it is extremely accessible for wheelchair users and those with mobility impairments. There are six accessible rooms, each with plenty of space, a desk and a wet room with grab-rails, a fixed shower head and an assistance telephone installed. Side transfer onto the toilet is possible if the door is shut. There are also three spacious elevators, two medium-gradient ramps to the pool area outside and bilingual signs and menus. The staff are some of the most helpful in Rio.



Carnaval parade, Sambadrome



# Survival Guide

## TRANSPORTATION...120

### GETTING TO RIO DE JANEIRO..... 120

Air .....	120
Land .....	121

### GETTING AROUND RIO DE JANEIRO.....121

Bicycle .....	121
Bus .....	121
Car .....	122
Metro .....	122
Taxi .....	123
Train .....	123
Tram .....	123

### TOURS ..... 123

City Tours.....	123
Favela Tours.....	124
Helicopter Tours .....	124
4WD Tours.....	124

## DIRECTORY A-Z.... 125

Courses .....	125
Electricity .....	125
Embassies & Consulates.....	126
Emergency .....	126
Gay & Lesbian Travelers .....	126
Internet Access.....	126
Legal Matters .....	127
Medical Services .....	127
Money.....	127
Opening Hours .....	128
Post.....	128
Safe Travel.....	128
Telephone .....	128
Time .....	129
Tourist Information .....	129
Travelers with Disabilities .....	129
Visas.....	129
Volunteering .....	130
Women Travelers .....	130

## LANGUAGE ..... 131

# Transportation

## GETTING TO RIO DE JANEIRO

Flying is the easiest way to get to Rio, with some flights stopping first in São Paulo (one hour away). High-season prices for a return ticket from gateways in North America and Europe typically run from US\$900 to US\$1400. Long-distance buses arrive in Rio from Chile and Argentina.

Flights, cars and tours can be booked online at [www.lonelyplanet.com](http://www.lonelyplanet.com).

## Air

### Galeão (GIG)

Rio's Galeão international airport (Aeroporto Internacional Antônio Carlos Jobim; [www.riogaleao.com](http://www.riogaleao.com)) is 15km north of the city center on Ilha do Governador. It has left-luggage facilities, an internet cafe, ATMs, currency-exchange desks, and pharmacies as well as a few shops and restaurants. Members of staff are on hand to help those with reduced mobility. Air bridges, aisle chairs, accessible bathrooms and hire wheelchairs are all available, but assistance should be booked in advance.

## Getting To & From the Airport

### BUS

**Premium Auto Ônibus** ([www.premiumautoonibus.com.br](http://www.premiumautoonibus.com.br); one way R\$15) operates safe air-con buses from the international airport along several different routes. For the Zona Sul, take No 2018, which heads southward through the *bairros* of Glória, Flamengo and Botafogo, and along the beaches of Copacabana, Ipanema and Leblon to Barra da Tijuca (and vice versa) every 30 minutes from 5:30am to 11pm and will stop wherever you ask.

It takes 75 minutes to two hours depending on traffic. Heading to the airports, you can catch this bus from in front of the major hotels along the main beaches, but you have to look alive and flag them down.

If you're going straight to Barra, it's faster to take bus No 2918 instead. There's also a bus that links to Santos Dumont Airport (No 2101) and a line to the bus station (No 2145).

For anyone who struggles with steps or uses a wheelchair, Rio's bus system is not recommended.

### TAXI

From Galeão, yellow-and-blue *comum* (common) taxis cost around R\$65 to R\$90 to Copacabana or Ipanema, depending on traffic (more on Sunday and late at night).

A charge of R\$2 per piece of luggage also applies. More expensive, slightly fancier radio taxis charge a set fare of about RS\$130 to Copacabana or Ipanema. Taxis come in varying sizes and all have sizable boot space for manual wheelchairs, but watch for the gas canisters in some that take up all the room.

If transferring into a vehicle is difficult or not possible, 50 accessible taxis with electronic ramps are available to enable wheelchair users to ride without transferring out of their chairs. Early booking is advised, although assistance may be available at late notice at the airport help desk.

Keep in mind that traffic can lead to long delays on the return journey to the airport. Allow up to two hours during peak times (4pm to 7pm).

## Santos Dumont (SDU)

Aeroporto Santos Dumont, used by some domestic flights, is by the bay in the city center, 1km east of Cinelândia metro station. It has ATMs, a few shops and an internet cafe. Having recently won an accessibility award, Santos Dumont has all the access equipment and assistance that GIG has.

### BUS

**Premium Auto Ônibus** No 2018, which departs from

Galeão, stops at Santos Dumont before continuing south to Copacabana and Ipanema. Not recommended for those who struggle to walk and transfer.

#### TAXI

From the domestic airport, *comun* taxis cost about R\$32 to Copacabana and R\$38 to Ipanema. A radio taxi runs R\$59 to Copacabana and R\$74 to Ipanema.

## Land

### Long-Distance Bus

Buses leave from the sleek **Rodoviária Novo Rio** (☎021-3213-1800; Av Francisco Bicalho 1), 2km northwest of Centro. There's a Riotur desk here for city info.

A small booth near the exit at Novo Rio bus station organizes the yellow taxis out the front. Sample fares (with one bag) are about R\$50 to the international airport, R\$40 to Copacabana and Ipanema, and R\$35 to Santa Teresa.

You can buy bus tickets online at [www.clickbus.com](http://www.clickbus.com) or [www.brasilbybus.com](http://www.brasilbybus.com) with a PayPal account. After purchasing, you'll receive the booking reference and ticket number. At the bus station, you'll enter these numbers at the self-service kiosks. Type in the booking number first, press 'avançar', enter your ticket number, then press 'imprimir' (print), and your tickets will be printed.

A handful of travel agents also sell bus tickets. **Guanatur** (☎021-2548-3275; [www.guanaturismo.com.br](http://www.guanaturismo.com.br); Rua Dias da Rocha 16A, Copacabana; ☎9am-6pm Mon-Fri, to noon Sat) and **Dantur** (☎021-2557-7144; [www.dantur.com.br](http://www.dantur.com.br); Largo do Machado 29, loja 47, Flamengo; ☎9am-6:30pm Mon-Fri, to 1pm Sat) sell tickets for many lines. The commission charge is R\$6 per ticket.

Again, these buses may prove tricky for wheelchair users, or those who find steps and standing tough, as they are usually cramped and accessibility is not reliable.

## GETTING AROUND RIO DE JANEIRO

Rio is a fairly easy city to navigate, with an efficient metro system, a public bike-sharing system and hurtling buses. The neighborhoods themselves are perfect for getting around on foot. For those who require added mobility assistance, the metro system and taxis are the best bet.

### Bicycle

Rio has many kilometers of bike paths along the beach, around Lagoa and along Parque do Flamengo. In addition to a public bike-sharing scheme, you can rent bikes from stands along the east side of Lagoa Rodrigo de Freitas for around R\$15 per

hour and at various bike shops along the bike path between Copacabana and Ipanema.

For an excellent guided bike tour, contact **Rio by Bike** (☎021-96871-8933; [www.riobybike.com](http://www.riobybike.com); tours R\$100-125).

**Bike Rio** (☎4021-003-6054; [www.mobilicidade.com.br/bike-rio.asp](http://www.mobilicidade.com.br/bike-rio.asp)) Pedal yourself around the city on bright orange bikes located at over 250 stations throughout Rio. After registering on the website, you can buy a monthly pass (R\$10) or a day pass (R\$5). Instructions are in English at the stations and the bikes are released via mobile phone or app. The downside: you can only register and use the service if you have a Brazilian mobile number.

**Velô Bike Store** (Map p146; ☎021-3442-4315; Francisco Otaviano 20, Copacabana; per hr/day R\$15/70, electric bike per hr R\$30; ☎9am-7pm Mon-Fri, 9am-4pm Sat, 10am-4pm Sun) One of several shops located on the cycle path between Ipanema and Copacabana.

### Bus

Buses can be a great way to see Rio and get around. However, they are not recommended if you are a wheelchair user or traveling alone, as they are not accessible.

## CLIMATE CHANGE & TRAVEL

Every form of transport that relies on carbon-based fuel generates CO<sub>2</sub>, the main cause of human-induced climate change. Modern travel is dependent on aeroplanes, which might use less fuel per kilometer per person than most cars but travel much greater distances. The altitude at which aircraft emit gases (including CO<sub>2</sub>) and particles also contributes to their climate change impact. Many websites offer 'carbon calculators' that allow people to estimate the carbon emissions generated by their journey and, for those who wish to do so, to offset the impact of the greenhouse gases emitted with contributions to portfolios of climate-friendly initiatives throughout the world. Lonely Planet offsets the carbon footprint of all staff and author travel.

## City Bus

Rio's new BRS (Bus Rapid System) features dedicated public transportation corridors in Copacabana, Ipanema, Leblon and Barra. Fares on most buses are around R\$3.40.

Every bus has its key destination displayed on the illuminated signboard in front. If you see the bus for you, hail it by sticking your arm straight out (drivers won't stop unless flagged down).

## Car

### Driving & Parking

In the city itself driving can be a frustrating experience even if you know your way around. Traffic snarls and parking problems do not make for an enjoyable holiday. Be aware that Rio has extremely strict drink-driving laws, with a fine of around R\$2000 for those with a blood-alcohol content of over 0.06. Changing police checkpoints are set up nightly around the city.

## Rental

Hiring a car is fairly simple as long as you have a driver's license, a credit card and a passport. Most agencies require renters to be at least 25 years old, though some will rent (with an added fee) to younger drivers.

Prices start around R\$120 per day for a car without air-conditioning, but they go down a bit in the low season. If you are quoted prices on the phone, make sure they include insurance, which is compulsory.

Car-rental agencies can be found at both airports or scattered along Av Princesa Isabel in Copacabana.

At the international airport, **Hertz** (☎021-0800-701-7300; www.hertz.com), **Localiza** (☎021-0800-979-2000; www.localiza.com) and **Unidas** (☎021-2295-3628; www.unidas.com.br) provide rentals. In Copacabana, among the many are **Hertz** (☎021-2275-7440; Av Princesa Isabel 500) and **Localiza** (☎021-2275-3340; Av Princesa Isabel 150).

## Metro

Rio's **metro system** (www.metrorio.com.br; ☀5am-midnight Mon-Sat, 7am-11pm Sun) is an excellent way to get around. Both lines are air-conditioned, clean, fast and safe. The main line goes from Ipanema-General Osório to Saens Peña, connecting with the secondary line to Estácio (which provides service to São Cristóvão, Maracanã and beyond). The main stops in Centro are Cinelândia and Carioca.

An ambitious R\$2.5 billion expansion should be complete by June 2016. A new line (*linha 4*) connects Ipanema to Barra da Tijuca. It runs from General Osório to Jardim Oceânico with stops in Ipanema, Leblon and São Conrado. A spur to Gávea will eventually link it to the rest of the line.

You can purchase a *cartão pré-pago* (prepaid card) from a kiosk in any metro station using cash (no change given) with a minimum of R\$5 or more. You can then recharge it at any kiosk. Free subway maps are available from most ticket booths.

One of the best ways to travel for those with mobility needs, the metro system is fully accessible, safe and efficient, with trained staff on hand to help at all times. For anyone who doesn't speak Portuguese, the signs in the metro stations are also in English and the dual-line system (for most of the city) is easy to navigate. Watch out: some elevators are locked due to concerns about vandalism. SOS totems to alert guards are available, but don't always work. Ideally, travel with a companion, but if you're on your own make friends with someone getting off at the same stop so they can ensure you get up to ground level safely.

**Stations to love:** General Osório (Ipanema), Siqueira Campos (Copacabana).

## METRO-BUS TICKETS

The **Metrô Na Superfície** (www.metrorio.com.br) subway bus consists of modern, silver buses that make limited stops as they shuttle passengers to and from metro stations. For most destinations, a one-way *metrô na superfície* (surface metro) ticket costs the same as a single metro ride (R\$3.70) but includes both the bus and the metro ride.

