

RIO BEACHES

SOME OF THE MOST BEAUTIFUL
BEACHES RIO HAS TO OFFER

RIO PRAIAS

The Marvelous City

has more than 30 beaches, one more beautiful than the other! Paradisiacal, famous, ideal for practicing sports... it has something for everyone. The most famous beaches in the world, you will find here. Natural beauty and different options: the famous Copacabana Beach with the best cuisine on the beachfront, Ipanema Beach worldwide known by the song composed by Tom Jobim, Praia da Barra is ideal for kitesurfing, Come check them all out!

RIO PRAIAS

Índice

- 1. Praia de Copacabana** *(Copacabana Beach)*
- 2. Praia do Leme** *(Leme Beach)*
- 3. Praia Vermelha** *(Red Beach)*
- 4. Praia do Flamengo** *(Flamengo Beach)*
- 5. Praia do Arpoador e Praia do Diabo** *(Arpoador Beach and Praia do Diabo Beach)*
- 6. Praia de Ipanema** *(Ipanema Beach)*
- 7. Praia do Leblon** *(Leblon Beach)*
- 8. Praia do Vidigal** *(Vidigal Beach)*
- 9. Praia de São Conrado** *(São Conrado Beach)*
- 10. Praia da Joatinga** *(Joatinga Beach)*
- 11. Praia da Barra da Tijuca** *(Barra da Tijuca Beach)*
- 12. Praia da Reserva** *(Praia da Reserva Beach)*
- 13. Praia do Recreio** *(Recreio Beach)*
- 14. Prainha** *(Prainha Beach)*
- 15. Praia de Grumari** *(Grumari Beach)*
- 16. Praias Selvagens** *(Wild Beaches)*

RIO PRAIAS

Praia de Copacabana *(Copacabana Beach)*

Copacabana Beach, also known as "Princesinha do Mar", (Little Sea Princess) with its almost four kilometers of extension, it starts at the height of Leme Fort and ends at Copacabana Fort. This is one of the most famous beaches in the world" With its incredible blue sea, the white and fine sand and its winding sidewalk, it is the famous carioca post card. It is also the stage for the biggest Réveillon on the planet! The edge is divided into posts, which makes it easier to orient and match with friends where to enjoy the beach of the day. For all its extension many outdoor activities may be found, like altinha, futvolei, beach tennis, swimming, stand-up-paddle and rowing. The food options are also variable. It is possible to find several restaurants and kiosks that offer an incredible gastronomic experience, for all tastes and pockets. Be sure to try the famous mate with lemon and the Globo biscuit while putting your foot on the sand!



RIO PRAIAS

Praia do Leme (*Leme Beach*)

Praia do Leme is famous for the Pedra do Leme (Leme's Rock), a big rock covered by atlantic forest and crowned by the colonial Duque de Caxias Fort, with its history museum and stunning coastal views. From here, a path goes down until Praia do Leme - a wide strip of sand famous among surfers, fishermen and local families. It stays very close to the famous Copacabana Beach, but it is a little bit quieter, although its beauty leaves nothing to be desired. Its sidewalk offers several kiosks foot on the sand, but the district also offers a wide variety of restaurants (the gastronomic pole of Leme is for sure a separate attraction). The place was known by the iconic verses of Tim Maia: From Leme to Pontal.



Praia Vermelha (*Red Beach*)

Located in the district of Urca, it is framed by the emblematic Sugar Loaf. The Red Beach sea is calm and its waters of a blue green tone give an impression of peace and tranquility for cariocas and tourists alike. Its name is derived from the appearance of its sands, which has a reddish tint. Due to its beauty, it is a great point to take shots. But it is also perfect for stand-up lovers, kayak, canoe and other water sports who are always there.



RIO PRAIAS

Praia do Flamengo

(Flamengo Beach)

Flamengo Beach is a great ride in the region and has a beautiful view of Guanabara Bay, the mountain of Sugar Loaf and other tourist attractions, the location is close to the downtown area and is ideal for those who want to take good souvenir photos of Rio de Janeiro. Both its sands and surroundings are excellent spaces for performing several physical activities or simply enjoy nature.



