



DISCOVER

EsPírito sAnto

BRAZIL

Conceição da Barra

Welcome to Espírito Santo,
an ideal place for those who seek
great business chances, but do not
give up on leisure and contact with the nature.

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Itaúnas, in Conceição da Barra



Learn it by heart

The contrast among the settings and neighborhood between the sea and mountain has always been one of main touristic attractiveness in Espírito Santo. In less than an hour it is possible to leave a beach with clear waters, after eating a Capixaba fish stew made by using a clay cooking pot, and to arrive at the mountain where the mild climate suggests a typical European dinner, with ingredients produced in the region. The acceleration of economy opens new

chances. Currently, Espírito Santo has called attention due to its potential for sustainable development, which adds value to the economic activities of its cities. The business tourism and events are in evidence and grows in a faster rhythm - 23.5% last year. Faced with a segment of services well structuralized, to know the natural beauties and culture of people from the state of Espírito Santo is to make the work become a great pleasure.



TÁDEU BIANCONI

Blue Rock, in Domingos Martins



TÁDEU BIANCONI



TADEU BIANCONI

Congo of masks, in Cariacica



SAGRILO

Congo, in Vila Velha



TADEU BIANCONI

Dance, in Itaúnas



A state of emotions

Espírito Santo is one of the most attractive Brazilian states. Its beauties, allied to traditions of Indians, blacks, Portuguese, Italians, Germans and other peoples who have taken part in building the capixaba history, compose a rich mosaic. In this scene, the State highlights itself for being extremely rich in touristic options, be it for leisure or business.

Being part of the Southeastern Region, Espírito Santo is about 46 thousand km², which is divided among Vitória - the capital - and other 77 cities. With a population of 3,35 million inhabitants, it records an economic growth above the national average.

The Gross Domestic Product (GDP) per capita, in the state of Espírito Santo, is the fifth greater in Brazil, which is the result of a modern and dynamic economy, whose investments concentrate on education, research and infrastructure.

The State has great logistic advantages, thus favoring its economic development. The capixaba port complex is one of the most structuralized

in the Country. It responds to nearly 25% of the total moved by the national ports. With regard to the railroad network, Espírito Santo is represented by Vitória-Minas Railroad (EFVM), which is responsible for about 40% of the Brazilian operations on tracks. Besides the highways that cross the capixaba territory, it also counts on an airport that is currently under expansion.

This promising scene becomes complete by attracting great companies, with the discovery of oil reserves in the capixaba coast, as well as the existing local potentialities in both, agriculture and extraction and processing of ornamental stones.

Setiba, in Guarapari



Tradition and natural beauties

Tourism has played an important role in the capixaba economy. In a sufficiently sustainable way, cultural and historical traditions, as well as the natural beauties of the State, have attracted many tourists more and more each time, with greater power. During the high season 2008, for instance, the individual expense was estimated about R\$ 78,74 daily, which means above the national average that was R\$ 41,14.

Among the main attractions are the nearness between the clear water coast and mountain region, with mild climate; areas of environmental preservation that ensure direct contact with the nature; proper places for practicing radical and nautical sports; small rural properties that show customs and old traditions; typical cookery, which comes from the ethnic mixture among those who populated this region of Brazil.

Currently, the business tourism and events have been highlighting itself as a strong trend, made possible by increasing commercial trades in the State.

ROUTES

With so many attractions, Espírito Santo has adopted the creation of tourist routes, which add cities due to its common features. Those are: Route of Sun and Capixaba fish stew, Route of Sea and Mountains, Route of Green and Waters, Route of Valleys and Coffee, Route of Coast and



Riacho Doce, in Conceição da Barra



Penha Convent and Vila Velha at the back



Blue Rock

Immigration, Caparaó Route, Immigrant Route and Route of Marble and Granite.

In order to service the public interested in visiting those routes, the State has worked tourism in a professional way, thus making significant investments to improve its infrastructure. The expansion of the tertiary sector is considerably expressive. Expanding the hotel chain, spaces intended for events and number of restaurants confirms this tourism management policy in the state of Espírito Santo.

State Profile

Founded in: 1534

Capital: Vitória

Territorial extension: 46.077,519

Estimated Population (IBGE 2007): 3.351.669

Climate: The predominant climate is Tropical Altitude, which is present in 60% of the State, with sudden climate changes, hot summers and mild winters. However, the Tropical climate is present in 40% of the State.

Average Temperature: 28°C

Time Zone: 3 GMT

Number of municipalities: 78



>>> DISTANCES

From Vitória to Belo Horizonte	524 km
From Vitória to Brasília	1.252 km
From Vitória to Curitiba	1.359 km
From Vitória to Florianópolis	1.597 km
From Vitória to Goiânia	1.386 km
From Vitória to Porto Alegre	2.001 km
From Vitória to Recife	1.891 km
From Vitória to Rio de Janeiro	525 km
From Vitória to Salvador	1.202 km
From Vitória to São Paulo	957 km

>>> FLIGHT TIME

From Vitória to São Paulo	1 hour and 20 minutes
From Vitória to Rio de Janeiro	1 hour
From Vitória to Belo Horizonte	50 minutes
From Vitória to Salvador	1 hour and 25 minutes
From Vitória to Curitiba	2 hours and 30 minutes
From Vitória to Brasília	1 hour and 50 minutes
From Vitória to Porto Alegre	3 hours

WEVERSON ROCIO



Itaúnas, in Conceição da Barra

WEVERSON ROCIO



Blue Rock

SAGRILO



Men pilgrimage in front of Anchieta Palace

SAGRILO



Congo

SAGRILO



Convent with Vitória in the back

TADEU BIANCONI



Vitória Port Complex

pleasures

SAGRILLO



Third Bridge and Vitória Island in the back

VITÓRIA

The Island of pleasures

Vitória, capital of Espírito Santo, is the starting point for most of the touristic routes in the State. The city, one of the three capital islands of the Country, has sustainable development as one of its marks, and highlights itself among the ones that grow faster in terms of economy in Brazil. However, the great business chances are always lined up with preserving its history, culture and ecosystems.



WEVERSON ROCIO

Corner Beach, Vitória

With a population of 314,042 inhabitants, Vitória is an excellent place to live. Being extremely cozy, the city is among the ten best in Brazil to work. Compared to other capitals in the Country, it has the second best quality of life, third best Human Development Index (HDI) and the largest gross domestic product per capita (GDP).

Its economy is based on port activities, trade and supply of services. With a strategic geographical situation, the capital is one of the main points of the national production flow.

In order for this to take place, it counts on an excellent logistic infrastructure. Its ways of providing access include, besides motorways in excellent conditions, two large ports - Vitória and Tubarão, which are among the most important port complexes in the Country, a railroad and an

airport that is currently under expansion stage.

Another economic segment in Vitória that has been recording a growth above the national average is the business tourism. In order to provide for this demand, the city invests in increasing the hotel chain infrastructure, spaces for events, restaurants and other services linked to the segment.

Founded in 1551, Vitória preserves some architectural samples of the times. Those are a row of houses, churches, palaces and staircases. Most part of this heritage is in the city downtown. The wealth of its history, beauty of its parks and beaches - much aimed at practicing nautical sports - and its economic features attract tourists from all over the world, who are interested in leisure and business chances. This makes the capixaba capital a place with great touristic vocation.

Agrotourism

More than ten years of work, many families involved in it and 500 directed jobs generated. This is the figure result for agrotourism, which was born and grew up in Venda Nova do Imigrante, a small city in the mountains of Espírito Santo state.

One hundred kilometers from the capital of the State, Venda Nova do Imigrante is a colony of Italian descendants, with 19,000 inhabitants. This has exuberant nature, glad and party-going people that found in agrotourism a way to keep their culture and dignifiedly live in the Country.

Agrotourism appeared as a way to add value to Countryman work as well as to keep them in their land. At the end of the 80's, the situation for the families descended from Italians of this locality was not very promising. The main possibilities were to go to the city or to stay in the Country, without great perspectives of growth.

The Carnielli family, pioneer in the activity in Venda Nova do Imigrante, has had the coffee culture as the main source of income, but it has always kept a cow-shed, with some cows for producing milk and cheese for their own consumption.

