

tour.guide

THINGS TO TAKE ALONG

- ▶ camping gear including a light
- ▶ cooking gear
- ▶ mosquito coils [see camping tips]
- ▶ a couple of flares [see CN-2 cont.]
- ▶ rain gear [just in case]
- ▶ beach gear
- ▶ sunglasses and sunscreen
- ▶ fully loaded batteries [electricity is not always available]
- ▶ enough cash [no ATM's between Paranaguá and Ilha Comprida and locals will only accept cash. Bradesco bank does not charge a withdrawal fee]
- ▶ a bit of Portuguese, though some Spanish will help too.



THINGS TO THINK ABOUT

- ▶ check with local fishermen about tidal movements. They are more than happy to help.
- ▶ tap water is generally safe to drink in Brazil including on the islands, but if in doubt you can also purchase bottled water easily.
- ▶ food is readily available, though for longer stays on the islands it is advisable to stock up beforehand in Paranaguá. Ilha Comprida and Cananéia have decent supermarkets.

Biking Beaches in Brazil



Cycling in Brazil - a personal account - Curitiba to Miracatu [284km; 1175m]

I'm not going to lie to you. Pedalling along the average road in Brazil is anything but perfect: impatient drivers, kamikaze road stunts and way too much traffic. Deviating onto side tracks can be just as difficult: steep gradients, potholes and lots of loose dirt.

BUT, what Brazil does have are a few unique cycle routes unrivalled anywhere in the world. The following 285 kilometre trip via the Atlantic coast islands is one of the most memorable and diverse bike journeys we have made to date. Not only was the tranquil beauty of the surroundings impressive, but the Brazilian people lived up to their warm-hearted, curious and hospitable reputation too.

So, when cycling in Brazil, if the opportunity arises, stray from highway madness and the well-pedalled path and be rewarded with an unforgettable encounter with Brazilian tradition. The perfect loaded-bicycle adventure.

Secluded Atlantic rainforest where ferns brush your face and fiery pink bromeliads line your narrow path are just a couple of the treasure moments you'll get to experience while cycling one of Brazil's best kept touring secrets. You will see playful tucuxi dolphins, you may get a glimpse of the native black-faced lion tamarin and local life is certain to amble on as unpretentiously as it has done for centuries.

So, if you don't mind negotiating a boat or two with local fishermen, then here is your chance to feel just what it is like to pedal right next to breaking waves. Your perception of 'riding on sand' will be changed forever.

Not many loaded cyclists embark on this 'off the beaten bike-path' journey along the Brazilian coast. And it is no wonder with the lack of available information regarding this route. Hence this mini tour.guide.

Now, are you ready for a bit of island hopping?

CAMPING TIPS

Accommodation can be quite pricey in Brazil, but there is one way to keep this part of the travel budget down to a minimum. You just head straight to the nearest petrol station, where they are unlikely to refuse you a place for the night. Not only do you get to pitch your tent for free, but there will be running water, toilets and more importantly a shower with hot water as well. A restaurant and 24 hours security doesn't go astray either.

Another camping concept, known only in Brazil, is "camping by the local". In some towns there isn't an all-year-round campground, but there is someone's backyard acting as a legitimate campsite. Ranging from 5 to 15 reais per person, they are small areas, but with all the facilities for an overnight stay.

And while you are out there facing the Brazilian elements, you are definitely going to need a bit of protection against that camping killjoy: the mosquito. Again unique to Brazil, are the square mosi-coils made of cardboard. They are worth a mention, because not only are they unbelievably effective, but the coils don't break into little pieces like the conventional ones and if they get wet, simply dry them out and they will burn again like new. Available in all decent sized supermarkets. Look for the square, usually foil-covered, packaging.



Ale petrol station's excellent bathroom facilities about 12km before Paranaguá



Brazil's unique square mosi-coil

MONEY MATTERS

1.00 Euro = 2.40 Brazilian Reais [May 2010]

ACCOMMODATION & FOOD

Camping BRL 10-25 per person

Hostel: BRL 25+ per dorm bed

Budget Hotel/ Pousada: BRL 60-100 per double with bathroom

Café da manhã means breakfast and is usually included in the accommodation rate. You can expect fruit, bread, sliced cheese, sandwich ham, jam, butter, sometimes cake, coffee or tea and juice.