Praia do Arpoador e Praia do Diabo *(Arpoador Beach and Praia do Diabo Beach)*

A mandatory stop is to know Praia do Arpoador, where is the famous Arpoador Rock, one of the most beautiful and famous places to watch the sunset with the marvelous view of Dois Irmãos Hill. It is the ideal point for surf lovers. On the other side of Pedra do Arpoador there is a little beach with a beautiful sea view, Praia do Diabo (Devil's Beach) is an excellent option for those who want to escape the hustle of Ipanema. There, you can sunbathe, do a physical activity and take pictures of Dois Irmãos Hill.



RIO PRAIAS

Praia de Ipanema (*Ipanema Beach*)

The beautiful beach is doubtless one of the mandatory attractions every tourist must know in Rio de Janeiro! The Beach owes its fame thanks to the worldwide famous song "Garota de Ipanema". of 1962. result of the partnership of Vinicius de Moraes and Tom Jobim who were great friends. The song, made in honor of Helô Pinheiro, is considered one of the greatest classics of Brazilian Popular Music and became an hymn to Bossa Nova.

Ipanema, besides being one of the biggest attractions of the city, is close to other major spots, like Copacabana Beach and Leblon Beach. Founded in 1894 by José Antonio de Moreira, the Count of Ipanema, nowadays is a residential elegant district. Its beach has numerous attractions, like bars, restaurants and craft fairs and you can still guarantee breathtaking photos. A valuable tip: Don't forget to enjoy the sunset on Arpoador Beach - one the most exciting experiences for cariocas. After the sun goes down, everyone applauds... Simply magical.



RIO PRAIAS

Praia do Leblon *(Leblon Beach)*

Known as the continuation of Ipanema, Leblon Beach has a length of approximately 1Km and is very popular with cariocas and tourists alike. This beach starts in Jardim de Alah and goes to the cliffs of Niemeyer Avenue. Its long sand strip is ideal for a good tan, play sports like volley, futevolei, football and beach tennis, and when the sea is rough, to surf too!