The grandmother's cheese started to be news for the neighbor, who used tell his friend, who used bring another friend. Suddenly, the house's veran-

da was full of neighbors, people who used search for cheese, corn meal, coffee, cookies, candy and a lot of talk as well.

Today, the interest is not only to buy the product, but to know about the manufacturing process. Things such as seeing the cows in the cowshed, milk cooled down, cheese drying into the cold chamber, stone mill for making corn meal and coffee drying in the yard. Suddenly, everything has become attraction. The doors and farm gates were definitively open, thus opening wide the life of those people. In a spontaneous way, this new modality of tourism comes from the kernel of the community, which has expanded by several regions of Espírito Santo.

This means beautiful nature, cultivated fields, pleasant climate, good food and a lot of stories to tell. The agrotourism of Espírito Santo offers a great variety of products such as jams, candies, cookies, breads, coffee, corn meal, socol, milk, cheese, cream cheese, yogurt, wines, liquors, Brazilian white rum, craftwork and embroideries



Agrotourism within the region of Venda Nova do Imigrante: variety and strong Italian influence

FOTOS: SAGRILLO



Adventure tourism

Espírito Santo is the perfect scene for practicing rafting, float cross, kayaking, floating, rappel, mountain climbing, off-road and other sports. Its physical and geological formation favors adventure tourism.

Afonso Cláudio and Castelo are important touristic points in the mountainous region, which have fantastic natural wealth such as waterfalls, mountains, rivers and mild temperature that make it easier to practice radical sports such as paragliding that uses natural ramps, with wonderful landscapes.

For practicing trekking, climbing and mountain bike, the destination is the Municipal Park of Itabira, in Cachoeiro de Itapemirim. Domingos Martins is the right address for those who want to make rafting and float cross, on Jucu River. The treks of the State Park of Blue Rock are unmissable, and there it is also possible to enjoy a riding party until getting to the natural swimming pools of Blue Rock.

The Metropolitan Region beaches are ideal scenes for practicing kite surfing, surf, sailing, hobbiecat, bodyboarding, and in the extensive Mangrove of Vitória the best thing to do is enjoy wakeboarding.

Being famous due to the pureness of its waters and diversity of species, Guarapari beaches are indicated for sport diving. Besides sea life, it is worth visiting the shipwreck spots. Among the Shallow and Bald islands are the pieces of the ship called Victory 8-B, which was sunk in a controlled way in order to serve as an artificial reef.

SAGRILLO

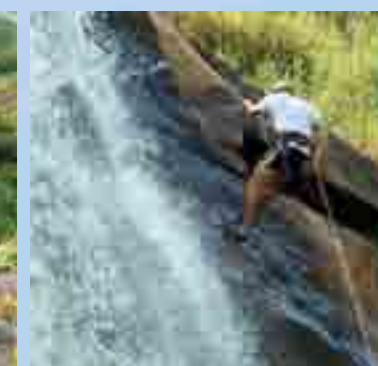


Castelo

WEVERSON RÓCIO



Blue Rock



Alfredo Chaves

SAGRILLO

Adventure

SAGRILLO

Ramp for hang gliding, in Alfredo Chaves

Ecotourism

Espírito Santo has multiple offers for natural attractions, which diversify from North to South, and from East to West of the State. Options vary from the sea to the mountain, from the muddy waters of the mangroves to crystalline waters of the lagoons, from the old mountains covered by unexplored forests to the rocky hulks, among some other allurements that, in each region of the State, has singular landscape features that give to the tourists a lots of possibilities to appreciate the nature the way those prefer.



WEVERSON ROCIO

In the South of the State it is possible to find one of the great natural heritages of Brazil: the National Park of Caparaó that houses the Peak of the Flag, which is the third highest in the Country, being at the altitude of 2.890m. The Park's official gate is located in the city called Does do Rio Preto that, besides trekking by the Peak of the Flag, offers a trek to the Rock Girl.

The State Parks of Blue Rock and Domingos Martins are located in the region of Capixaba Mountains, and Great Oven in Catelo, which are mandatory sightseeing for those who really like ecological walks, thus contemplating the beauty of the places.

The circuit to Three Saints, thus popularly known due to the linking of the cities called Santa Teresa,



WEVERSON ROCIO

The mountainous region of the State is rich in orchids



SAGRILLO

Preservation of sea turtles: ecological awareness

SAGRILLO



Ecological diversity in the Forest reserves



SAGRILO

Indigenous Craftwork



SAGRILO

Italian folk dance in Vale do Canaã, in Santa Teresa

TADEU BIANCONI



Making clay cooking pot in Vitória

SAGRILO

Cultural wealth tells the history of the State

The rich cultural combination of Espírito Santo is a mixture of indigenous customs and several immigrants who have settled in the State. The cultural manifestations are peculiar and can be noticed by the dances, parties, craftwork and customs of each city.



SAGRILO

Craftwork made by banana fiber



Ox Kings



Men pilgrimage leaving in front of the Metropolitan Cathedral, in Vitória, towards the Convent during Penha's Party

Religious tourism

The religiosity of people in the state of Espírito Santo is very strong and becomes present during the year, with great manifestations. The greatest of them is the Penha's Party, which is homage to Our Lady of Penha, patron saint of the State that is celebrated by pilgrimages and masses in Penha Convent, in Vila Velha, in April.

Penha Convent, which is one of the icons of Espírito Santo, is a sanctuary built by slaves in 1558 on a large crag. From there, it is possible to have a beautiful view of Vitória bay, Vila Velha and wonderful beaches as well.

Another very popular religious manifestation is São Benedito's Party, a traditional party held in January and celebrated in some cities of the State. There are a lot of points that identify the

capixaba religiosity. Among them the following are highlighted: the Tirol Church, in Santa Leopoldina that was built in 1898, in neo-Gothic style; Mother Church of Our Lady of Penha, in the city of Alegre, made of mud and wood in 1851; Church of Our Lady of Neves, built in the middle of the XVII century, in Neves Beach, in Presidente Kennedy; and Church of Our Lady of Amparo, which is the main historical landmark of Itapemirim city, inaugurated in 1855.



Penha Convent, in Vila Velha

Cultural tourism

Espírito Santo is a cauldron of cultural diversity. This land has welcomed blacks, Indians, Italians, Germans, Pomeranians, Lebanese and some peoples who have transmitted their customs. Today, all of this is translated into rhythms, dances, cookery and parties.

Congo is the most traditional rhythm, which is known all over the State. It makes reference to the slaves, devotion to saints, love and sea. Besides it, Ticumbi is also outstanding, with violas and tambourine sounds, sung by verses and rhymes so praising São Benedito. The National Meeting of Folia de Reis, in October, and Boi Pintadinho during carnival, in the city of Muqui, are also two traditional capixaba cultural manifestations.

Other parties that are highlighted are: the

Polenta Party, in Venda Nova do Imigrante, which is the biggest Italian immigration party in the State; the International Winter Festival of Domingos Martins; Festival of Dance, in Itaúnas; Festival of Accordion and Viola, in São Pedro do Itabapoana; Party of Pomeranian Immigration, in Santa Maria de Jetibá, and National Theatre Festival, in Guaçuí.

The clay cooking pot means the largest representation of the capixaba craftwork. From indige-

nous origin, it is a tradition that has been passed from mother to children for at least 400 years. The pot makes the typical dishes of the State tastier, such as the capixaba pie and fish and prawn stew.

The shape of the clay cooking pot is designated as a historic landmark by the National Institute of Historic and Artistic Heritage (IPHAN). The craftwork made by banana tree fiber, from Iconha, as well as the craftwork made by shells, from Piúma, is nationally recognized.

