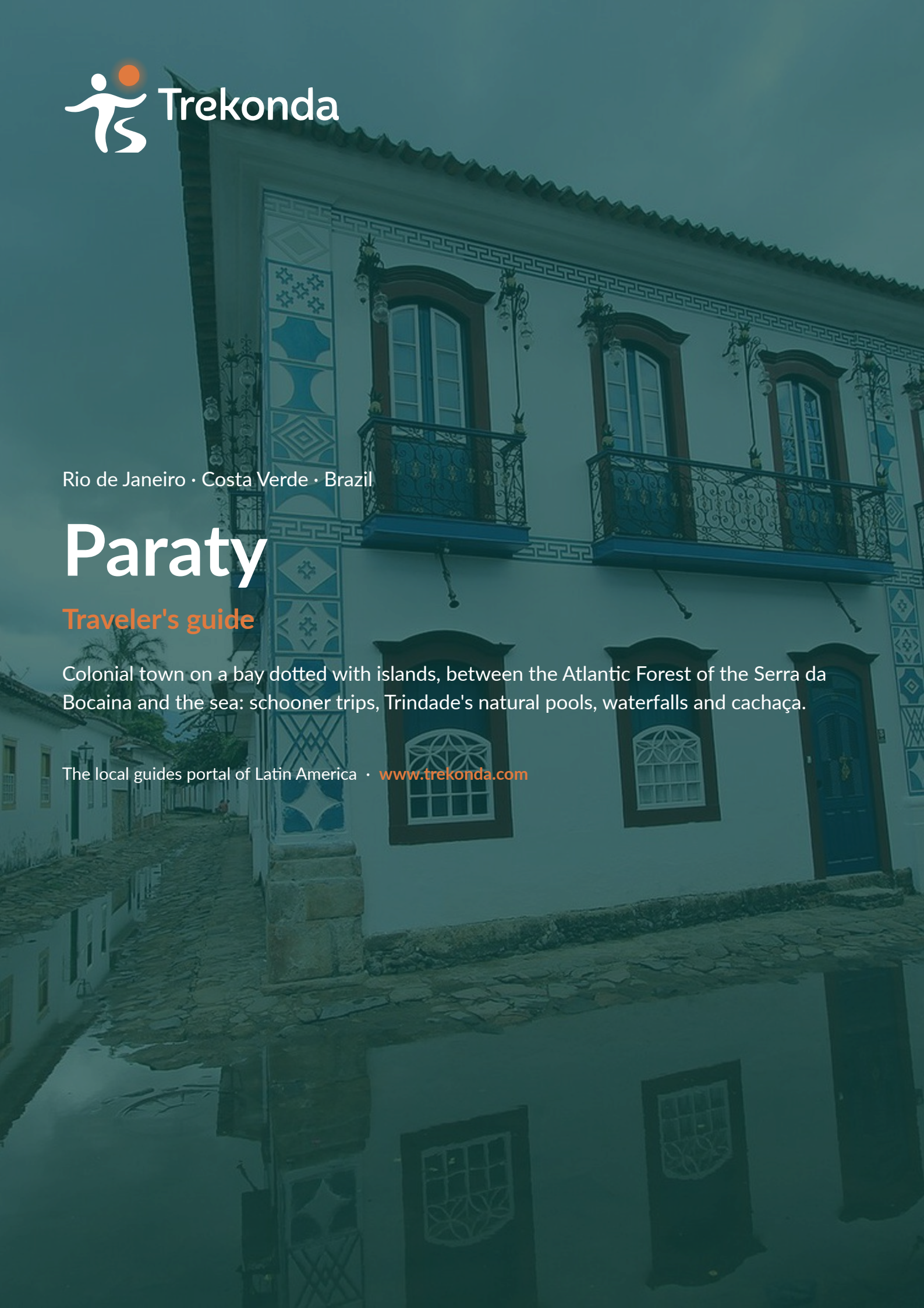


Trekonda

Rio de Janeiro · Costa Verde · Brazil

Paraty

Traveler's guide

Colonial town on a bay dotted with islands, between the Atlantic Forest of the Serra da Bocaina and the sea: schooner trips, Trindade's natural pools, waterfalls and cachaça.

The local guides portal of Latin America · www.trekonda.com

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Nature

Paraty stretches between the sea and the Serra da Bocaina, on the Costa Verde of Rio de Janeiro state. More than 80% of its territory is protected, including Serra da Bocaina National Park and the Cairuçu protected area, both covered in Atlantic Forest. The bay holds dozens of islands and beaches, many reachable only by boat. The historic centre, made a town in 1667, keeps stone streets that the sea floods at high tides around the full moon. Since 2019 it has been a UNESCO World Heritage Site together with Ilha Grande.



Activities

- Schooner trip around the bay, with swimming stops at islands and beaches; daily departures from the town pier
- Trindade, a former fishing village about 24 km from town: light-sand beaches and the Cachadaço natural pool, 30 to 40 min on foot from Praia do Meio or by boat
- Waterfalls by 4x4 jeep along the old Estrada Real: Pedra Branca and the natural rock slide of Tobogã with the Poço do Tarzan, next to the Penha church
- Cachaça distilleries, a tradition protected by a designation of origin since 2007; around 1820 the region had more than 150 of them
- Saco do Mamanguá, a narrow inlet between mountains, by kayak or boat from Paraty-Mirim, with a hike up the Pão de Açúcar do Mamanguá
- Kayaking through the mangroves from Praia do Pontal and walking a historic stretch of the Gold Trail in the Serra da Bocaina

When to go

The climate is tropical and humid. From December to March it is hot and rainier, especially in January, but it is the best time for swimming in the sea and the waterfalls. From June to August the days are drier and cooler, good for hiking. After heavy rain the waterfalls swell and some trails turn muddy, so check with the guides. The Brazilian summer and long weekends fill the town.

