
TRAILS of
SÃO PAULO
SP FOR EVERYONE
SÃO PAULO
STATE GOVERNMENT
SÃO PAULO ARE ALL



São Paulo State is one of Brazil's most diverse territories for nature-based tourism.

Beyond its vibrant capital, the state reveals mountain ranges, Atlantic Forest reserves, coastal trails, cave systems and historic pilgrimage routes that connect travelers to landscapes of extraordinary biodiversity and cultural richness.

The Trails of São Paulo highlight a growing network of long-distance routes and immersive outdoor experiences, designed for hiking, trekking, birdwatching and experiential travel throughout the year.
From mountain crossings in the Serra da Mantiqueira to ocean-view trails along the Atlantic coast, from ancient cave systems in the Ribeira Valley to spiritual journeys along Caminho da Fé, São Paulo offers structured, sustainable and authentic travel experiences.

São Paulo State invites the world to walk its paths and discover a surprisingly wild side of Brazil.

NATIONAL PARK
SERRA DA BOCAINA

Created in 1972, Serra da Bocaina National Park is located between Brazil's two most populous states, Rio de Janeiro and São Paulo, encompassing 105,000 hectares across the municipalities of Paraty, Angra dos Reis, São José do Barreiro, Areias, Cunha and Ubatuba.

Set within the Serra do Mar mountain range, the park offers dramatic contrasts, from secluded sandy beaches such as Praia do Cachadaço and Praia do Meio, and the oceanic Ilha do Tesouro in Trindade, to cliffs, deep valleys and high-altitude grasslands reaching over 1,800 meters above sea level.

Visitors can enjoy trekking along numerous trails and mountain peaks, mountain biking, exploring dozens of waterfalls, crossing the historic Gold Trail, wild camping at Pico do Tira-Chapéu, birdwatching and immersive nature experiences.

Serra da Bocaina Eco Lodge
www.serradabocainaecolodge.com.br

Trekking Routes
www.mwtrekking.com.br


Foto de Zé Milton


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PILGRIMAGE ROUTE
CAMINHO DA FÉ

Established in 2003, Caminho da Fé (Path of Faith) has become one of Brazil's most important pilgrimage and experiential tourism routes. Supported by a well-structured network that has grown consistently over the years, it now connects more than 600 local businesses, including inns, restaurants, shops and service providers. The route covers over 2,500 kilometers of interconnected paths through rural landscapes, mountain crossings and challenging terrain, offering both physical endurance and profound personal reflection.

Along the way, travelers cross the Serra da Mantiqueira, passing coffee farms, dirt roads and traditional countryside settings that reveal the authenticity and cultural richness of Brazil. Accessible year-round, Caminho da Fé offers a transformative journey that blends spirituality, nature, culture and hospitality.

Website with Tour Operators:
www.caminhodafe.com.br


Foto de Associação dos Amigos do Caminho da Fé


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ANCHIETA ISLAND STATE PARK
UBATUBA

Anchieta Island State Park is one of the main ecotourism destinations on the north coast of São Paulo. Located in the municipality of Ubatuba, the island boasts preserved Atlantic Forest landscapes, crystal-clear waters, and a network of interpretive trails leading to natural viewpoints, secluded beaches, and historical sites.

In addition to hiking, visitors can enjoy snorkeling and participate in environmental education activities.

The island also houses the ruins of an old prison, now integrated into interpretive routes that connect natural and cultural heritage in a unique outdoor experience.

More Information
www.ingressosonline.fflorestal.sp.gov.br

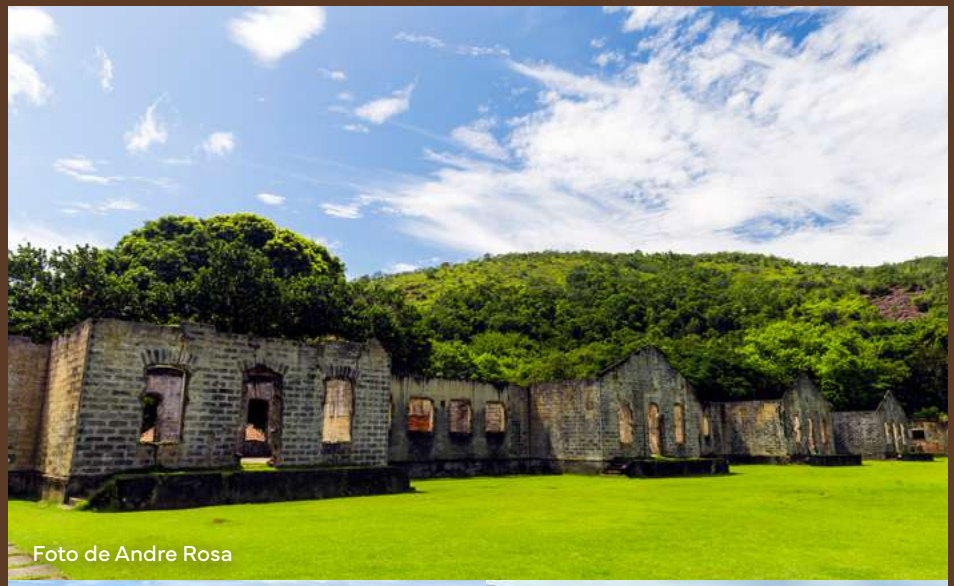
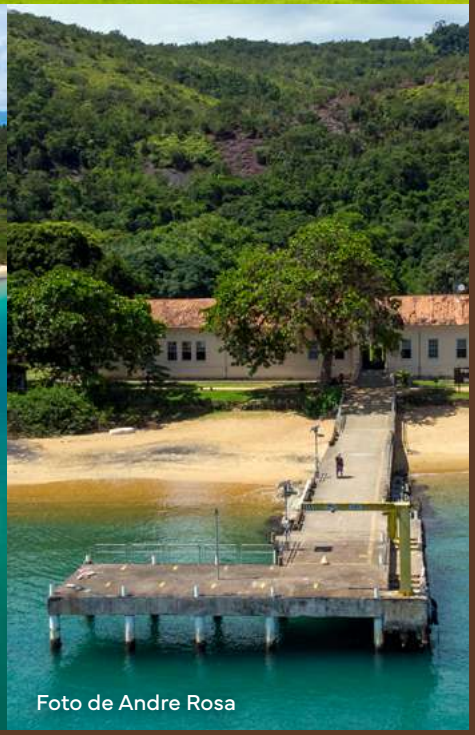