TADEU BIANCONI



Congo Instruments

SAGRILO



Ticumbi

SAGRILO



Folia de Reis

TADEU BIANCONI



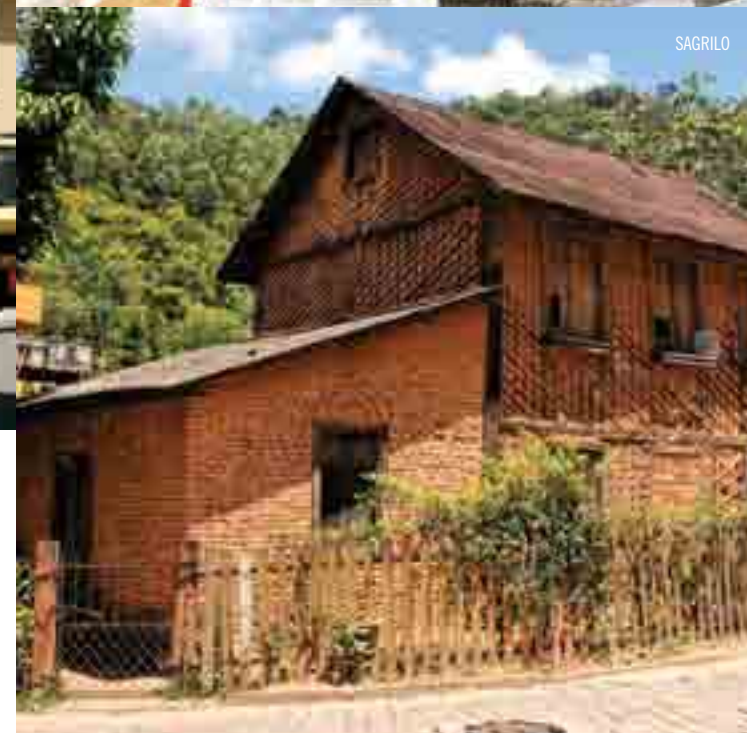
Ticumbi



Santa Leopoldina



TADEU BIANCONI



SAGRILO

One of the first houses built by the Italian immigrants is in Santa Teresa

Historical tourism

The city of Muqui has the largest historical site in Espírito Santo, with over 200 landmark buildings, and some of them are open to visitation. In Iconha, the Cultural Space Zoe Rodrigues Misságia houses the Municipal Historical Museum, with pieces, documents and photos of Italian and Portuguese immigrants, and the Municipal Photographic Museum. The Pomeranian Immigration Museum tells the history of immigration, in chronological sequence, by means of boards, maps, photographs and objects.



WEVERSON RÓCIO

Anchieta Palace, in Vitória

In Santa Leopoldina, the historical site is a rich architectural ensemble, with buildings from the end of the XIX century, as well as the beginning of the XX century, made by luso-Brazilian colonial style, with details of the Anglo-Saxon architecture. In all, there are 38 properties which are designated as historic landmarks by the State Historical Heritage. The Settler Museum works in a house that is over 180 years old, which belonged to one of the founders of the city. The residence has already housed the Brazilian Emperor Dom Pedro II and the Princess Leopoldina of Brazil.

The city of Santa Teresa has one of the first houses built by the Italian immigrants around

1876, and it is also designated as a historic landmark by the State Council on Culture. There also it is the Canaã Valley, which is a place where colonization started taking place in Santa Teresa, and that inspired the writer Graça Aranha to write the romance Canaã, launched in 1902.

The event of the most looked cultural-historical segment in the State is “Steps of Anchieta”, which takes place in June where good walkers go around 100 km between Vitória and Anchieta by the coast, thus following the same way that blessed José de Anchieta covered in the State to catechize the indigenous.

TADEU BIANCONI



Divino São Lourenço: relaxation and self-knowledge

Esoteric tourism

For those who search for revitalizing the spirit through the experience in direct contact with the nature, Espírito Santo keeps several places with lots of green areas and positive energies. The National Park of Caparaó, with 70% of its territory in capixaba lands, is the ideal spot.

Being predominantly Atlantic Forest, many waterfalls, rocks and the direct contact with the nature make this nook into an unmissable place for experiences in search of relaxation, self-knowledge, understanding and wisdom.

In Divino São Lourenço it is possible to find spaces for therapy such as Drops of Dharma, which provide physical and emotional balance through oriental techniques. The Heritage of Penha is a place for search of self and spiritual life, where many people go on a pilgrimage through the whole year for renewing their energies, as well as curing physical and emotional diseases.

WEVERSON ROCIO



Fish stew (Moqueca)

TADEU BIANCONI



Capixaba fish stew

SAGRILLO



Crabs

SAGRILLO



Polenta on firewood stove

From to polenta to Capixaba fish stew

The fishing tradition and heritage of indigenous and black cultures have deeply influenced the capixaba cookery, thus becoming eclectic, product of many influences of local inhabitants such as Portuguese, African and peoples from the North of Europe.

TADEU BIANCONI



Clay cooking pot used for making capixaba fish stew

With the arrival of European immigrants, new dishes have been added to the capixaba cookery. From the Italians, the ones that have exerted greater influence are anholini, tortei, pavese soup, risoto and polenta.

People from Minas Gerais have also brought typical dishes from there such as “péla-égua” and tropeiro beans. From the Germans, capixabas have received potato based and pork cookery. The Portuguese have left their mark with the delights of codfish based dishes, Oliver oil, potato and candies made with eggs.

With the difficulty to find definitive ingredients, recipes have been modified, thus gaining a typical Brazilian flavor. But not only dishes have appeared: breads, cakes, pies, candies, jams, liqueurs, cheeses, cheese creams and some others that, today, make the delight of the capixaba cookery.

There have also appeared brote that is a typical German bread, socol, maize cake, rice cookie, cassava cake with coconut, cornmeal mush, cream cookie, powder cookie, milk pudding, sugar candy rice, coconut sweet, tapioca cake, couscous and lie.

TYPICALLY CAPIXABA

Among the most famous typical dishes in Espírito Santo, it is mentioned the capixaba pie and fish stew, crab stew and flat crab stew. Being internationally famous, the capixaba fish stew is the most known dish in the State cookery. The name stew (moqueca) refers to a style to prepare the food that consists of baking without water, only with vegetables and seafood, so opposing to the stew that is prepared in Bahia, the capixaba one does not include dende oil and coconut milk.

Afterwards, the capixaba pie comes prepared with some seafood such as flat crab torn into thin shreds, shrimp, oyster and mussels, besides codfish and palm heart. This is a traditional dish during the Holy Week in all capixaba homes. The technique used to clean the crustacean is the same one that has already been used by the indigenous, who used be great crab eaters. This consists of going by the mud up to the knees on a mangrove. Then collect the crabs by touching them carefully, so that the fingers are not hurt by their claws.

Recipe

CAPIXABA FISH STEW

Ingredients (for six people): 2 kg of fish (whiting, snook, hake, redfish, gulf kingcroaker or grouper); 2 wad of chopped fresh coriander; 400g white onion chopped into cubes; 600g of tomato concassé; 20g of chopped garlic; 50ml of oliva oil; 30ml of dye of urucum (heated urucum seeds with maize oil; salt, kingdom pepper and lemon.

How to cook it:

- Clean the fish and cut it into slices and leave it in a pot, with salt and lemon juice per 30 minutes.
- Sauté the garlic and half onion, tomato and coriander in a capixaba clay cooking pot.
- Arrange the fish slices in only one layer.
- Turn them from one side to another so those can get a little from this seasoning.
- Cover it with the remainder of the onion, tomatoes and coriander.
- Put dye of urucum and a little more Oliver oil on it.
- Leaves it covered, so cooking over high heat, and when opening put lemon drops on it. Do not add water or turn the fish slices for not breaking them.
- Shake the pot sometimes to prevent the stew from sticking to the bottom.
- When fish is cooked, check the seasoning and serve it sprinkled with green chive.
- Serve it with white rice and porridge made by using the fish's head.

Business tourism and events

Espírito Santo has been highlighting itself in the national scene, in the competitive business tourism market. With one of the biggest indexes for economic growth in the Country, for more than one decade, the State is the perfect place for accomplishment of events throughout most of several areas, thus giving prominence to sectors such as ornamental stones, furniture, pulp, coffee, fruit production and oil.

Being the headquarters of large companies such as Vale, ArcelorMittal Tubarão, Aracruz Celulose, Samarco and Chocolates Garoto, Espírito Santo has been growing in this segment, mainly due to its privileged location and nearness to the main economic complexes and issuing markets in the Country. With developing the oil and gas sector, and with the arrival of Petrobras as well as hotel infrastructure and one diversified sector of trade and services, allied to a huge and modern port complex, all these attributes turn Es-

pírito Santo into an ideal place for accomplishment of events and businesses.

The State counts on excellent infrastudies, thus attracting significant demands, besides generating great businesses for organizers, exhibitors and the whole tourism productive chain.

