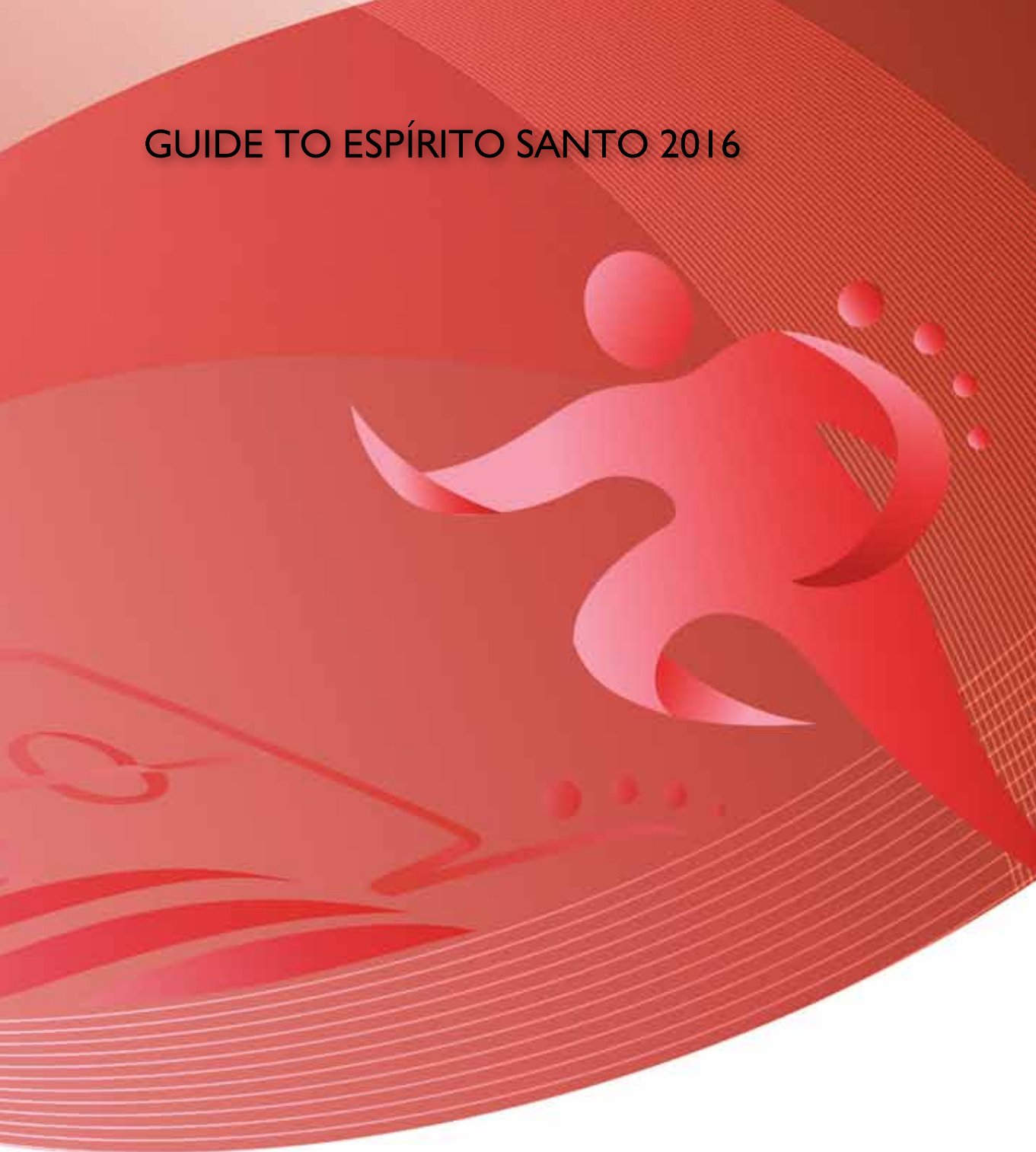


GUIDE TO ESPÍRITO SANTO 2016



The path to the
podium passes
through Espírito Santo





Panoramic view of the City of Vitória - State of Espírito Santo



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Costa Beach, City of Vila Velha,
Espírito Santo



An encounter with the future

Renato Casagrande
Governor of the State of Espírito Santo

We are very optimistic about the possibility of receiving, in our State, one or more delegations from countries that will participate in the Olympic Games in Rio de Janeiro in 2016. To that end, besides our efforts, we count on a number of factors, such as the proximity of the host city, certain regional geographic characteristics, and the tradition of warm hospitality of our people, which make Espírito Santo not only a feasible base but also extremely attractive to teams from other countries.

It is an opportunity which cannot be missed to stimulate the development of high performance sports within the regions of Espírito Santo and, at the same time, to disseminate the singularity as well as the combination of attractions and touristic facilities of our State. After all, because they are sports event on the global stage, the Olympic Games are closely watched by the world media, which endeavors to reflect the reality of the country and, more especially, the regions chosen to welcome the different delegations.

However, this event, which involves thousands of athletes and the most competent sports teams of the world, is more than just an opportunity. It is also an enormous challenge to our capacity to mobilize and organize. And I have no doubt whatsoever that we can count on the enthusiasm, the dedication, and the intelligence of the local sportsmen, the citizens, the press, the municipal managers, and the whole of private initiative, so that all the objectives of this phase of the habilitation and the preparation of our State to welcome the foreign delegations will be accomplished.

We have already mobilized resources, seeking out partnerships in society and working to guarantee the necessary infra-structure and offer of services of the very highest quality. It is thus that we will make our encounter with the future a reality in 2016. And it is thus that the people of the State of Espírito Santo – which takes great pride in having welcomed immigrants from every corner of the world for centuries – will be able to reaffirm the Universalist vision that distinguishes our culture, and the undeniable historic vocation of our territory as a fraternal space open to the world.

Sporting legacy



Vandinho Leite
State Secretary of Sports and Leisure

Welcome to Espírito Santo. The land of miscegenation. The land of all peoples who come here to live in peace, harmony, and prosperity. Presenting our State to you is more than our objective; it is an obligation. It is the obligation to offer better, welcome better, and certainly better accommodate your delegation to the Olympic Games and the Para-Olympic Games of Rio 2016.

Information on sports, tourism, culture, and economy can be found in this Guide to Espírito Santo 2016. They are details which will approach you to the sought after perfection for the pre-Games training period, which is to say, sports facilities approved by the Rio 2016 Olympic and Para-Olympic Games Committee, proximity to the City of Rio de Janeiro, and a similar climate.

In this Guide, we present diverse training locales already selected by the Rio 2016 Olympic and Para-Olympic Games Committee, taking into account a considerable number of modalities. All of the sports locales are in regions with the same average climatic temperatures as the host-city of the Games. All that just a 45-minute plane ride away. You couldn't possibly have better acclimatization!