Foto de Andre Rosa


Foto de Andre Rosa


Foto de Andre Rosa

ILHABELA STATE PARK CASTELHANOS BEACH
ILHABELA

Local tourism agencies offer off-road tours to Castelhanos Beach. After an adventurous jeep ride through the Atlantic Forest, visitors arrive at one of Ilhabela's most iconic beaches, home to traditional caiçara fishing communities.

The same route is also popular among mountain bikers. Its challenging curves and steep hills are rewarded by breathtaking views and the unforgettable arrival at the beach.

Throughout the year, Ilhabela hosts a wide range of cultural, sports and gastronomic events. Known for its natural beauty, hospitality and safety, Ilhabela is recognized as one of Brazil's leading tourist destinations.

More Information
www.ingressosonline.fflorestal.sp.gov.br


Foto de Robert Werner


Foto de Lailson Santos

ALTO RIBEIRA TOURIST STATE PARK
RIBEIRA VALLEY

PETAR (Alto Ribeira Tourist State Park) is one of Brazil's oldest and most important conservation areas, protecting over 35,000 hectares of Atlantic Forest. The region is internationally recognized for its exceptional biodiversity and cave systems.

The park is famous for iconic caves such as Santana, Temimina and the monumental Casa de Pedra, home to one of the largest cave entrances in the world, standing 197 meters high. It is a must-visit destination for caving enthusiasts, offering trails, waterfalls and crystal-clear rivers.

DEVIL'S CAVE STATE PARK
ELDORADO

Also located in the Ribeira Valley, Caverna do Diabo (Devil's Cave) is one of Brazil's most impressive caves. Its monumental rock formations, sculpted over millions of years, create a surreal underground landscape. Beyond the cave, visitors can explore preserved Atlantic Forest trails, waterfalls and rich biodiversity, ensuring a safe and unforgettable adventure.

More Information
www.ingressosonline.fflorestal.sp.gov.br


Foto de Ken Chu


Foto de Vandir A. Júnior


Foto de Ken Chu

INTERVALES STATE PARK
INTERVALES

Intervales State Park is an important birdwatching destination in Brazil, offering excellent opportunities to observe endemic and threatened species of the Atlantic Forest.

With well-preserved habitats and specialized routes, the park attracts birdwatchers from many parts of the world.

In addition to birdwatching, Intervales also features significant caves that can be visited with the guidance of environmental monitors, providing a complementary caving experience amid well-preserved forest.

More Information
www.ingressosonline.fflorestal.sp.gov.br


Foto de Ricardo Martinelli


Foto de Evandro Monteiro


Foto de Ricardo Martinelli

WHALE WATCHING
SÃO SEBASTIÃO

Between May and August, whale watching becomes one of São Sebastião's most extraordinary natural attractions. Visitors can witness humpback whales breaching, splashing and gracefully swimming through the channel, a truly unforgettable experience. Beyond the spectacle, the activity promotes environmental awareness and highlights the importance of marine conservation.

Humpback whales migrate seasonally: during the summer, they feed in Antarctic waters, and in winter they travel to tropical regions to reproduce, passing through the São Sebastião Channel.

The presence of these ocean giants strengthens sustainable tourism and nature observation activities along the coast.



Foto de Julio Cardoso



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Certified Companies

ISO 21101:2014: Adventure Tourism – Safety Management Systems

Travel Agancies List
Ilhabela

Terra das Tribos Turismo - Trilhas na Ilha Anchieta
www.terradastribos.com.br

Jipe Aventura Turismo Ilhabela
www.jipeaventurailhabela.com.br

Planeta Trilha PETAR - PETAR Adventure
www.instagram.com/planetatrilha

Caverna do Diabo Aventura
www.cavernadodiaboaventura.com.br

Acomodations in Ribeira Valley

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