



# ITINERARY: VALE DA ESTRELA

DURATION: 1 DAY

A Mosaic of History, Nature  
and Resistance

## The Five Attraction Points of Vale da Estrela:



Start at **Porto da Estrela**, one of the most important historical ports of colonial Brazil.



Boat tour along the **Estrela and Inhomirim Rivers**, guided by local fishermen.



Visit the **Barão de Mauá Municipal Natural Park**, home to a large **mangrove restoration project**.



Stop at **Refúgio Estrela**, a fisherman's haven connecting Guanabara Bay, the Estrela River, and the Inhomirim River. A **sanctuary for herons**.



Visit the **Bongaba Quilombo**, founded in 1696, with Afro-Brazilian cultural activities.

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# Vale da Estrela Itinerary

## Cultural and Historic Tourism

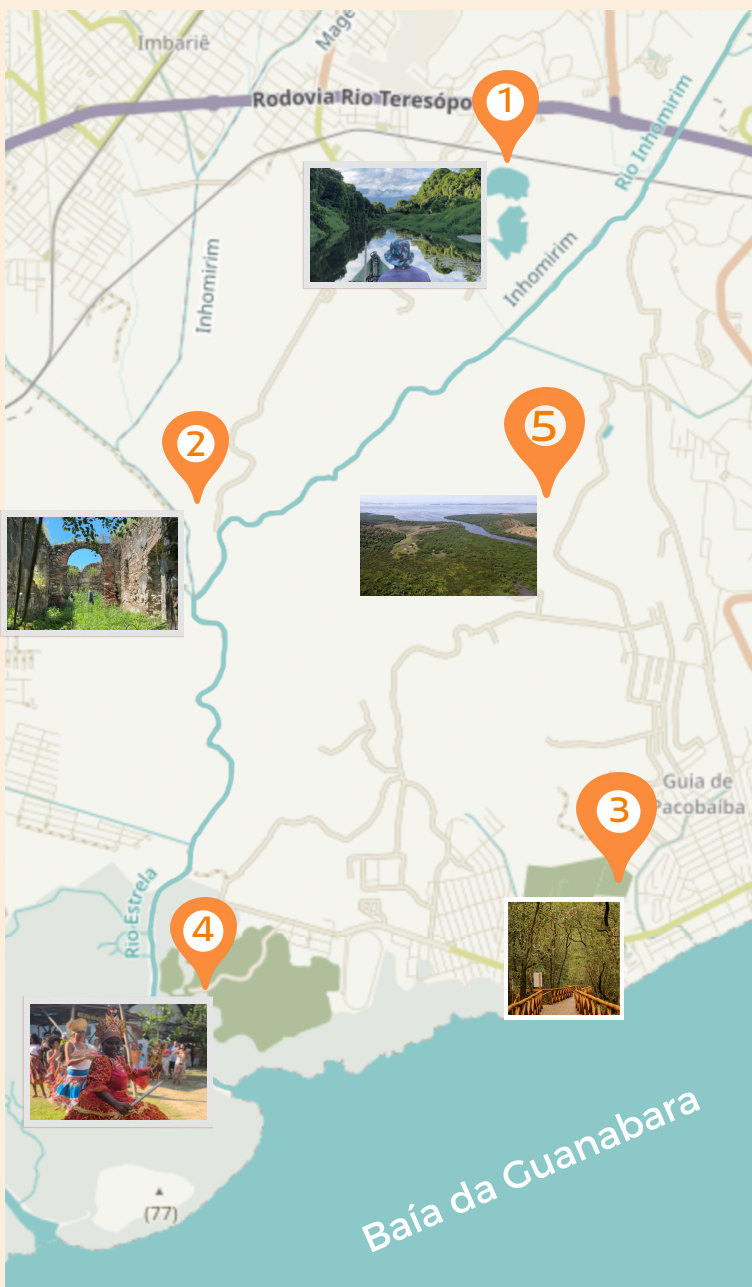
The Vale da Estrela, located in Magé (RJ), is a vibrant territory of memory, biodiversity, and regeneration. Its landscape weaves centuries of history with the strength of living and resilient communities. Four key attractions stand out in this transformative valley:

### Historical Context

The Vale da Estrela was a key corridor in colonial and imperial Brazil, driving the economy through gold and coffee transport. But this wealth came at a cost—enslaved Africans were forced to build and maintain the infrastructure, enduring immense suffering. The Inhomirim River, which carried Brazil's first steam-powered vessel, also witnessed this painful history as enslaved people labored along its banks and roads.

Historic sites, cultural landmarks, and the very paths once walked by the enslaved reveal Brazil's true past. Preserving and sharing this history isn't just about economic progress—it's about acknowledging the suffering and resilience of those who built it and understanding its lasting impact today.

It was a key trading post and mandatory passage connecting the Imperial Court and other travelers to Minas Gerais via the Inhomirim (or Proença) Route.



