

Cycle The Coast To Rio



Duration: 10 days

This exciting cycle challenge takes us along the beautiful coastline towards Brazil's most famous city, Rio de Janeiro. Undulating roads take us past hidden bays and fishing villages, with beautiful sandy beaches and blue sea to one side, and green mountain slopes thick with rainforest to the other. It is one of the most scenic cycling destinations you could hope for without climbing mountains!

Although most of the hills we encounter are fairly gentle, we have some long hot days in the saddle, and will be glad to reach Paraty, a beautiful small town tucked away at the end of the historic Gold Trail. After time to enjoy this little gem, we head to Rio, the most famous city in South America, where we have time to celebrate and explore.

DETAILED ITINERARY

Day 1: Depart London for São Paulo

Day 2: Arrive São Paulo – Guarujá

Arrive São Paulo, Brazil's largest city, and transfer straight to the coast. Guarujá is a popular coastal resort with lots of beach-front restaurants, giving you plenty of choice for lunch, and wonderful beaches, which we can enjoy this afternoon. We also ensure our bikes are comfortable and prepare our kit for tomorrow, before dinner and a full trip briefing. Night hotel. *(Lunch not included)*

Drive approx 1 hour

Day 3: Guarujá – Juquehy

After a good breakfast, we get our bikes and set off! Guarujá is set on one of the many small islands dotted along this stretch of coast, and we cross the short distance to the mainland by ferry. We then ride east along the coast, our roads quickly becoming quieter as we pass through the small town of Bertioga, with its white sandy beaches stretching into the distance. We can see the steep green slopes of the Serro do Mar Mountains rising inland. Atlantic Forest used to cover much of the continent, but it is now limited to these sea-facing slopes stretching along the east coast of South America. The forest is protected, and home to many endemic species, such as lion tamarins and woolly spider monkeys. As the day progresses the scenery becomes more impressive, with inspiring views of mountains inland and green islands off the coast. We cross several rivers which wind from their source up in the mountains through lush forest down to the sea. After a stretch that runs closer to the sea, we come to our pousada, within a stone's throw of a lovely white sandy beach. Night pousada.

Cycle approx. 5-6 hours / 85km

Day 4: Juquehy – São Sebastião

Today is a spectacularly beautiful day, as we ride towards the thickly forested mountain peaks ahead. . It's perhaps the most challenging day in terms of hills, but one of the shortest. After a flattish stretch along the coast, we start to climb, twisting through dense rainforest over a headland, with fabulous views over the lush green interior and blue sea. This is the toughest climb of the trip, gaining 350m elevation in around 3.5km. An exhilarating descent awaits us once over the top, and we continue on undulating roads to Maresias, a well-known surf beach. The mountains are situated much closer to the coast here, with thickly forested ridges jutting out into the sea; we ride over these unspoilt headlands, surrounded by lush vegetation – look out for macaws and other exotic birdlife. The road often emerges from the forests at small bays or villages with brightly-painted houses and red roof tiles. We finally come to São Sebastião, with lovely views across the water to Ilhabela. Night pousada.

Cycle approx. 5-6 hours / 50km

Day 5: São Sebastião – Maranduba

We set off through São Sebastião and head on to Caraguatatuba, a town spread out along its many beaches. Travelling by bike is a great way to get a feel for a culture, and these more populated areas give us a great insight into how people live in this part of Brazil. After the towns the terrain becomes hillier and wilder again, with the forest coming right to the edge of the roads again, and more headlands to cross. There are more hills today, though none of them as challenging as yesterday's climb. Towards the end of the day we have longer stretches riding next to the sea, and can enjoy the more open roads lined with palm-trees with views of the surf pounding on the white sands. Night pousada.

Cycle approx. 5-6 hours / 50km

Day 6: Maranduba – Picinguaba

Another scenic day beckons as we head northwest along the coast, cycling past small secluded bays hidden between headlands. We follow the coast around to the town of Ubatuba, which lies on the Tropic of Capricorn and is an international surf mecca, and then ride past more white sandy beaches with the green rolling hills in view as always. We are headed for Picinguaba, a conservation area which also preserves the way of life of the caiçaras, the

traditional inhabitants of this coastal area. We stay overnight in this protected area. Night shared bungalows / camp.

Cycle approx. 6-7 hours / 70km

Day 7: Picinguaba – Paraty

Today's ride is shorter, and takes us through dense tracts of rainforest as we cross an unspoilt peninsula to Paraty, forming a wonderful end to this very scenic cycle ride. The road is undulating and very beautiful, with a long, smooth, gradual weaving descent which is a real cycling highlight. As we approach Paraty we can see the wide curving bay, scattered with isolated beaches and green forested islands. Paraty itself is a beautiful colonial city with striking houses and churches; its wealth came from its position at the foot of the Gold Trail, a 1200km route which transported gold from mines far inland to Paraty and then via Rio de Janeiro to Portugal. It's a wonderful place to end our ride, and we should have plenty of time to explore its picturesque cobbled streets. We meet up again for dinner and celebrate our achievements this week. Night pousada.

Cycle approx. 3-4 hours / 40km

Day 8: Paraty – Rio de Janeiro

We have the morning free to enjoy Paraty before loading up and driving to the wonderful city of Rio de Janeiro. This iconic city is home to Carnival and the Maracanã football stadium, as well as world-famous beaches like Copacabana and Ipanema, and known for its larger-than-life party atmosphere and beautiful views. Night hotel. *(Dinner not included)*

Drive approx. 4 hours

Day 9: Free time Rio; depart

Today we have plenty of time to enjoy Rio. Highlights include the Corcovado – one of the new Seven Wonders of the World – where the statue of Christ the Redeemer towers high over the hills of the city, and Sugarloaf Mountain, with its famous cable car, which dominates the bay. Spend some time relaxing at one of the many beaches with a caipirinha, the national cocktail – watch the locals taking part in beach volleyball or capoeira, a graceful and fascinating blend of dance and martial arts which is a real symbol of Brazilian culture. We meet later to transfer to the airport. *(Lunch and Dinner not included)*

Day 10: Arrive London

WHAT'S INCLUDED

- All transport from London to Sao Paulo / Rio return
- All meals except where specified, and guesthouse/hotel accommodation
- Discover Adventure leaders/mechanics; doctor with a group of 15 or more participants; local guides & drivers
- Local support and back-up equipment

- Entrance to Reserves and any sites visited as part of the itinerary
- Bike with front suspension (Trek or equivalent)

WHAT'S EXCLUDED

- Any meals specified 'not included' in the itinerary
- Travel insurance
- Cycle helmet (compulsory)
- Personal spending money, souvenirs and drinks
- Tips for the local guides and support crew
- Inbound airport departure tax (no tax applied at time of writing)
- Fees for any optional sites, attractions and activities
- Airline taxes: we cap these so that £250.00 is the maximum you will pay
- Any applicable surcharges as per Terms and Conditions

GRADE | CHALLENGING (1)



Trip grades range from Challenging (1) to Extreme (5).

CHALLENGING trips involve full days of activity, and are designed to be challenging for those of good health and fitness, but are achievable for most people with a commitment to training and a can-do attitude.

See [Trip Grading Explained](#).



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Discover Adventure reserves the right to change the route or itinerary for safety reasons should local conditions dictate.

Please note: This document was downloaded on 14 Jul 2025, and the challenge is subject to change.