



ITINERARY: SANTO ALEIXO

Mountaineering and Forest Tourism

DURATION: 1 DAY



Starting in the **historic center of Santo Aleixo**, one of the most forested regions in Rio de Janeiro



Hike through **rural roads** and densely **wooded trails**.

Stops at sustainable inns and restaurants, such as:

- **Recanto do Bosque** – Camping and natural pool.
- **Quebra Galho Bar** – Rural accommodation.



Visit to **Pau-d'Alho**, the tree symbol of environmental conservation in the region.



Mirante Sapezão, with a panoramic view of Guanabara Bay and the Serra dos Órgãos mountains.

WATERFALLS



Monjolos (popular but impacted by uncontrolled tourist).



Pegada do Gigante a waterfall and bathing pool shaped like the foot of a giant (more remote and preserved).

Ending at **El Nagual, ecovila** an ecovillage that promotes agroecology and regenerative cuisine.

Extensão Opcional:

Visit to **Camping da Coruja**, with birdwatching (150 identified species).

Hiking to **Morro da Coruja Mirim** (5h, advanced level).



Santo Aleixo Itinerary

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Context

Santo Aleixo, the second district of Magé, developed throughout the 19th century, becoming one of Brazil's pioneering industrial hubs. The region was home to one of the country's first textile factories, Fábrica de Tecidos Santo Aleixo, founded in 1847 by Portuguese entrepreneurs. This factory was one of the most important in Brazil, significantly contributing to the district's economic growth by creating jobs and driving urbanization.

Santo Aleixo has a past shaped by industrialization and a present increasingly focused on sustainable tourism and environmental conservation. Its history reflects Brazil's economic transformations, transitioning from an industrial center to an emerging ecotourism destination, where natural wealth and preservation have become its greatest attractions.



1

EL NAGUAL ECOVILLAGE



El Nagual, as an ecological center, with extensive opportunities for educational tourism focused on sustainability.

Visitors can take part in hands-on activities such as permaculture, bioconstruction, and regenerative cuisine. With its emphasis on sustainable living and environmental education, the space is ideal for experiential learning, attracting tourists, schools, and institutions interested in environmental sustainability.

2

CAMPING DA CORUJA



Camping da Coruja, located in the Buffer Zone of the Serra dos Órgãos National Park, is renowned for birdwatching and biodiversity monitoring, offering unique opportunities for researchers and students to study the region's ecosystems. However, this place is for all who enjoy being in nature.

Additionally, it features a rustic camping area, adventure tourism trails, and fully preserved natural pools and waterfalls.

3

MIRANTE SAPEZÃO



Mirante Sapezão, located in the buffer zone of PARNASO, is part of a private property that promotes research in partnership with FIOCRUZ and Camping da Coruja.

It offers a panoramic view of Guanabara Bay and the Serra dos Órgãos mountain range.

4

ÁRVORE OCA



Pau-d'Alho (*Gallesia integrifolia*), a symbolic tree in the region's environmental history, marks the transition between secondary and primary forests, illustrating the area's ecological transformation.

After visiting the Pau-d'Alho, hikers continue to Mirante Sapezão, which offers breathtaking views of Guanabara Bay and the Serra dos Órgãos mountain range.

3

CACHOEIRA MONJOLOS



OPPORTUNITIES

-  Research Tourism and Academic Ecotourism.
-  Educational focus on permaculture and agroecology.
-  Adventure trails for experienced trekkers.

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