

XIIICOLAOB

RIO DE JANEIRO - BRAZIL - 26-29TH AUGUST 2025

XII Latin American Congress of Artificial Organs and Biomaterials (COLAOB 2025)
XII Congress of Latin American Society of Artificial Organs (COLASAO)



Tourist and Cultural
Attractions in Rio de Janeiro
Complete Guide for COLAOB Conference Attendees



Tourist and Cultural Attractions in Rio de Janeiro

Complete Guide for COLA OB Conference Attendees *Expanded Edition with Transport Instructions*

Context: This comprehensive guide has been prepared for attendees of the COLA OB conference at the Hilton Copacabana Hotel in Rio de Janeiro, Brazil. The audience includes young undergraduate students and international professors from universities in Japan, England, the United States, and other countries, with varying ages and financial backgrounds.

This expanded edition includes detailed transportation instructions from the Hilton Copacabana Hotel to each attraction, additional cultural venues, museums, nature viewpoints, and scenic areas. Each entry provides specific directions using public transport, taxi/Uber, and walking options.

Transportation Overview from Hilton Copacabana Hotel

Hotel Location: The Hilton Copacabana Hotel is located on Avenida Atlântica in Copacabana, directly on the beach. The nearest metro stations are:

- Cardeal Arcoverde (6-minute walk): Lines L1 (Orange) and L4 (Yellow)
- Siqueira Campos (9-minute walk): Lines L1 (Orange) and L4 (Yellow)

Main Transport Methods:

- Metro: R\$7,90 per trip, operates 5:00 AM - 12:30 AM (until 11:30 PM on Sundays)
- VLT (Light Rail): R\$4.70 per trip, connects downtown areas

- Uber/Taxi: Widely available, typical costs R\$15-50 depending on distance
- Bus: R\$4.70 per trip, extensive network but can be complex for tourists

Cultural Landmarks

Christ the Redeemer (Cristo Redentor)

Tickets must be purchased online in advance through the official website. On-site ticket availability is not guaranteed, especially during weekends and holidays.

Description: Giant 30m-tall Art Deco statue of Jesus Christ atop Corcovado Mountain, one of the New Seven Wonders of the World. Offers panoramic 360-degree views of Rio.

How to Get There from Hilton Copacabana:

Option 1 (Recommended): Walk 6 minutes to Cardeal Arcoverde metro station → Take Line L1 (Orange) direction Uruguai → Get off at Largo do Machado (5 stops) → Walk 5 minutes to van station → Take official van to Christ the Redeemer (R\$65-75)
 Option 2: Uber/Taxi directly to Cosme Velho train station (20 minutes, R\$25-35) → Take cog train to Christ (R\$65-75)
 Option 3 (Adventure): Uber/Taxi to Parque Lage (15 minutes) → Hike trail to Christ (2-3 hours, moderate difficulty)

Practical Information:

- Address: Parque Nacional da Tijuca - Alto da Boa Vista
- Website: <https://santuariocristoredentor.com.br>
- Hours: Daily 8:00 AM - 7:00 PM
- Price: R\$65-75 for train, R\$25 entrance if hiking
- Total Travel Time: 60-90 minutes each way

- Accessibility: Wheelchair accessible
- Payment: Credit cards, debit cards, PIX

Escadaria Selarón (Selarón Steps)

Description: Colorful mosaic stairway with over 2,000 tiles from 60+ countries, created by Chilean artist Jorge Selarón. 215 steps connecting Lapa and Santa Teresa neighborhoods.

How to Get There from Hilton Copacabana:

Option 1: Walk 6 minutes to Cardeal Arcoverde metro → Take Line L1 direction Uruguai → Get off at Cinelândia (7 stops, 15 minutes) → Walk 10 minutes to Escadaria Selarón

Option 2: Uber/Taxi directly to Rua Manuel Carneiro, Santa Teresa (20 minutes, R\$20-30)

Option 3: Combine with Santa Teresa tram - metro to Cinelândia → walk to tram station → take tram to Largo do Curvelo → walk 350m to steps

Practical Information:

- Address: R. Manuel Carneiro - Santa Teresa
- Hours: 24/7 accessible, best during daylight
- Price: Free
- Total Travel Time: 45-60 minutes each way
- Note: Limited accessibility due to 215 steps

Museums and Cultural Centers

Parque das Ruínas

Description: Cultural center built within the ruins of a Belle Époque mansion that belonged to socialite Laurinda Santos Lobo. Features panoramic views of Guanabara Bay, contemporary art exhibitions, and unique architecture blending ruins with modern glass and metal structures.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L1 to Cinelândia → Walk to Santa Teresa tram station → Take tram to Largo do Curvelo → Walk 350m to Parque das Ruínas