The most useful one for travelers is the line to Jardim Botânico, which departs from Botafogo station. It stops at Cobal do Humaitá, Rua Maria Angélica, the Hospital da Lagoa, the edge of Jardim Botânico, Praça Santos Dumont, Gávea Trade Center and PUC.

You can also go to Barra by metro bus (the No 525 Expresso Barra). This operates much like the *metro na superfície*, with limited stops, but covers a much larger distance. The integrated metro-bus ticket costs around R\$5 and departs from Praça General Osório station, with stops at Posto 9 (Ipanema beach), Posto 12 (Leblon beach), São Conrado Fashion Mall, Praia do Pepino (São Conrado), Shopping Downtown, Barra Shopping and Casa Shopping, among others.

**Stations to avoid:** Cardeal Arcoverde (Copacabana), Saens Pena (Centro).

## Taxi

Rio's yellow taxis are prevalent throughout the city.

They are generally a speedy way to zip around and are usually safe. The flat rate is around R\$5.20, plus around R\$2.05 per kilometer (and R\$2.50 per kilometer at night and on Sunday). Radio taxis are 30% more expensive than regular taxis. No one tips taxi drivers, but it's common to round up the fare. If you have a smartphone, you can use a free app like 99Taxi or Easy Taxi to hail a cab. Uber may also survive in Rio.

In Rocinha and some other favelas, moto-taxis (basically a lift on the back of a motorcycle) are a handy way to get around, with short rides (usually from the bottom of the favela to the top or vice versa) costing R\$2 (though they may ask R\$5 of foreigners!). These are no use for wheelchair users, but may be a great way to get around if you have reduced mobility but good balance.

For a truly accessible taxi experience, Especial Coop Taxis has a fleet of 50 taxis with electronic ramps to enable wheelchair users to ride without transferring out of their chairs. As these vehicles are limited and in high demand, it is advisable to book early. Regular taxis are great if you are able to transfer and have a wheelchair or other equipment that fits into a car boot. However, gas canisters are often found in taxi boots, which is a pain if you are a wheelchair user as they take up a lot of valuable space! Many drivers speak little English, so know where you want to go beforehand and write it down.

**Especial Coop** (☎021-9809-1192, 021-9786-5591,

021-2585-5577; <http://www.especialcoop.com.br/>)

**Coopertramo** (☎021-2209-9292)

**Cootramo** (☎021-3976-9944)

**Transcoopass** (☎021-2209-1555)

**Transcootour** (☎021-2590-2220)

## Train

The suburban train station,

**Estação Dom Pedro II** (Central do Brasil; ☎021-2111-9494; Av Presidente Vargas, Praça Cristiano Ottoni, Centro), is one of Brazil's busiest commuter stations, but it's not the safest area to walk around. To get there, take the metro to Central station and head upstairs. This is the train station that was featured in the Academy Award-nominated film *Central do Brasil* (Central Station). Accessibility of the train network is being improved for all passengers ahead of the 2016 Olympic and Paralympic Games.

## Tram

Rio was once serviced by a multitude of *bondes* (trams), with routes throughout the city. The only remaining line is the *bonde* to Santa Teresa, which partially reopened (1.7km of its 10km of tracks) in 2015. Currently, it begins at the **bonde station** (Lélio Gama 65) in Centro and travels over the scenic Arcos da Lapa and along Rua Joaquim Murinho only as far as Curvelo before turning around. This line is not wheelchair-accessible.

Work on the line continues, and it will eventually reach Largo do Guimarães on Rua Almirante Alexandrino, in the heart of boho Santa Teresa. From there, the tracks split with one line (Paula Matos) continuing

along a northwestern route, terminating at Largo das Neves. The longer route (Dois Irmãos) continues from Largo do Guimarães uphill and southwest before terminating near the water reservoir at Dois Irmãos.

## TOURS

There are many ways to experience Rio, whether by helicopter, 4WD or good old-fashioned walking.

## City Tours

A number of private guides lead customized tours around the city, taking in the major sights, leading nightlife and organizing just about anything Rio has to offer. Depending on the tour length, area covered and type of transport to get there, many city tours may not be accessible to those with reduced mobility. As with all tours and guides, call or email beforehand to check routes, transport and level of access. It may be possible to book smaller and more private tours that are tailored to your needs.

**Brazil Expedition** (☎021-99998-2907; [www.brazilexpedition.com](http://www.brazilexpedition.com); city tour R\$120) The friendly English-speaking guides run a variety of traditional tours around Rio, including trips to Cristo Redentor, nightlife outings to samba schools, game-day trips to Maracanã Football Stadium, street-art tours and favela tours.

**Marcelo Esteves** (☎021-99984-7654; [marcelo.esteves@hotmail.com](mailto:marcelo.esteves@hotmail.com); 5hr/8hr tour US\$200/300) A highly experienced multilingual Rio expert offering private tours around the city.

**Madson Araújo** (☎021-99395-3537; [www.tourguiderio.com](http://www.tourguiderio.com); 5hr tour from US\$350) Professional English- and

French-speaking guide offering custom-made day or night tours around Rio.

## Favela Tours

Depending on the favela and type of transport to get there, many favela tours may not be accessible to those with reduced mobility. Your best bet is to contact tour groups via phone or email to discuss your needs. A tour that is tailored to your needs might be possible.

**Favela Tour** (☎3322-2727; [www.favelatour.com.br](http://www.favelatour.com.br); tour R\$90) Marcelo Armstrong's insightful tour pioneered favela tourism. His three-hour excursion takes in Rocinha and Vila Canoas.

**Paulo Amendoim** (☎99747-6860; <http://favelatourrio.com>; tour R\$75) Recommended guide Paulo Amendoim is the former president of Rocinha's residents

association. He seems to know everyone in the favela, and leads a warm and personalized tour that helps visitors see beyond the stereotypes.

**Be A Local** (☎021-9643-0366; [www.bealocal.com](http://www.bealocal.com); tours per person R\$80) Offers daily trips into Rocinha (you'll ride up by moto-taxi, and walk back down), with stops along the way. It also organizes a night out at a *baile* (dance) funk party in Castelo das Pedras on Sundays.

## Helicopter Tours

**Helisight** (☎021-2511-2141; [www.helisight.com.br](http://www.helisight.com.br); per person 6/15/30min flight R\$260/650/900) Offering helicopter tours since 1991, Helisight has seven different itineraries, all giving gorgeous views over the city. There's a three-person minimum. Helipad locations are in Floresta da Tijuca

facing Corcovado; on Morro da Urca, the first cable-car stop up Pão de Açúcar; and on the edge of Lagoa. If you are able to transfer into the helicopter, you will be able to take full advantage of this incredible (if expensive) adventure. The cable-car stop at Pão de Açúcar is the easiest to access.

## 4WD Tours

**Jeep Tour** (☎021-2108-5800; [www.jeeptour.com.br](http://www.jeeptour.com.br); 4hr tour R\$142) Tours go to the Floresta da Tijuca in a large, open-topped 4WD. It includes a stop at the Vista Chinesa, then on to the forest for an easy hike and a stop for a swim beneath a waterfall, before making the return journey. For those able to transfer in and out of a vehicle numerous times in one day, this tour is a great way to see a vast area. Contact the company with further accessibility queries.

# Directory A-Z

## Courses

### Cooking

**Cook in Rio** (Map p146; ☎021-8761-3653; [www.cookinrio.com](http://www.cookinrio.com); 2nd fl, Belfort Roxo 161; per person US\$75) There aren't many cooking classes available in English in Rio, other than this notable exception, which offers one-day courses where you'll learn how to make a rich *moqueca* (seafood stew cooked in coconut milk) or a decadent pot of *feijoada* (black beans and pork stew).

### Language

Most language institutes charge high prices for group Portuguese courses. You can often find a private tutor for less. Hostels are a good place to troll for instructors, with ads on bulletin boards posted by native-speaking language teachers available for hire.

**Casa do Caminho Language Centre** (Map p142; ☎021-2267-6552; [www.casadocaminho-languagecentre.org](http://www.casadocaminho-languagecentre.org); Farme de Amoedo 135, Ipanema; private class per hr R\$70, 4-week, 80hr course R\$1400; ☎) Offers competitively priced classes, with intensive group classes – four hours a day for five days for R\$450. Profits go toward the **Casa do Caminho** ([www.casadocaminhobrasil.org](http://www.casadocaminhobrasil.org)) orphanages in Brazil.

**Instituto Brasil-Estados Unidos** (Map p146; IBEU; ☎021-2548-8430; <http://portuguese.ibeu.org.br>; 5th fl, NS de Copacabana 690, Copacabana; intensive 36hr course R\$1900) One of the oldest, more-respected language-institutions in the city.

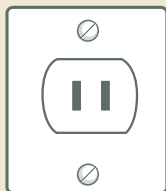
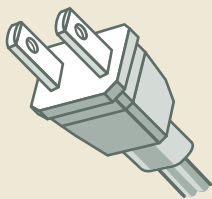
**Carioca Languages** (Map p146; ☎021-2146-8414; [www.carioca-languages.com](http://www.carioca-languages.com); room 201, NS de Copacabana 807, Copacabana; 4-week, 60hr course R\$1500) Located in

Copacabana, with a wide range of courses as well as private instruction.

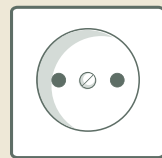
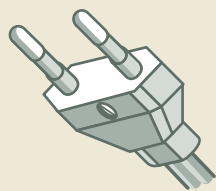
### Music

**Maracatu Brasil** (Map p152; ☎021-2557-4754; [www.maracatubrasil.com.br](http://www.maracatubrasil.com.br); 2nd fl, Ipiranga 49, Laranjeiras; ☎10am-6pm Mon-Sat) is the best place in Rio to study percussion, and students have the opportunity to perform in music events throughout the city. Instructors here offer courses in a number of different drumming styles: Amazonian rhythms, samba, conga

## Electricity



110V/220Hz/60Hz



110V/220Hz/60Hz

drums, *candomblé* (Afro-Brazilian music inspired by the Candomblé religion) and much more, plus private lessons in guitar and other instruments.

If you plan to stick around a while, you can sign up for group classes (from R\$165 a month) or hire an instructor for private classes. On the 1st floor of the building, Maracatu sells instruments.

## Embassies & Consulates

Many foreign countries have consulates or embassies in Rio. You'll find consulates listed in the back of Riotur's monthly *Guia do Rio*.

**Argentinian Consulate** (☎021-2553-1646; <http://crioj.cancilleria.gov.ar>; 1st fl, Praia de Botafogo 228, Sobreloja, Botafogo)

**Australian Consulate** (☎021-3824-4624; <http://brazil.embassy.gov.au>; 23rd fl, Av Presidente Wilson 231, Centro)

**Canadian Consulate** (☎021-2543-3004; [www.brazil.gc.ca](http://www.brazil.gc.ca);

13th fl, Av Atlântica 1130, Copacabana)

**French Consulate** (☎021-3974-6699; <http://riodejaneiro.ambafrance-br.org>; Av Presidente Antônio Carlos 58, Centro)

**UK Consulate** (☎021-2555-9600; [www.reinounido.org.br](http://www.reinounido.org.br); 2nd fl, Praia do Flamengo 284, Flamengo)

**US Consulate** (☎021-3823-2000; [brazil.usembassy.gov](http://brazil.usembassy.gov); Av Presidente Wilson 147, Centro)

## Emergency

To call emergency telephone numbers in Rio you don't need a phone card.

**Ambulance** (☎192)

**Fire Department** (☎193)

**Police** (☎190)

**Tourist Police** (☎021-2332-2924; cnr Afrânio de Melo Franco & Humberto de Campos, Leblon; ☺24hr) Report robberies to the tourist police; no major investigation is going to occur, but you will get a police form to give to your insurance company.