None of the potential factors mentioned above –equipment, geographic position, and climate – would be of any use to you without the unconditional support of the Government of the State of Espírito Santo for this project. More than the preparation to welcome you, this commitment of our State Government consists of investments in the order of R\$ 150 million directed to the sportive infra-structure, made directly available for pre-Games utilization, and destined to be a legacy made available to our population.

Furthermore, being a part of the preparations for the Olympics is the certainty of a legacy that will be offered to future generations of our State and of our Country. Welcoming you to our home will be an even greater privilege. It is not just about a sportive effort but, rather, a commitment to the Olympic spirit to unite peoples and a reaffirmation of our premise for 2016, to wit, that “the path to the podium passes through Espírito Santo.”

Sportive regards!



2016 STATE OF ESPIRITO SANTO COMMITTEE

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A step to the podium

Ideal for those seeking for great infrastructure and tranquility for their delegation, the State of Espírito Santo, in addition to modern sports centers adapted to the necessities of the teams, also has great leisure programs and wonderful business opportunities. It is a State where nature has been very generous.

The proximity to Rio de Janeiro and other economic and touristic centers of Brazil, as well as geographic variety, which include contrasts in temperature and landscape that few regions of the world have, are the distinguishing characteristics of Espírito Santo.

All of that in one of the fastest economically growing States in the country. With sports facilities prepared to welcome the delegations that will participate in the 2016 Games in Rio de Janeiro, the State is preparing itself to also be a new center for the preparation of high performance athletes.

AERIAL DISTANCE FROM RIO DE JANEIRO TO VITÓRIA: 413 KILOMETERS
FLIGHT TIME: 45 MINUTES



The capacity to invest

Espírito Santo is one of the fastest economically growing Brazilian States, well above the national average. Its beaches, mountains, and culture – formed from traditions inherited from Brazilian Indians, Blacks, and Europeans, especially Italians, Germans, and Portuguese – highlight the wealth of this State, abundant in touristic options, leisure, and business.

Located in the Southeastern Region, which is responsible for 56.4% of the national Gross Domestic Product, the State of Espírito Santo covers 46 thousand square kilometers, divided into 78 municipalities, accommodating 3,514,952 inhabitants. The City of Vitória, 450 years old, is its capital. Another six municipalities form the Metropolitan Region of Greater Vitória, which possesses the sports centers prepared to welcome the delegations that will participate in the Olympic Games and Para-Olympic Games

of Rio 2016.

The GDP per capita of the State's population is the fifth largest in Brazil, the result of a modern and dynamic economy. Vitória has the highest among the Brazilian capital cities (R\$ 71 thousand). The economic growth of the State guarantees investments in areas considered essential, such as education, health, public safety, and sports.

This scenario, enriched by the discovery of gigantic petroleum reserves – Espírito Santo is the second largest producer of the country – and with the potential of agribusiness and the quarrying and processing of ornamental stones, stimulates large companies to increase their investments in the State.

To all of this, we add the touristic potential, which, in a sustainable manner, has attracted increasingly more tourists with greater power of acquisition.



Sportive Espírito Santo

The Government of the State of Espírito Santo contributes to the improvement of the quality of life and to the social development of the population of the State, investing in public policies of inclusion to sports and encouraging basic as well as high performance athletes.

Allied to education, sports offers op-

portunities, principally for those who live at social risk. With this in mind, the State invests in activities focusing on social sports as an instrument of inclusion; on educational sports as a complement to school activities; on high performance sports with training centers; and on recreational and leisure sports as a means to generate physical well-being.



The formation of athletes and infra-structure

A sports center focusing the formation of high performance athletes is another great investment of the Government of the State of Espírito Santo. It will be ready to welcome Olympic and Para-Olympic teams in preparation for the 2016 Games to be held in Rio de Janeiro. The “Jayme Navarro de Carvalho” Training Center is the result of a partnership between the state administration and the Ministry of Sports.

With a modern management concept, the State Secretariat of Sports and Leisure (SESPORT, in its Portuguese initials), has implemented programs, projects, and partnerships that afford sportive, educational, technical, medical, therapeutic, nutritional, psychological, as well as social support for the development of high performance.

The Center will possess the capacity to offer services of outstanding quality to one

thousand persons per day. The investment of the Government of the State of Espírito Santo strives for the ongoing training of athletes to participate in the Pan-American, Olympic, and Para-Olympic competitions.

Another sports complex that has received investments of the Government of the State of Espírito Santo is the “Kleber Andrade” State Stadium. The complex is undergoing reforms to become a center of excellence in the formation of athletes and to accommodate delegations during training periods. There are more than 85 thousand square meters of area, with multi-sports courts integrated to nature, respecting the concept of sustainability.

In addition to the “Jayme Navarro de Carvalho” Training Center and the “Kleber Andrade” Stadium, the Government of the State of Espírito Santo has invested in yet another 150 sports infra-structure works.

Social Inclusion

When it comes to sports as a means of inclusion, Espírito Santo has implemented the “Sports for Peace” Project, whose challenge it is to bring the practice of sports, with responsibility, to children and adolescents between the ages of 6 and 17 living at social risk. Twenty regions of Greater Vitória, with the highest rate of social vulnerability, will receive 400 nuclei of the project.

Twenty of them have already been established and are currently signing students

up. Another forty will soon be established. The objective is to reach the whole State. The project is developed in partnership with public and private institutions, involving high performance athletes who give classes.

Each region receives the special attention of pedagogues and coordinators, whose objective it is to reduce crime rates, violence, and the use of drugs. We estimate that each nucleus will attend 200 children and adolescents in diverse modalities. This

same concept is present in the “Sports for Peace – Second Half” Project, with another 150 nuclei throughout the State.

Another project that involves sports and education is the “Champions of the

Future”, the reason for which 22 thousand children and adolescents between the ages of 6 and 17 now practice sports in 165 nuclei in the 78 municipalities of the State. Implemented in 2008, the project has grown.

High Performance

The high performance athletes and para-athletes have the support of the Government of the State of Espírito Santo in the supply of airline tickets to represent the State in national and international competitions. It is the High Performance Sports Incentive Program (Compete ES). It was initiated in 2010 at which time it benefited 342 athletes. In the following year, another 1,860 airline tickets were made

available for 143 sports events, benefiting 557 athletes and para-athletes. In 2012, two thousand airline tickets will be supplied.

And since we are on the subject, the Athlete Sponsorship contributes to covering sports expenses in three categories: Student Athlete Sponsorship, National Athlete Sponsorship, and International Athlete Sponsorship. Ten athletes each receive R\$ 2 thousand per month.