Option 2: Uber/Taxi directly to Rua Murinho Nobre, 169, Santa Teresa (25 minutes, R\$25-35)

Option 3: Metro to Cinelândia → Bus line 014 (Santa Teresa) → Walk from bus stop

Practical Information:

- Address: Rua Murinho Nobre, 169 - Santa Teresa
- Hours: Tuesday-Sunday 9:00 AM - 4:00 PM
- Price: Free
- Total Travel Time: 60-75 minutes each way
- Features: Theater, galleries, outdoor stage, café with city views
- Accessibility: Limited due to hillside location

Museu do Amanhã (Museum of Tomorrow)

Description: Designed by the Spanish architect Santiago Calatrava, this museum of applied science and technology, with its futuristic structure inspired by a bromeliad, is one of the main attractions of Rio de Janeiro's revitalized port area. It focuses on science, the challenges of the future, and how we can shape tomorrow.

How to Get There from Hilton Copacabana:

- Option 1 (Metro and VLT): Walk to the Cardeal Arcoverde metro station → Take Line L1 to Cinelândia → Transfer to the VLT (Light Rail Vehicle) at the Cinelândia stop → Take VLT Line 1 (blue) or Line 3 (orange) to the Praça Mauá stop. The museum is a short walk from there.
- Option 2 (Uber/Taxi): Take an Uber or taxi directly to Praça Mauá. The trip takes about 25 to 45 minutes, depending on traffic, and costs approximately R\$30-50.

Practical Information:

- Address: Praça Mauá, 1 - Centro, Rio de Janeiro
- Hours: Tuesday to Sunday, 10:00 AM to 6:00 PM (entry until 5:00 PM)
- Price: R30(full),R15 (half-price). Free on Tuesdays.
- Total Travel Time: Approximately 45-60 minutes, depending on waiting and traffic times.
- Website: <http://museudoamanha.org.br>

MAR - Museu de Arte do Rio (Rio Art Museum)

Description: Located in Praça Mauá, next to the Museum of Tomorrow, MAR is a unique architectural complex that integrates a historical building, the Palacete Dom João VI, with a modern structure, notable for its wavy roof. The museum is dedicated to Brazilian art, with exhibitions that explore the history of the city and local culture.

How to Get There from Hilton Copacabana:

- **Option 1 (Metro and VLT):** Walk to the **Cardeal Arcoverde** metro station → Take Line L1 to **Cinelândia** → Transfer to the VLT (Light Rail Vehicle) at the **Cinelândia** stop → Take VLT Line 1 (blue) or Line 3 (orange) to the **Parada dos Museus** or **Praça Mauá** stop. MAR is just a few meters from these stops.

- **Option 2 (Uber/Taxi):** Take an Uber or taxi directly to **Praça Mauá**. The museum is located very close to the Museum of Tomorrow. The trip takes about 25 to 45 minutes and costs approximately R\$30-50.

Practical Information:

- **Address:** Praça Mauá, 5 - Centro, Rio de Janeiro
- **Hours:** Tuesday to Sunday, 11:00 AM to 6:00 PM (entry until 5:30 PM)
- **Price:** R\$20(full), R\$10 (half-price). Free on Tuesdays.
- **Total Travel Time:** Approximately 45-60 minutes, depending on waiting and traffic times.
- **Website:** <http://www.museudeartedorio.org.br>

Museu de Arte Contemporânea de Niterói (MAC)

Description: Futuristic museum designed by Oscar Niemeyer, resembling a flying saucer. Houses one of Brazil's most important contemporary art collections (Sattamini Collection) with over 1,200 works. Offers 360-degree panoramic views of Rio from across Guanabara Bay.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L1 to Cinelândia → Walk to Praça XV ferry terminal → Take ferry to Niterói (20-minute scenic ride) → Bus line 47B to MAC or taxi/Uber (10 minutes)

Option 2: Uber/Taxi directly across Rio-Niterói Bridge (45-60 minutes, R\$60-90 depending on traffic)

Option 3: Metro to Cinelândia → VLT to Praça XV → Ferry to Niterói (most scenic route)

Practical Information:

- **Address:** Mirante da Boa Viagem, s/nº - Boa Viagem, Niterói
- **Hours:** Tuesday-Sunday 10:00 AM - 6:00 PM (entry until 5:30 PM), Patio: Daily