## Gay & Lesbian Travelers

Rio is the gay capital of Latin America. There's no law against homosexuality in Brazil. During Carnival, thousands of gay expatriate Brazilians and foreign tourists fly in for the festivities. Outside Carnival, the gay scene is fairly subdued. The most gay-friendly street in town is Farma de Amoedo in Ipanema, with cafes, restaurants and drinking spots.

You may hear or read the abbreviation GLS, particularly in the entertainment section of newspapers and magazines. It stands for Gays, Lesbians and Sympathizers, and when used in connection with venues or events basically indicates that anyone with an open mind is welcome. In general, the scene is much more integrated than elsewhere; and the majority of parties involve a pretty mixed crowd.

The **Rio Gay Guide** ([www.riogayguide.com](http://www.riogayguide.com)) is an excellent website full of information for gay and lesbian tourists in Rio, including sections on Carnival, nightlife and bathhouses.

## PRACTICALITIES

### Currency

The monetary unit of Brazil is the *real* (R\$; pronounced hay-ow); the plural is *reais* (pronounced hay-ice).

### Newspapers & Magazines

*Rio Times* ([www.riotimesonline.com](http://www.riotimesonline.com)) is an English-language newspaper that publishes a monthly free print version, and maintains a website that's updated weekly. *Veja* is the country's best-selling weekly magazine. In Rio, it comes with the *Veja Rio* insert, which details the weekly entertainment options; available on Sunday. *Jornal do Brasil* and *O Globo* are Brazil's leading dailies.

### Smoking

Banned in restaurants and bars; some hotels have rooms for smokers.

### Weights & Measures

Brazil uses the metric system.

## Internet Access

Most accommodations – including hostels and midrange hotels – provide wi-fi access. It's usually free, though some luxury hotels still charge exorbitant rates for it. You'll also find free wi-fi in most cafes and in many restaurants, as well as in some shopping malls.

Given the widespread availability of wi-fi and the popularity of smartphones, internet cafes are a vanishing breed, though there are still a few scattered around Copacabana and other areas of the Zona Sul. Most places charge between R\$6 and R\$12 an hour.



**@Onze** (Marquês de Abrantes 11, Flamengo; ☎9am-11:30pm) There's no Skype, but this peaceful spot serves up tasty sandwiches, salads, desserts and microbrews you can enjoy while browsing the web.

**Blame It on Rio 4 Travel** (Map p146; ☎021-3813-5510; www.blameitonrio4travel.com; Xavier da Silveira 15B, Copacabana) Excellent travel agency run by a friendly and knowledgeable US expat. Internet access available.

## Legal Matters

You are required by law to carry some form of identification. For travelers, this generally means a passport, but a certified copy of the relevant ID page will usually be acceptable.

In the past few years, Rio has gotten serious about drunk driving, and the penalties for driving under the influence are severe. Marijuana and cocaine are plentiful in Rio, and both are very illegal. An allegation of drug trafficking or possession provides the police with the perfect excuse to extract a not-insignificant amount of money from you – and Brazilian prisons are brutal places. If you are arrested, know that you have the right to remain silent, and that you are innocent until proven guilty. You also have a right to visitation by your lawyer or a family member.

## Medical Services

Some private medical facilities in Rio de Janeiro are on a par with US hospitals. The UK and US consulates have lists of English-speaking physicians.

## Hospitals

**Clinica Galdino Campos** (☎021-2548-9966; www.galdinocampos.com.br; Av NS de

Copacabana 492, Copacabana; ☎24hr) The best hospital for foreigners, with high-quality care and multilingual doctors (who even make outpatient calls). The clinic works with most international health plans and travel insurance policies.

## Pharmacies

Pharmacies stock all kinds of drugs and sell them much more cheaply than in the West. However, when buying drugs anywhere in South America, be sure to check the expiration dates and specific storage conditions. Some drugs that are available in Brazil may no longer be recommended, or may even be banned, in other countries. Common names of prescription medicines in South America are likely to be different from the ones you're used to; ask a pharmacist before taking anything you're not sure about.

There are scores of pharmacies in town, a number of which stay open 24 hours.

**Drogaria Pacheco** (Av NS de Copacabana 115, Copacabana; ☎7am-11pm)

**Drogaria Pacheco** (☎021-2511-7871; Av Visconde de Pirajá 455, Ipanema; ☎7am-11pm)

## Money

The monetary unit of Brazil is the *real* (R\$, pronounced hay-ow); the plural is *reais* (pronounced hay-ice). The *real* is made up of 100 *centavos*. Most prices are quoted in *reais*, though some tour operators and hoteliers prefer to list their rates in US dollars or euros.

## ATMs

ATMs are the handiest way to access money in Rio. Unfortunately, there has been an alarming rise in card cloning, with travelers returning home to find un-

authorized withdrawals on their cards. When possible use high-traffic ATMs inside bank buildings during banking hours. Always cover your hands when inputting your PIN, and check your account frequently to make sure you haven't been hacked.

ATMs for most card networks are widely available. Citibank, Bradesco, Banco do Brasil and the Banco-24Horas all accept foreign cards (Itaú does not).

You can find ATMs in the following locations:

**Banco do Brasil** With branches in Centro (Senador Dantas 105, Centro), Copacabana (Av NS de Copacabana 1292, Copacabana) and Galeão international airport (1st fl, Terminal 1, Galeão international airport).

**Citibank** Branches in Centro (Rua da Assembléia 100, Centro), Ipanema (Visconde de Pirajá 260, Ipanema) and Leblon (Visconde de Pirajá 1260A, Leblon).

## Changing Money

For exchanging cash, *casas de cambio* (exchange offices) cluster behind the Copacabana Palace Hotel in Copacabana and along Visconde de Pirajá near Praça General Osório in Ipanema.

## Credit Cards

Visa is the most widely accepted credit card in Rio; MasterCard, American Express and Diners Club are also accepted by many hotels, restaurants and shops.

Credit-card fraud is rife in Rio so be very careful. When making purchases keep your credit card in sight at all times. Have staff bring the machine to your table or follow them up to the cashier – don't give them your card.

## Tipping

In restaurants the *serviço* (service charge) is usually included in the bill and is mandatory; when it is not

included in the bill, it is customary to leave a 10% tip. If a waiter is friendly and helpful, you can give more.

There are many other places where tipping is not customary but is a welcome gesture. The workers at local juice stands, bars and coffee corners, and street- and beach-vendors, are all tipped on occasion. Parking assistants receive no wages and are dependent on tips, usually about R\$4. Taxi drivers are not usually tipped, but it is common to round up the fare.

## Opening Hours

Standard opening hours in Rio:

**Restaurants** noon–3pm and 7–11pm

**Bars** noon–2am Monday to Saturday; some open Sunday as well

**Nightclubs** 11pm–5am Thursday to Saturday

**Shops** 9am–6pm Monday to Friday, 9am–1pm Saturday

**Malls** 10am–10pm Monday to Saturday, 3–10pm Sunday

**Banks** 9am–3pm Monday to Friday

## Post

Postal services are decent in Brazil, and most mail gets through. Airmail letters to the US and Europe usually arrive in a week or two. For Australia and Asia, allow three weeks.

There are yellow mailboxes on the street, but it's safer to go to a post office (*correios*). Most post offices are open 8am to 6pm Monday to Friday, and until noon on Saturday.

Branches include **Botafogo** (Praia do Botafogo 324, Botafogo), **Copacabana** and **Ipanema** (Prudente de Moraes 147, Ipanema).

## Safe Travel

Rio gets a lot of bad international press about violence, though security has generally improved in the last few years. Regardless, to minimize your risk of becoming a victim, you should take some basic precautions. First off: dress down and leave expensive (or even expensive-looking) jewelry, watches and sunglasses at home.

Copacabana and Ipanema beaches have a police presence, but robberies still occur on the sands, even in broad daylight. Don't take anything of value with you to the beach. Late at night, don't walk on any of the beaches.

Buses are sometimes targets for thieves. Avoid taking them after dark, and keep an eye out while you're on them. Take taxis at night to avoid walking along empty streets and beaches. Don't walk around deserted areas – Centro is barren and can be unsafe on Sunday.

Get in the habit of carrying only the money you'll need for the day, so you don't have to flash a wad of *reais* when you pay for things. Cameras and backpacks attract a lot of attention.

Plastic shopping bags nicely disguise whatever you're carrying. If headed to Maracanã stadium, take only your spending money for the day and avoid the crowded sections. Safety in the favelas has improved, but it's still best to go with someone who knows the area.

If you have the misfortune of being robbed, slowly hand over the goods. Thieves in the city are only too willing to use their weapons if given provocation.

## Telephone

Public phones are nicknamed *orelhões* (floppy ears). They take a *cartão telefônico* (phone card),

which are available from newsstands and street vendors in denominations of R\$5 to R\$20.

To phone Rio from outside Brazil, dial your international access code, then 55 (Brazil's country code), 21 (Rio's area code) and the number.

To make a local collect call, dial 9090, then the number. For calls to other cities, dial 0, then the code of your selected long-distance carrier, then the two-digit area code, followed by the local number. You need to choose a long-distance carrier that covers both the place you are calling from and the place you're calling to. Carriers advertise their codes in areas where they're prominent, but you can usually use Embratel (code 21) or Telemar (code 31) nationwide.

To make an intercity collect call, dial 9 before the 0xx (the 'xx' representing the two-digit carrier as explained above, ie '21', '31' or a host of other Brazilian carriers). A recorded message in Portuguese will ask you to say your name and where you're calling from, after the tone.

## Cell Phones

The *celular* (cell phone) is ubiquitous in Rio. Cell phones have nine-digit numbers beginning with 9.

Brazil uses the GSM 850/900/1800/1900 network, which is compatible with North America, Europe and Australia, but the country's 4G LTE network runs on 2500/2690 (for now), which is not compatible with many North American and European smartphones.

Good news for some Americans: if you have an LTE/GSM-capable device (like certain models of the iPhone6) on Sprint or T-Mobile, you can get unlimited texting and data in Brazil on certain plans – though on the 2G network (meaning data is quite slow/nonexist-

ent). You can, however, purchase additional data for better use. Check to see if your iPhone is compatible on [www.apple.com/iphone/LTE](http://www.apple.com/iphone/LTE).

Calls to cell phones are more expensive than calls to landlines. Cell phones have city codes like landlines, and if you're calling from another city, you have to use them. TIM ([www.tim.com.br](http://www.tim.com.br)), Claro ([www.claro.com.br](http://www.claro.com.br)), Oi ([www.oi.com.br](http://www.oi.com.br)) and Vivo ([www.vivo.com.br](http://www.vivo.com.br)) are the major operators.

Foreigners can purchase a local SIM with a passport instead of needing a Brazilian CPF (tax ID number), though this ability is often ignored by cellular providers – prepare for a battle.

If you have an unlocked GSM phone, you can simply buy a SIM card (called a *chip*) for around R\$10 to R\$20. Among the major carriers, TIM generally has the most hassle-free service. You can then add minutes by purchasing additional airtime from any newspaper stand. Incoming calls are free.

## Time

Brazil has four official time zones. Rio, in the southeastern region, is three hours behind Greenwich Mean Time (GMT) and four hours behind during the northern-hemisphere summer. Rio also observes daylight-saving time, pushing the clocks one hour forward from late November to late February.

## Tourist Information

Riotur's multilingual website ([www.rioguaioficial.com.br](http://www.rioguaioficial.com.br)) is a good source of tourist information.

All of the Riotur offices distribute maps and the bimonthly *Rio Guide*, which is packed with information

and major seasonal events. As well as branches at Galeão international airport's **Terminal 1** (☎021-3398-4077; Terminal 1, Domestic Arrival Hall, Galeão International Airport; ☀6am-11pm) and **Terminal 2** (☎021-3367-6213; Terminal 2, International Arrival Hall, Galeão International Airport; ☀6am-11pm), you'll find information kiosks at the following locations:

**Riotur Ipanema** (Visconde de Pirajá & Joana Angélica; ☀8am-9pm) Useful info kiosk in the heart of Ipanema.

**Riotur Leblon** (Ataufo de Paiva & Dias Ferreira; ☀8am-6pm) Tourist info at the entrance to Leblon's best eat street.

**Riotur Kiosk Copacabana Beach** (☎021-2547-4421; Av Atlântica, near Hilário de Gouveia; ☀8am-9pm) Tourist info at a kiosk overlooking the beach.