1.5L water = 1.40	plain biscuits 140g = 0.80
cup of coffee = 2.00	cheese = 10.00+ /kg
beer 600ml = 1.60+	bananas = 1.20 /kg
bread rolls = 3-5 /kg	tomato puree 140g = 0.80
pasta 500g = 1.10	cafe meal = 10-15.00
internet /hour = 2-5.00	med pizza = 10-15.00

Route map coastal route Paraná - São Paulo State, Brazil

Curitiba to Miracatu [285km; 1175m]

edition 1: November 2010



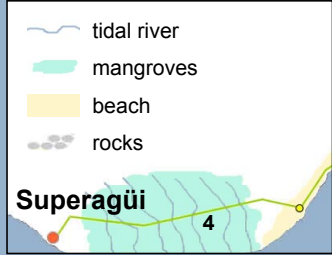
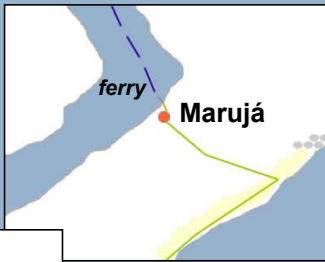
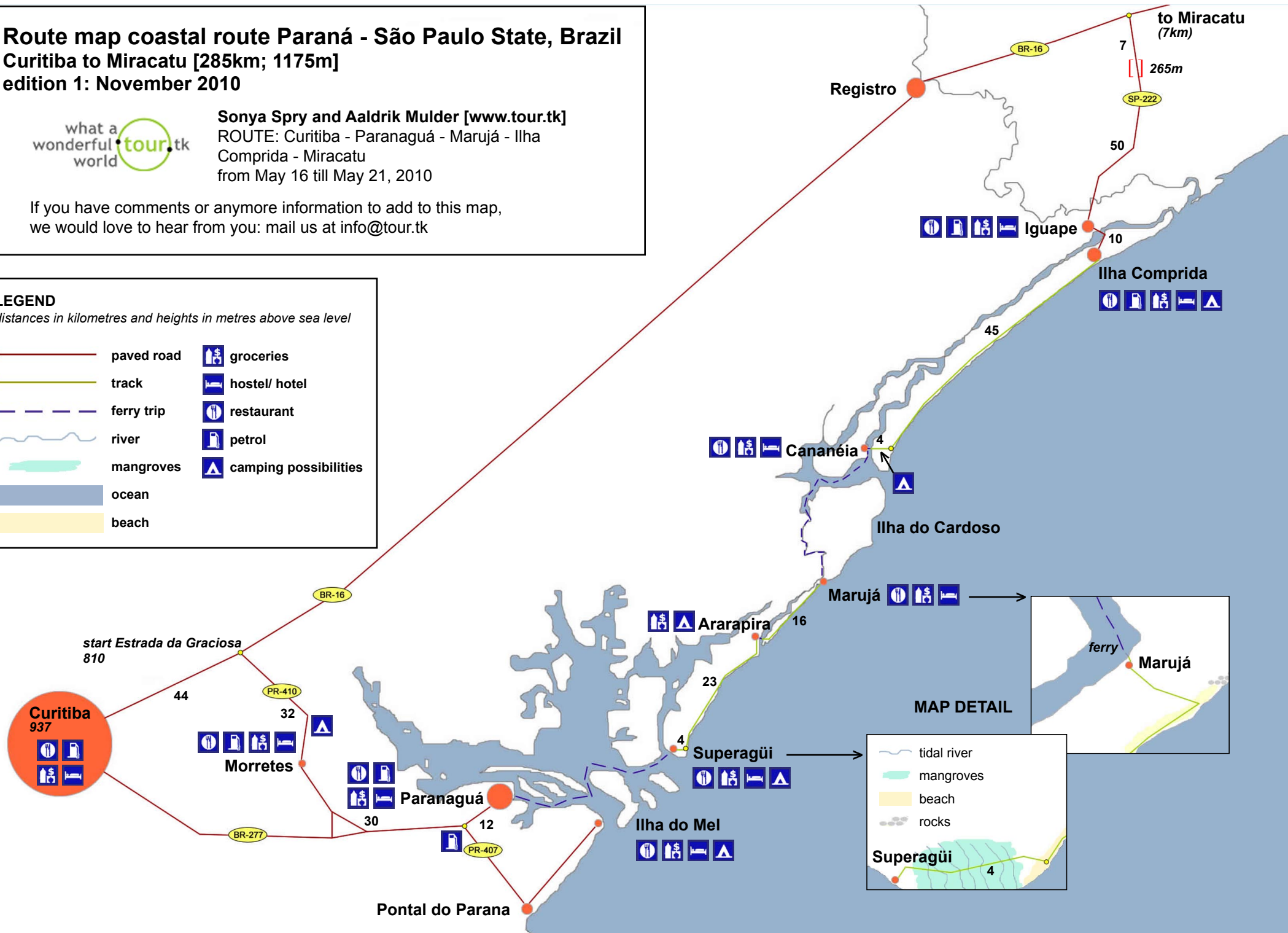
Sonya Spry and Aaldrik Mulder [www.tour.tk]
 ROUTE: Curitiba - Paranaguá - Marujá - Ilha Comprida - Miracatu
 from May 16 till May 21, 2010

