

Hospitality

All about the stay, spaces, and
activities on campus

Sinal do Vale

MATA ATLÂNTICA-BRASIL



Sinal do Vale

is a 200-hectare campus where various initiatives converge, addressing the expansion of a regenerative economy in our bioregion. As such, we constantly welcome visiting groups from companies, non-profit organizations, students, and impact networks who choose our campus as their meeting place. In this document, you can find information about staying at SINAL.



Infrastructure

Our houses, facilities, recreational and meeting spaces.



The Living Lab

The nature-based solutions we have on campus: the mandala garden, the chicken village, the jackfruit processing factory, the agroforests, and more.



Regenerative Cuisine

Our gastronomy: vegan and vegetarian cuisine, prepared from our own harvests.



Trails and outdoor areas

Several trails with varying lengths. The highest point of SINAL allows a 360° view of Guanabara Bay and the Serra do Mar.

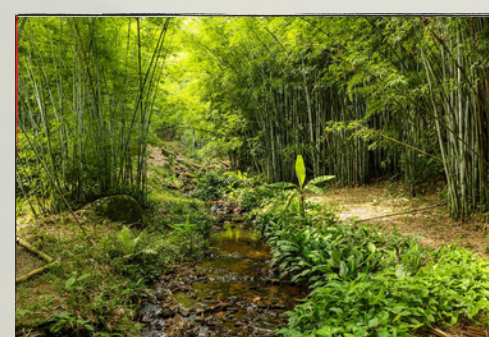
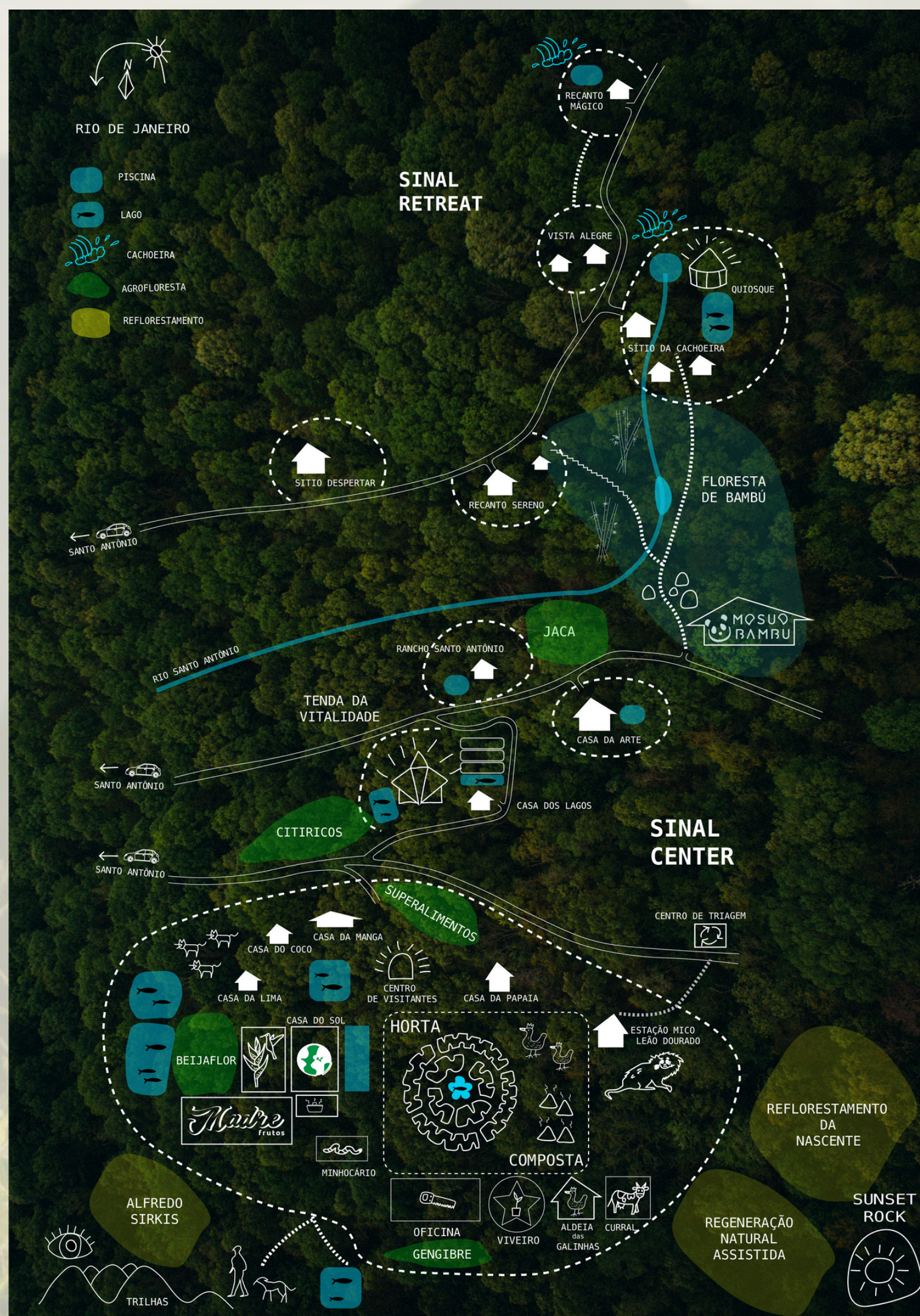