**Riotur Copacabana** (☎021-2541-7522; Av Princesa Isabel 183; ☀9am-6pm Mon-Fri, to 3pm Sat) Good for information on events during Carnival.

**Riotur Centro** (Candelária 6; ☀9am-6pm Mon-Fri, to 3pm Sat) Handy tourist info kiosk on a pedestrian lane in a historic part of Centro.

**Riotur Lapa** (Mém de Sá btwn Arcos da Lapa & Lavradio; ☀9am-6pm) Tourist info in Lapa.

For more information about Rio de Janeiro, visit <https://www.lonelyplanet.com/brazil/rio-de-janeiro>

## Travelers with Disabilities

Rio is probably the most accessible city in Brazil for travelers with disabilities to get around, but that doesn't mean it's always easy. It's convenient to hire cars with driver-guides, but for only

one person the expense is quite high compared to the cost of the average bus tour. If there are several people to share the cost, it's definitely worth it. For transport around the city, contact **Especial Coop Taxis**. (☎021-3295-9606)

All metro stations are technically fully accessible, but certain elevators may be broken or locked due to misuse and the need for modernization. Traveling on buses is not recommended for wheelchair-users. Major sites are only partially accessible – although there is access to the base of Cristo Redentor, staff will need to help anyone in a wheelchair onto an escalator to reach the statue itself. Pão de Açúcar is arguably the most accessible tourist spot, and **Jeep Tour** (☎021-2108-5800; [www.jeep tour.com.br](http://www.jeep tour.com.br); 4hr tour R\$142) offers excursions to mobility-impaired travelers.

The streets and sidewalks along the main beaches have curb cuts and are wheelchair-accessible, but most other areas do not have cuts. Most of the newer hotels have wheelchair-accessible rooms, but many restaurants have entrance steps. Equipment for those with sensory impairments is few and far between.

## Visas

Brazil has a reciprocal visa system, so if your home country requires Brazilian nationals to secure a visa, then you'll need one to enter Brazil. US, Canadian and Australian citizens need visas, but UK, New Zealand, French and German citizens do not. You can check your status with the Brazilian embassy or consulate in your home country.

If you do need a visa, arrange it beforehand. Visas are not issued on arrival, and you won't be permitted into the country without one. Tourist visas are issued by

## ZIKA VIRUS: WARNING FOR PREGNANT TRAVELERS

Brazil has experienced an outbreak of Zika virus infections since 2015. Transmitted by mosquitoes, Zika rarely causes illness (only one in five infected people will experience the flu-like symptoms). The virus, however, has been linked to microcephaly (abnormally small head size with possible brain damage) in babies born to women who were infected while pregnant. The CDC (Centers for Disease Control & Prevention) has recommended pregnant women to consider postponing travel to Brazil (and other countries where virus transmission is ongoing).

Brazilian diplomatic offices. They are valid upon arrival in Brazil for a 90-day stay and are renewable in Brazil for an additional 90 days. In most Brazilian embassies and consulates, visas are processed in five to 10 days. You will need to present one passport photograph, a round-trip or onward ticket (or a photocopy of it) and a valid passport. If you decide to return to Brazil, your visa is valid for anywhere from one year (for Australians) to 10 years (for Americans). Each visit, however, you are allowed only a 90-day stay (or 180 days max if you renew it). Multiple visits are allowed, but you may only stay a total of 180 days each year.

The fee for visas is also reciprocal. It's usually between US\$35 and US\$65, though for US citizens visas cost US\$160.

Applicants under 18 years of age wanting to travel to Brazil must also submit a notarized letter of authorization from a parent or legal guardian.

## Entry/Exit Card

On entering Brazil, all tourists must fill out an entry/exit card (*cartão de entrada/saída*); immigration officials will keep half, you keep the other. Don't lose this card. When you leave Brazil, the second half of the entry/exit card will be taken by immigration officials. They will also stamp your passport, and if for some reason they are not granting you the usual 90-day stay in Brazil, the number of days will be written beneath the word *Prazo* (Period) on the stamp in your passport.

## Volunteering

**Rio Voluntário** (☎021-2262-1110; [www.riovoluntario.org.br](http://www.riovoluntario.org.br); room 508, Av Marechal Floriano 38, Centro) The Rio-based organization supports several hundred local volunteer organizations, from those involved in social work and the environment to health care. It's an

excellent resource for finding volunteer work.

**Iko Poran** (☎021-3217-1475; [www.ikoporan.org](http://www.ikoporan.org); Rua do Oriente 280, Santa Teresa) Links the diverse talents of volunteers with those required by needy organizations from its base in Rio. Previous volunteers have worked as dance, music, art and language instructors, among other things. Iko Poran also provides housing options for volunteers.

**Task Brasil** ([www.taskbrasil.org.uk](http://www.taskbrasil.org.uk)) UK-based Task Brasil is a laudable organization that places volunteers in Rio. Here, you'll have to make arrangements in advance and pay a fee that will go toward Task Brasil projects and your expenses as a volunteer.

## Women Travelers

In Rio, foreign women traveling alone will scarcely be given a sideways glance. Although machismo is an undeniable element in the Brazilian social structure, it is less overt here than in many other parts of Latin America. Flirtation (often exaggerated) is a prominent element in Brazilian male-female relations. It goes both ways and is nearly always regarded as amusingly innocent banter. You should be able to stop unwelcome attention by merely expressing displeasure.

# Language

Portuguese is spoken by around 190 million people worldwide, 90% of whom live in Brazil. Brazilian Portuguese today differs from European Portuguese in approximately the same way that British English differs from American English. European and Brazilian Portuguese have different spelling, pronunciation and, to some extent, vocabulary. For example, in Portugal, the word for 'train' is *comboio* and in Brazil you'd say *trem*.

Most sounds in Portuguese are also found in English. The exceptions are the nasal vowels (represented in our colored pronunciation guides by **ng** after the vowel), which are pronounced as if you're trying to make the sound through your nose, and the strongly rolled *r* (represented by **rr** in our pronunciation guides). Also note that the **zh** sounds like the 's' in 'pleasure'. The stressed syllables (generally the second-last syllable of a word) are indicated with italics. If you keep these few points in mind and read our pronunciation guides as if they were English, you'll have no problems being understood. The abbreviations (m) and (f) indicate masculine and feminine gender, whereas (sg) and (pl) stand for 'singular' and 'plural' respectively.

## BASICS

<b>Hello.</b>	<i>Olá.</i>	<i>o-laa</i>
<b>Goodbye.</b>	<i>Tchau.</i>	<i>tee-show</i>
<b>How are you?</b>	<i>Como vai?</i>	<i>ko-mo vai</i>
<b>Fine, and you?</b>	<i>Bem, e você?</i>	<i>beng e vo-se</i>
<b>Excuse me.</b>	<i>Com licença.</i>	<i>kong lee-seng-saa</i>
<b>Sorry.</b>	<i>Desculpa.</i>	<i>des-kool-paa</i>

### WANT MORE?

For in-depth language information and handy phrases, check out Lonely Planet's *Brazilian Portuguese Phrasebook*. You'll find it at [shop.lonelyplanet.com](http://shop.lonelyplanet.com), or you can buy Lonely Planet's iPhone phrasebooks at the Apple App Store.

<b>Yes./No.</b>	<i>Sim./Não.</i>	<i>seeng/nongng</i>
<b>Please.</b>	<i>Por favor.</i>	<i>por faa-vorr</i>
<b>Thank you.</b>	<i>Obrigado.</i> <i>Obrigada.</i>	<i>o-bree-gaa-do (m)</i> <i>o-bree-gaa-daa (f)</i>
<b>You're welcome.</b>	<i>De nada.</i>	<i>de naa-daa</i>

### What's your name?

*Qual é o seu nome?* *kwow e o se-oo no-me*

### My name is ...

*Meu nome é ...* *me-oo no-me e ...*

### Do you speak English?

*Você fala inglês?* *vo-se faa-laa eeng-gles*

### I don't understand.

*Não entendo.* *nongng eng-teng-do*

## ACCOMMODATIONS

### Do you have a single/double room?

*Tem um quarto de solteiro/casal?* *teng oom kwaarr-to de sol-tay-ro/kaa-zow*

### How much is it per night/person?

*Quanto custa por noite/pessoa?* *kwang-to koos-taa porr noy-te/pe-so-aa*

### Can I see it?

*Posso ver?* *po-so verr*

<b>air-con</b>	<i>ar condicionado</i>	<i>aarr kong-dee-syo-naa-do</i>
<b>bathroom</b>	<i>banheiro</i>	<i>ba-nyay-ro</i>
<b>bed</b>	<i>cama</i>	<i>ka-maa</i>
<b>window</b>	<i>janela</i>	<i>zhaa-ne-laa</i>

## DIRECTIONS

### Where is ...?

*Onde fica ...?* *ong-de fee-kaa ...*

### What's the address?

*Qual é o endereço?* *kwow e o eng-de-re-so*

### Could you please write it down?

*Você poderia escrever num papel, por favor?* *vo-se po-de-ree-aa es-kre-verr noom paa-pel porr faa-vorr*

## KEY PATTERNS

To get by in Portuguese, mix and match these simple patterns with words of your choice.

## When's (the next flight)?

Quando é *kwaang-do e*  
(o próximo vôo)? *(o pro-see-mo vo-o)*

## Where's the (tourist office)?

Onde fica *ong-de fee-kaa*  
(a secretaria *(aa se-kre-taa-ree-aa*  
de turismo)? *de too-rees-mo)*

## I'm looking for (a hotel).

Estou procurando *es-to pro-koorr-ang-do*  
(um hotel). *(oom o-tel)*

## Do you have (a map)?

Você tem *vo-se teng*  
(um mapa)? *(oom maa-paa)*

## Is there (a bathroom)?

Tem (banheiro)? *teng (ba-nyay-ro)*

## I'd like (a coffee).

Eu gostaria de *e-oo gos-taa-ree-aa de*  
(um café). *(oom kaa-fe)*

## I'd like to (hire a car).

Eu gostaria de *e-oo gos-taa-ree-aa de*  
(alugar um carro). *(aa-loo-gaarr oom kaa-ho)*

## Can I (enter)?

Posso (entrar)? *po-so (eng-traarr)*

## Could you please (help me)?

Você poderia *vo-se po-de-ree-aa*  
me (ajudar), *me (aa-zhoo-daarr)*  
por favor? *por faa-vorr*

## Can you show me (on the map)?

Você poderia me *vo-se po-de-ree-aa me*  
mostrar (no mapa)? *mos-traarr (no maa-paa)*

at the corner *na esquina na es-kee-naa*

at the traffic lights *no sinal de no see-now de*  
*trânsito trang-zee-to*

behind ... *atrás ... aa-traaz ...*

in front of ... *na frente de ... naa freng-te de ...*

left *esquerda es-kerr-daa*

near ... *perto ... perr-to ...*

next to ... *ao lado de ... ow laa-do de ...*

opposite ... *do lado do laa-do*  
*oposto ... o-pos-to ...*

right *direita dee-ray-taa*

straight ahead *em frente eng freng-te*

## EATING &amp; DRINKING

## What would you recommend?

O que você *oo ke vo-se*  
recomenda? *he-ko-meng-daa*

## What's in that dish?

O que tem neste prato? *o ke teng nes-te praa-to*

## I don't eat ...

Eu não como ... *e-oo nowng ko-mo ...*

## Cheers!

Saúde! *sa-oo-de*

## That was delicious.

Estava delicioso. *es-taa-vaa de-lee-see-o-zo*

## Bring the bill/check, please.

Por favor traga *porr faa-vorr traa-gaa*  
a conta. *aa kong-taa*

## Key Words

breakfast	café da manha	ka-fe daa ma-nyang
cold	frio	free-o
cup	xícara	shee-kaa-raa
dessert	sobremesa	so-bre-me-zaa
dinner	jantar	zhang-taarr
drink	bebida	be-bee-daa
entree	entrada	eng-traa-daa
fork	garfo	gaarr-fo
glass	copo	ko-po
hot (warm)	quente	keng-te
knife	faca	faa-kaa
lunch	almoço	ow-mo-so
market	mercado	merr-kaa-do
menu	cardápio	kaar-da-pyo
plate	prato	praa-to
restaurant	restaurante	hes-tow-rang-te
spicy	apimentado	aa-pee-meng-taa-do
spoon	colher	ko-lyerr
vegetarian food	comida vegetariana	ko-mee-daa ve-zhe-taa-ree-a-naa
with/without	com/sem	kong/seng