Events such as the International Fair of Marble and Granite, Feippetro, ExpoPorts, MecShow, Expotur, Flavors and Qualievents are already consolidated in the State, so business tourism movement grows each day.

Espírito Santo has a huge and modern port complex



Sunk ship: paradise for the marine fauna at the capixaba coast

Nautical sports

The ocean fishing and nautical sports are highlights in Espírito Santo. Fishers from all over the world are attracted by the amount and size of fishes at the coast of the State. Considered as the worldwide capital of blue marlin, Vitória has two international records due to fishing blue and white marlin: the worldwide record for blue marlin is a fish weighing 636 kilos that was fished in February 1992, in Vitória. The record for white marlin is a fish weighing 82.5 kilos, also fished in Vitória, in December 1979.

Laser class sailors, Hobbie Cat and small boats find privileged lanes by running and winds at the capixaba coast. For those who are followers of diving, the archipelago of Three Is-

lands, in Guarapari, keeps many surprises. Its calm waters even allow night diving. This is possible to dive and visit the marine artificial reef, which has been created by sinking the ship called Victory B8.



WEVERSON ROCIO

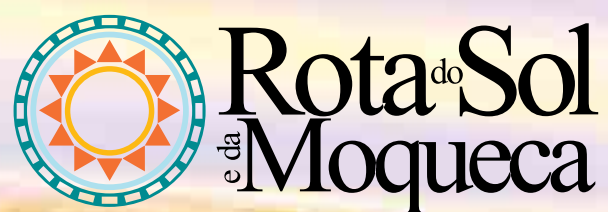


ACERVO BRASIL SAILING CUP



WEVERSON ROCIO

Routes



Sea, beauty and cookery

FOTOS: TADEU BIANCONI



Pretty beaches, folk and religious traditions and unique gastronomy make Route of Sun and Fish Stew known and looked for in Espírito Santo. Formed by the cities of Serra, Vitória, Vila Velha, Guarapari and Anchieta, it joins the ideal features for those who appreciate nautical, religious and historical tourism, besides seafood.

The Route of Sun and Fish Stew counts on an excellent infrastructure. Besides natural attractions,

it is rich in cultural manifestations such as Congo, which means the maximum expression of folk in Espírito Santo.

The capixba cookery is internationally recognized, and has as the main dishes the capi xaba pie and fish and, in addition to other typical dishes based on seafood served in clay cooking pots, which is heritage from indigenous craftwork.



Iriri, in Anchieta



VITÓRIA

Metropolitan Cathedral: This has been built in neo-Gothic style in the XX century, with valuable stained-glass windows. It has a chapel in its basement where the bishops of Espírito Santo are buried.

Sanctuary of Santo Antônio: Built in the 60's, it has three domes. The architecture is in baroque style, being a replica of an Italian temple of the XVI century that was consecrated to Maria, in the city of Todi.

Anchieta Palace: Jesuit building of the XVI century, it has been housing the state government headquarters since the XVIII century. In front of the sea, with a view to Vitória Port, the building keeps the tomb of Priest José de Anchieta, and it is one of the oldest government headquarters in Brazil.

Carlos Gomes Theater: Built in 1927 and projected by the Italian architect André Carloni, who got inspired by the Scale of Milan Theater, in Italy. The dome, presenting Italian neo-renaissance style, has been made by the capixaba plastic artist Homero Massena.

Camburi Beach: This is the most known one in the city, being about 5km, is ideal for practicing sports such as sailing, kitesurfing and fishing.

Jurema Curve: Along 800m of its sand lane, the visitor can admire the landscape, comfortably sat at one of the many beach kiosks, with covered areas that serve delicious savories of the capixaba cookery.

Rock Onion Park: This is an excellent spot for taking walks and having contact with the nature. There used to be a quarry, which was transformed into a park thanks to a community action. The park also counts on a cultural space, meditation house, oriental garden and an observatory on a rocky face that is used for practicing mountaineering.

Mangrove Route: Those are sightseeing by the Vitória bay, thus departure from the Seaplane Wharf, in Santo Antônio. The schooner passes by the mangroves of Santo Antônio, São Pedro, Ilha das Caieiras and Nova Palestina, and then goes up to the Lameirão Ecological Reserve.

Clay cooking pot: This is the best representation of the capixaba craftwork from indigenous origin. This is a tradition that has been passed from mother to daughter for at least 400 years. Seafood typical dishes become tastier such as capixaba pie or fish stew. The Association of Women Pot Manufacturers works in a quarter called Goiabeiras and trades the pots.

SERRA

Manguinhos: From calm waters, rustic and cozy environment, this has become the preferred beach of intellectuals, artists and peace and nature lovers. This has also become a safe corner for sea turtles that lay their eggs in its sands.

Congo: This is a traditional rhythm of Espírito Santo, and one of the biggest features of the capixaba folk. The Congo bands make reference to slavery, devotion to popular saints, love, death and the sea. The Congo bands have confirmed presence in religious parties such as São Benedito (December), and São Pedro (June).



Congo: traditional rhythm in Espírito Santo

VILA VELHA

Penha Convent: This is one of the most beautiful and the oldest buildings from Colonial Brazil, as well as the oldest marine sanctuary in the Country. This has the painting of Our Lady of Happiness in it, brought from Portugal at the beginning of the XVI century, and so many others of Benedito Calixto. Built on a crag, in 1558, by Friar Pedro Palácios, it allows catching sight of its highest point, Vila Velha, Vitória and some neighboring cities. The access by the route of rustic rocks borders original vestiges of Atlantic Forest, with several species of plants and wild animals.

Beaches of Coast, Itapuã and Itaparica: This comprises a continuous oceanfront and is only three kilometers from the City downtown. There are some calm waters in some points, however, in others, which become more sloping, there are strong waves and soft sands.

Chocolate Garoto Factory: Founded by the German immigrant Henrique Meyerfreund, it has a Center of Documentation and Memory that reports its course by objects such as the valise of the trade traveler and cans where candies were kept. In a room of 120m², the products that have been manufactured since the beginning of all operations, 300 posters, 70 file boxes, 4,000 pictures, 150 videos and 50 personal accounts are on display.

Railroad Museum: Pedro Nolasco Old Railway Station, built in 1927, joins a rich collection that portrays part of the history of the railroads in Brazil, with the old Maria Fumaça, wooden wagon, trolley, telegraph and cap of the agent, besides many photographs



Railroad Museum



Hill Beach, in Guarapari

GUARAPARI

Namorados Beach, Chestnut Trees and Black Sand Beaches: The beaches of Namorados and Chestnut Trees are divided by huge rocks, and are intercalated with reefs that form natural swimming pools full of small fishes at low tide, which are very attractive to children. When referring to Black Sand Beach, with weak waves and golden and dark lanes on it, it is the main beach that has monazitic sand in Guarapari. Besides the elderly, who bury their bodies into the sands in search of

their medicinal properties, many young people go there: a trail on the rocks, on the right side, takes people to a beach called Pellets.

Blue Cove: Formed by the beaches of Guai-bura, Bacutia, Mucumã and Peracanga, those are interconnected by white and fine sands. It has extremely crystalline water that allows good visibility 8m from the depth. There, 300m from the sand, it is possible to view a

German cargo ship that shipwrecked in 1942.

Meaípe Beach: This borders an old fishing village. This has weak waves and thick sand and is surrounded by chestnut trees. Today, it is among the most looked ones in the State and has already been considered as one of the ten most beautiful beaches in Brazil by the magazine, namely Quatro Rodas.

State Park Paulo Cézar Vinha: Old Setiba State

Park that has its name in homage to the biologist murdered due to his fight for preserving the area. With an area of 1.500 hectares, it is located in a littoral plain. Its main geologic formation is sand bar.

Hill Beach: Being 4km of extension, with clear, fine and unfastened sands, is one of the biggest beaches in Guarapari. At one of its ends the waves are strong; however, at the other end the waters are calm.

ANCHIETA

Mother Church of Our Lady of Penha: This is one of the oldest in the Country. The church and the old residence of the “Apostle of Brazil” were built in the XVI century by Priest Anchieta and the Tupi indigenous people catechized by him. Currently, the building houses the National Museum of Anchieta, where old belongings of the blessed can be seen.