Photograph: Divulgação Iate Clube do ES

Preparing Champions

Twelve sports facilities, in Greater Vitória, are ready for the training for athletes and para-athletes of foreign delegations for the pre-Games period of Rio 2016. Nine of them have already been approved by the 2016 Olympic Games and Para-Olympic Games Organizing Committee. Three of them consist of new options that Espírito Santo has made available to the delegations.

In all of them, athletes can count on the infra-structure necessary to their preparation. There are multi-sports courts, gymnasiums, soccer fields, athletic tracks, swimming pools, and areas for the practice of marksmanship, archery, rowing, and sailing.

A considerable part of these areas are part of the culture of the State, since they are already installed in clubs and squares. Another part is being increased and undergoing construction, aiming for the training of future champions.

Take a moment to get to know the places ready.

Associação Esportiva e Recreativa Tubarão (AERT) [Tubarão Sports and Recreation Association, in Portuguese]

Address: Rua Castelo Branco, Nossa Senhora de Fátima, City of Serra - Espírito Santo

Constructed in 1980, it possesses on 180 thousand square meters with a large reserve of green area, in the Municipality of Serra, metropolitan region of Greater Vitória.

The president and vice-president of the Executive Council of AERT are nominated by the Vale S.A. Company, but the association has independent management.

It has a great tradition in the area of sports, having participated in great compe-

titions in the State of Espírito Santo. It has already received sports delegations from other States in periods of preparation for state championships.

In January 2077, for example, the athletes of the Botafogo de Futebol e Regatas (Soccer and Regatta Botafogo Club), one of the most traditional clubs of the country, situated in Rio de Janeiro, began preparing for that year's season training at AERT.



Photograph: Samuel Vieira

SUPPORT STRUCTURE

- ▶ Room for meetings and conferences
- ▶ Academy for body-building and gymnastics
- ▶ Areas for the installation of recovery rooms for athletes
- ▶ Dry and steam saunas
- ▶ Parking lot on the premises

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Two swimming pools
- ▶ Sand court
- ▶ Multi-sports court

- ▶ Two tennis courts (clay-gravel)
- ▶ Three professional soccer fields
- ▶ Arena soccer field with turf
- ▶ Two arena soccer fields with natural grass

READY SPORT MODALITY

- ▶ Soccer

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

“Jayme Navarro de Carvalho” Sports Training Center

Address: Rua Schwab Filho, District of Bento Ferreira, Vitória - ES

The first sports complex of Brazil, constructed in partnership with the Ministry of Sports, dedicated to the formation of high performance athletes for the 2016 Rio de Janeiro Olympic Games and Para-Olympic Games. We expect to attend nearly two thousand persons per day.

The Training Center is being reformed and increased. Its physical structure will possess four gymnasiums – two multi-sports and two equipped to receive fight teams and gymnasts – two beach volley-ball courts, an aquatic center, and an auditorium.

The center has been so named in due homage to the athlete Jayme Navarro, a rower between 1947 and 1958, who tried his hand at various other sports modalities.



Photograph: Samuel Vieira

For this reason, he was considered a ‘wild-card’ in the State’s sports. His name also figures on Municipal Law 8.058/2010 which encourages sportsmen in Vitória.

SUPPORT STRUCTURE

- ▶ Room for fitness and body-building
- ▶ Room for first aid
- ▶ Room for medical assistance
- ▶ Room for physiotherapy and massage
- ▶ Room for meetings and talks
- ▶ Private room for delegation Management
- ▶ Cafeteria with beverages and snacks throughout the day
- ▶ Room for multi-media with video projectors, sound equipment and other equipment
- ▶ Room for rest and relaxation
- ▶ Private parking lot
- ▶ Area for storage of sports equipment
- ▶ Ambulance access to training area

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Gymnasium for rhythmic and artistic gymnastics

- ▶ “Audifax Barreto” Gymnasium
- ▶ “Jayme Navarro de Carvalho” Gymnasium
- ▶ Fights gymnasium
- ▶ Swimming pool
- ▶ Beach volley-ball courts

READY SPORT MODALITY

- ▶ Rhythmic and artistic gymnastics
- ▶ Badminton
- ▶ Handball, basketball, volley-ball
- ▶ Swimming, synchronized swimming, water polo
- ▶ Judo, Tae Kwon Do
- ▶ Beach volley-ball

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

“Álvares Cabral” Swimming and Regatta Club

Address: Av. Marechal Mascarenhas de Moraes, 2100, Bento Ferreira, Vitória - ES

A traditional club of Espírito Santo, with 110 years' worth of history and sports tradition, it is responsible for having revealed important names in rowing, volley-ball, and swimming in Espírito Santo. It possesses a multi-sports gymnasium, Swimming pool 50m, soccer fields, tennis courts, and multi-sports courts.

The Club stands out in rowing, swimming, volley-ball, basketball, tennis, and futsal, and participates in regional and national competitions.

Among the athletes who have practiced at the Club and have since attained national and international renown are Volley-ball Olympic Medalist Fábio Luz (Silver Medalist, Peking), the Champion of the World Circuit of the same sports, Alison



Photograph: Divulgação Clube Álvares Cabral

Cerutti, and the South American Student Swimming Champion, Rafaeli Coutinho.

SUPPORT STRUCTURE

- ▶ Room for multi-media
- ▶ Room for video
- ▶ Room for meetings and conferences
- ▶ Academy for body-building
- ▶ Areas for the installation of recovery rooms for athletes
- ▶ Dry and steam saunas
- ▶ Medical department
- ▶ Track measuring 1,000 meters for walking, running and other physical activities
- ▶ Restaurant
- ▶ Cafeteria
- ▶ Parking lot on the premises

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Multi-sports gymnasium
- ▶ Aquatic center with swimming pool 25m

- ▶ Six tennis courts (clay-gravel)
- ▶ Three arena soccer courts
- ▶ Center for boat rowing training
- ▶ Center for training marksmanship
- ▶ Beach volley-ball court
- ▶ Multi-sports courts
- ▶ Three boccie courts

READY SPORT MODALITY

- ▶ Beach volley-ball
- ▶ Tennis
- ▶ Swimming
- ▶ Rowing
- ▶ Shooting sports

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

Clube Italo Brasileiro (Italian Brazilian Club)

Address: Rua Renato Nascimento Daher Carneiro, 1036, Ilha do Boi, Vitória - ES



Photograph: Samuel Vieira

Established by Italian descendants on May 13th, 1968, the Clube Italo Brasileiro possesses 27 thousand square meters total area, comprised of a large sports square, swimming pools, sauna, bar, restaurant, beach, and halls for parties and events.

It is located in a privileged area, in the

district known as Ilha do Boi, with an ample view of the sea and access to the beach.

Since it was established, the club has encouraged, held, and participated in regional and national sports Championships, organized by federations and sports leagues.