If you have comments or anymore information to add to this map, we would love to hear from you: mail us at info@tour.tk

LEGEND

distances in kilometres and heights in metres above sea level

- | | | | |
|--|------------|--|-----------------------|
| | paved road | | groceries |
| | track | | hostel/ hotel |
| | ferry trip | | restaurant |
| | river | | petrol |
| | mangroves | | camping possibilities |
| | ocean | | |
| | beach | | |



Town / Village	Altitude (m)	Distance (km)	Altitude gain (m)	Distance (cumulative)	Altitude gain (cumulative)
Curitiba to turn-off Estrada de Graciosa	810	44	378	44	378
start downhill	872	5	130	49	508
finish downhill [CN-1]	15	10	-	59	508
Morretes (H/P)	17	17	2	76	510
Paranaguá (H/P)	5	42	107	118	617
Superagüi (H) *[1] by boat = R\$ 20 each	-	-	-	118	617
Ararapira (C) / [CN-2]	-	27	31	145	648
Marujá (H) / [CN-3] *[2] plus boat = R\$ 7.50 each	-	16	13	161	661
Cananéia (H/P) *[3] by ferry = R\$ 51 each	-	-	-	161	661
Ilha Comprida (H/C/P) [CN-4]	-	49	20	210	681
Iguape (H/P)	-	10	10	220	691
top climb [CN-5]	265	50	406	270	1097
enter highway BR116	31	7	30	277	1127
Miracatu	32	7	48	284	1175

(H) = accommodation (P) = petrol station (C) = campground [CN] = cycle notes *[1] = ferry/boat

[CN-1]

Downhill run on the Estrada da Graciosa is an initial 2 kilometres of bitumen followed by 8 kilometres of cobblestones.

A few official camping opportunities are available just before you reach Morretes. After that, camping of any sort is difficult and petrol stations are few and far between. The first one which we are able to camp at is 12 kilometres before Paranaguá.

*[1]

The *balsa* [ferry/boat] leaving for Superagüi can be found across the road from the Hostel International. There are no set departure times. We left at 2.00pm. You need to arrange your trip with the captain/fisherman himself. There was a little bit of negotiation to get him to take the bikes on board too, but not a real hassle. The trip took two hours and cost 20 reais per person (including the bikes). Boarding was really easy since we only had to wheel and then lift the loaded bikes down onto the boat. Getting heavily loaded bikes off onto the concrete step-ramp at Superagüi was a little more tricky.

[CN-2]

Cycling (loaded) from the village to the beach is only really achievable at low tide. There are seven tidal rivers which need to be crossed. Some are not deep, but a couple require lifting your bikes across by hand even when the water is at a minimum. All the bridges were in very bad condition or completely rotten.

The beach sand is amazingly firm and easy to cycle on. We could reach average speeds of 14+ kilometres per hour.