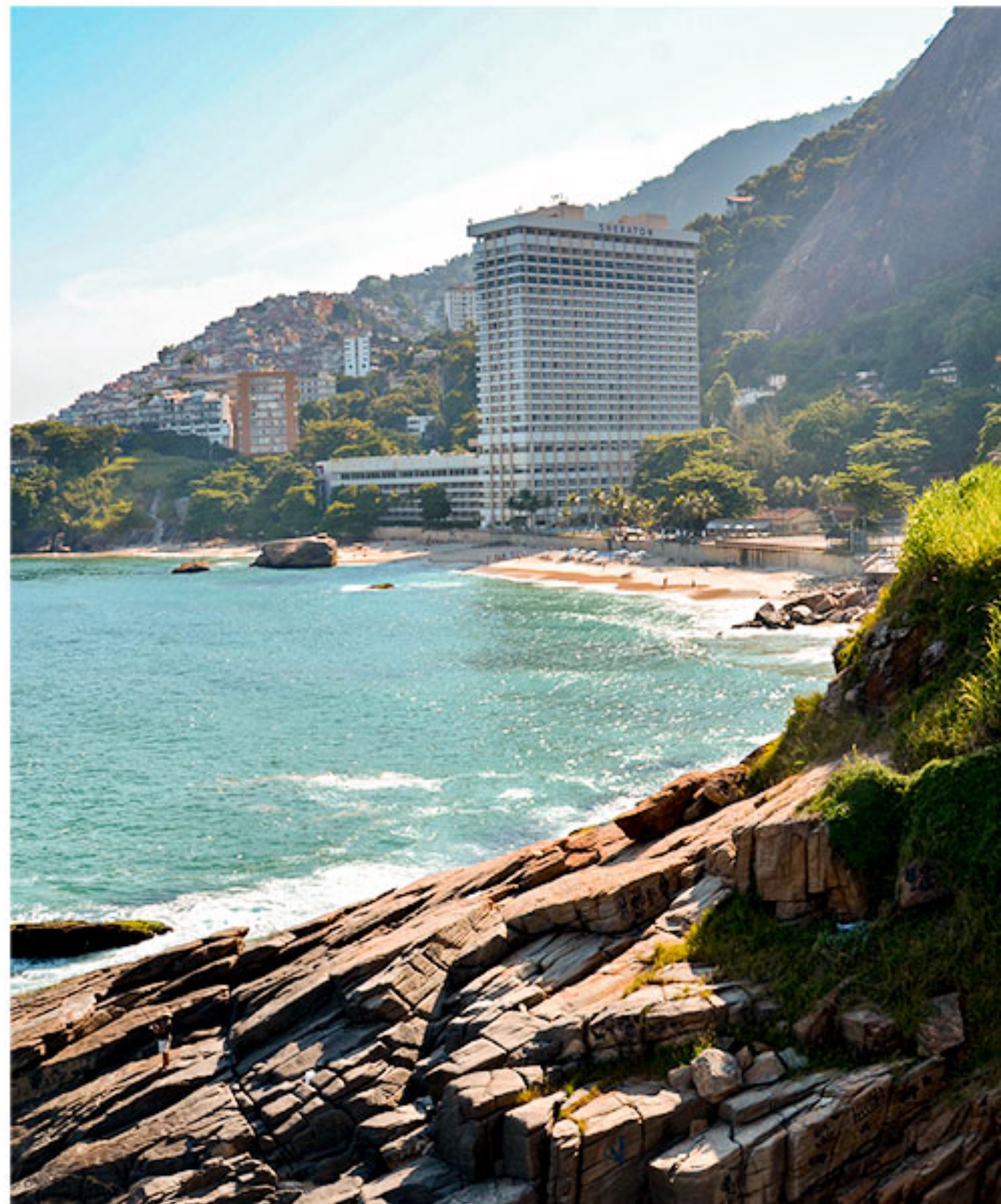
With an excellent infrastructure, the waterfront has charming kiosks, in addition to bars and famous restaurants of the district.



RIO PRAIAS

Praia do Vidigal (*Vidigal Beach*)

A Praia do Vidigal está localizada entre Leblon e São Conrado, aos pés do morro Dois Irmãos, a pequena faixa de areia surpreende os cariocas e turistas com um visual incrível! A praia é considerada por muitos um segredo da cidade, por ter em torno de 400 metros! Apesar do seu tamanho, é um verdadeiro charme e vale muito o passeio!



Praia de São Conrado

(*São Conrado Beach*)

Formerly called Praia da Gávea (Gávea Beach), nowadays is 1km long, starting at the end of Avenida Niemeyer and extending until São Conrado Tunnel. It is characterized by its white sand, and by the strong waves which are the biggest attraction for the region's surfers. It is a great place to extend the towel on the sand and spend a day of sun and sea. On the beach of São Conrado the landing of the paragliders. The ramp for the practice of hang gliding is located on Pedra Bonita.



RIO PRAIAS

Praia da Joatinga (*Joatinga Beach*)

Located in the West Zone of Rio, in the district of Joá, Joatinga Beach counts with only 300 meters long. Despite its size, the beach attracts due to its natural beauties. For those who seek tranquility and little movement, Joatinga is among the best carioca beach options. It is also ideal for practicing water sports, like bodyboard and kitesurf. To access it one must cross a gated community located on the Road of Joá. After crossing, there is a small path of stones, a perfect scenery for travel pictures. It is important to control the sea tide to verify if the chance to bathe is favorable!