SUPPORT STRUCTURE

- ▶ Academy for body-building, pilates, and gymnastics
- ▶ Dry and steam saunas
- ▶ Jacuzzis
- ▶ Rooms for massage
- ▶ Restaurant
- ▶ Cafeteria
- ▶ Complete buffet service
- ▶ Business center
- ▶ Parking lot on the premises

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Multi-sports gymnasium
- ▶ Field for Soccer 7
- ▶ Two tennis courts (clay-gravel)
- ▶ Swimming pool 25m
- ▶ Heated swimming pool for hydro-gymnastics
- ▶ Three acclimatized halls

READY SPORT MODALITY

- ▶ Tennis (clay-gravel)

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

“Kleber Andrade” State Stadium

Address: BR 262, km 3,5 District of Rio Branco, Cariacica - ES



Sports Tradition

Sports complex currently undergoing expansion to become a center of excellence in the formation of athletes and to welcome delegations during training periods for the Rio 2016 Games.

It possesses more than 85 thousand square meters in area, and has multi-sports courts integrated to nature, respecting the concept of sustainability. It is a 'green stadium', with a seating capacity of up to 26 thousand persons, divided into two large segments: stage and acoustic shell, for multicultural events, and athletic track and official soccer field.

The “Kleber Andrade” Stadium was constructed by the Rio Branco Athletic Club (Rio Branco Atlético Clube, in Portuguese) and inaugurated in 1983. Three years later, it registered its largest turnout: 32 thousand ticket holders for the game between the Rio Branco and Vasco da Gama soccer teams for the Brazilian Championship A Series.

In 2008, it was acquired by the Government of the State of Espírito Santo and received a new project, transforming it into the most modern multi-use sports arena in the State, equipped with ramps and elevators to attend people with physical disabilities.

SUPPORT STRUCTURE

- ▶ Room for fitness and body-building
- ▶ Room for first aid
- ▶ Room for medical assistance
- ▶ Room for physiotherapy
- ▶ Equipped academy
- ▶ Room for meetings and talks
- ▶ Cafeteria with beverages and snacks throughout the day
- ▶ Room for multi-media
- ▶ Room for recuperation
- ▶ Private parking lot
- ▶ Ambulance access to training area

AREA FOR THE PRACTICE OF SPORTS

- ▶ Soccer field
- ▶ Athletics track

READY SPORT MODALITY

- ▶ Soccer
- ▶ Rugby
- ▶ Athletics

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

“Jones dos Santos Neves” Gymnasium

Address: Rua Coronel Schwab Filho, Bento Ferreira, Vitória - ES

Multi-sports gymnasium which hosts school games of diverse modalities, representing both private schools as well as State and Municipal schools. It also hosts national and world championships, such

as the classifications for the Kickboxing World Championship in 2011.

The most practiced modalities here are basketball, volley-ball, futsal and handball.

SUPPORT STRUCTURE

- ▶ Room for meetings
- ▶ Private room for delegation Management
- ▶ Storage area for sports equipment
- ▶ Possibility for exclusive use of sports equipment by the Committee
- ▶ Cafeteria

READY SPORT MODALITY

- ▶ Volley-ball
- ▶ Basketball
- ▶ Handball

AREA FOR THE PRACTICE OF SPORTS

- ▶ Multi-sports court

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.



Photograph: Samuel Vieira

Espírito Santo Yachting Club

Address: Praça do late, 200, Canto Beach, Vitória - ES

Traditional in Vitória, the Espírito Santo Yachting Club promotes and encourages nautical sports. Among the competitions held here is the Eldorado Brasilis Boat Race, which took sailboats on a course to Trindade Island. It was the all-time largest sailing competition of the State and took place in January 2008. Considering the course, it was also one of the largest in Latin America.

The Club stands out because of the Steel Course Regatta and the pre-Olympic Sailboat, which classified Brazilian yachtsmen for the Olympic Games in Sydney (Australia). The Marina offers the infrastructure required for boats, motor-boats, jet skis, and other kinds of vessels, as well as areas for the practice of volley-ball, squash, futsal, basketball, and swimming.



Photograph: Samuel Vieira

SUPPORT STRUCTURE

- ▶ Room for multi-media
- ▶ Room for meetings and conferences
- ▶ Dry and steam sauna
- ▶ Structure for boats and other vessels
- ▶ Restaurant
- ▶ Parking lot on the premises

- ▶ Squash court
- ▶ Marina

READY SPORT MODALITY

- ▶ Sailing

AREA FOR THE PRACTICE OF SPORTS

- ▶ Swimming pool
- ▶ Volley-ball court
- ▶ Basketball court

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

Serra Knowledge Center (Estação Conhecimento Serra, in Portuguese)

Address: Av. Meridional, Cidade Continental (Europa Sector), Serra - ES



Photograph: Samuel Vieira

The Serra Knowledge Center (Estação Conhecimento Serra, in Portuguese), a project developed in partnership with Vale, the Vale Foundation, and the Mayor's Office of Serra is a social organization of the third sector (OSCIP), created in 2009 for the express purpose of promoting the integrated development of the individual and the community by means of sports,

culture, professional training, and the generation of employment and income.

The facilities are ready for the practice of athletics, and have an eight lane track. The local para-athlete Daniel Mendes, who holds the world record for 400 meters in his category, trains at the Knowledge Center. Access is facilitated by its proximity to the Vitória Airport, merely 10 kilometers away.

SUPPORT STRUCTURE

- ▶ Room for multi-media
- ▶ Room for meetings and conferences
- ▶ Computer laboratory
- ▶ Room for first aid
- ▶ Room for physiotherapy and massage
- ▶ Room for rest and relaxation
- ▶ Storage area for sports equipment
- ▶ Private room for delegation Management
- ▶ Parking lot on the premises
- ▶ Ambulance access to training area
- ▶ Industrial kitchen and cafeteria

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Official athletics track with eight lanes
- ▶ Swimming pool 25m
- ▶ Official soccer field

READY SPORT MODALITY

- ▶ Athletics

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

Federal University of Espírito Santo (Universidade Federal do Espírito Santo, in Portuguese)

Address: Av. Fernando Ferrari, 514, Campus Universitário, Vitória - ES



The most respected and one of the most traditional educational institutions of the State, the Federal University of Espírito Santo (UFES), has a strong bond to regional sports. It holds competitions in its sports park, which includes a privileged area for the practice of archery.

The Center for Physical Education and Sports of the University (CEFD, in its Portuguese initials) has the oldest Physical Education course in Brazil. Throughout its more than 80 years of existence, its contribution to the preparation of sportsmen in the State has been considerable.