9:00 AM - 6:00 PM

- Price: R\$16 (full), R\$8 (half-price), Free for Niterói residents
- Ferry Cost: R\$7.50 each way
- Total Travel Time: 90-120 minutes each way
- Website: <http://www.macniteroi.com.br>
- Free entry on Wednesdays

Real Gabinete Português de Leitura

Description: One of the world's most beautiful libraries, regularly featured in international "most beautiful libraries" lists. Neo-Manueline architecture inspired by Jerónimos Monastery in Lisbon. Houses 350,000 volumes including first edition of "Os Lusíadas" (1572). Spectacular interior with ornate wooden shelves and magnificent chandelier.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L1 to Uruguaiana (6 stops, 12 minutes) → Walk 5 minutes to Rua Luís de Camões, 30

Option 2: Walk to Siqueira Campos metro → Take Line L1 to Presidente Vargas (5 stops) → Walk 8 minutes to library

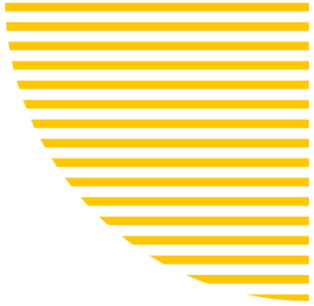

Option 3: Uber/Taxi directly to downtown (25 minutes, R\$25-35)

Practical Information:

- Address: Rua Luís de Camões, 30 - Centro
- Hours: Monday-Friday 10:00 AM - 5:00 PM (Closed weekends)
- Price: Free entry
- Total Travel Time: 35-45 minutes each way
- Note: Contemplative visit only, no handling of books
- Perfect for: Photography, architecture lovers, literature enthusiasts

Centro Cultural Banco do Brasil (CCBB)

Description: One of Brazil's most visited cultural centers, housed in a magnificent 1906 neoclassical building. Regularly ranks among world's top 100 most-visited



museums. Features art galleries, cinema, theater, and the historic Confeitaria Colombo café.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L1 to Carioca (6 stops, 12 minutes) → Walk 5 minutes to CCBB


Option 2: Walk to Cardeal Arcoverde metro → Take Line L1 to Cinelândia (7 stops) → Walk 8 minutes through downtown

Option 3: Combine with VLT - metro to Carioca → VLT to nearby stations

Practical Information:

- Address: R. Primeiro de Março, 66 - Centro
- Hours: Monday, Wednesday-Sunday 9:00 AM - 9:00 PM (Closed Tuesdays)
- Price: Free exhibitions (advance booking recommended)
- Total Travel Time: 40-50 minutes each way
- Website: bb.com.br/cultura
- Features: Historic Confeitaria Colombo, gift shop, multiple galleries

Casa França-Brasil



Description: Historic neoclassical building designed by Grandjean de Montigny in 1820 as Brazil's first stock exchange. Now a cultural center featuring contemporary art exhibitions, performances, and cultural events. Beautiful architecture with original claraboia (skylight) and impressive central hall.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L1 to Carioca → Walk 7 minutes to Rua Visconde de Itaboraí

Option 2: Metro to Cinelândia → Walk 5 minutes through historic downtown

Option 3: Combine with nearby attractions - walkable from CCBB and Confeitaria Colombo

Practical Information:

- Address: Rua Visconde de Itaboraí, 78 - Centro

- Hours: Tuesday-Sunday, varies by exhibition
- Price: Free entry
- Total Travel Time: 40-50 minutes each way
- Features: 700m² main hall, reading room, outdoor patio with Candelária Church views

Museu Nacional (Recently Reopened)

Description: Brazil's oldest scientific institution, reopened in July 2025 after devastating 2018 fire. Located in the former imperial palace, it houses the famous Bendegó meteorite, new whale skeleton, and recovered artifacts. Significant historical and scientific importance.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take Line L2 (Green) to São Cristóvão station → Walk 10 minutes through Quinta da Boa Vista park

Option 2: Uber/Taxi directly to Quinta da Boa Vista (45 minutes, R\$35-50)

Option 3: Metro to Central → Transfer to suburban train to São Cristóvão → Walk through park

Practical Information:

- Address: Quinta da Boa Vista, São Cristóvão
- Hours: Tuesday 10:00 AM, Wednesday-Friday 10:00 AM and 2:00 PM (timed entry)
- Price: Free (advance booking required via Sympla)
- Total Travel Time: 60-75 minutes each way
- Website: www.museunacional.ufrj.br
- Note: Limited reopening, full restoration by 2027

Nature Views and Scenic Areas

Vista Chinesa

Description: Chinese-style pagoda viewpoint at 380m above sea level in Tijuca National Park. Built 1902-1906 as homage to Chinese tea cultivators. Offers spectacular panoramic views of Christ the Redeemer, Sugarloaf, Lagoa Rodrigo de Freitas, Ipanema, Leblon, and Dois Irmãos mountains.

