

BRAZIL 21 DAYS

Visiting the Modernist spaces that landscaped São Paulo and Rio de Janeiro, and the world’s vision, from the 1950s. Concrete, natural stones, wood, glass. Then, the lush gardens, the forest. And then, Alta Floresta, Mato Grosso, Amazonas. In a single word, abundance, aka generosity of people and nature.

Itinerary: São Paulo—Cuiabà—Alta Floresta—Teles Pires–Cristalino River—Rio de Janeiro
With Etel and Cristalino Lodge

SÃO PAULO
Modernist houses, cultural institutions and botanical gardens

PLACES TO VISIT
Instituto Tomie Ohtake
Casa de Vidro (Glass House), Morumbi
Casa Museu Zalszupin, Jardim América
SESC Pompéia
Faculty of Architecture and Urbanism at SAU, Edifício Vilanova Artigas, Butantã
Museum Lasar Segall, Vila Mariana
MASP Museu de Arte, Av. Paulista
Ibirapuera Complex (Bienal, Auditorio, Museu Afrobrasil, OCA, Pavilhão das Culturas Brasileiras, Japanese Pavilion), Parque Ibirapuera
Instituto Moreira Salles, Av. Paulista
Japan House, Av. Paulista

OUR FAVOURITES
(to eat, sleep, shop, rest)
Charco Restaurante, Jardim Paulista
Regent Park Suite Hotel, Jardim Paulista
Hotel Unique, Parque Ibirapuera
Jun Sakamoto, Japanese haute cuisine
Kan Suke, Sushi bar-Omakase, Paulista
Awake Health, SPA&Yoga, Jardim Paulista
Etel Design, Jardim América
A Casa do Porco Bar Restaurante

CRISTALINO RIVER
Alta Floresta, rainforest lodge and Amazon sanctuary

The southern Amazon is in a region of transition to the neighbouring biomes of the Pantanal and the Cerrado. It is home to a variety of mammals, including 9 species of monkeys, giant river otters, peccaries and tapirs, as well as nearly 600 species of birds. One of the largest forest reserves in the Amazon, the Cristalino Reserve covers more than 11,000 hectares, an area almost twice the size of Manhattan Island (NY), which are protected by the Lodge. This is why the forest is in such pristine condition and so rich in biodiversity. It all begins with the goal of forest conservation that

underpins the Cristalino concept and led to the partnership with the Cristalino Foundation, bringing the region a positive cycle of benefits, starting from an initiative to preserve the forest. The main aim of the Lodge is to promote conservation. One of Brazil’s few fully protected rivers, the Cristalino feeds the reserve with its pure crystal waters, welcoming bird lovers from all around the world for more than 30 years. Cristalino Lodge is the only leading hotel that provides observation towers overlooking the immense forest canopy and the creatures that inhabit it. It adopts sustainable architecture that values and respects nature. Special systems are used for the treatment of effluent and waste water, for solar water heating, solar energy, and the separation and recycling of waste, all geared to minimizing the impact of the lodge's activities. Through the Cristalino Foundation, for more than a decade, the Lodge has been a partner in performing cutting-edge scientific research, alongside some of the world’s leading universities and institutes.

WALKING IN THE FOREST. More than 30 km (19+ miles) of trails, many of them in terra firma forest, an ecosystem dating back thousands of years that is home to ancient trees.
WALKING UP to the Cristalino uplands, also known as *sierras*, some 450 metres above sea level, with their rich and distinctive ecosystem, where the vegetation sheds its leaves in the dry season.
OBSERVATION TOWERS. Both 50 metres tall, the towers are strategically located at different points within the reserve and offer stunning views of the Amazon, stretching away in all directions like a green carpet. Many species of birds and monkeys can only be seen from the towers.
CANOEING. While gliding silently along the river you can observe the activities of the various species of birds and monkeys and even tapirs and giant river otters.
Between the months of January and May (green season), you can canoe in the midst of a submerged flooded forest.

BIRDWATCHING. With nearly 600 cataloged species, the Cristalino reserves are home to dozens of endemic birds. Some have been scientifically described for the first time within the reserves. This fascinating activity creates a profound connection with the preservation areas.
AMAZONIAN CUISINE. A spontaneous blend of flavours from the Amazon. Everything is prepared to honour the authentic local cuisine. The dishes use the best forest ingredients, calling upon Brazilian influence and international techniques.

RIO DE JANEIRO
The city, the Atlantic forest and the sandy bays

PLACES TO VISIT
Jardim Botânico, Rio de Janeiro
Joatinga Beach, Joá
Sítio Roberto Burle Marx, Guatariiba
Parque Florestal-Bosque, Tijuca
Parque Estadual da Pedra Branca
Mangrove de Guatariiba
Sepetiba Bay

OUR FAVOURITES
(to eat, sleep, shop, rest)
Bar Lagoa, Ipanema, Est.1934
Nova Capela, Lapa-Centro, Est.1967
Rubayat, Jardim Botânico

Cliffside Boutique Hotel & Spa, Joatinga. Built in 1968 by architect Zanine Caldas, the estate sits on ocean-front cliffs, blending Brazilian colonial style and interlocking planes typical of the architecture of Japan. Known locally for its historic Bossa Nova gatherings of the late 1960’s.