SUPPORT STRUCTURE

- ▶ Room for multi-media
- ▶ Room for meetings and conferences
- ▶ Room for fitness and body-building
- ▶ Room for first aid
- ▶ Room for medical assistance
- ▶ Room for physiotherapy and massage
- ▶ Room for rest and relaxation
- ▶ Storage area for sports equipment
- ▶ Possibility for exclusive use of sports equipment by the Committee
- ▶ Cafeteria
- ▶ Parking lot on the premises

The University has hosted important national and international competitions. Among them, we can make mention of the national Water Polo competition in 2000; the Men's and Women's National Handball League games in 2006 and 2007; the national Rhythmic Gymnastics competition in 2007 and 2008; and the exchange between State athletes and the Italian Archery team in 2005.

Currently, the UFES holds archery training and competitions with the special participation of Fernando Chagas, member of the Brazilian Para-Olympic Archery team, Standing class.

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Swimming pool
- ▶ Multi-sports gymnasium
- ▶ Multi-sports courts
- ▶ Area for archery
- ▶ Multi-use rooms for such modalities as fencing, table tennis, badminton, and fights

READY SPORT MODALITY

- ▶ Archery

Facilities ready to receive Olympic and Para-Olympic athletes. Controlled access and security personnel on the premises.

Riviera Sports and Cultural Arena (Arena Esportiva e Cultural Riviera, in Portuguese)

Optional facility

Address: Rua Mato Grosso, 266, Jacaraípe, Serra - ES

It is an area dedicated to the practice of sports of diverse modalities, result of a partnership between the Government of the State of Espírito Santo and the Ministry of Sports. The area is currently under reform. There will be 5,812.65 square meters of constructed area, distributed in three pavements.

It will have a multi-sports court which will allow the realization of national and international competitions.

To reduce the impact on athletes' joints during falls and leaps, the floor of the court will be flexible, made of polyurethane, composed of grounded rubber, and seamless, with self-leveling resins.

The Arena will offer bleacher seating for 3,153 persons and an auditorium, with wider seats for the obese and areas for those using wheel-chairs. The traditional Riviera Club functioned on the spot, site of championships as well as of recreational and social activities.



SUPPORT STRUCTURE

- ▶ Rooms for diverse use
- ▶ Locker rooms
- ▶ Room for body-building
- ▶ Auditorium seating 264
- ▶ Parking lot on the premises
- ▶ Ambulance access to training area

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Multi-sports court

SPORT MODALITY

- ▶ Volley-ball
- ▶ Basketball
- ▶ Handball

“Presidente João Goulart” Sports Center (Centro Esportivo Presidente João Goulart, in Portuguese. Better known as Tartarugão)

Optional facility

Address: Rua Itaibaia, Coqueiral de Itaparica, Municipality of Vila Velha - ES



Photograph: Samuel Vieira

Commonly known as the Tartarugão Gymnasium, it is one of the principal sports centers of the State, a reference in the development and improvement of Olympic modalities. Its facilities have an acclimatization system, sound distribution system, and thermal insulation, which prevents the entrance of heat and affords more thermal comfort as well as saves energy.

The gymnasium hosts regional competitions and games of the National Basketball League, in addition to being the gymnasium where the Men’s and Women’s Basketball teams train, representing the Municipality of Vila Velha and the State of Espírito Santo in the National League. The “Presidente João Goulart” Sports Center also has social assistance projects related to sports.

SUPPORT STRUCTURE

- ▶ Multi-sports court
- ▶ Two external courts, one of which is covered
- ▶ Annexed soccer field
- ▶ Rooms for meetings and conferences
- ▶ Room and cabin for the press
- ▶ Room for medical assistance
- ▶ Two sky boxes
- ▶ Large parking lot

SPORT MODALITY

- ▶ Basketball
- ▶ Boxing
- ▶ Handball
- ▶ Judo
- ▶ Tae Kwon Do
- ▶ Table tennis
- ▶ Volley-ball

“Tancredo Neves” Sports Center (Centro Esportivo Tancredo Neves, in Portuguese. Better known as Tancredão)

Optional facility

Address: Rua Dário Lourenço de Souza, Mario Cypreste, Vitória - ES. Near the Vitória Bus Port Terminal

Constructed to receive national competitions, the Center has an area of 52,765.54 square meters total – 5 thousand square meters constructed area – with courts for futsal, basketball, volley-ball, handball, and other sports modalities, as well as a semi-

Olympic size swimming pool.

Commonly known as “Tancredão”, the Center is the result of a partnership between the Government of the State of Espírito Santo and the Municipal Government of Vitória.



Photograph: Samuel Vieira

SUPPORT STRUCTURE

- ▶ Rooms for meetings and conferences
- ▶ Rooms for multi-media
- ▶ Academy for body-building
- ▶ Room for physiotherapy
- ▶ Semi-Olympic size swimming pool
- ▶ Ambulance access to training area

AREAS FOR THE PRACTICE OF SPORTS

- ▶ Multi-sports gymnasium
- ▶ Field for beach soccer
- ▶ Area for rowing practice

- ▶ Garage for rowing
- ▶ Bicycling path
- ▶ Semi-Olympic size swimming pool

SPORT MODALITY

- ▶ Volley-ball
- ▶ Basketball
- ▶ Handball
- ▶ Rowing



Talents of Espírito Santo

On the courts, in the rings, in the swimming pools, in the sea and on the beaches of Espírito Santo, great athletes and para-athletes are born. They are men and women who, in the most diverse sports modalities, demonstrate the potential of the State of Espírito Santo for sports.

The beaches of Espírito Santo and the sturdy physical structure of the local population, for example, long ago revealed the potential for volley-ball. Let´s take a look at the principal athletes and para-athletes of the State of Espírito Santo.

Athletics

Daniel Mendes. Para-athlete. Four times Para-Olympic sports Champion. Considered the State's greatest hope for the Para-Olympics. He was twice World Vice-Champion (2007 and 2011) and came in fourth at the Peking Para-Olympics in 2008. In 2011, he won a Gold Medal and two Silver Medals in the Parapan Games of Guadalajara. (See article on page 32).

Boxing

Esquiva Falcão Florentino, 21 years of age, Bronze Medalist at the 2011 World Championship in Baku, Azerbaijan. He guaranteed a position in the London Olympic Games in 2012.

Estivan Falcão Florentino, 15 years old. Brazilian Champion, Cadet Category.

Julio Cezar Sales Cardoso, 16 years old. Invited by the Brazilian Boxing Confederation to participate in national and international competitions. Brazilian Champion and Pan-American Vice-Champion in the Cadet category (up to 70 kilograms) in 2011, he is one of those talents with a chance to represent the State of Espírito Santo in the 2016 Games.

Yamaguchi Falcão Florentino, 23 years old. Pan-American Vice-Champion, in 2011.