RIO PRAIAS

Praia da Barra da Tijuca (*Barra da Tijuca Beach*)

Praia da Barra is the biggest beach in Rio de Janeiro. With approximately 18km, it has an extraordinary beauty, besides being an environmental preservation area, where it is possible to take an amazing tour in Reserva de Marapendi. In summer, the beach offers a bit of everything. Various sports practiced in the sea and on the sand, freshwater, tents and chairs for rent and several kiosks with music, good food and cold drinks. During the year, sea conditions vary, with days more prone to bathing and others only for surf practice. But the sand has extensive security, with 12 lifeguards posts, but anyway it is always good to be careful and check the conditions before enjoying it. On the rough days, red flags signal about the danger. In these days, besides enjoying the sand, a good option is walking along the sidewalk observing the movement and enjoying the view. Tired? The number of kiosks may be an excellent refuge for a little rest and drink icy coconut water.



RIO PRAIAS

Praia da Reserva *(Praia da Reserva Beach)*

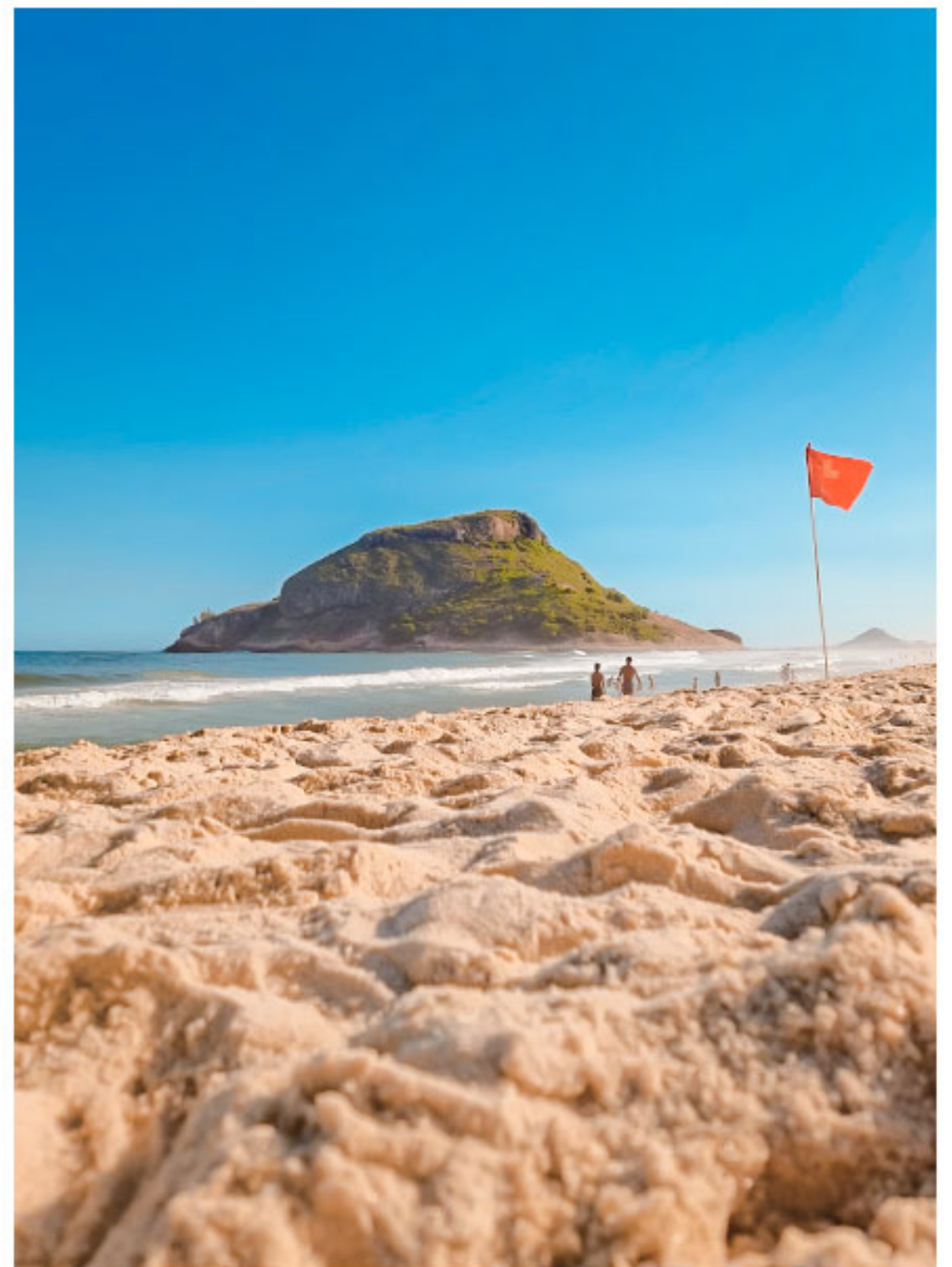
Praia da Reserva is located between Praia da Barra and Praia do Recreio. For surf lovers, this beach is perfect to catch high waves. It is also perfect for those who like to enjoy the sun in high style. A quiet beach, with several kiosks and tents on its edge. They are 8 km long, being one of the biggest in Rio. Praia da Reserva is also known as Praia da Reserva de Marapendi, due to its location around Marapendi Lagoon, that is much used to do sports like canoeing, sailing and rowing.