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## 1 Inhomirim River



The Inhomirim River originates in Petrópolis and separates the municipalities of Duque de Caxias and Magé. In the past, with a great volume of water, it became the first river navigated by a steam-powered vessel in Brazilian history. Today, it continues to be a navigation route for traditional crab-fishing fishermen, who fight to protect the balance of this ecosystem.

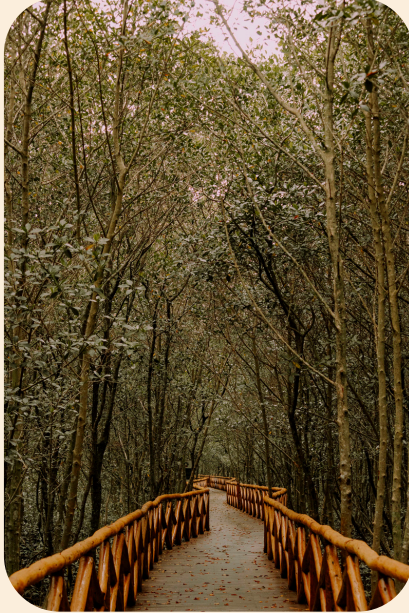
## 2 Ruins of the Porto da Estrela



The ruins of the port, on the banks of the Inhomirim River, consist of the Chapel of Nossa Senhora da Estrela dos Mares, built in 1650, and the Town Hall and Jail of the Vila da Estrela. The latter was the administrative heart of the village of Estrela and was established in June 1846. Researchers speculate that the site initially functioned as a weighing house, where one-third of the enslaved people who entered Brazil during the Colonial era passed through.



### 3 Barão de Mauá Municipal Natural Park



With 116 hectares of protected areas, the park is a symbol of coastal regeneration after the environmental disaster of 2000 Guanabara Bay oil spill. Which caused severe environmental damage to the water and biodiversity of the area. Now, it houses over 40 hectares of restored mangroves and infrastructure for environmental education, trails, and wildlife observation. A gateway to the valley, where nature and pedagogy again come together to inspire conservation and reverence.

### 4 Quilombo Quilombã de Bongaba - A Living Resistance Community



With over 300 years of existence, Quilombo de Bongaba is home to about 250 families of descendants of enslaved Africans. Despite facing challenges such as water and environmental insecurity, the quilombo continues and thrives with culture, cuisine, capoeira, agriculture, and hospitality. The regenerative tourism plan includes a welcoming center, ecological infrastructure, and native landscaping – Bongaba is a living experience of ancestry and sustainability.



5

## Refuge of Estrela: Reconnection with Guanabara's Coastline



On the shores of Guanabara Bay, at the mouth of the Estrela River, there is a 20-hectare plot of land owned by Wilson Sons, one of Brazil's largest port logistics groups. This location is incredibly strategic: it has the potential to become a hub for tourist and educational vessels, linking Barão de Mauá Park, Porto da Estrela, and Quilombo da Bongaba in a powerful circuit that combines culture, biodiversity, and socio-environmental justice.



What was once a neglected coastal area is now transforming into a gateway for a new model of regenerative development in Star Valley, where sustainability and community-driven growth lead the way.

### OPPORTUNITIES

- ✓ **Community-based tourism** focused on Afro-Brazilian history and culture.
- ✓ Expansion of the route to include bike tourism between **Porto da Estrela** and **Quilombo do Bongaba**.

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# 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

## Mountaineering and Forest Tourism

### 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

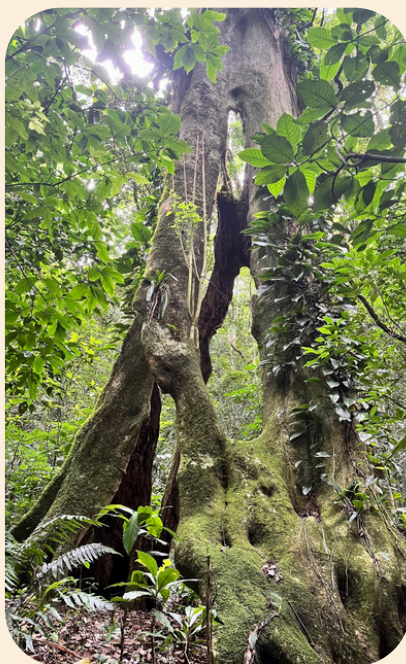


Mirante Sapezão, located in the buffer zone of PARNASO, is part of a private property that promotes research in partnership with FIOCRUZ and Camping da Coruja.

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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# Raiz da Serra ▸ Cachoeira Grande

## Rural Agro-ecotourism Itinerary

**DURATION: 1 DAY**

- ✓ **Start at Raiz da Serra**, with views of the **Serra dos Órgãos**.
- ✓ Pass through **Pau Grande**, the hometown of **Mané Garrincha**
- ✓ **Observe the golden lion tamarin** with the guide Cecilio.