Wheel-chair Basketball

Geisiane de Souza Maia and Jéssica Silva Santana are two para-athletes from the State of Espírito Santo with Olympic potential and are members of the Brazilian Wheel-chair Basketball team. They also participated in the World Championship in 2010.

Ramirez dos Anjos Matias was the leading player of the Brazilian team victorious at the World Cup team qualifiers (Sub-23) in Buenos Aires (Argentina), and came in seventh place at the World Championship

in Birmingham (England) in 2010.

Yachting

Denise Mesquita, an experience yachts-woman, is in the number one position in the Masters category 4.7, and in number two position (Radial class), in the Brazilian Championship Laser Class held in 2011.

Louise Ginaid, Laser class yachtswoman, holds the number one position in the 2011 Brazilian Championship ranking.

Luiz Fernando (better known as Urubu). World Champion Master Formula One Design and World Open Vice-Champion, titles he won in Mexico in 2011.

Odile Ginaid, Brazilian Vice-Champion of the Laser Radial Senior 2011 and in the third position in the South American Laser Radial Senior, also in 2011.

Swimming

César Quintaes Lima Freitas, a local swimmer with a victorious career, has been Brazilian Champion in numerous times, Gold-Medalist in the 1999 Pan-American (Winnipeg, Canada), and a leading presence in the Olympic Games in Sydney, Australia in 2000.

Gabriela Rocha, classified for diverse international competitions in 2011, culminating in the Silver Medal in the Pan-American Games in Guadalajara, Mexico in 2011.

João Luis Gomes Junior, the third best swimmer in the world in 2008 in the 50 meter breaststroke.

Marcelle Wasen Lopes, South American record holder for ten years (2000-2010) in the 200 meters breaststroke.

Maria da Penha Cruz, better known as Pepenha, twice Brazilian absolute Champion in aquatic marathons in 2008, South American Champion in aquatic marathons in 2006 and Pan-American Vice-Champion in aquatic marathons, also in 2006.

Rowing

Elson Moreira da Silva (better known as Cesseco), Brazilian skiff Champion in the 1980s.

Estevaldo Silva Santos (better known as Cacique), Luciano Rezende, Luiz Carlos Quinamor (better known as Buião) and Rui Benezarth, along with coxswain Walasse Pontes, South American Champions in the Four with Coxswain category in 1979.

Harri Moisés (better known as Harri) and João Arruela Mário (better known as Arruela), twice South American Champions in the 1950s.

João Pedro Kubit, another local rower, discovered by the "Álvares Cabral" Swimming and Regatta Club, became a member of the Flamengo team in Rio de Janeiro. João Pedro is one of the athletes in the Brazilian Rowing team.

José Augusto Freire de Almeida (better known as Guto) and João Deboni (better known as Banana), Bronze Medalists in the Two without Coxswain category of the Pan-American Championship held in Indianapolis in 1987.

José de Oliveira (better known as Caranguejo), 78 years old and a member of the Rowing Masters category. He actively participates in the sport.

José de Oliveira (Caranguejo) belongs to the Rowing Masters of Espírito Santo Association (AMARES, in its Portuguese initials), an entity that has twice won the general championship, something unprecedented in the history of rowing in the State of Espírito Santo. Caranguejo also helped AMARES to win two third positions in the two South American championships he participated in and three second positions in the World Championship Rowing Masters, held in Canada in 2010.

Tiago Almeida, a local, represented Brazil at the Olympics in Peking and is a member of the Brazilian Rowing team.

Beach Volley-ball

Alison Cerutti, Champion of the Banco do Brasil Circuit in 2009, became world volleyball Champion in 2011 in Rome, alongside Emanuel Rego, from the City of Curitiba (State of Paraná). In the same year, he became anticipated Champion in the International Circuit of Volley-ball, again alongside Emanuel, in Finland. In 2012, he was crowned 'King of the Beach', for the second year consecutively.

Edson Filipe, another promising local athlete, was elected the player that most evolved in the 2011 Brazilian Circuit.

Fábio Luiz (see article on page 31), was the local athlete who won the Silver Medal in the Olympic Games in Peking.

Fernando Magalhães (better known as Fernandão), the giant, standing at 2.10 meters tall, Vice-Champion of the Banco do Brasil Circuit in 2011, third position in both Vitória (State of Espírito Santo) and Curitiba (State of Paraná) in the 2011 Banco do Brasil Circuit, Vice-Champion of the Challenger phase of the 2009 World Circuit in Bulgaria, and Champion Sub-21 in 2007. He is Fábio Luiz's brother.

José Geraldo Loiola Júnior (better known as Loiola), the first Brazilian to participate in an international competition in the United States of America in 1993, alongside his team mate from the State of Rio de Janeiro, Eduardo Bacil (better known as Anjinho).

In the 1990s, the International Federation of Volley-ball elected José Geraldo Loiola Júnior the best beach volleyball player in the world, alongside Emanuel Rego, from Curitiba. The local athlete Loiola was Gold Medalist at the 2001 Goodwill Games in Australia, Vice-Champion of the World Circuit in 2000, Champion of the World Circuit in 1999, Gold Medalist in the World at France in 1999, 'King of the Beach' in the United States of America in 1997, and 'King of the Beach' in Brazil in 2001.

Volley-ball in his blood

At 32 years of age and standing 2.04 meters tall, the Olympic Medalist Fábio Luiz, Silver in Peking, dreams of the Games in London, this year, and the Games in Brazil in 2016. In spite of facing a difficult year in 2011 – he underwent two knee surgeries – he is a specialist in making come-backs.

So it was shortly before the Games in Peking. The season had been a bad one, the results were less than positive, and the team, formed alongside Márcio, from the State of Ceará, recovered nearly at the end of the classification stage. At the end of that story, a Silver Medal on his chest, the best classification of an athlete from the State of Espírito Santo in those Games.

The accomplishment of Fábio Luiz (better known as Muralha, or Wall, in English, a nickname he earned because of his performance in blocking) was so significant for sports in this State that he was invited by the Governor of the State, Renato Casagrande, to become ‘Ambassador of the Olympic Committee of the State of Espírito Santo to the Olympic and Para-Olympic Games Rio 2016’.

Fábio Luiz’s long experience in high performance sports gives him a greater perspective on the development of sports. To him, with all the facilities ready, Espírito Santo will have the means to welcome foreign delegations that will come to Brazil for the Games in Rio in 2016, taking advantage of the proximity to the capital city of Rio de Janeiro. Fábio believes that these facilities

will also allow the State of Espírito Santo to form new Olympic Medalists.

In his opinion, Espírito Santo is a storehouse of beach volley-ball players. At this moment, for example, there are at least 15 local athletes in the sport’s national ranking and at least one of them (Alison is the favorite) should participate in the Games in London.