Health Resort of Ubu: With calm and clear waters, as well as fine and compacted sand. At the right end there are reefs. That is Point of Ubu at the other side, which offers a panoramic view of the region. Close to it is the Surf Lagoon, showing green waters that are good for having a bath and practicing windsurfing.

TADEU BIANCONI



Ubu, Anchieta

Health Resort of Iriri: Highlighting Namorados Beach, Blue Coast and Black Sand Beaches that most tourists really look for in the summer. The calm sea, crystalline water and golden sand invite to practicing diving.

Steps of Anchieta: This event takes place in June and joins good walkers that cover 105 km between Vitória and Anchieta by the coast, redoing the way that blessed José de Anchieta, apostle of Brazil, covered in the State in order to catechize the indigenous. The purpose of the organizers is to make the event the fourth route of religious peregrination in the world.

TADEU BIANCON



Good walkers redo the way of blessed José de Anchieta



Blue Rock, in Domingos Martins



Cuddle and amusement

The different combination of sea and mountains turn it into an unmissable route that is rich in adventure, history, culture and a lot of amusement. The peculiarities of each city are shown through beaches, waterfalls, cookery and mainly the climate differences found in the Route of Sea and Route of Mountains. The visitor can appreciate sunny beaches and savor typical capixaba fish stew and, in only 40 minutes, to enjoy cozy mountains, with the right of savoring Italian and German dishes.

This circuit considers the historical rescue and knowledge of a peculiar culture brought by immigrants of each region. The cities that comprise the Route of Sea and Route of Capixaba Mountains are: Vitória, Viana, Domingos Martins, Marechal Floriano and Venda Nova do Imigrante.



To see and enjoy

VENDA NOVA DO IMIGRANTE

Agrotourism Properties: This is an option to know the daily agricultural life. The properties, some of them open to visitation, produce cheeses, liquors, Brazilian white rum, socol and coffee. There are also agrotourism stores in the city that supply information on the segment to tourists.

Filleti Hill: With a height of 1.110m, it has a ramp for practicing hang gliding and paragliding.

House of Culture: This is a museum with more than 600 pieces that tell the Saga of the Italian colonization, which started in Venda Nova, in 1892.

Caxixe Frio: Region that has the largest production of strawberries and vegetables in the State, it has beautiful landscape framing Peak of Great Oven and Blue Rock.

VIANA

Railroad Museum: Old Railroad Station, which was built in 1895.

House of Culture: This works in a large house that belongs to the Lyrio family, located in the city headquarters, and shows Azorean architecture. Being one of the oldest buildings in the State, it has already housed the Emperor Dom Pedro II.

MARECHAL FLORIANO

Tyrant flycatcher waterfall: This is a waterfall with a height of 40m and a width of 10m. In this place there is an age-old Royal Mahogany tree, with a height of 50m and 8m of diameter, with orchids and bromeliads.

Our Lady of Lourdes Grotto: With a height of nearly 1,7m and a width of 4m, it is a kind of veranda where the founders of Santa Maria slept in 1879. The grotto keeps the statue of Saint of Lourdes.

Orchid Farms: There are two in the city: Nego Plantas and Florabela Orquídeas. It is worth visiting them to notice the vast amount of species of orchids at the city forests.



Parque do China, in Domingos Martins

DOMINGOS MARTINS

Historical Museum and House of Culture: Those portray the German and Italian colorizations and exhibit photos, colonial furniture, paintings and objects brought from Europe. On its collection there are documents and objects related to martyr Domingos José Martins, letters and souvenirs of the visit of the Emperor Dom Pedro II to the State.

Blue Rock State Park: This is a natural reserve that is 1.240 hectares, comprising several treks

and quite diversified fauna and flora. The Blue Rock is located in this park, which highlights itself in the landscape due to its 1822m of height. It also includes the Flowers Rock, with a height of 1.909m, as well as the Lizard Rock.

Lutheran Church: Built in 1866, it is the first evangelic church to have a tower in the Country.

Kautsky Orchid Farm: Forest reserve, it joins 1,300 species of orchids and bromeliads.



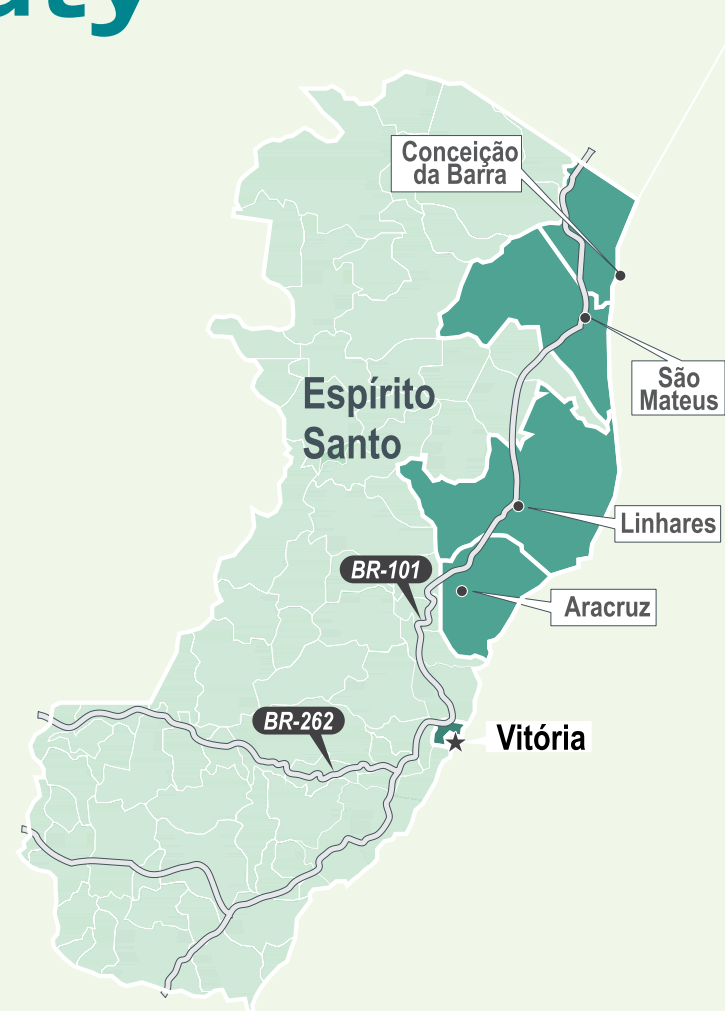
Conceição da Barra



Tranquility and beauty

The nature contained in the Green Route and Water Route offers a lot of tranquility and beauty. The traditions and cookery of each city give a special touch for the sightseeing to become even more pleasant.

Surrounded by natural beauties, this charming route has desert beaches, ecological reserves, mangroves and lagoons, all of this in a tropical climate. The cities that comprise this Route are: Vitória, Aracruz, Linhares, São Mateus and Conceição da Barra.



