



Rio de Janeiro · Brazil

Rio de Janeiro

Traveler's guide

Sea-view hikes on Dois Irmãos and Pedra da Gávea, hang gliding from Pedra Bonita, surfing at Arpoador and the Tijuca rainforest inside the city.

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Nature

Rio de Janeiro is the only big city in the world with a rainforest inside it: Tijuca National Park, 40 km² of Atlantic forest with waterfalls, monkeys and toucans, surrounded by granite peaks that drop into the sea. Sugarloaf, Corcovado, Pedra da Gávea (842 m) and the Dois Irmãos offer trails overlooking bays, lagoons and white-sand beaches.



Activities

- Hikes to Dois Irmãos (from Vidigal), Pedra da Gávea, Pedra Bonita, Pico da Tijuca and Morro da Urca
- Tandem hang gliding and paragliding from Pedra Bonita, landing on São Conrado beach
- Surfing at Arpoador, Prainha and Grumari, stand-up paddle at Copacabana, climbing on Sugarloaf
- Cycling the seafront and Lagoa Rodrigo de Freitas, kayaking to the Cagarras islands, Tijuca Forest trails
- Favela tours with local guides, samba in Lapa, the Botanical Garden and carioca food

When to go

All year; May to October is cooler with clearer skies for the trails. December to March is intense summer with heavy showers and Carnival in February. Hang-gliding flights depend on the wind: mornings are best.

How to get there

Galeão international airport (GIG) is 20 km from the centre and Santos Dumont (SDU) is downtown for domestic flights. Metro and tram to Copacabana and Ipanema; buses and ride-hailing apps to reach the trailheads. Tijuca Forest, Pedra Bonita and Vista Chinesa are 30 to 40 minutes from the south zone.

Activities in this destination

Trekking · Volcano · Rafting & hydrospeed · Kayak, sailing & fishing · Hot springs · Zipline & tree climbing · Canyoning & rappelling · Paragliding · Horseback riding · Snow & snowshoeing · Mapuche 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

Experiences

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

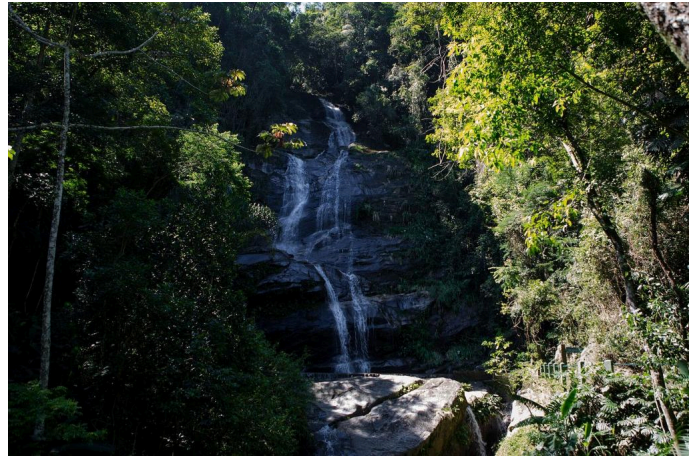
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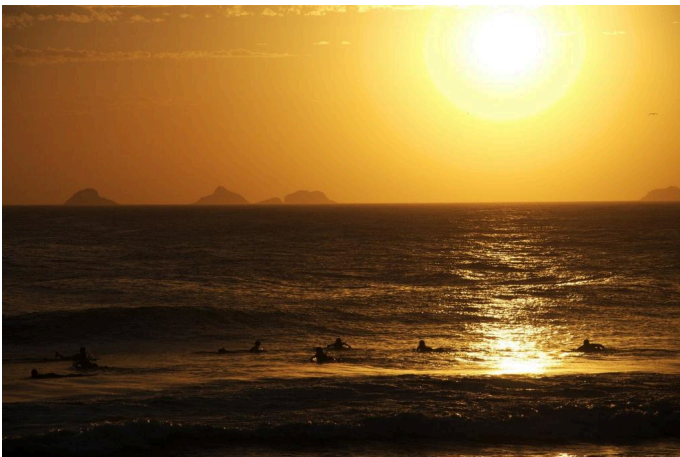
Photo gallery



Garganta do céu · Rafael Rabello de Barros · CC BY-SA 3.0 · Wikimedia Commons

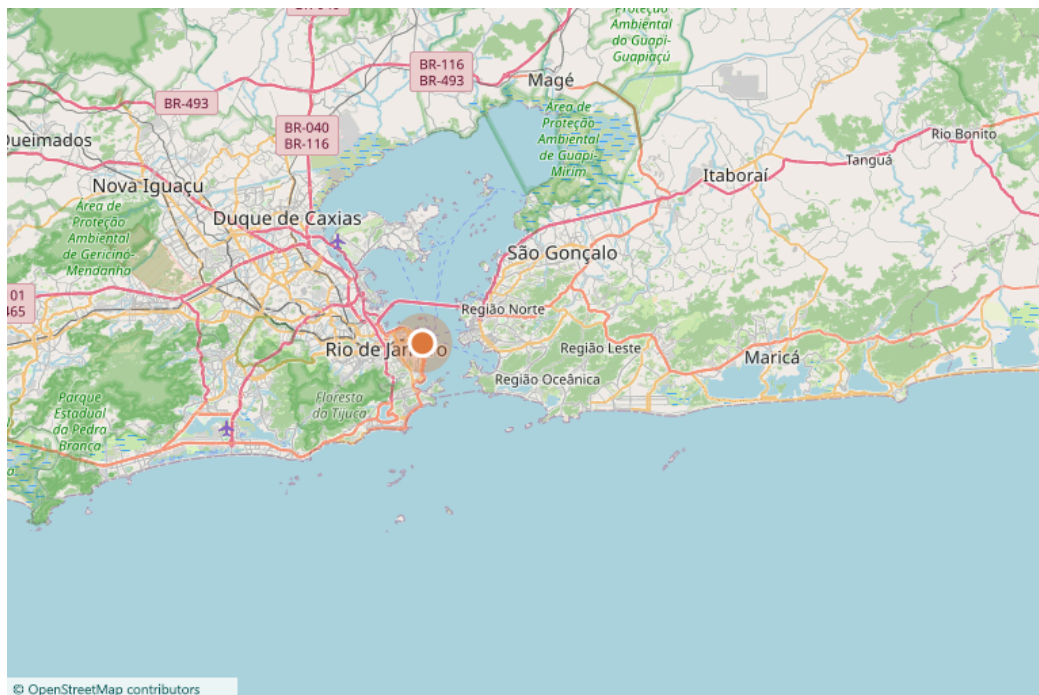


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Arpoador (67693251) · Flávio Amieiro · CC BY-SA 3.0 · Wikimedia Commons

Map · Rio de Janeiro



-22.9068, -43.1729 · [Directions in Google Maps](#)

How to book with a local guide

Choose your experience → Request your date → Experience Rio de Janeiro

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

<https://www.trekonda.com/en/experiencias/rio-de-janeiro>

Contact platform: each guide provides the service.