### Visit agro-ecological farms:

- **Sítio da Dona Juju** – Organic chocolates and banana sweets.
- **Fazenda do Seu Jeremias** – Cassava and molasses production..

Stop at **Cachoeira Grande (Veil of the Bride - Véu da Noiva)** – A waterfall with a drop of 110m.

Sustainable accommodation options are available such as **Eco Camping**.

### OPPORTUNITIES

- ✓ Immersive agroecotourism.
- ✓ Shared brand for products from the Recôncavo.
- ✓ Cycle Tourism on flat rural roads.

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# Raiz da Serra › Cachoeira Grande

## Rural Agro-ecotourism Route

### Context

Raiz da Serra and Pau Grande are neighborhoods in Magé, Rio de Janeiro, Brazil, rich in natural beauty and cultural significance, perfect for eco-tourism and exploration.

Pau Grande is known for its stunning landscapes, lush forests, and clear rivers. Visitors can hike, birdwatch, and enjoy the Cachoeira Grande waterfall, a 110-meter drop. The area is also the birthplace of football legend Mané Garrincha. Historically, it was a center for coffee and sugarcane plantations but evolved after their decline in the 19th century.

Raiz da Serra offers scenic views of Serra dos Órgãos, ideal for trekking, birdwatching, and wildlife photography. Visitors can explore local agroecological farms and sample organic products.

Magé is gaining recognition for agroecotourism, offering sustainable tourism. Eco Camping lets guests stay close to nature, and cycling on rural roads offers a unique way to explore the area. The region celebrates its cultural heritage through festivals and artisans, providing an authentic experience of rural Brazil. Raiz da Serra and Pau Grande are easily accessible from Rio de Janeiro, offering relaxation, adventure, and cultural discovery for visitors.

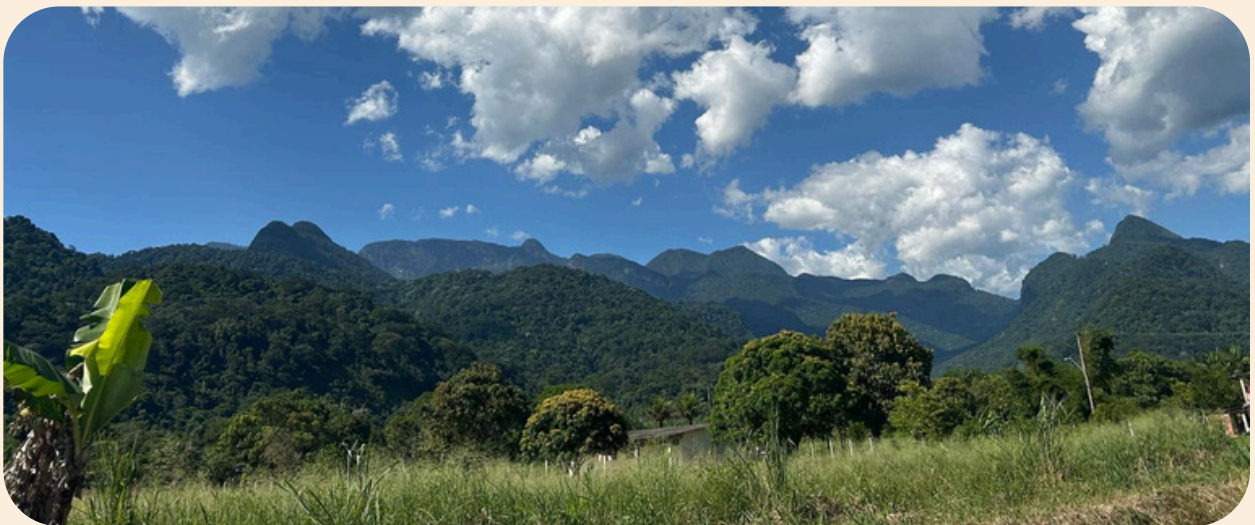




## More about the itinerary

This 10 km route begins in Raiz da Serra, at the foot of the Serra dos Órgãos National Park, offering stunning views. It continues through trails and secondary forests to Pau Grande, a historic town with cobblestone streets and a central square, the birthplace of Mané Garrincha.

The biodiversity of the region includes the endangered species: **golden lion tamarin**, monitored by the local guide **Cecilio Junior**.





## Agro-ecotourism

The rural road of Cachoeirinha offers beautiful landscapes and is ideal for cycling. Along the way, agroecological farms provide authentic experiences and local products. Dona Juju's Farm and Seu Jeremias' Farm are stops to explore the production of chocolates, cassava, and molasses.







## Accommodation & Natural Attractions

The route culminates at Cachoeira Grande (Veil of the Bride), a 110-meter waterfall, accessible via a 30-minute trail. Along the way, there are options for sustainable camping, including the Eco Camping do Véu, managed by entrepreneurial women who prioritize ecological practices.