How to Get There from Hilton Copacabana:

Option 1: Walk to General Osório metro (15 minutes) → Take Line L4 to Jardim Botânico → Uber/Taxi up Estrada da Vista Chinesa (15 minutes, R\$20-25)

Option 2: Uber/Taxi directly from hotel (30 minutes, R\$35-50) - request driver to wait for return

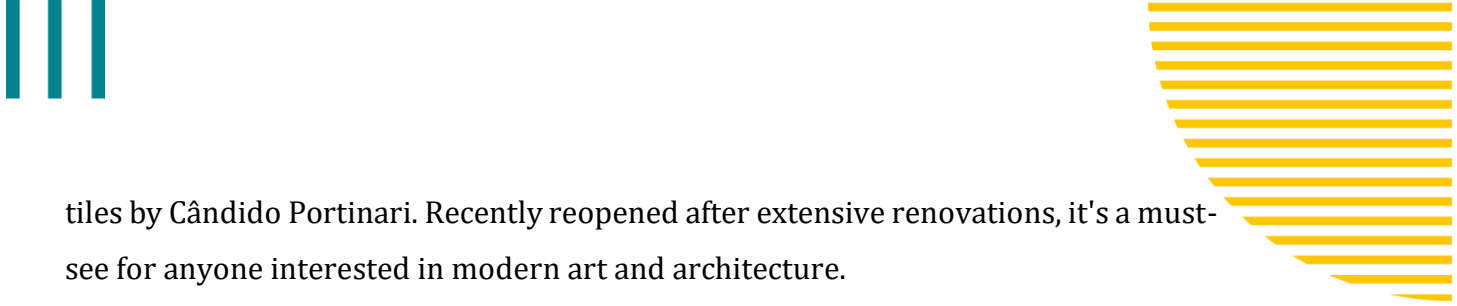
Option 3 (Weekends): Public transport to Jardim Botânico → Walk/cycle up (3km, 1 hour steep climb) - road closed to cars 7 AM-7 PM weekends

Practical Information:

- Location: Parque Nacional da Tijuca, Alto da Boa Vista
- Hours: Daily 8:00 AM - 5:00 PM
- Price: Free
- Total Travel Time: 45-60 minutes each way
- Best Time: Early morning or late afternoon for photos
- Combine with: Cachoeiras do Horto (waterfalls nearby)

Palácio Capanema (Gustavo Capanema Palace)

Description: A masterpiece of Brazilian Modernist architecture, the Palácio Capanema is a historic government building designed by a team of architects including Lúcio Costa, Oscar Niemeyer, and Roberto Burle Marx, with supervision from Le Corbusier. Its design features a striking "brise-soleil" (sunshade) facade, a rooftop garden by Burle Marx, and significant art installations, including murals and



tiles by Cândido Portinari. Recently reopened after extensive renovations, it's a must-see for anyone interested in modern art and architecture.

How to Get There from Hilton Copacabana:

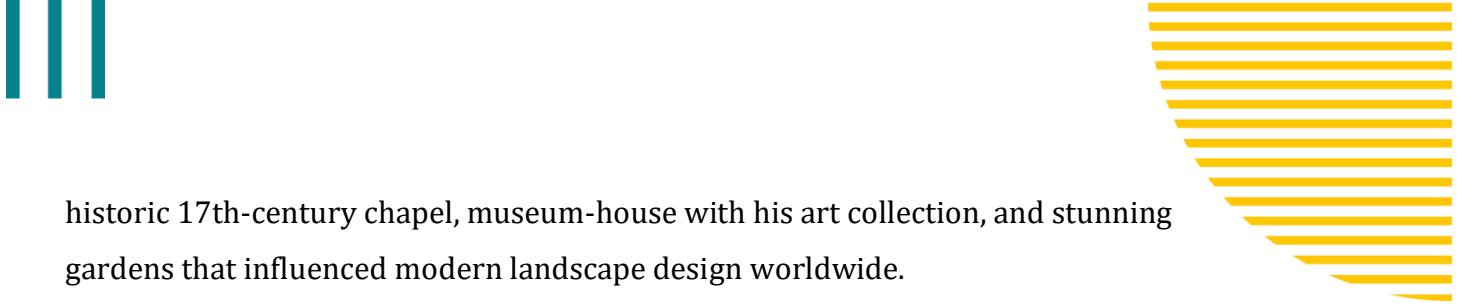
- **Option 1 (Metro):** Walk to the **Cardeal Arcoverde** metro station → Take Line L1 towards Uruguay to the **Carioca/Centro** station. The palace is a short 5 to 10-minute walk from there, located in the historic Centro district.
- **Option 2 (Uber/Taxi):** Take an Uber or taxi directly to the palace. The trip typically takes 20-40 minutes depending on traffic. The cost is approximately R\$25-45.