## Drinks

beer	cerveja	serr-ve-zhaa
coffee	café	kaa-fe
fruit juice	suco de frutas	soo-ko de froo-taas
milk	leite	lay-te
red wine	vinho tinto	vee-nyo teeng-to
soft drink	refrigerante	he-free-zhe-rang-te
tea	chá	shaa
(mineral) water	água (mineral)	aa-gwaa (mee-ne-row)
white wine	vinho branco	vee-nyo brang-ko

## Food

<b>beef</b>	carne de vaca	kaar-ne de vaa-kaa
<b>bread</b>	pão	powng
<b>chicken</b>	frango	frang-go
<b>chilli</b>	pimenta	pee-meng-taa
<b>fruit</b>	frutas	froo-tas
<b>seafood</b>	frutos do mar	froo-tos do maarr
<b>sugar</b>	açúcar	aa-soo-kaarr
<b>vegetables</b>	legumes	le-goo-mes

## EMERGENCIES

<b>Help!</b>	Socorro!	so-ko-ho
<b>Leave me alone!</b>	Me deixe em paz!	me day-she eng paas
<b>Call ...!</b>	Chame ...!	sha-me ...
<b>a doctor</b>	um médico	oom me-dee-ko
<b>the police</b>	a polícia	aa po-lee-syaa

### It's an emergency.

É uma emergência.  
e oo-maa  
e-merr-zheng-see-aa

### I'm lost.

Estou perdido.  
Estou perdida.  
es-to perr-dee-do (m)  
es-to perr-dee-daa (f)

### I'm ill.

Estou doente.  
es-to do-eng-te

### It hurts here.

Aqui dói.  
a-kee doy

### I'm allergic to (antibiotics).

Tenho alergia  
à (antibióticos).  
te-nyo aa-lerr-zhee-aa  
aa (ang-tee-bee-o-tee-kos)

### Where are the bathrooms?

Onde tem um banheiro? on-de teng oom ba-nyay-ro

## SHOPPING & SERVICES

### I'd like to buy ...

Gostaria de comprar ...  
gos-taa-ree-aa de  
kong-praarr ...

### I'm just looking.

Estou só olhando.  
es-to so o-lyang-do

### Can I look at it?

Posso ver?  
po-so verr

## SIGNS

<b>Banheiro</b>	Bathroom
<b>Entrada</b>	Entrance
<b>Não Tem Vaga</b>	No Vacancy
<b>Pronto Socorro</b>	Emergency Department
<b>Saída</b>	Exit
<b>Tem Vaga</b>	Vacancy

## NUMBERS

<b>1</b>	um	oom
<b>2</b>	dois	doys
<b>3</b>	três	tres
<b>4</b>	quatro	kwaa-tro
<b>5</b>	cinco	seeng-ko
<b>6</b>	seis	says
<b>7</b>	sete	se-te
<b>8</b>	oito	oy-to
<b>9</b>	nove	naw-ve
<b>10</b>	dez	dez
<b>20</b>	vinte	veeng-te
<b>30</b>	trinta	treeng-taa
<b>40</b>	quarenta	kwaa-reng-taa
<b>50</b>	cinquenta	seen-kweng-taa
<b>60</b>	sessenta	se-seng-taa
<b>70</b>	setenta	se-teng-taa
<b>80</b>	oitenta	oy-teng-taa
<b>90</b>	noventa	no-veng-taa
<b>100</b>	cem	seng
<b>1000</b>	mil	mee-oo

### How much is it?

Quanto custa? kwang-to koos-taa

### Can you lower the price?

Pode baixar o preço? po-de bai-shaarr o pre-so

<b>ATM</b>	caixa automática	kai-shaa ow-too-maa-tee-ko
<b>credit card</b>	cartão de crédito	kaarr-towng de kre-dee-to
<b>tourist office</b>	escritório de turismo	es-kree-to-ryo de too-rees-mo

## TRANSPORTATION

<b>boat</b>	barco	baarr-ko
<b>bus</b>	ônibus	o-nee-boos
<b>plane</b>	avião	aa-vee-owng
<b>train</b>	trem	treng

### What time does it leave/arrive?

A que horas sai/chega? aa ke aw-raas sai/she-gaa

### Does it stop at ...?

Ele para em ...? e-le paa-raa eng ...

### Please stop here.

Por favor pare aqui. poor faa-vorr paa-re aa-kee

# Behind the Scenes

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## SEND US YOUR FEEDBACK

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# Index

See also separate subindexes for:



**EATING P138**



**DRINKING & NIGHTLIFE P138**



**ENTERTAINMENT P138**



**SHOPPING P138**



**SLEEPING P138**

4WD tours 124

## A

accommodations 13,  
112-17, *see also* Sleeping  
*subindex*

language 131

activities 27-29, *see also*  
*individual activities*,  
Sports & Activities  
*subindex*

adapted surfing 28

air travel 120

airports 120-1

ambulance 126

AquaRio 94

Arcos da Lapa 100

area codes 128

ATMs 127

## B

Babilônia 63

Bairro Peixoto 61

Barra da Tijuca 37,  
105-11, **105, 158**

accommodations 117

drinking & nightlife 110

entertainment 110-11

food 109-10

highlights 10, 105

shopping 111

sights 107-9

transport 106

beaches 7, 28, **6-7**, *see also*  
*individual beaches*

Biblioteca Nacional 90-1

bicycling 121

Botafogo 37, 68-76, **68, 150-1**

accommodations 116

drinking & nightlife 74-5

food 73-4

highlights 68

Sights **000**

Map Pages **000**

Photo Pages **000**

shopping 76

sights 72

sports & activities 76

transport 69

botecos 20

Brazilian Portuguese 131-3

courses 125

budgeting 12, *see also* costs

bus travel 121-2

business hours 17, 20, 26, 128

## C

cable cars 70-71, **8**

cabs 123

car hire 122

car travel 122

Carnaval 28, **22, 118**

Casa de Benjamin Constant  
100

Casa do Pontal 109

Catedral Metropolitana 100-1

Catete 81-2, 83-4, 85

cathedrals, *see individual*  
*cathedrals*

cell phones 12, 128-9

Centro 37, 86-96, **86, 156-7**

drinking & nightlife 95

entertainment 95-6

highlights 86, 88-9

shopping 96

sights 88-9

transport 87

walking tours 93

Centro Cultural Banco do  
Brasil 88, **88**

Centro Cultural Justiça  
Federal 91

Centro Cultural Oi Futuro 81

Chapéu Mangueira 63

chemists 127

Christ the Redeemer, *see*  
Cristo Redentor

churches, *see individual*  
*churches*

Cinelândia 90-1, 95

climate 13

consulates 126

cooking courses 125

Copacabana 37, 58-67, **58,**  
**146-7**

accommodations 115-16

drinking & nightlife 66

entertainment 66-7

food 62-4

highlights 7, 58, 60

shopping 67

sights 60-1

sports & activities 67

transport 59

Copacabana Beach 7, 31,  
60, **7, 60**

Cosme Velho 78, 79-81, 83,  
**152-3**

costs 12

accommodations 113

drinks 20

food 17

courses 125-6

credit cards 127

Cristo Redentor 9, 79-80,  
**5, 9**

currency 126

## D

dance 23

dangers 12, 128

drinking & nightlife 19-21,  
*see also individual*  
*neighborhoods*, Drinking  
& Nightlife *subindex*

language 132-3

disabilities, travelers with 129

driving 122

## E

electricity 125

Elevador do Morro do  
Cantagalo 41-2

embassies 126

emergencies 126

entertainment 22-4, *see*  
*also individual*  
*neighborhoods*,  
Entertainment *subindex*

Escadaria Selarón 99, **99**

## F

favelas 43, 63, 124

feijoada 18

Flamengo 37, 77-85, **77, 152-3**

drinking & nightlife 84

food 83

highlights 77

sights 81

transport 78

Floresta da Tijuca 10,  
**108, 10**

food 16-18, *see also*  
*individual neighborhoods*,  
Eating *subindex*

costs 17

language 132

football 28

Forte de Copacabana 61

Forte Duque de Caxias 61

Fundação Progresso 101

## G

Gamboa 95

Gávea 37, 50-7, **50, 148-9**

drinking & nightlife 56

food 54

highlights 50

shopping 56-7

sights 53

sports & activities 57

transport 51

gay travelers 21, 126

Glória 82-3, 84, 85

## H

H Stern 41

hang gliding 28

health 130

helicopter tours 124

hospitals 127

Humaitá 37, 68-76, **68, 150-1**

drinking & nightlife 74-5

highlights 68

sights 72, 73-4

transport 69

Igreja de Nossa Senhora da Glória do Outeiro 82-3  
Igreja de Nossa Senhora de Candelária 92

Ilha de Paqueta 91  
internet access 126-7  
Ipanema 37, 38-49, **38**, **142-3**  
accommodations 115  
drinking & nightlife 45-6  
entertainment 46-7  
food 42-4  
highlights 7, 38, 40  
shopping 47-8  
sights 40-2  
sports & activities 49  
transport 39

Ipanema Beach 7, 40, **6-7**  
itineraries 14-15

Jardim Botânico 52, **52**  
Jardim Botânico area 37, 50-7, **50**, **148-9**  
drinking & nightlife 56  
food 54-5  
highlights 50, 52  
shopping 56-7  
sights 51, 52-3  
sports & activities 57  
transport 51

Kiosks 65

Lagoa 37, 50-7, **50**, **148-9**  
drinking & nightlife 56  
food 55  
highlights 11, 50  
shopping 56-7  
sights 53-4  
sports & activities 57  
transport 51

Lagoa Rodrigo de Freitas 11, 32-3, 53, **11**  
language 131-3  
courses 125

Lapa 37, 97-104, **97**, **154-5**, **11**  
accommodations 116-17  
drinking & nightlife 10, 103  
entertainment 103-4  
food 102  
highlights 10, 97, 99  
shopping 104

sights 99-101  
sports & activities 104  
transport 98  
Laranjeiras 78, 83, 84, **152-3**

Largo do Boticário 81  
Leblon 37, 38-49, **38**, **144**  
accommodations 115  
drinking & nightlife 46  
entertainment 46-7  
food 44-5  
highlights 38  
shopping 48-9  
sports & activities 49  
transport 39  
legal matters 127  
Leme 37, 58-67, **58**, **145**  
accommodations 115-16  
drinking & nightlife 66  
entertainment 66-7  
food 65-6  
highlights 58  
shopping 67  
sights 61  
sports & activities 67  
transport 59  
lesbian travelers 21, 126

Magazines 126  
Maracanã Stadium 31, **30**  
markets 17, 26, *see also* Shopping *subindex*  
measures 126  
medical services 127  
metro travel 122-3