Additional activities

Practices such as Sound Meditation, Tibetan Kum Nye yoga, clay work, tree planting, guided hikes, cooking classes, etc.

The Campus

SINAL is headquartered in a property with an area of 200 hectares within the Petropolis Environmental Protection Area (APA). The map below illustrates the layout of the houses and our initiatives of the bioeconomy.



Bamboo Forest



Bamboo and Clay Lab



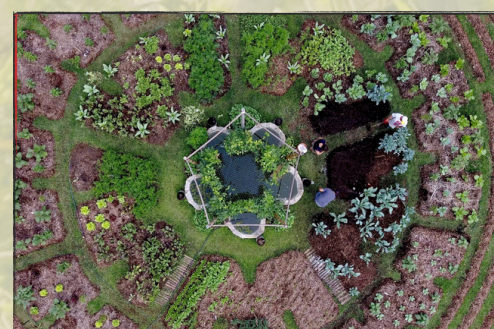
Vitality Tent



Sunset Rock



Rio View Trail



Mandala Garden



Chicken Village

Activities and Trails

These are the activities we offer, for individuals or group experiences, which we have curated and developed over the past 12 years.



Sound Massage

Meditation technique based on vibration and acoustics to facilitate relaxation and mindfulness. We use the Peter Hess Tibetan Singing Bowl massage technique.



Rio View Trail

It's our longest trail, reaching the highest point of Santo Antonio valley and offering a 360-degree view of Rio de Janeiro, the Guanabara Bay, and the Serra do Mar mountain range.



Sunset Rock

Sunset Rock offers a view of the campus and the Santo Antônio valley. It's a great spot to contemplate both the sunset and sunrise, as well as the moonrise!



Regenerative cooking classes

We share our way of processing food sourced from the garden and agroforests. You can learn how to make simple and healthy recipes.



Tree planting

Great activity for both children and adults, who can learn about the reforestation process and help reforest our biome using seedlings from our own nursery.

Regenerative Cooking

Food is nature, nutrition, and culture. Our cuisine incorporates our local crops, maximizing the use of available foods, reducing waste, and composting organic residues. These are some of our dishes!



**Vegan cheeses
made from seeds
and spices**



**Green jackfruit
ceviche**



**Raw banana,
cinnamon, and cocoa
pie**



**Mediterranean roasted
vegetables**

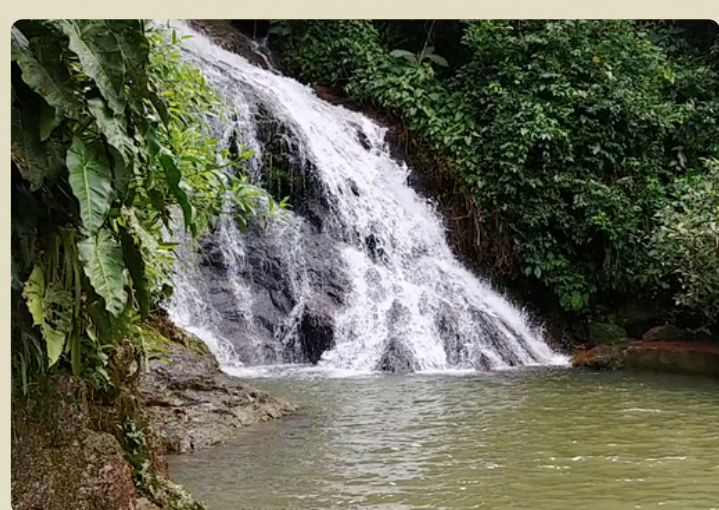


**Dips, greens, and
garden flowers**

The houses

Sítio da Cachoeira

Sítio da Cachoeira is traversed by the Santo Antonio River, with waterfalls and natural pools of various sizes. It features a splendid garden and beauty in every architectural detail. The spaces were designed to provide guests with an experience of contemplation and sensory openness.