Practical Information:

- **Address:** Rua da Imprensa, 16 - Centro, Rio de Janeiro
- **Hours:** The palace has recently reopened, and specific visiting hours may vary. It's best to check the official website or a trusted source for the most current information. Guided tours are often available.
- **Price:** Check for specific ticket information, as prices and free entry days can change.
- **Total Travel Time:** Approximately 35-50 minutes, depending on the chosen route and traffic.
- **Website:** As it is a government building and not a traditional museum, it doesn't have a dedicated visitor website. You can find information through the **Ministry of Culture** website or by searching for "Palácio Capanema tours."

Sítio Roberto Burle Marx

Description: UNESCO World Heritage Site and former residence of renowned landscape architect Roberto Burle Marx. Features over 3,500 tropical plant species,



historic 17th-century chapel, museum-house with his art collection, and stunning gardens that influenced modern landscape design worldwide.


How to Get There from Hilton Copacabana:

Option 1: Uber/Taxi directly to Barra de Guaratiba (60-90 minutes, R\$80-120 depending on traffic) - recommended due to remote location

Option 2: Metro to General Osório → Bus to Barra da Tijuca → Local bus or taxi to Barra de Guaratiba

Option 3: Organized tour from hotel (check with concierge for tour operators)

Practical Information:

- Address: Estrada Roberto Burle Marx, 2019 - Barra de Guaratiba
 - Hours: Tuesday-Saturday, guided visits at specific times (advance booking required)
 - Price: Free (booking via IPHAN required)
 - Total Travel Time: 2-3 hours each way
 - Website: portal.iphan.gov.br
 - Note: Guided tours only, Portuguese/English available
 - Plan for: Half or full day trip
- 

Major Tourist Attractions

Sugarloaf Mountain (Pão de Açúcar)

We strongly recommend purchasing your tickets online beforehand at the official website to secure your preferred time slot and avoid long lines at the entrance.

Description: 396m-high granite monolith accessed by two-stage cable car system. Offers spectacular 360-degree views of Rio including Copacabana, Christ the Redeemer, and Guanabara Bay. One of Rio's most iconic attractions and closest major tourist site to your hotel.

How to Get There from Hilton Copacabana:

Option 1 (Easiest): Walk 15 minutes along beach to Praia Vermelha → Walk 5 minutes to cable car base station

Option 2: Walk to Cardeal Arcoverde metro → Take L1 to Botafogo → Walk 10 minutes to base station

Option 3: Uber/Taxi directly to Praia Vermelha base station (10 minutes, R\$15-20)

Practical Information:

- Address: Av. Pasteur, 520 - Urca
- Hours: Daily 8:00 AM - 10:00 PM
- Price: R\$110 regular (R\$99 online), children/seniors discounts available
- Total Travel Time: 20-30 minutes each way
- Website: bondinho.com.br
- Best Times: Sunset (5-6 PM) or early morning for fewer crowds

AquaRio

Description: South America's largest marine aquarium with 10,000 animals from 350 species. Features impressive main tank with underwater tunnel, interactive exhibits, and educational programs.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take L1 to Carioca → Transfer to VLT → Take VLT to Parada dos Navios → Walk 5 minutes

Option 2: Walk to Cardeal Arcoverde metro → Take L1 to Uruguaiana → Transfer to VLT → Take VLT to Parada dos Navios

Option 3: Uber/Taxi directly to Port area (30 minutes, R\$30-45)

Practical Information:

- Address: Praça Muhammad Ali - Via Binário do Porto, Gamboa
- Hours: Mon-Fri 9:00 AM - 5:00 PM, Weekends 9:00 AM - 6:00 PM
- Price: R\$80 (R\$60 Rio residents), R\$40 students/seniors
- Total Travel Time: 50-70 minutes each way
- Combine with: Museum of Tomorrow (MAR) nearby

Botanical Garden of Rio de Janeiro

Description: Historic 140-hectare garden with over 6,500 tropical species, famous palm avenues, orchid greenhouse, and wildlife including toucans and monkeys. Founded by Dom João VI in 1808.