Mirante do Leblon 42  
Mirante do Pasmado 72  
mobile phones 12, 128-9  
money 12, 17, 126, 127-8  
Morro da Babilônia 63  
Mural de Babilônia 63  
Museu Casa de Rui Barbosa 72  
Museu Chácara do Céu 100  
Museu da República 81-2  
Museu de Arte do Rio 92  
Museu de Folclore Edison Carneiro 82  
Museu do Amanhã 89, **89**  
Museu do Imagem e Som 61  
Museu do Índio 72  
Museu do Meio Ambiente 53  
Museu Histórico Nacional 91-2  
Museu Nacional de Belas Artes 90  
music 22, 23, 24

music courses 125-6

Newspapers 126

Olympic Games venues 30-3, 107, **30**, **107**  
opening hours 17, 20, 26, 128

Pão de Açúcar 9, 70-1, **8**, **70-1**  
Paralympic Games venues 30-3, 107, **30**, **107**  
parks & gardens, *see* individual parks & gardens  
Parque da Catacumba 54  
Parque da Cidade 53  
Parque das Ruínas 100  
Parque do Catete 82  
Parque do Flamengo 81  
Parque Ecológico Chico Mendes 109  
Parque Garota de Ipanema 41  
Parque Guinle 82  
Parque Nacional da Tijuca 108  
Parque Olímpico 31-32, 107, **107**  
pharmacies 127

Pista Cláudio Coutinho 72  
Planetário 53

planning  
budgeting 12, 17  
itineraries 14-15  
Rio de Janeiro basics 12-13  
Rio de Janeiro's neighborhoods 36-7  
travel seasons 13  
websites 12

police 126  
Ponta do Arpoado 41  
Porto Maravilha 94  
Portuguese language 131-3  
postal services 128  
Praça Floriano 90  
Praça Mauá 37, 86-96, **86**, **156-7**

Praça Tiradentes 92, 94  
Praça XV  
food 94-5  
shopping 96  
sights 89, 91-2  
Praça XV (Quinze) de Novembro 92

Praia da Barra da Tijuca 107  
Praia da Urca 72-3  
Praia de Botafogo 72  
Praia de Leblon 42  
Praia Vermelha 73  
public transport 121-3

Safety 12, 128  
samba 24  
Santa Teresa 37, 97-104, **97**, **154-5**  
accommodations 116-17  
drinking & nightlife 103  
food 101-2  
highlights 97, 99  
shopping 104  
sights 99-100  
transport 98  
shopping 17, 25-6, *see also* individual neighborhoods, Shopping *subindex*  
language 133  
Sítio Burle Marx 107-8  
smoking 126  
sports & activities 27-9, *see also* individual neighborhoods, Sports & Activities *subindex*  
Sugarloaf Mountain, *see* Pão de Açúcar  
surfing 28, **29**

Taxis 123  
telephone services 12, 128-9  
Theatro Municipal 90  
theft 12, 128  
time 12, 129  
tipping 127-8  
tourist information 12, 129  
tours 123-4  
train travel 90, 123  
tram travel 123  
transportation 120-4  
language 133  
travel to Rio de Janeiro 13, 120-1  
travel within Rio de Janeiro 13, 121-3

Urca 37, 68-76, **68**, **150-1**  
accommodations 116  
drinking & nightlife 75-6  
food 74  
highlights 9, 68, 70-1  
sights 70-1, 72-3  
transport 69

**V**  
vehicle hire 122  
visas 12, 129-30  
VLT (Light Rail Vehicle) 90  
volunteering 130

**W**  
walking tours 93  
walking trails 27-8  
weather 13  
websites 12, 112  
weights 126  
western Rio 37, 105-11,  
**105, 158**

accommodations 117  
food 109-10  
highlights 105  
shopping 111  
sights 107-9  
transport 106  
wi-fi 126-7  
women travelers 130

**Z**  
Zika virus 130

## EATING

Aprezível 101-2  
Arab da Lagoa 55  
Arataca 64  
Armazém do Café 44  
Bar do Alto 63  
Bar do David 63  
Bar do Mineiro 101  
Bar Urca 74  
Bibi Sucos 62  
Bira 110  
Braseiro da Gávea 54  
Brasserie Rosário 94  
Café Arlequim 94  
Cafe Colombo 63-4  
Cais do Oriente 94-5  
Cantinho Cearense 65  
Capriciosa 64  
Cariocando 83  
Catete Grill 84  
Cervantes 62  
Churrascaria Palace 64  
Confeitaria Colombo 92, 94  
Don Camillo 64  
Don Pascual 109

Sights 000  
Map Pages 000  
Photo Pages 000

El Born 62  
Emporium Pax 73-4  
Ernesto 102  
Espaço Lapa Cafe 102  
Espetito Carioca 65  
Espírito Santa 101  
Estrelas da Babilônia 63  
Galeria 1618 65  
Galeto Sat's 62  
Galitos Grill 42-4  
Garota da Urca 74  
Garota de Ipanema 44  
Globo 65  
Guimas 54  
Joaquina 65  
Jojô 54-5  
Julius Brasserie 74  
Koni Store 44  
La Bicyclette 54  
La Carioca Cevicheria 55  
La Fiorentina 65-6  
La Veronese 44  
Lagoon 55  
Lasai 74  
Le Blé Noir 62-3  
Livraria Prefácio 73  
Luigi's 83  
Mangue Seco Cachaçaria 102  
Meza Bar 73  
Miami Miami 73  
Mônaco 64  
Oui Oui 73  
Santa Satisfação 62  
Simon Boccanegra 64-5  
Sírio Libaneza 83  
Sushi Leblon 44-5  
Taberna da Glória 84  
Têrèze 102  
Uruguai 42  
Vegetarian Social Club 44  
Verô 42  
Zona Sul  
Supermarket 44

## DRINKING & NIGHTLIFE

Academia Da Cachaça 46  
Amarelinho 95  
Balada Mix 110  
Bar Astor 45  
Bar Bukowski 75  
Bar do Alto 63  
Bar do Gomes 103  
Bar do Horto 56  
Bar do Serafim 84  
Bar Lagoa 56

Bar Urca 75  
Bar Veloso 46  
Baretto-Londra 46  
Barthodomeu 45  
Belmonte 84  
Cabaret Lounge 75  
Calavera 75  
Caverna 74-5  
Cobal do Humaitá 75  
Cobal do Leblon 46  
Devassa (Flamengo) 84  
Devassa (Ipanema) 45  
Estação Net Ipanema 47  
Garota da Urca 76  
Garota de Ipanema 45  
Herr Brauer 84  
Hipódromo 56  
Jobi 46  
Le Boy 66  
Leviano Bar 103  
Lord Jim 45-6  
Mud Bug 66  
opening hours 20  
O Plebeu 75  
Palaphita Kitch 56  
Polis Sucos 46  
Ponto da Bossa Nova 66  
Sarau 103  
Week 95

## ENTERTAINMENT

Bip Bip 66-7  
Centro Cultural Oi Futuro 85  
Cidade das Artes 110  
Circo Voador 103-4  
Citibank Hall 110  
Espaço Museu Da República 85  
Estação Net Ipanema 46  
Lapa 40 Graus 104  
Pedra do Sal 95  
Rio Scenarium 103  
Teatro do Leblon 46-7  
Theatro Municipal 95-6  
UCI – New York City Center 110-11

## SHOPPING

Amsterdam Sauer 47-8  
Antonio Bernardo 49  
Argumento 48  
Arlequim 96  
Barra Shopping 111  
Berinjela 96  
Botafogo Praia Shopping 76

Esch Café 48  
Espaço Fashion 49  
Fashion Mall 111  
Garota de Ipanema 47  
Gilson Martins 47  
Granado 96  
H Stern 48  
Hippie Fair 47, **15**  
Isabela Capeto 57  
La Vereda Handicrafts 104  
Livraria da Travessa 49  
Maria Oiticica 48  
Mundo Verde 67  
O Sol 56  
Rio Design Center 111  
Rio Sul Shopping 76  
Shopping da Gávea 56-7  
Shopping Leblon 48  
Shopping Siqueira Campos 67  
Via Parque Shopping 111  
Village 111  
Wöllner Outdoor 48

## SPORTS & ACTIVITIES

AdaptSurf 28  
Bernard Moraes 28  
Casa de Dança Carlinhos de Jesus 76  
Dive Point 49  
Embaixadores da Alegria 28  
Fundição Progresso 104  
Joquei Clube 57  
Jungle Me 63  
Lagoa Aventuras 57  
Mar do Rio 85  
Praia Para Todos 28  
Rio by Bike 63  
Rio Samba Dancer 67  
Sail in Rio 85  
Spa Maria Bonita 49

## SLEEPING

Brisa Barra Hotel 117  
Da Lapa Design Hotel 117  
Golden Tulip Continental 116  
Hilton Barra 117  
Hostel Contemporaneo 116  
Hotel Fasano 115  
JW Marriott Hotel 116  
Sheraton 115  
Villa Galé 116-17  
Windsor Atlantica 115-6



## LONELY PLANET **IN THE** WILD

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# Rio de Janeiro

## Maps

### Sights

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

### Activities, Courses & Tours

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

### Sleeping

- Sleeping
- Camping

### Eating

- Eating

### Drinking & Nightlife

- Drinking & Nightlife
- Cafe

### Entertainment

- Entertainment

### Shopping

- Shopping

### Information

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

### Geographic

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

### Population

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

### Transport

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

### Routes

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

### Boundaries

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

### Hydrography

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

### Areas

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

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



## MAP INDEX

- |                            |  |   |  |
|----------------------------|--|---|--|
| <b>1</b> Ipanema (p142)    | <b>5</b> Gávea, Jardim Botânico & Lagoa (p148) | <b>7</b> Flamengo, Laranjeiras & Cosme Velho (p152) | <b>9</b> Centro & Praça Mauá (p156)            |
| <b>2</b> Leblon (p144)     | <b>6</b> Botafogo, Humaitá & Urca (p150)       | <b>8</b> Santa Teresa & Lapa (p154)                 | <b>10</b> Barra da Tijuca & Western Rio (p158) |
| <b>3</b> Leme (p145)       |  |   |  |
| <b>4</b> Copacabana (p146) |  |   |  |



### 📍 Top Sights

- 1 Ipanema Beach ..... A4

### 📍 Sights

- 2 Elevador do Morro do Cantagalo ..... F3  
 3 H Stern ..... B3  
 4 Parque Garota de Ipanema ..... H4  
 5 Ponta do Arpoador ..... H5

### 🍴 Eating

- 6 Capricciosa ..... D3  
 7 Galitos Grill ..... E3

### p40

- 8 Garota de Ipanema ..... D3  
 9 Koni Store ..... C3  
 10 La Carioca Cevicheria ..... B2  
 11 La Veronese ..... F3  
 12 Uruguai ..... D4  
 13 Vero ..... D3  
 14 Zona Sul Supermarket ..... F4

### p41

### 🍷 Drinking & Nightlife

### p45

- 15 Bar Astor ..... F4  
 16 Bar Lagoa ..... D1  
 Baretto-Londra ..... (see 31)





17 Barthodomeu .....	C3	Garota de Ipanema.....	(see 19)
18 Devassa.....	B3	25 Gilson Martins.....	C3
19 Garota de Ipanema.....	D3	26 H Stern.....	B3
20 Lord Jim.....	A3	27 Hippie Fair.....	F3
21 Polis Sucos.....	C3	28 Wöllner Outdoor.....	B3

