

Welcome to Rio de Janeiro

AMISA Participants Guide – Barra da Tijuca

Welcome! We are delighted to have you in Rio de Janeiro. This guide has been thoughtfully prepared to help you enjoy your stay in the vibrant and beautiful area of Barra da Tijuca — known for its beaches, modern infrastructure, and relaxed atmosphere.

Beaches & Nature

Praia da Reserva

A pristine and quieter beach, perfect for morning walks, relaxation, or enjoying a stunning sunset.

Parque Natural Municipal de Marapendi

A peaceful natural reserve ideal for light walks and experiencing local flora and fauna.

Campo Olímpico de Golfe

A legacy of the Olympic Games, offering a unique setting for visits or introductory golf experiences.

Cultural Experience

Museu do Pontal

One of Brazil's most important museums of folk art — a highly recommended cultural experience for visitors.

Shopping & Social Spaces

VillageMall

An upscale shopping destination with excellent dining options — ideal for group dinners and informal meetings.

BarraShopping

One of the largest shopping centers in Latin America, offering a wide variety of stores and restaurants.

Via Parque Shopping

A more relaxed mall with cafés and casual dining options.

Dining Recommendations

Casa Tua Barra

Elegant Italian cuisine — ideal for formal dinners and special gatherings.

Corrientes 348

A renowned Argentine steakhouse, perfect for group dining.

Hollandaise

A refined option for brunch or light lunch.

Braseiro da Praia

A relaxed beachfront restaurant offering authentic Brazilian flavors.

Suggested Experiences

- Enjoy a sunset gathering at Praia da Reserva
 - Plan a group dinner at VillageMall
 - Combine a cultural visit (Museu do Pontal) with lunch
 - Take a nature walk in Marapendi Park
 - Optional: organize a boat ride in the Marapendi lagoon
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Getting Around

All recommended locations are within **5–15 minutes** of most hotels in Barra da Tijuca.

Recommended transport options:

- Private vans (for groups)
 - Uber
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Final Tips

- Barra da Tijuca is a safe and modern area, ideal for walking and short rides
- Sunscreen and light clothing are recommended year-round
- Tipping is usually included in restaurant bills (10%)

We hope you have a wonderful stay and enjoy the best of Rio!