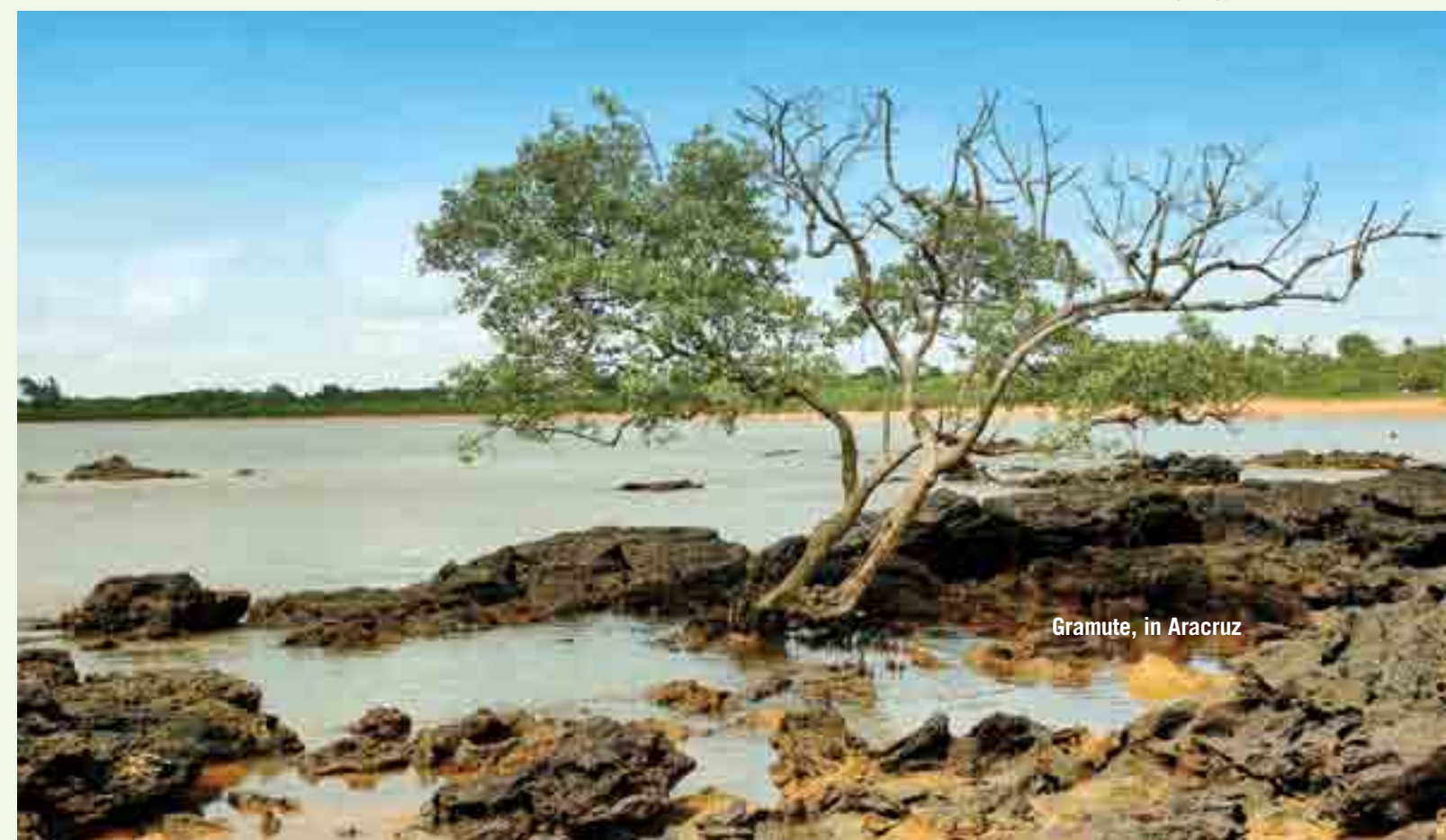
ARACRUZ

Beaches: The main ones are Santa Cruz, Coqueiral de Aracruz, Barra do Riacho, Barra do Sahy and Barra dos Padres. It is possible to find reef formations in most part of them. The crystalline waters favor practicing diving.

Piraquê-Açu Mangrove: Ecological sanctuary of s white heron, crabs, blue land crabs and other species. This is the fifth largest in South America.

Biological Reserve of Comboios: There works the mother base of Tamar-Ibama project in the State, whose purpose is to protect marine turtle egg-laying.

Indigenous Reserves: This houses Guarani and Brazilian indigenous at the margins of Piraquê-Açu River: Pau Brasil, Comboios, Boa Esperança, Caieiras Velhas and Irajá.



Gramute, in Aracruz

To see and enjoy

LINHARES

Juparanã Lagoon: This is the largest lagoon in freshwater volume in Brazil, and the second largest in territorial extension. It favors practicing nautical sports and fishing.

Regência: Area of marine turtle egg-laying. There is a base of Tamar Project.

Health Resort of Pontal do Ipiranga: With sandbar vegetation, it comprises one of the most preserved ecosystems in the State.

Barra Seca: This is the first nude beach in the State, which is included in the Worldwide Guide to Naturism.

Biological Reserve of Sooretama: This takes 27,946 hectares of pluvial tropical vegetation Forest type and diversified fauna, with endangered species such as the anteater-flag, panther and chauá-parrot.

Linhares Forest, Natural Reserve of Vale: This is one of the last continuous areas in flat relief of Atlantic Forest. Being 21.787 hectares and having many treks, it allows contact with one of the richest ecosystems in the world.

SÃO MATEUS

SAGRILLO

Old Church: Ruins of a temple built by the indigenous people and slaves, in the Center.



Historical Site of Port: This is an architectural ensemble of mansions built in the XVII and XIX centuries, which is designated as a historic landmark in 1976 by the State Council on Culture.

Guriri: This is an Island with an almost 20-km-long beach, and has agitated and lukewarm waters that form natural swimming pools at low tide.

CONCEIÇÃO DA BARRA

WEVERSON ROCIO



Dunes and Itaúnas Beach

Praia da Barra: This has lukewarm waters, sandbar vegetation and coconut palms.

Riacho Doce: Located in the border of the State with Bahia, it is considered the second prettiest desert beach in Brazil.

Ticumbi: This is a folk manifestation to the sound of tambourine and violas, full of verses and rhymes in praise to São Benedito. It takes place on December 31st and January 1st.

State Park of Itaúnas: This is designated as a historic landmark by the UNESCO as Natural Heritage of Humanity. This is 3,500 hectares and has a 25km-long beach, including several ecosystems such as mangrove, sandbar and swamp, as well as endangered species.

Dance: This originally comes from Vila de Itaúnas. For the musician, namely Alceu Valença, the musical movement of the village has been responsible for recovering the prestige of this dance all over the Country.

History and beauties

The historical buildings of the Route of Valleys and Route of Coffee portray the colonial times, when coffee was the main way to development in the region. The natural beauties and traditions of the Lebanese, Italian and Portuguese immigrants are part of this past, and today transmit a pleasant and full environment of discoveries.

The Route of Valleys and Route of Coffee make part of a circuit that offers beaches, nature and a lot of history. The cities of South of Espírito Santo that comprise the Route are: Vargem Alta, Cachoeiro de Itapemirim, Muqui, Mimoso do Sul and Marataízes.



To see and enjoy



Folia de Reis, in Muqui

CACHOEIRO DE ITAPEMIRIM

House of Culture Roberto Carlos: This is the residence where the singer, namely Roberto Carlos, was born and lived until he was 13 years old. It keeps its original architecture and houses photos, long plays, paintings and musical instruments that have belonged to the artist.

House of Braga: This is a place where the writer Rubem Braga lived, and is designated as a city historic landmark and structuralized to receive the Public Library.

Fabric of Whistles Maurílio Coelho: Being over 100 years, it manufactures whistles made of noble wood that imitate birds' sounds.

Cafundó Farm: This is the largest private area of natural heritage in Espírito Santo and the 6th largest in Brazil. It has 517 hectares of native vegetation.

VARGEM ALTA

Alto Formoso Observatory: Being at the altitude of a thousand meters it offers of the most beautiful views in the region. It has a ramp for paragliding and local instructors for hang gliding.

MUQUI

Historical Site of Muqui: This has the largest historical site of the State, with over 200 buildings designated as historic landmarks, and some of them are open to visitation.

Folk: National Meeting of Folia de Reis, in October, and Street Carnival. Nearly 20 groups of carnival dancers, each one with its ox and around 200 members cover the city downtown.

Church of São João Batista: This is rich in details, and it has a painting of the Italian namely Giuseppe Irlandini in the dome of the chancel, as well as altars made of Carrara marble.

MARATAÍZES

Palace of Eagles: Built in the XIX century, it highlights itself by two eagles in the front gates and by the rock lion on the side.

Flat Crab Lagoon: This is separate from the sea only by a small sand lane, and is most looked for fishing and those who drive jet-ski.

Boa Vista Beach: This is semidesert and has landscape marked by monumental cliffs.

MIMOSO DO SUL

São Pedro do Itabapoana: This is an old city headquarters, which was founded in 1852. Today, it is a historic site of Espírito Santo, with 41 properties designated as historic landmarks.

Waterfalls: There are several options such as Herons, Good Hope, Mountain Range, Pocitos, Sheets and Drizzle.

FOTOS: SAGRILLO





Rescue of heritages

The ways and history that have been drawn up by the Italian and German immigrants are presented in the Route of Coast and Route of Immigration. When exploring those courses, the visitor finds semidesert beaches, waterfalls, sports and a lot of culture. The cities that comprise the Route are: Anchieta, Alfredo Chaves, Iconha, Piúma, Itapemirim, Marataizes and Presidente Kennedy.



