# Seven days, a city in layers

**Seven days / Rio de Janeiro / 7 stops**

A week of forest, Centro, the Republic, Little Africa, art, Niterói and a listening Sunday. One main route each day, with bookings and breathing room.

1 2 3 4 5 6 7

**Day 1**

## Monday / Alto da Boa Vista: forest without a long hike

4h-5h including return to the gate

Choose a dry day; in rain, switch to Ipanema with the restaurant confirmed.

https://rioemcamadas.com/guias-curtos/floresta-alto-boa-vista-en.pdf

**Day 2**

## Tuesday / Historic Centro in one day

6-6½ hours

Books and historic Centro; confirm interiors and keep the meal break.

https://rioemcamadas.com/guias-curtos/centro-historico-um-dia-en.pdf

**Day 3**

## Wednesday / Cinelândia and the Republic

6h-6h 30

Book the Library at 11 am; continue to Catete by metro.

https://rioemcamadas.com/guias-curtos/cinelandia-catete-curto-en.pdf

**Day 4**

## Thursday / Little Africa, time to listen

4h 30-5h

Confirm IPN; MAR opens this day under its published schedule.

https://rioemcamadas.com/guias-curtos/pequena-africa-meio-dia-en.pdf

**Day 5**

## Friday / Centro: art on foot from Saara to Rosário

6½-7 hours

Confirm Proeza and exhibitions; the route starts 10 am and Gentil opens at noon.

https://rioemcamadas.com/guias-curtos/arte-centro-a-pe-en.pdf

**Day 6**

## Saturday / Boa Viagem: art and waterfront

5-6 h in Niterói; ferry and transfers extra

Allow time for ferries and confirm island access; weather may change the visit.

https://rioemcamadas.com/guias-curtos/niteroi-boa-viagem-meio-dia-en.pdf

**Day 7**

## Sunday / Sunday Gregorian liturgy at São Bento

4h-4h 30

Choose São Bento Mass or replace it with Glória; do not combine both.

https://rioemcamadas.com/guias-curtos/domingo-sao-bento-en.pdf

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## Before you go

Suggested sequence beginning on Monday. Reorder for weather and bookings; weekdays reflect published hours, not guaranteed opening.

## Alternative / Day 1

Ipanema: bossa nova and a meal - https://rioemcamadas.com/guia/ipanema-bossa-caminhada?lang=en

## Alternative / Day 7

Sunday sung Mass at Glória - https://rioemcamadas.com/guia/domingo-gloria-lapa?lang=en

## Open, save and share

The online edition brings together updates and makes this route easy to share.

https://rioemcamadas.com/sete-dias?lang=en

Guide generated: 2026-11-12 / An independent editorial itinerary. Confirm opening, bookings and access before leaving.