### 🎬 Entertainment

22 Estação Net Ipanema.....	A3
-----------------------------	----

### 🛒 Shopping

23 Amsterdam Sauer.....	B3
24 Antonio Bernardo.....	B3

### p46

### 🏃 Sports & Activities

### p49

29 Casa do Caminho Language Centre.....	E2
30 Spa Maria Bonita.....	D3

### p47

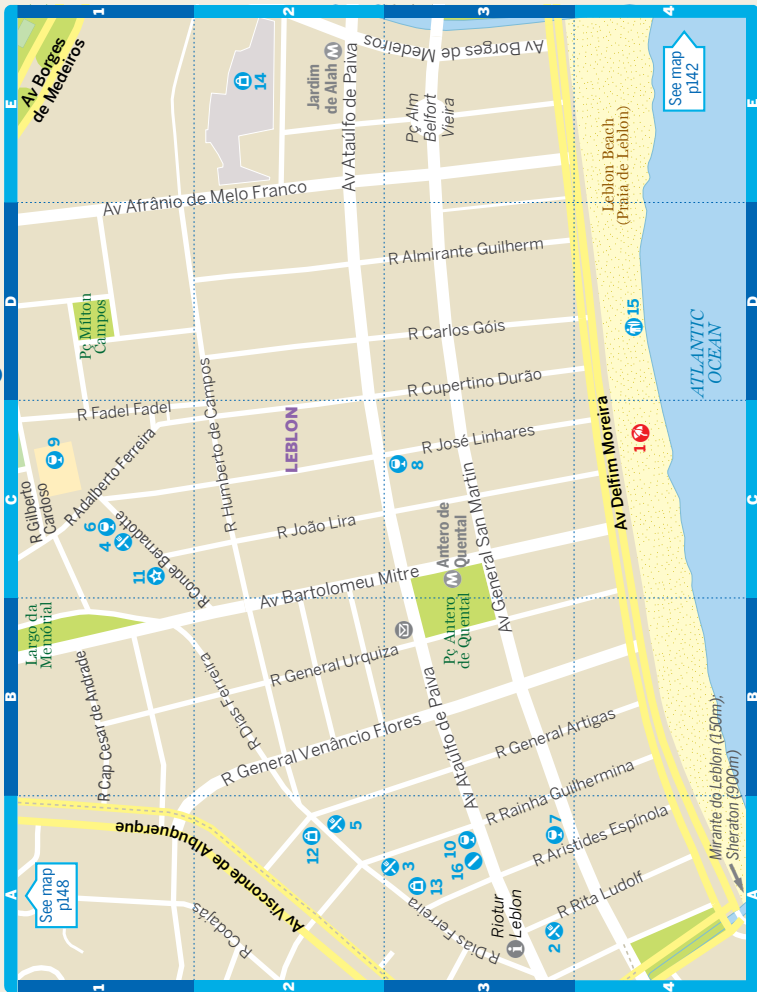
### 🛏 Sleeping

### p115

31 Hotel Fasano.....	F4
----------------------	----

## LEBLON

0 0.2 miles 400 m



- Sights**
- 1 Praia de Leblon ..... C4
- Eating**
- 2 Armazém do Café ..... A3
- 3 Sushi Leblon ..... A3
- 4 Vegetariano Social Club ..... C1
- 5 Zona Sul Supermarket ..... A2
- Drinking & Nightlife**
- 6 Academia Da Cachaça ..... C1
- 7 Bar Veloso ..... A3
- 8 Bibi Sucos ..... C3
- 9 Cobal do Leblon ..... C1
- 10 Jobi ..... A3
- Entertainment**
- 11 Teatro do Leblon ..... C1
- Shopping**
- 12 Argumento ..... A2
- 13 Esch Café ..... A3
- Espaço Fashion ..... (see 14)
- Maria Oitrica ..... (see 14)
- 14 Shopping Leblon ..... E2
- Sports & Activities**
- 15 AdaptSurf ..... D4
- 16 Dive Point ..... A3



**Sights**

- 1 Forte Duque de Caxias ..... C3

**Eating**

- 2 Bar do David ..... B2  
 3 Espetto Carioca ..... C3  
 4 Galeria 1618 ..... A2  
 5 Joaquina ..... A3  
 6 La Fiorentina ..... B3

**p61**

**Drinking & Nightlife**

- 7 Bar do Alto ..... B2  
 8 Estrelas da Babilônia ..... B2

**p65**

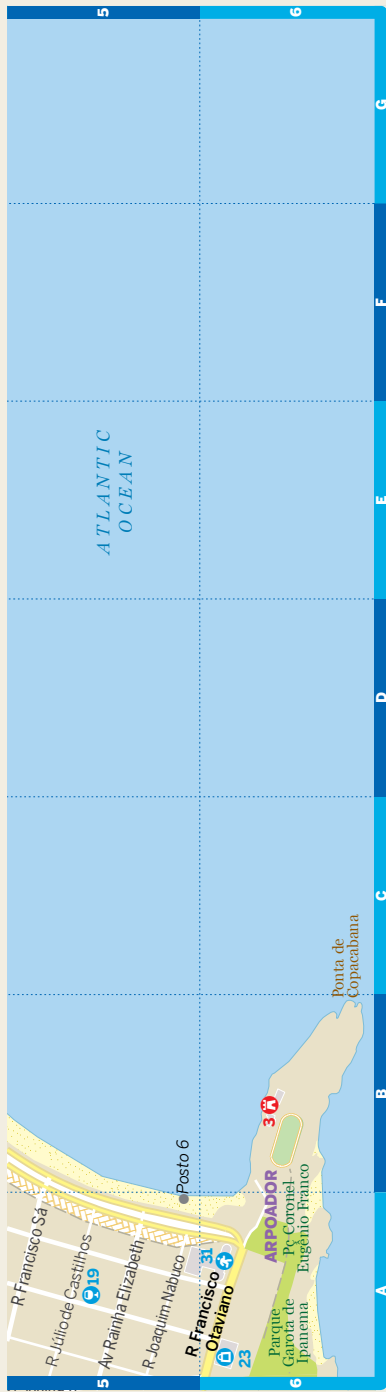
**Sleeping**

- 9 Golden Tulip Continental ..... B3  
 10 Windsor Atlantica ..... A3

**p66**

**p115**





<b>📍 Top Sights</b>	<b>p60</b>	<b>📍 Drinking &amp; Nightlife</b>	<b>p66</b>	<b>📍 Sports &amp; Activities</b>	<b>p67</b>
1 Copacabana Beach.....	E3	8 Capriciosa.....	C3	26 Carioca Languages.....	C3
		9 Cervantes.....	G2	27 Cook in Rio.....	G2
		10 Churrascaria Palace.....	F2	28 Instituto Brasil-Estados Unidos....	D2
<b>📍 Sights</b>	<b>p61</b>	11 Don Camillo.....	C3	29 Praia Para Todos.....	F3
2 Bairro Peixoto.....	D1	12 El Born.....	C3	30 Rio Samba Dancer.....	E2
3 Forte de Copacabana.....	B6	13 Galeto Sat's.....	G2	Spirit Surfboards.....	(see 23)
4 Museu do Imagem e Som.....	B4	14 Globo.....	B4	31 Veló Bike Store.....	A6
		15 Le Blé Noir.....	B3		
<b>🍴 Eating</b>	<b>p62</b>	16 Mónaco.....	B4		
5 Aratáca.....	D3	17 Santa Satisfação.....	D3		
6 Bibi Sucos.....	D3	18 Simon Boccanegra.....	B4	<b>🛏 Sleeping</b>	<b>p115</b>
Cafe Colombo.....	(see 3)			32 Blame It on Rio 4 Travel.....	B3
7 Cantinho Cearense.....	F3			33 Copacabana Palace.....	F2
				34 JW Marriott Hotel.....	D3



**Top Sights**

- 1** Jardim Botânico.....C3

**Sights**

- 2** Lagoa Rodrigo de Freitas.....E3  
**3** Museu do Meio Ambiente.....B3  
**4** Parque da Catacumba.....G4  
**5** Parque Lage.....E1  
**6** Planetário.....A5

**Eating**

- 7** Arab da Lagoa.....D4  
**8** Braseiro da Gávea.....B4  
**9** Guimas.....A4  
**10** Jojô.....B2  
**11** La Bicycleette.....B3  
**12** La Carioca Cevicheria.....E1  
**13** Lagoon.....D4

**p53**

**p52**

**p54**



## GÁVEA, JARDIM BOTÂNICO & LAGOA

### **🍷 Drinking & Nightlife**

- 14** Bar do Horto ..... B2  
**15** Hipódromo ..... B4  
**16** Palaphita Kitch ..... G5

### **🛍 Shopping**

- 17** Isabela Capeto ..... B2  
**18** O Sol ..... C2

### **p55**

- 19** Praça Santos Dumont Antique Fair ..... B4  
**20** Shopping da Gávea ..... A4

### **🏃 Sports & Activities**

### **p57**

- 21** Joquei Clube ..... C4  
**22** Lagoa Aventuras ..... G4

## BOTAFOGO, HUMAITÁ &amp; URCA



**Top Sights**

- 1 Pão de Açúcar .....G2

**Sights**

- 2 Mirante do Pasmado .....D3  
 3 Museu Casa de Rui Barbosa .....C3  
 4 Museu do Índio .....B3  
 5 Pista Cláudio Coutinho .....G3  
 6 Praia da Urca .....F2  
 7 Praia de Botafogo .....D2  
 8 Praia Vermelha .....F4

**p70**

**Eating**

- 9 Bar Urca .....G2  
 10 Cobal do Humaitá .....A4  
 Emporium Pax ..... (see 23)  
 11 Garota da Urca .....G2  
 12 Julius Brasserie .....F3  
 13 Lasai .....A3  
 14 Livraria Prefácio .....C3  
 15 Meza Bar .....A4  
 16 Miam Miam .....D4  
 17 Oui Oui .....A3