Photograph: Samuel Vieira



Photograph: Divulgação

 *Spotlight on DANIEL MENDES DOS SANTOS*

Fast and Determined

The conviction that it is possible to overcome your own limitations made the para-athlete Daniel Mendes dos Santos, 32 years of age, the world Champion of the 400 meters, Class T11. His time: 49 seconds 82.

Daniel won this title and also two Silver Medals in the Parapan Games in Guadalajara in 2011. He is four times Brazilian Champion of the Para-Olympic sport and considered the State of Espírito Santo's greatest hope for the Games in London.

Daniel Mendes was twice World Vice-Champion (in 2007 and again in 2011). In the Peking Para-Olympics in 2008, he came in fourth position in the 400 meters. The athlete is accompanied in all competitions by his guide Leonardo Souza Lopes. Since 2005, he has an arduous daily workout: two periods of four hours six days a week.

This determination has made this athlete one of the greatest names in Brazilian para-athletics nowadays.

Sportive Spirit

Soccer, beach volley-ball, basketball, tennis, artistic and rhythmic gymnastics, judo, boxing, and sailing are some of the sports modalities whose national championships and international challenges have been and are held in the State of Espírito Santo.

Below, a chart demonstrating the State's capacity to host great events.

Modality	Competition	Year
Basketball	Brazilian Championship of Wheel-chair Basketball	2011
Boxing	Brazilian Boxing Championship	2011
Soccer	II Brazilian Cup Sub 17	2009
	III Brazilian Cup Sub 17	2010
	IV Brazilian Cup Sub 17	2011
	V Brazilian Cup Sub 17	2012
Rhythmic Gymnastics	Brazilian Rhythmic Gymnastics Juvenile Championship	2011
Artistic and Rhythmic Gymnastics	II Stage of Caixa Circuit Rhythmic Gymnastics Adult Championship	2010
	Brazilian Rhythmic Gymnastics Adults Championship	2010
Judo	International Judo Challenge	2009
	International Judo Challenge	2010
Swimming	XXXII Brazilian Children's Championship – Maurício Bekenn Trophy	2009
	XX Southeastern Tournament for Children's and Juvenile's Swimming – Assis Chateaubriand Trophy	2010
	XX Brazilian Juvenile Swimming Championship – Carlos Campos Sobrinho Trophy	2011
Tennis	Vitório Wheel-chair Tennis Open	2011
Sailing	II Round the Islands	2009
	City of Vitória Cup, Ocean class	2009, 2010 e 2011
	36th Brazilian Laser Championship, Men's and Women's Laser Radial category	2010
	State Sailing Championship, Ocean class	2010
	57th City of Vitória Cup, Ocean class	2011
Beach Volley-ball	Banco do Brasil Circuit	2007
	III Banco do Brasil Circuit	2010
	Brazilian University Championship	2010

Beaches at the center of Guarapari, ES



To visit, savor, and dream

The natural diversity of Espírito Santo guarantees tourists panoramas that range from an ocean of clear waters, with an average temperature near 30 degrees in the summer, to mountains, where the temperature can be as low as zero degrees in winter. All of this at merely an hour's distance from each other.

Areas of environmental preservation, parks, and squares guarantee direct contact with nature, in addition to areas appropriate for the practice of radical as well as nautical sports. In the small rural properties, agrotourism is the role model for the country. The State of Espírito Santo's cuisine, with Brazilian Indian, African, and European influences, especially Italian and German, is one of the most delicious and captivating.

With the growth of the State's economy, events-related and business-related tourism stand out as strong tendencies. With so many attractions, Espírito Santo has created touristic routes which group municipalities in accordance to common characteristics, such as the Sun and Moqueca Route, the Sea and Mountains Route, and the Green and Waters Route.

In order to attend the public interested in visiting these routes, the State has made significant investments to improve their infra-structure, expanded the hotel network, the areas dedicated to events, and the number of restaurants, in which one may savor, especially, the traditional moqueca and the regional pie, references in regional cuisine.



The charms of an island

Vitória, the capital city of the State of Espírito Santo, is the point of departure for enjoying the infra-structure, the leisure areas, the sports centers and facilities, and most of the touristic routes of the State. One of the three island capital cities of Brazil, it has sustainable development as one of its distinguishing characteristics and stands out among the fastest growing in the country. Great business opportunities are always aligned with preserving its history, its culture, and its eco-systems.

With a population of 327 thousand inhabitants, it is a great place to live in. Wonderfully welcoming, the city is ranked among the ten best Brazilian cities to work in. Compared to the other capital cities, it has the second best quality of life, the third best rating in the HDI (Human Development Index), and the highest GDP (Gross Domestic Product) per capita.

Its economy is based on port activities, on business, and services. Strategically located, it is one of the principal ports for distribution of national production. To this end, it has an excellent logistics infra-structure.

Vitória also registers growth above the national average in business-related tourism. In order to supply this demand, the city has invested in the increase of the infra-structure of the hotel network, the events spaces, in restaurants, and other services related to the segment

Founded in 1551, the capital of the State of Espírito Santo still maintains examples of architecture from that period. There are manors, churches, and staircases. Most of the collection is in the center of the city. The wealth of its history, the beauty of its parks and beaches – very visited for nautical sports – and its economic characteristics attract tourists from all the corners of the world, interested in leisure and business opportunities.

Namorados Square, Vitória, ES



Photograph: Samuel Vieira

Metropolitan Region

The Metropolitan Region of Greater Vitória is made up of, in addition to the capital, another six municipalities – Vila Velha (where the Portuguese colonization began), Cariacica, Serra, Viana, Guarapari and Fundão – and possesses almost half of the total population of Espírito Santo (46%). All told, its seven cities combined produce 58% of its wealth and consume 55% of the electricity produced in the State.

Within this region are concentrated the ten training centers, which can be utilized by delegations participating in the Rio 2016 Olympic Games and Para-Olympic Games and that are already a reference for the preparation of regional high performance athletes.

Vila Velha, Serra, Cariacica, Viana, Guarapari and Fundão offer infra-struc-

tures very similar to that of Vitória. They possess very popular beaches and yet other paradisiacal ones (having less visitors and less urban interference). The infra-structure is similar, with ports and good roadways.

The neighboring Vila Velha has the main symbol of the State of Espírito Santo, the Penha Convent. The Terceira Bridge unites Vitória and Vila Velha crossing one of the most beautiful scenes of the country: the Vitória Bay. In Serra and Cariacica, Mounts Mestre Álvaro and Mochuara, respectively, stand out. In Guarapari, the differential is in the beauty of its beaches, such as Três Praias, the Azul Cove, the Meaipe and Setiba Beaches. The most renowned one is the Areia Preta Beach, in the center of the city, with the exotic color of its sand that possesses, by the way, medicinal properties.