[CN-2] continued

Mangroves and fallen coastline just before Ararapira can obstruct your path, if the tide begins to rise. It is impossible to get you and a loaded bike up onto land. We had to unload bikes and struggle piece by piece through mangroves which ended up being like something out of an episode of Expedition Robinson (minus the tv cameras and machetes of course). Watch out for mangrove roots close to the sea. They are covered with sharp barnacles.

We had been told by friends to take some flares with us to catch the attention of fishermen when wanting to ferry from one island to another. You can apparently purchase these in hardware stores. In the situation of fast rising tides, a strong possibility in these parts, you could also use them as a distress signal. We later learned from locals, that they often wave bright coloured clothing when they want a boat ride. Fishermen come and pick you up for a fee, though this time we were lucky enough to get through in time.

We camped at Camping Das Palmeiras which is on a local fisherman's property for 5 reais each.

*[2]

The very short boat trip across the inlet bay from Ararapira to Ilha do Cardoso was organised by the owner of our camping spot and cost 7.50 reais each. The journey was no more than a few minutes long.

[CN-3]

Sensational white-sand pedalling for 16 kilometres on the east side of Ilha do Cardoso. Just before the bluff / rocks blocking any further progress, there is a path leading to west side of the island and the village of Marujá.

There are camping possibilities and trekking routes on the island should you want to spend more time there.

*[3]

The ferry boat from Marujá to Cananéia leaves from a small pier about 100 metres north of the posadas and cafes. When we were there it departed at 1.30pm and cost a ridiculous 51.00 reais each. [Locals pay just 5.10 reais]. It takes about 2½ hours to sail through the pristine mangrove lined islands with plenty of tucuxi dolphin activity to reach the colourful fishing village of Cananéia. From here you need to take the hourly punt to Ilha Comprida. This is a free five minute crossing.

[CN-4]

Ilha Comprida has 45 kilometres of 'close to the surf' highway for all traffic. There are plenty of inlets to cross, but none are difficult at low tide. The town of Ilha Comprida has a decent sized supermarket and several campgrounds, though finding one open in June is nearly impossible. We pitched at Camping Dona Lourdes (a local's backyard) on the way out of town.

[CN-5]

You can either enter Iguape via a ferry/punt or by crossing the bridge. After leaving the town, there are consistently arduous climbs on very bad road with non-existent shoulders for the 57 kilometre stretch leading from Iguape to the BR116. A long hard descend with very harsh gradients will take you to the top climb of the day (265m), just 7 kilometres before you hit the highway.



fallen mangrove trees obstruct parts of the coast



camping at an Ale petrol station 12 kilometres before Paranaguá



bikes adding to the ballast on the way to Superagüi



difficult manoeuvre at Superagüi jetty



one of the better bridge crossings



crossing tidal river



camping at a local fisherman's in Ararapira



our ferry boat from Ararapira to Ilha Carcoso



a local's camping Dona Lourdes on the outskirts of Comprida

CREDITS AND USAGE

Should you find something to be incorrect or if you have something new to add to this bike touring resource, then we welcome your comments and constructive corrections. Naturally, any detailed additions will be accredited with your name and website link in this work.

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LINK: <http://www.tour.tk/pdf/biking-beaches-in-brazil.pdf>



RELATED LINKS TO HELP PLAN YOUR TRIP

INSPIRATION: [Embassy of Brazil in London](#) for the glossy 48 page [Tourist Office Brochure](#) [pdf]

LANGUAGE: [Sonia-Portuguese](#): a Portuguese language site with easy referenced phrases

ACCOMMODATION

Marujá: list of camping options in and around Ilha do Cardoso region. (portuguese)

Superagui-travel: general info plus available accommodation on Superagüi (portuguese)

Pousada Superagui : Hostel international website with accommodation and general info (english)

Guia da Ilha Comprida: general info plus available accommodation on Ilha Comprida (portuguese)

Ilha do Mel Preserve: accommodation link portal in and around Ilha do Mel, Paranaguá and Superagüi

For bigger cities try [Warmshowers.org](#), [CouchSurfing](#) or [The Hospitality Club](#)