How to Get There from Hilton Copacabana:

Option 1: Walk to General Osório metro (15 minutes) → Take L4 (Yellow) to Jardim Botânico → Walk 8 minutes to entrance

Option 2: Uber/Taxi directly (20 minutes, R\$20-30)

Option 3: Walk to General Osório → Bus lines to Jardim Botânico area

Practical Information:

- Address: R. Jardim Botânico, 1008 - Jardim Botânico
- Hours: Daily 8:00 AM - 5:00 PM
- Price: R\$40 Brazilians, R\$80 foreigners (as of 2025)
- Total Travel Time: 30-40 minutes each way
- Combine with: Parque Lage (5-minute walk)

Nearby Restaurants and Bars

This section provides a curated list of restaurants and bars near the Hilton Copacabana, organized by distance and including payment information and links when available. Ideal for conference attendees looking for meals, networking spots, or casual meetups.

| NAME | DISTANCE FROM HILTON | ADDRESS |
|--|----------------------|---------------------------------|
| Leme Light | ~0.1 km | Rua Gustavo Sampaio, 795 – Leme |
| Dantes | ~0.2 km | Av. N. Sra. de Copacabana, 86 |
| Mab's Restaurante e Bar | ~0.1 km | Av. Atlântica, 1140 |
| Companhia do Garfo | ~0.2 km | Av. Princesa Isabel, 214 |
| Shirley (Frutos do Mar) | ~0.3 km | Rua Gustavo Sampaio, 610/A |
| Pasta e Pallone | ~0.1 km | Av. Princesa Isabel, 82A |
| Joaquina | ~0.1 km | Av. Atlântica, 974 – Leme |
| Maguje | ~2 km | Rua Jardim Botânico, 1003 |
| Cafe Fleuri (no Hilton) | 0 km | Av. Atlântica, 1020 |
| Adega Pérola / Pavão Azul | ~1 km | Próx. à Siqueira Campos |
| Isabel Lounge (rooftop Hilton) | 0 km | Av. Atlântica, 1020 |
| El Born / Deck Lounge Bar | ~1 km | Rua Siqueira Campos |
| Bip Bip | ~1 km | Rua Siqueira Campos, 50 |
| Beco das Garrafas | ~1 km | Rua Duvivier – Copacabana |
| Bar Bukowski / Carioca da Gema / Rio Scenarium | ~6–8 km | Região da Lapa |
| Urca Grill | ~3.0 km | R. Mal. Cantuária, 10 |

Enhanced Transportation and Practical Tips

Rio Metro System Guide

Lines serving Copacabana area:

- L1 (Orange): Connects Copacabana to downtown, Tijuca, and airport
- L4 (Yellow): Connects Ipanema/Copacabana to Barra da Tijuca
- Operating Hours: Monday-Saturday 5:00 AM - 12:30 AM, Sunday 7:00 AM - 11:30 PM
- Cost: R\$7,90 per trip (Riocard required)
- Integration: Connects with VLT, buses, and some suburban trains

VLT (Light Rail) System Guide

VLT covers downtown cultural area:

- Line 1: Santos Dumont Airport ↔ Rodoviária (via downtown attractions)
- Line 2: Praça XV ↔ Rodoviária (via cultural sites)
- Cost: R\$4.70 per trip (Riocard required)
- Key Stops: Carioca (near CCB), Praça XV (ferries), Parada dos Navios (AquaRio/MAR)

Safety and Cultural Tips

Transportation Safety:

- Metro is generally safe during day; avoid late-night travel
- Uber/Taxi: Always verify license plate and driver photo
- Keep copies of hotel address in Portuguese for taxi drivers
- Downtown areas: Stay alert, especially evenings and weekends

Cultural Etiquette:

- Many museums free on Tuesdays/Sundays - expect crowds
- Brazilians are generally helpful with directions
- Learn basic Portuguese phrases: "Com licença" (excuse me), "Obrigado/a" (thank you)
- Tipping: 10% at restaurants, round up for taxis

Budget Planning by Activity Type

Free Activities:

- Beaches, Escadaria Selarón, many museums on free days, Parque das Ruínas
- Free museum days: Check individual websites

Low Cost (Under R\$50):

- Most museums, Botanical Garden, local transport, street food

Medium Cost (R\$50-150):

- Sugarloaf, AquaRio, Christ the Redeemer, restaurant meals

Higher Cost (R\$150+):