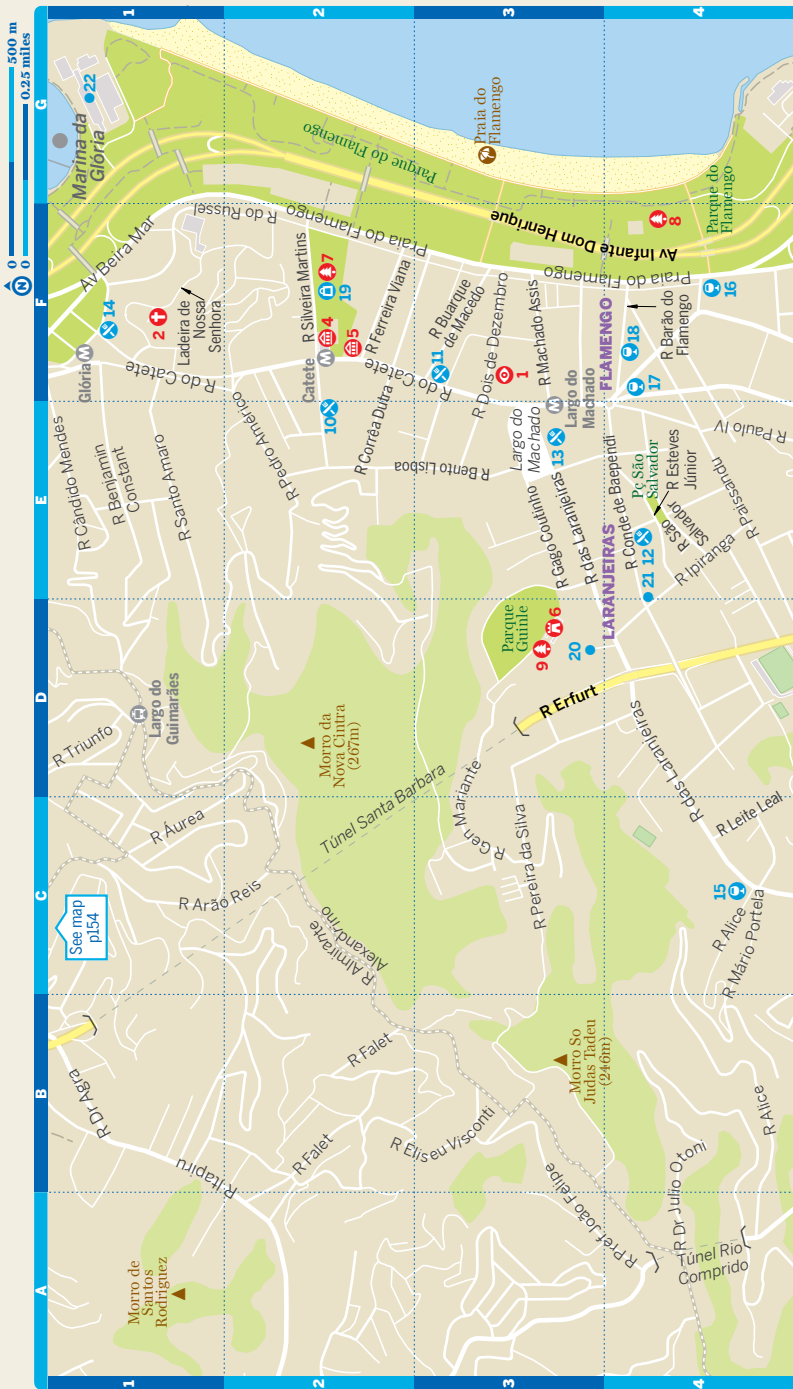
**p73**

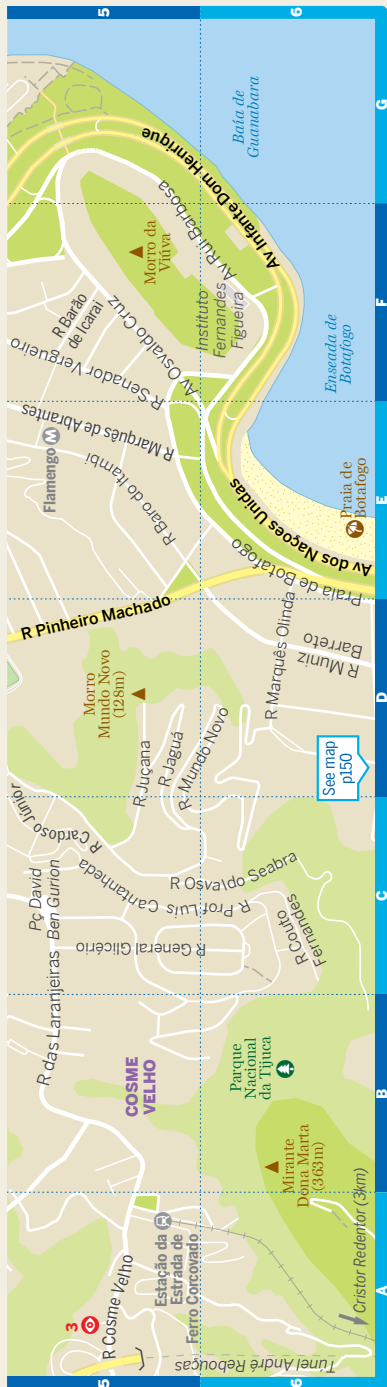




<b>🍷 Drinking &amp; Nightlife</b>	<b>p74</b>	<b>🛍️ Shopping</b>	<b>p76</b>
18 Bar Bukowski.....	C4	23 Botafogo Praia Shopping.....	C2
Bar Urca..... (see 9)		24 Rio Sul Shopping.....	D4
19 Cabaret Lounge.....	A4		
20 Calavera.....	A4	<b>🏃 Sports &amp; Activities</b>	<b>p76</b>
21 Caverna.....	C4	25 Casa de Dança Carlinhos de	
Cobal do Humaitá..... (see 10)		Jesus.....	D4
Garota da Urca..... (see 11)			
22 O Plebeu.....	A4	<b>🛏️ Sleeping</b>	<b>p116</b>
		26 Hostel Contemporeaneo.....	C2

# FLAMENGO, LARANJEIRAS & COSME VELHO





### 📍 Sights

- 1** Centro Cultural Oi Futuro .....F3  
**2** Igreja de Nossa Senhora da Glória do Outeiro.....F1  
**3** Largo do Boticário.....A5  
**4** Museu da República.....F2  
**5** Museu de Folclore Edison Carneiro.....F2  
**6** Palácio das Laranjeiras.....D3  
**7** Parque do Catete.....F2

### p81

- 8** Parque do Flamengo.....F4  
**9** Parque Guinle.....D3  
**10** Cariocando.....E2  
**11** Catete Grill.....F3  
**12** Luigi's.....E4  
**13** Siro Libaneza.....E3  
**14** Taberna da Glória.....F1

### 🍴 Eating

- 15** Bar do Serafim.....C4  
**16** Belmonte.....F4  
**17** Devassa.....F4  
**18** Herr Brauer.....F4

### p83

- 19** Photography and Image Fair.....F2  
**20** Bernard Moraes.....D3  
**21** Maracatu Brasil.....E4  
**22** Sail in Rio.....G1

### 🍷 Drinking & Nightlife

- 23** Bar do Serafim.....C4  
**24** Belmonte.....F4  
**25** Devassa.....F4  
**26** Herr Brauer.....F4  
**27** Luigi's.....E4  
**28** Siro Libaneza.....E3  
**29** Taberna da Glória.....F1

### 🛍️ Shopping

- 30** Photography and Image Fair.....F2

### 🏆 Sports & Activities

- 31** Bernard Moraes.....D3  
**32** Maracatu Brasil.....E4  
**33** Sail in Rio.....G1

SANTA TERESA & LAPA





- 📍 Top Sights p99**
- 1 Escadaria Selarón..... E4
- 📍 Sights p100**
- 2 Arcos da Lapa ..... E2
- 3 Casa de Benjamin Constant..... B5
- 4 Catedral Metropolitana..... E2
- 5 Fundação Progresso ..... E2
- 6 Museu Chácara do Céu..... C4
- 7 Parque das Ruínas..... D4
- 🍴 Eating p101**
- 8 Aprazível ..... B7
- 9 Bar do Mineiro..... B6
- 10 Ernesto ..... E3
- 11 Espaço Lapa Cafe ..... D2
- 12 Espírito Santa..... C5
- 13 Mangue Seco Cachaçaria..... D1
- 14 Têrèze..... B6
- 🍷 Drinking & Nightlife p102**
- 15 Bar do Gomes..... A6
- 16 Leviano Bar..... E3
- 17 Sarau ..... E3
- 🎪 Entertainment p103**
- 18 Circo Voador ..... E3
- 19 Lapa 40 Graus..... D3
- 20 Rio Scenarium..... C1
- 🛍 Shopping p104**
- 21 Feira do Rio Antigo ..... D1
- 22 La Vereda Handicrafts ..... C6
- 🏃 Sports & Activities p104**
- Fundição Progresso ..... (see 5)
- 🏨 Sleeping p116**
- 23 Da Lapa Design Hotel..... D3
- 24 Vila Galé ..... C3

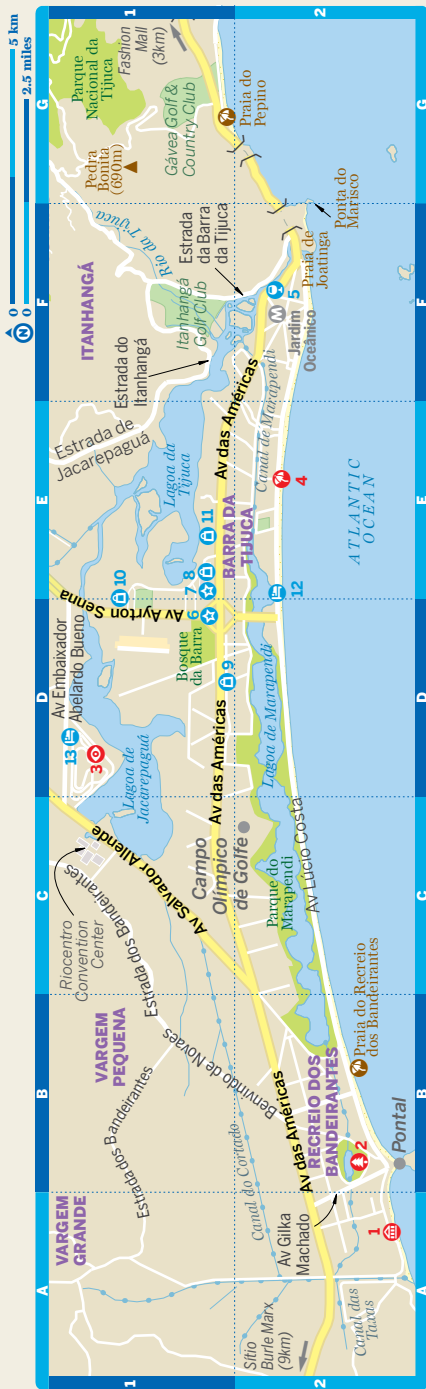
**CENTRO & PRAÇA MAUÁ**





- 📍 Top Sights p88**
- 1 Centro Cultural Banco do Brasil.....D3
  - 2 Museu do Amanhã.....C1
- 📍 Sights p90**
- 3 Biblioteca Nacional.....D6
  - 4 Centro Cultural Justiça Federal.....D6
  - 5 Igreja de Nossa Senhora de Candelária....C3
  - 6 Igreja São Francisco da Penitência & Convento de Santo Antônio.....C5
  - 7 Museu de Arte do Rio.....B1
  - 8 Museu Histórico Nacional.....F4
  - 9 Museu Nacional de Belas Artes.....D5
  - 10 Paço Imperial.....E4
  - 11 Praça Floriano.....D6
  - 12 Praça XV (Quinze) de Novembro.....D4
  - 13 Real Gabinete Português de Leitura.....B4
  - 14 Theatro Municipal.....(see 22)
  - 14 Travessa do Comércio.....D3
- 🍴 Eating p92**
- 15 Brasserie Rosário.....D3
  - 16 Café Arlequim.....D4
  - 17 Cais do Oriente.....D3
  - 18 Confeitaria Colombo.....C4
  - Crístóvão.....(see 18)
- 🍷 Drinking & Nightlife p95**
- 19 Amarelinho.....D6
  - 20 Week.....A2
- 🎭 Entertainment p95**
- 21 Pedra do Sal.....A2
  - 22 Theatro Municipal.....D5
- 🛍 Shopping p96**
- Arlequim.....(see 10)
  - 23 Berinjela.....D5
  - 24 Granado.....D3

## BARRA DA TIJUCA &amp; WESTERN RIO

**Sights**

- 1** Casa do Pontal.....A2 **p107** **Drinking & Nightlife**
- 2** Parque Ecológico Chico Mendes.....B2 **5** Balada Mix.....A2 **F2**
- 3** Parque Olímpico.....D1 **6** **Entertainment**
- 4** Praia da Barra da Tijuca.....E2 Citibank Hall.....E2
- 1** Village.....E1

**Shopping**

- 8** Barra Shopping.....E1 **p111** **Sleeping**
- 9** Rio Design Center.....D1 **12** Brisa Barra Hotel.....E2
- 10** Via Parque Shopping.....E1 **13** Hilton Barra.....D1

**Sleeping**



lonely planet



## Our Story

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

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

## Our Writers



### Emily Rose Yates

Emily first visited Rio de Janeiro in 2013, and instantly fell in love with its vibrancy, stunning views and the love of life that the *cariocas* show so well. She then went to work for MetroRio, and advised on accessibility for one of Rio's main transport systems until 2015 (while spending most weekends haggling at the Hippie Fair or adapted surfing in Leblon). Emily delivers access consultancy all over the United Kingdom and abroad, works for the user-led disability awareness charity Enhance the UK, and is also a television presenter. She currently lives in Glasgow.



### Regis St Louis

Regis first visited Rio back in 2003, and he fell hard for the stunning landscapes, the dynamic music scene, and the open and celebratory spirit of the *cariocas*. Since then he's been a frequent visitor, celebrating Carnival (sometimes parading with a samba school), experiencing the great outdoors (climbing Pão de Açúcar, hiking remote western beaches), and charting the city's ever-changing dining scene and nightlife. Regis' articles on Rio and South America have appeared in the *Chicago Tribune*, the *Telegraph*, on BBC.com and elsewhere. He is also the coordinating author of Lonely Planet's *Brazil* and *South America on a Shoestring* guides. He splits his time between New Orleans and the tropics.

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