Natural pool



Kiosk



sauna

The specifications

- Occupancy for up to 11 people
- 2 bedrooms with shared bathroom and 4 suites
- Sauna
- Natural pool with waterfall
- Kiosk

Other images

Click on the title to view the photo album of the Waterfall Site!



The houses

Recanto Mágico

One of our coziest spaces, it is surrounded by trees and has a mineral spring water pool. It overlooks the Atlantic Forest, bustling with bird song.



exterior



Natural pool



Balcony

Specifications

- 4 suites with private entrances - up to 12 people
- Sauna
- Natural swimming pool
- Balcony with barbecue

Other images

Click on the title to view the photo album of the Magic Retreat!



The houses

Recanto Sereno

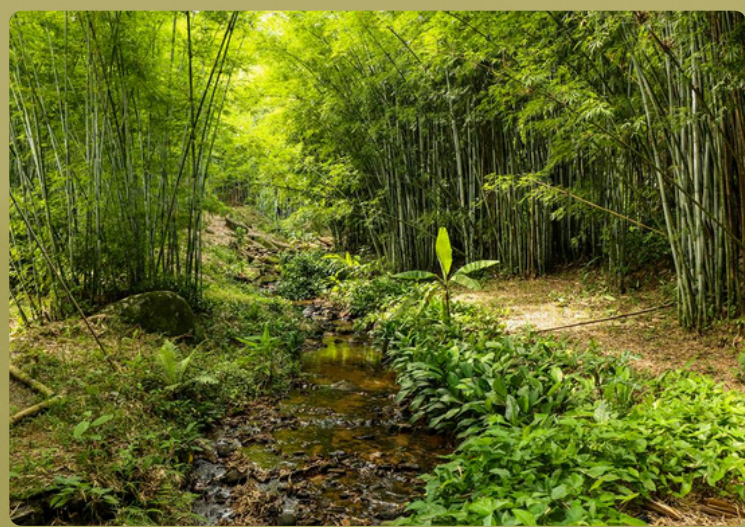
The house is located facing the hills of the valley, where you can relax enjoying the forest view. It is quiet, features a balcony with hammocks and has its own access to the magical Bamboo Forest.



exterior



balcony



Bamboo forest

Specifications

- 5 double suites, up to 10 people
- 1 single suite, up to 2 people

Other images

Click on the title to view the photo album of the Serene Retreat!



The houses

Sítio Despertar

It's a cozy house surrounded by trees. Has two independent spaces and a beautiful balcony that provides access to the garden.



exterior



Balcony



Terrace

Specifications

- 3 bedrooms, up to 5 people
- 2 shared bathrooms

- Wifi

Other images

Click on the title to view the photo album of the Awakening Site!



The houses

Casa da Arte

Near the bamboo and clay workshop, this house features a natural pool, sauna, two wonderful balconies, and murals inspired by the experience of the Italian painter Susana Viale when visiting the Atlantic Forest.



exterior



Swimming pool



balcony

Specifications

- 2 double rooms with shared bathroom, up to 4 people
- 1 triple room and 1 double room, shared bathroom, up to 5 people
- Living room with sofa beds for up to 3
- Sauna
- Natural swimming pool
- Wi-Fi

Other images

Click on the title to view the photo album of the Art House!



The houses

Casa dos Lagos

Next to the Vitality Tent, it boasts a spacious balcony and a terrace. It is surrounded by a lake and is located along the path between the heart of Sinal do Vale operations and the Bamboo Forest.



exterior



terrace



balcony

Specifications

- 3 bedrooms - up to 7 people
- 2 shared bathrooms
- Wifi

Other images

Click on the title to view the photo album of House of Lakes!



Meeting spaces

Casa do Sol

In the heart of Sinal do Vale's activities, Casa dos Lagos is a large hall that provides access to the pool area. A covered terrace is also available, both equipped with tables and chairs, ideal for work meetings.



exterior



hall



Main courtyard

Specifications

- Up to 50 people
- Air conditioning
- Wi-Fi
- Flat screen
- Projector
- Flipcharts

Terrace



Meeting spaces

The Vitality Tent

Constructed from recycled materials as an example of bioconstruction, the Vitality Tent takes the form of a Tibetan Mandala and serves as a space for meditation and deep dialogue practices.



lake



exterior



interior

Specifications

- Up to 35 people.
- Meditation chairs.
- Gong

The Kiosk at Sítio da Cachoeira

The Waterfall Site Kiosk offers infrastructure for work as well as meditation.



Specifications

- Up to 35 people.
- Wifi
- Projector



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Contact

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