- Premium experiences, long-distance taxis, guided tours, Sítio Burle Marx transport

Time Management for Conference Attendees

Half-Day Options (3-4 hours):

- Nearby: Sugarloaf + Urca area
- Downtown: CCBP + Real Gabinete Português + Confeitaria Colombo
- Nature: Vista Chinesa + waterfalls

Full Day Options:



- Christ the Redeemer + Santa Teresa + Selarón Steps
- Niterói MAC + ferry ride + downtown return
- Botanical Garden + Parque Lage + Jardim Botânico area

Evening Activities:

- Santa Teresa dining and bars
- Copacabana beachfront restaurants
- Downtown cultural events (check CCBP schedule)

Pedra do Sal

Description: Historic rock formation in Saúde neighborhood, known as the birthplace of samba and center of "Little Africa" (Pequena África). UNESCO-recognized quilombo site where enslaved and freed Africans gathered, creating the



foundations of Brazilian samba, choro, and Candomblé traditions. Famous weekly samba circles continue the musical legacy.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take L1 (Orange) to Central → Walk 10 minutes through downtown to Saúde neighborhood

Option 2: Walk to Cardeal Arcoverde metro → Take L1 to Carioca → Transfer to VLT → Take VLT to Parada dos Navios → Walk 8 minutes

Option 3: Uber/Taxi directly to Rua Argemiro Bulcão, Saúde (30 minutes, R\$25-40)

Practical Information:

- Address: Rua Argemiro Bulcão - Saúde
- Hours: Friday-Monday from 6:00 PM (samba circles), site accessible 24/7
- Price: Free
- Total Travel Time: 45-60 minutes each way
- Best Time: Friday-Monday evenings for live samba (after 6 PM)
- Cultural Significance: Birthplace of samba, Afro-Brazilian heritage site
- Accessibility: Limited due to historic stone steps and uneven terrain
- Combine with: Nearby AquaRio, MAR, or downtown cultural sites

Religious and Architectural Sites

Catedral Metropolitana de São Sebastião

Description: Modern conical cathedral inaugurated in 1979, with unique pyramid-inspired architecture. Features 75m height, 106m diameter, and stunning stained glass windows reaching 64m high. Can accommodate 20,000 people standing. Dedicated to Saint Sebastian, patron saint of Rio de Janeiro.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take L1 (Orange) to Cinelândia (7 stops, 15 minutes) → Walk 8 minutes to cathedral

Option 2: Walk to Cardeal Arcoverde metro → Take L1 to Carioca (6 stops) → Walk 10 minutes through downtown

Option 3: Uber/Taxi directly to Centro near Lapa Arches (25 minutes, R\$25-35)

Practical Information:

- Address: Av. Chile, s/n - Centro (near Lapa Arches)
- Hours: Daily 7:00 AM - 5:00 PM
- Price: Free entry
- Total Travel Time: 40-50 minutes each way
- Accessibility: Wheelchair accessible entrance
- Features: Underground crypt, modern architecture, impressive stained glass
- Combine with: Nearby Arcos da Lapa, Santa Teresa tram, downtown cultural sites
- Note: Unique modern design unlike traditional churches

Museu Sacro Franciscano

Description: First sacred museum in Latin America, located atop Morro de Santo Antônio. Houses Brazil's most complete collection of sacred art, including baroque altars covered in gold leaf, religious artifacts, processional items from colonial Brazil, rare manuscripts, and historic cemetery. Adjacent to ornate Igreja da Ordem Terceira de São Francisco da Penitência.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take L1 to Carioca (6 stops, 12 minutes) → Walk 5 minutes up Morro de Santo Antônio (steep hill)

Option 2: Walk to Cardeal Arcoverde metro → Take L1 to Cinelândia → Walk 8 minutes including uphill climb

Option 3: Uber/Taxi to Largo da Carioca (25 minutes, R\$25-35) → Walk up hill to museum

Practical Information:

- Address: Largo da Carioca, s/n - Morro de Santo Antônio, Centro
- Hours: Tuesday-Friday 9:00 AM - 4:00 PM
- Price: R\$20 (R\$10 students/seniors)
- Total Travel Time: 40-50 minutes each way
- Guided Tours: Tuesdays 11:00 AM - 1:00 PM with Professor Gilson
- Phone: +55 21 99946-7759 (Carlos Pinheiro)
- Accessibility: Limited due to historic building and hilltop location
- Features: Gold-covered baroque church, sacred art collection, historic cemetery
- Note: Steep uphill walk required, wear comfortable shoes

Feira da Glória (Sunday Market)

Description: Rio's largest and most famous Sunday street market, recently declared Intangible Cultural Heritage of Rio de Janeiro state. Features over 150 stalls selling fresh produce, international cuisine, artisanal products, clothing, and crafts. Known for live samba circles (roda de samba) starting around 2 PM, creating a vibrant cultural experience combining food, music, and local atmosphere.