RIO PRAIAS

Praia do Recreio (*Recreio Beach*)

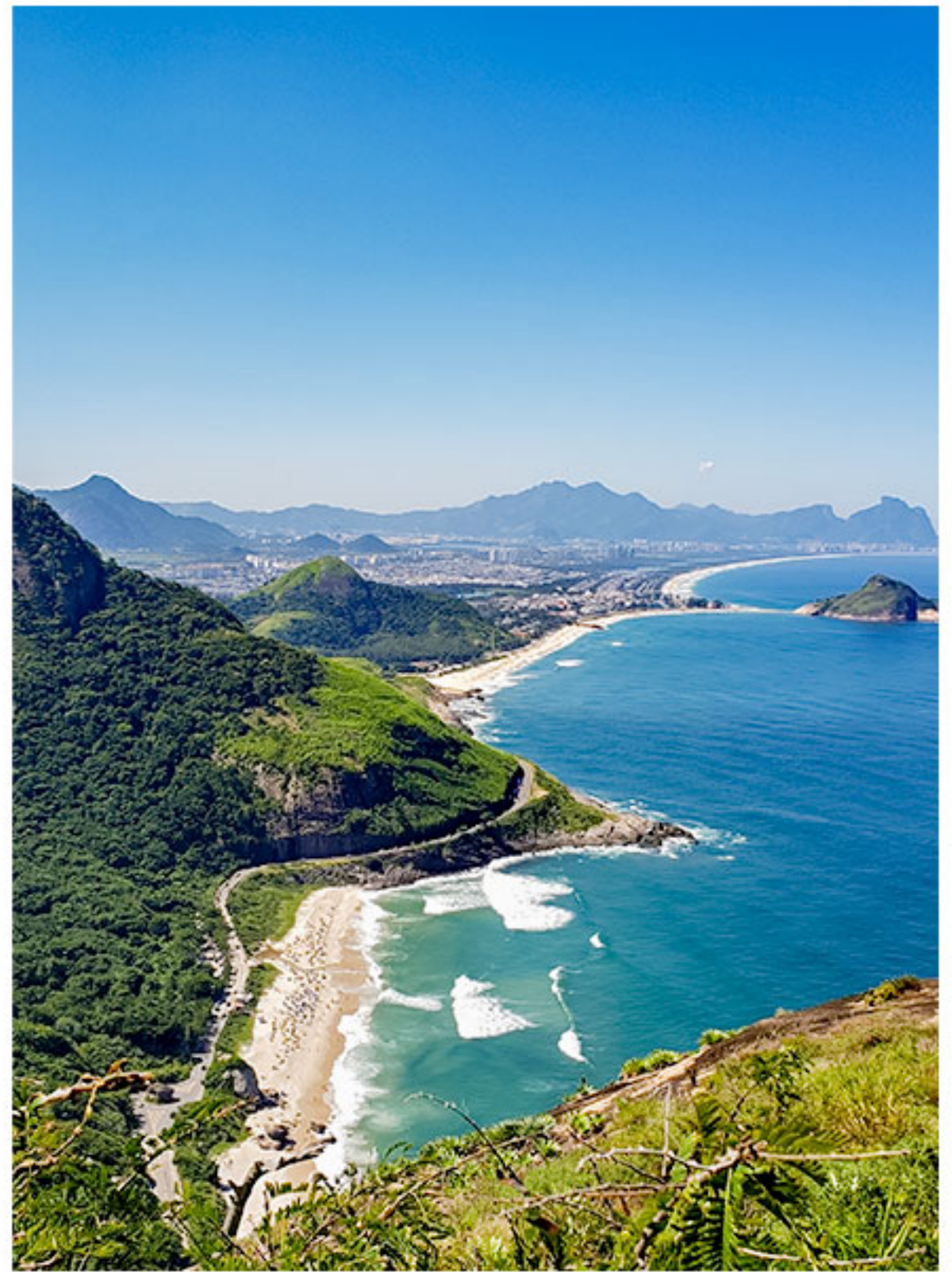
Praia do Recreio, in the district of Recreio dos Bandeirantes, in the west zone of the city, is a quiet beach and is perfect to drink icy coconut water! It is located after Praia da Reserva and is famous as a local point and international surf and bodyboard tournament headquarters. Its waters are clear and the sand soft and white, giving it the deserved fame of one of the most beautiful beaches of the region. In addition to the beach you will find the beautiful Pedra do Pontal, with its amazing view and also famous for Tim Maia's song (Do Leme ao Pontal) From Leme to Pontal. Pedra do Pontal is one of the favorite places for tourists and cariocas in Recreio. Its nature and location provide an ideal Instagramable scenario to take some incredible shots. From its top you can appreciate postcards of Rio, like Pedra da Gávea, Pedra Bonita, Floresta da Tijuca, Palmas Island and the Ecologic Park Chico Mendes.