How to get there

The nearest airports are Galeão (GIG) and Santos Dumont (SDU) in Rio de Janeiro, about 250 km away on the BR-101 (Rio-Santos) highway: around 4 h by car and 4 h 20 to 5 h by bus from the Novo Rio terminal. From São Paulo (GRU, CGH) it is about 330 km, roughly 6 h by bus. Local buses link the town with Trindade and Paraty-Mirim.

Activities in this destination

Hiking & trekking · Volcano · Rafting & hydrospeed · Boat trips, canoe & kayak · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Local & indigenous culture · Nature & photography · Stargazing · Full-day excursions · Food & wine · Family & inclusive · Surfing & bodyboard · Sandboarding & dunes · Cycling & MTB · Climbing & mountaineering · Ice & glaciers · Kitesurfing & windsurfing · Diving & snorkelling · Wildlife & whale watching · City & walking tours · Birdwatching · Fly & sport fishing · Archaeology & ruins · Wine & wineries · Coffee & cocoa · 4x4 safari & overland

Experiences

No experiences published in Paraty yet Are you a guide here? Create your free profile and be the first to appear.

Guides

Are you a guide here? Create your free profile and be the first to appear.

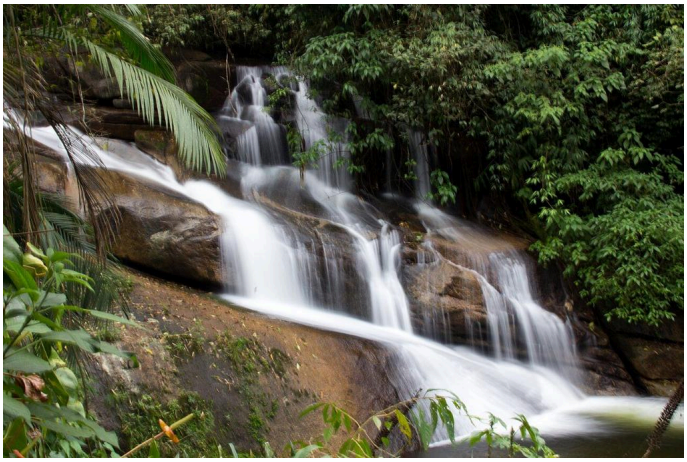
Photo gallery



Escuna en la bahía de Paraty · Deni Williams · CC BY 2.0 · Wikimedia Commons



Piscina natural del Cachadaço, Trindade · Daniel Kinzler · CC BY-SA 4.0 · Wikimedia Commons

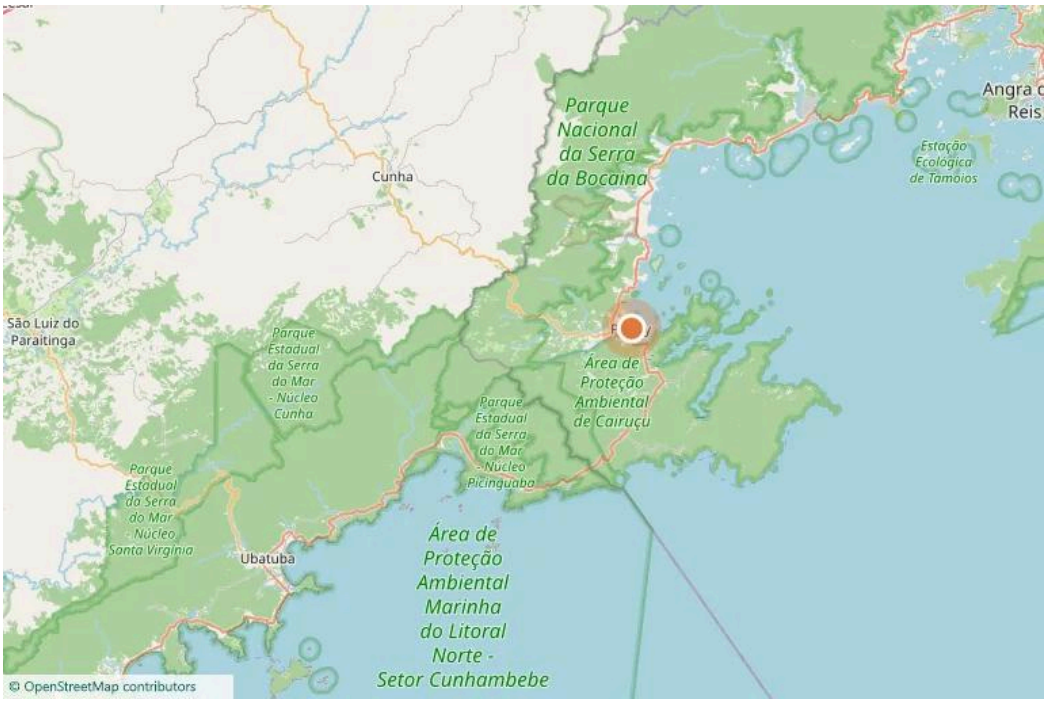


Cachoeira da Pedra Branca · Mike Peel · CC BY-SA 4.0 · Wikimedia Commons



Saco do Mamanguá desde el Pico do Mamanguá · Ygaray · CC BY-SA 3.0 · Wikimedia Commons

Map · Paraty



-23.2194, -44.7147 · Directions in Google Maps

How to book with a local guide

Choose your experience → Request your date → Experience Paraty

Send your request and the guide contacts you directly with availability and price.

https://www.trekonda.com/en/experiencias/paraty

Contact platform: each guide provides the service.