PRESIDENTE KENNEDY

Church of Our Lady of Neves: This was built by the Jesuits on Muribeca Farm, in the middle of the XVII century at the Neves Beach. There is a legend that tells there was a treasure under the building. People dug in order to find it, but nobody found anything. After many attempts the altar sank.

Neves Beach: This is a semidesert beach, being 12km of extension. It has a natural forest in the back.

Marobá Beach: This is one of the busiest in the region. From the white sands and clean waters, it attracts many tourists due to its infrastructure.

ITAPEMIRIM

Church of Our Lady of Amparo: This was inaugurated in 1855. Currently, it is the main historical landmark of the city. Painting lovers glimpse, on the ceiling, the drawing of a dove that seems to move itself, depending on the angle.

Jongo: This is a cultural manifestation of African origin that has been brought by the slaves.

Beaches of Itaipava and Itaoca: In the form of a cove, Itaipava beach has natural mooring for boats, weak waves and dark and fine sand. Its fishing colony is the most active in the region. Referring to Itaoca beach, which is divided into half by a rock, it is comprised of two coves. The north passage is almost desert, with a fishing village and rocks at the ends. It hosts the National Championship of Throwing Fishing.



Itaipava Beach, in Itapemirim

ICONHA

Water Stone Brazilian White Rum Still: Available for visitation for the whole production process.

Great Skip Waterfall: This presents several falls and offers enough appropriate space for camping.

House of Culture: The Cultural Space Zoe Ro-

drigues Misságia houses the Municipal Historical Museum, with pieces, documents and photos of Italian and Portuguese immigrants, as well as the Municipal Photographic Museum.

Banana Tree Fiber Craftwork: Typical of the region, it fascinates by decorative pieces and drawn trunks, baskets and purses.

FOTOS: SAGRILLO

PIÚMA

Aghá Hill: This is a rock with a height of 300m, 100m from the sand.

Islands: Opossum is a natural shelter of birds and marine animals; the middle one is adequate for throwing fishing. Kids Island is small and surrounded by crystalline water. The most distant is the Frenchmen one.

Piúma Beach: This is extensive, being about 4km, and it is shallow with weak waves and fine monazitic sand. During low tide, it is possible to walk several meters into the sea with water at the waist.

Shell Craftwork: The city responds to 95% of the production of pieces made of shells that are consumed in Brazil.

Aghá Hill, in Piúma

Paragliding flight,
in Alfredo Chaves

ALFREDO CHAVES

Natural ramp for hang gliding: This is used for practicing hang gliding and paragliding.

Railroad Station: Building is designated as a historic landmark by the State Council on Culture.

Engineer Reeve Waterfall or Matilde Waterfall: This has rare beauty and 300m of trek and a fall of 70m. This is the largest one in free fall in the State.

Cultural diversity



The cultural diversity of Espírito Santo is one of its marks. In the Route of Immigrants, which is formed by Cariacica, Itarana, Santa Teresa, Fundão, Itaguaçu, Santa Maria de Jetibá, Santa Leopoldina and São Roque do Canaã, it is possible to see how the joint action of the settlers have contributed to creating and developing cities full of histories to tell.

Besides the history and traditions of each community, the Route of Immigrants includes a passage full of natural beauties. Beaches, mountains, rivers and waterfalls comprise

a setting for those who seek direct contact with the nature. The typical parties are another point in common in those cities, which have found in agrotourism a resource for local development.



ITARANA

The Chapel of Santa Luzia and Panther Rock are the main highlights of the city.

ITAGUAÇU

The Mother Church Our Lady Medianeira of All Graces, which is a building that started in 1951, and Christófari Waterfall as well as the Rock of the Five Hulks are the main attractions of the city.

SÃO ROQUE DO CANAÃ

The Church of Our Lady of Graces and Saint Peter, and the Brazilian white rum stills, are the main attractions of the city.

FUNDÃO

Health Resort of Great Beach or Joaripe: This has flat waters, monazitic sands and a beach of 8.5km of extension. This is the main attraction of the city.

House of Culture of Fundão: Located on a floor built in 1882, it houses a library and a museum.

Municipal Park of Goiapaba-Açu: This is an Environmental Protection area, with 3.740 hectares, where there are 250 different species of orchids, waterfalls and streams, thus forming one of the most complex biodiversities in the world. The Park houses the peak that has the same name, with a height of 880m.

State Park of Goiapaba-Açu, in Fundão



Fiancé Veil Waterfall,
in Santa Leopoldina

SANTA LEOPOLDINA

Historical Site: This is a rich architectural ensemble, with buildings from the end of the XIX century and beginning the XX century, in luso-Brazilian colonial style, with details of the Anglo-Saxon architecture. In all, there are 38 properties which are designated as historic landmarks by the State Historical Heritage.

Settler Museum: This works in a house that is 180 years old that belonged to the Austrian Luiz Holzmeister, one of the city founders. The residence has already housed the Emperor Dom Pedro II and Leopoldina princess.

Tirol Church (Chapel of Divine Espírito Santo): Built in 1898, in neo-Gothic style. Its main feature is the tower location, to the back of the building, thus forming an independent volume.

Fiancé Veil Waterfall: With a fall of 100m, it has natural swimming pools and treks for ecological walks.

CARIACICA

Mochuara: Granite rock with a height of 724m in the agricultural region of the city. It was designated as a landscape historic landmark in 1992. It has served as a shelter for slaves who have run away from Queimados rebellion, in Serra. The highlight of it is the rappel lane, with 12,5m of extension.

Congo Masks: This takes place in Water Wheel, and is one of the oldest folk manifestations in the city. During the three days of party there are presentations of Bands of Congo.

Biological Reserve Two Mouths: In an area of 2.910 hectares, it reflects the biodiversity of the Atlantic Forest and houses the Dam of Two Mouths, inaugurated by Getúlio Vargas (ex-president in Brazil) in 1950, which is responsible for 25% of the water consumed in the city.



View of
Santa Maria de Jetibá

SANTA MARIA DE JETIBÁ

Flagon Rock: This is the highest point in the region. It has the form of a flagon and is part of a set of peaks.

Dam of Beautiful River: This forms a lake of 22km of extension, with some reentrance and a height of 540m.

Pomeranian Immigration Museum: In a didactic way, it tells the history of immigration by chronological order by use of boards, maps, photographs and objects.

SANTA TERESA

Canaã Valley: This is one of the places where the colonization of Santa Teresa started, and has inspired the writer, namely Graça Aranha, to write the romance entitled “Canaã”, launched in 1902.

Biological Reserve Augusto Ruschi: Created in 1948, it has an area of 3.600 hectares. It houses rare birds and rich epiphytic flora such as orchids.

Saint Lúcia Reserve: This is a favorable place for observing birds.

Biology Museum Professor Mello Leitão: Founded in 1949, it was idealized by the naturalist Augusto Ruschi, with the purpose to host studies on the fauna and flora of the Country. This is linked to the National Institute of Historic and Artistic Heritage (IPHAN) and makes use of a herbarium with nearly 7,000 orchids, zoological collections and specimens of mammals.

Old Residence of Virgílio Lambert: This is one of the first houses built by the Italian immigrants around 1876. This was designated as a historic landmark by the State Council on Culture, in 1985.



Canaã Valley, in Santa Teresa



Lambert's House, designated as a
historic landmark by the State Council on Culture



Good businesses

The potential of capixaba ornamental rocks attracts great national and international businesses to the State.

The route covered by rock purchasers and professionals of this segment build the Route of Marble and Granite, which is the first one turned specifically towards to business tourism in Brazil. The cities of Vitória, Cachoeiro de Itapemirim, Barra de São Francisco, Nova Venécia, Ecoporanga, Água Doce do Norte, Pancas (photo), Baixo Guandu and Vila Pavão take part in it.



TO SEE AND VISIT

The exploitation of ornamental stones is the third largest revenue creator in the State, and it responds to 7% of the capixaba Gross Domestic Product (GDP). From the largest 26 Brazilian exporters of ornamental stones, with invoicing over US\$ 10 million in 2007, 21 of them are installed in Espírito Santo.