How to Get There from Hilton Copacabana:

Option 1: Walk to Cardeal Arcoverde metro → Take L1 to Glória (4 stops, 8 minutes) → Walk 3 minutes to Avenida Augusto Severo

Option 2: Walk to Siqueira Campos metro → Take L1 to Glória (3 stops) → Short walk to market

Option 3: Uber/Taxi directly to Glória neighborhood (15 minutes, R\$18-25)

Option 4: Walk along beach to Glória (30-35 minutes pleasant walk)

Practical Information:

- Address: Avenida Augusto Severo - Glória (Sundays only)
- Hours: Sundays 7:00 AM - 6:00 PM (samba starts ~2:00 PM)
- Price: Free entry (pay for food and products)
- Total Travel Time: 25-35 minutes each way
- Food Highlights: Venezuelan arepas, Nigerian cuisine, Brazilian specialties, fresh seafood
- Cultural Activity: Live samba performances, artisan demonstrations
- Best Time: Arrive morning (8-10 AM) for shopping, stay afternoon for music
- Accessibility: Street-level market, wheelchair accessible
- Payment: Cash preferred, some stalls accept cards
- Combine with: Nearby Museu da República, Glória neighborhood exploration

Special Sunday Itinerary: Feira da Glória Experience

Perfect Sunday Plan:

8:00 AM: Leave hotel for Feira da Glória

8:30 AM - 12:00 PM: Explore market stalls, try international foods, buy souvenirs

12:00 PM - 2:00 PM: Lunch at market (famous feijoada de frutos do mar at Barraca da Naná)

2:00 PM - 5:00 PM: Join samba circle, experience local music culture

5:00 PM: Return to hotel or continue to nearby Glória attractions

Total Cost: R\$50-100 per person (food and drinks)

Updated Practical Information

Cultural Site Combinations

Recommended Combinations:

- Afro-Brazilian Heritage Route: Pedra do Sal + Cais Valongo + downtown historic sites
- Religious Architecture Tour: Catedral Metropolitana + Museu Sacro Franciscano + nearby historic churches
- Downtown Cultural Day: CCBB + Real Gabinete Português + Casa França-Brasil + Museu Sacro Franciscano
- Sunday Experience: Feira da Glória + nearby Glória neighborhood attractions

Accessibility Notes for New Attractions

Accessibility Considerations:

- Pedra do Sal: Limited accessibility due to historic stone steps and uneven terrain
- Catedral Metropolitana: Fully wheelchair accessible with ramps and elevators
- Museu Sacro Franciscano: Limited accessibility due to hilltop location and historic stairs
- Feira da Glória: Street-level market, generally wheelchair accessible on main avenues

Updated Budget Information

Additional Costs:

- Pedra do Sal: Free (optional donations for musicians)
- Catedral Metropolitana: Free
- Museu Sacro Franciscano: R\$20 (R\$10 students/seniors)
- Feira da Glória: Free entry, food/products R\$10-50 per item

Transport to all four new attractions: R\$20-30 in metro fares or R\$80-150 in Uber/taxi

Special Considerations for Conference Attendees

Weekday Accessibility:

- Feira da Glória: Sundays only - perfect for weekend conference break
- Pedra do Sal: Best visited Friday-Monday evenings for samba circles
- Museu Sacro Franciscano: Tuesday-Friday only, closed weekends and Mondays
- Catedral Metropolitana: Daily access, good for any day

Cultural Sensitivity:

- Pedra do Sal: Important Afro-Brazilian heritage site - approach with respect for cultural significance
- Religious sites: Dress appropriately (covered shoulders, long pants/skirts)
- Samba circles: Visitors welcome but observe etiquette - ask before photographing performers
- Markets: Negotiate prices politely, basic Portuguese appreciated

Language Considerations:

- Museu Sacro Franciscano: Guided tours in Portuguese (English by arrangement)
- Feira da Glória: Mix of Portuguese, Spanish, English depending on vendors
- Pedra do Sal: Predominantly Portuguese, but welcoming atmosphere
- Useful phrases: "Quanto custa?" (How much?), "Posso fotografar?" (Can I take photos?)