RIO PRAIAS

Prainha (*Prainha Beach*)

Localizada no Recreio dos Bandeirantes e fazendo jus ao nome, a Prainha tem 700m, e é perfeita para quem gosta de surf. O local mescla entre ondas médias e altas e se torna um ambiente proporcional para a prática deste esporte. O espaço pertence ao Parque Natural Municipal da Prainha, que conta com uma área de 147 hectares. É famoso por suas águas limpas e pela extensa faixa de areia fofa. O clima tranquilo permite fugir da agitação urbana do Rio de Janeiro, o que o torna ideal para descansar sem precisar ir muito longe das áreas centrais da cidade.



RIO PRAIAS

Praia de Grumari (*Grumari Beach*)

Praia de Grumari is one of those dream beaches! Its access is exclusively by car and not very well known to tourists. On this beach you can enjoy the peace and tranquility in the midst of an immersion of nature, surrounded by hills and a deep green from the Atlantic Forest. Grumari beach makes you feel like you are on a wild beach and the visual is wonderful! Just like its neighbor Prainha, it also makes part of the natural reserve. That's why, no one lives nearby, but the village of Guaratiba is very close. Along the beach there are some kiosks and we highly recommend a post beach around the neighborhood to try some of the tasty seafood restaurants of the region!



Praias Selvagens

(*Wild Beaches*)

Along the trail of the region, you will come across with amazing and totally deserted beaches, known as the Wild Beaches of Rio de Janeiro. Here they are: Perigoso, do Meio, Funda and do Inferno. To get to the Perigoso beach it's about 50 minutes walk and until Inferno beach (the last one), about 3 hours. To carry out the trails, one recommends the use of sunscreen, light clothes, much water and an experienced guide. It is also recommended to do it in a group due to the isolation of the place.