The size of deposits and importance of businesses, leveraged by this segment of the capixaba economy, justify the inclusion of 21 cities in the Route of Marble and Granite. In the South of the State, where Cachoeiro de Itapemirim highlights itself as the main extraction center, the marble deposits are concentrated. To the North, where Nova Venécia is the reference, there are granite deposits.

TECHNOLOGY

The main industrial park, for processing the capixaba ornamental stones, is in the south of the State. At the same time, the Metropolitan Region of Great Vitória records a growth in the number of companies processing marble and granite, who are responsible for offering products of higher aggregate value.

MARKET

The modernization of physical installations and trade relations, especially with the external market, closely related to professionalization of ornamental stones in the State as well as the promotion of events to spread the regional production, for example, Vitória Stone Fair and Cachoeiro Stone Fair, have increased the competitiveness of companies located in the cities of the Route.



Ecotourism and adventure

Ideal for practicing adventure tourism, ecotourism and agrotourism, the Route of Caparaó is formed by the cities that have developed around the National Park of Caparaó, which is the main highlight in the region. Those are: Jerônimo Monteiro, Alegre, Guaçuí, São José do Calçado, Dolores do Rio Preto, Divino São Lourenço, Ibitirama, Irupi, Iúna, Muniz Freire and Ibatiba. This also counts on part of Serra do Mar and Serra da Mantiqueira, Peak of the Flag and the State Park of Smoke Waterfall.



TADEU BIANCONI



Fiancé Veil Waterfall, in Alegre

WEVERSON RÓCIO



Peak of the Flag: the third highest in Brazil

ALEGRE

State Park of Smoke Waterfall: With a fall with a height of 144m, the waterfall attracts hundreds of visitors. The park has 24 hectares of extension and is 30km from the city.

Mother Church Our Lady of Penha: Chancel of Alegre, its building started in clay and wood, in 1851. It was extended later on. The church has stained-glass windows portraying the life of Christ, and paintings of the Indian, namely Diwali.

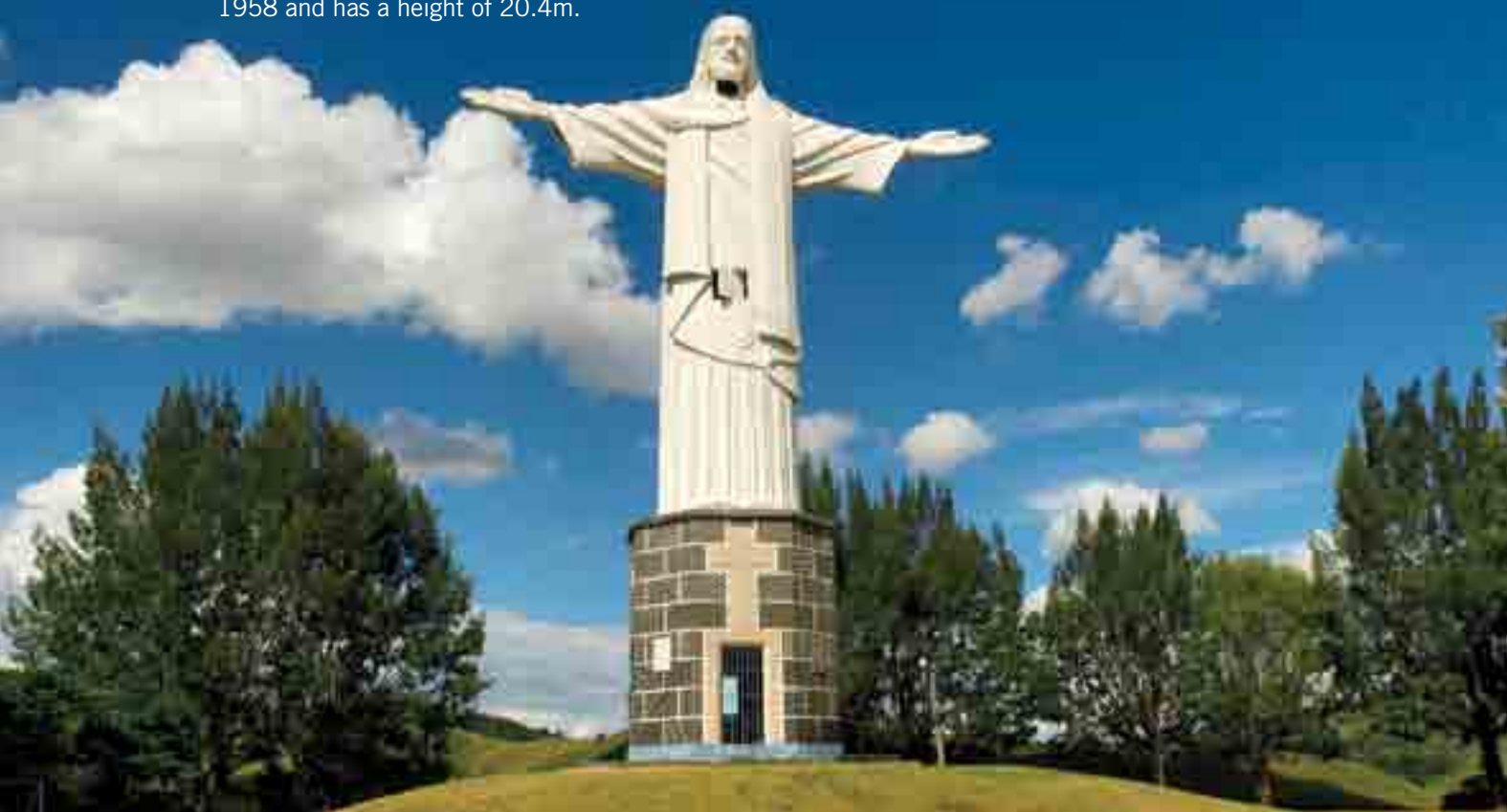
DORES DO RIO PRETO

Rock Girl: This is a mountain range of impressive beauty, and has some waterfalls in its route. From the top, it is possible to view the Peak the Flag and Peak of Crystal. Involved by legends and mysticism, it is appropriate for trekking.

Peak of Crystal: Its access is made by a difficult trek, which is located on the opposing side to those leading to Peak of the Flag. Climbing is only recommended to mountaineers or experts in the region.

GUAÇUÍ

Christ Redentor: Located at a height of 700m, in the entrance to the city, it was inaugurated in 1958 and has a height of 20.4m.



DIVINO SÃO LOURENÇO

River Passages of Mango Tree and Sumidouro: The first one has a well with clear and cold water, adequate for bathing. The second one has 100m of extension and 15m of width.

Waterfalls: Beauty, Granite, Jacutinga and Prainha are some of the main ones in the City.

IBITIRAMA

Tecnotruta Farm: Tecnotruta Experimental Farm. This means 74 fattening tanks, a center of trout artificial egg insemination. It also works as fish and pay and restaurant.

IÚNA

Saint Water: Attracted by faith, the tourists look for the waters and place in search of salvation and cure. The Rock of Miracles, or Rock of Sins, involves a grotto with an opening of 50cm and an image of Our Lady Aparecida. According to a legend, only those who have faith will be able to pass by the narrow entrance.



Saint Water, in Iúna

MUNIZ FREIRE

Mountain Ranges: Apolinário, Valentim and Saint Cristovão offer beautiful landscapes of the Peak of the Flag and Blue Rock.

IBATIBA

Crags: Rock of the Three Hulks and Peak of Colossus.

Tropeiro's Party: This is one of the most traditional parties in the Caparaó region.

SÃO JOSÉ DO CALÇADO

Hulk Rock: With a height of 1.245m, it is full of landscapes and pleasant surprises. The terrain formation favors practicing hang gliding and paragliding.

JERÔNIMO MONTEIRO

Gironda: The locality reflects the height of coffee and sugar cane periods, with all its preserved and restored row of houses.



Old Aunt Rock, in Irupi

IRUPI

Old Aunt Rock: With a height of 1.140m, it is ideal for practicing radical sports such as rappel and hang gliding.

National Park of Caparaó: In the border of Espírito Santo with Minas Gerais, its biggest attraction is the Peak of the Flag, with a height of 2.890m. This is the third highest in Brazil, and there it is possible to find several species of vegetal and animal. About 70% of the Park is located in capixaba territory.





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