Photograph: Setur / Tadeu Bianconi



Sea and Mountains Route

Penha Convent, Vila Velha, overlooking Vitória Bay, ES

The seduction of the sea and cuisine

The beauty of its beaches, its religious and folkloric traditions, and its unique cuisine make the Sun and Moqueca Route one of the most renowned and sought after in Espírito Santo. Made up of the municipalities of Vitória, Serra, Vila Velha, Guarapari, and Anchieta, the Route unites ideal characteristics for those who wish to enjoy nautical, culinary, religious, and historical tourism.

With many different leisure options, the Sun and Moqueca Route possesses excellent infra-structure. In addition to its natural attractions, it is rich in cultural manifestations, such as congo, the greatest

expression of regional folklore. The cuisine of the region has such icons as moqueca and the regional pie, in addition to other typical dishes based on seafood, served in clay pots, an inheritance of the Brazilian Indian handicrafts. The festivals, principally the religious ones, also attract the attention of tourists from around Brazil.

The point of departure for the Route towards the south of the State is the Municipality of Serra, which possesses the industrial pole of the State. Known for its immaculate beaches, near streams and lakes, the city also offers diverse agro-tourism routes.

The next stop is the capital, Vitória, which holds the principal business events of Espírito Santo. Vila Velha is the oldest city of the State and the most densely populated. Within it stand out historical and cultural patrimonies, such as the Convent of Our Lady of Penha, simply known as the Penha Convent, the greatest symbol of the faith of the region. The coast of the municipality pleases tourists because of its beautiful beaches.

For a long time, the city was propelled economically by the garment industry and by the chocolates industry– it is the site of the headquarters of Chocolates Garoto, acquired by Nestlé. Nowadays, it has widened its economic base with large investments in tourism and civil construction.

Guarapari, known as the “City of Health” because of the medicinal properties of its monazite sands, is one of the most sought after beaches of Brazil. With more than 30 beaches, it has a large network of hotels, restaurants, and night clubs.

Anchieta, the last stop on the Route, has twenty three beaches and stands out in the national scenario because of the “Anchieta Footsteps” (Passos de Anchieta), along which wayfarers from around the country leave Vitória going towards the city, following the path, approximately 100 kilometers long, of the Jesuit priest José de Anchieta.



Photograph: Samuel Vieira

Clay pot, regional handcraft



Photograph: Setur / Sagnilo

Revelry of Kings, regional folklore

Schooner trip in Guarapari, ES



Photograph: Setur / Sagnilo

Between the hot and cold


The combination of the sea and mountains, highlight of the Sea and Mountains Route, makes Espírito Santo a privileged State. The Route, characterized by variations in temperature, is made of up the municipalities of Vitória, Viana, Domingos Martins, Marechal Floriano, and Venda Nova do Imigrante, all rich in cultural traditions. The Pedra Azul State Park is one of the principal attractions of the region.

The family-based agriculture is one of the distinguishing characteristics of the Route. Most of the small rural properties are open to visitors. The sale of typical products – jellies, cookies, cheese, wines,

liquors, sugarcane tippie (known typically as *cachaça*), and salami – augment the region's development.

Tourists delight in the cuisine and are enchanted by the beauty of the Route, abundant in waterfalls and trails, ideal for practicing radical sports, and the cultural inheritance of Italian, German, Pomeranian, Austrian, and Portuguese immigrants who, together with the Brazilian Indians and Africans, wrote the history of the region.

Leaving from Vitória, Viana, which supplies the local market with bananas, coffee, and cattle, is the first stop on the Route. The next one, Marechal Floriana, stands

A photograph of a large, smooth, grey rock formation (Lagarto Stone) on a hillside. The foreground is covered in green vegetation, and the background shows a vast landscape of rolling hills and mountains under a cloudy sky.

Lagarto Stone, on Pedra Azul



Natural pools, in the Pedra Azul State Park

out because of its climate and the large variety of orchids. Many festivals are held here, such as the Italian-German Festival.

Domingos Martins is the largest German immigrant colony in the Southeastern Region of Brazil. Its economy, agriculture based, focuses temperate-climate fruits, such as strawberries and grapes. The current development of the city is largely due to tourism and agro-tourism. The pleasant climate, cold by Brazilian standards, attracts tourists from around Brazil. To welcome them, the municipality possesses an excellent infra-structure of hotels and colonial cafés.

Very sought after for the practice of adventure tourism, the Pedra Azul State Park, a reference in the region, offers trails and natural pools. In Domingos Martins, there are typical festivals, such as the Sommerfest, the International Winter Festival, and the Strawberry Festival.

Venda Nova, in the State, is a pioneer

in the practice of agro-tourism, and has become a national reference. When they taste typical regional products, such as socol, a type of pork sausage, tourists get to know a little more about the Italian customs and traditions. Its principal event is the Polenta Festival.



Photograph: Samuel Vieira

Agro-tourism in Venda Nova do Imigrante



Fôrro in Itaúnas, north of the ES



Bucolic poetry and pé-de-serraforro

The natural beauty of the northern coast of Espírito Santo stand out along the Green and Waters Route. The municipalities of Vitória, Aracruz, Linhares, São Mateus, and Conceição da Barra unite deserted beaches, ecological reserves, lagoons, and a great deal of history. The Route is ideal for those who wish to have direct contact with nature and simply relax. The Itaúnas

State Park, in Conceição da Barra, and the Riacho Doce Beach, on the border of the State of Bahia, are places you need to visit.

The first stop on the Route going in the direction of Vitória-Conceição da Barra, Aracruz is famous for its beaches and the ecological reserve of the Piraquê-AçuandPiraquê-Mirim rivers. On its banks, there are the reservations of the Tupiniquim and



Guarani Brazilian Indian tribes.

Linhares, known as the Paradise of Waters, possesses 64 lagoons, forming the largest lacustrine complex of the South-eastern Region. The Juparaña is the largest in the country in terms of fresh water. The Barra Seca Beach, the only nudist beach in the State, is part of the World Guide to Naturism.

São Mateus, with a great participation in the petroleum industry and the region's economy, is part of the Route in light of its historic site, the result of five centuries' worth of urbanization. In the center of the municipality, there are some of its principal symbols: the ruins of the Velha Church – an unfinished construction of the nineteenth century – and the Main Church and Church

of Saint Benedict – both dating from the eighteenth century. In the lower city, you can see the architectural complex of the Porto historical site.

In Conceição da Barra, the Itaúnas State Park stands out, in the bucolic Vila de Itaúnas, famous throughout Brazil for the so-called pé-de-serraferro. The Park, considered a UNESCO World Natural Heritage, is comprised of rivers, marshes, shoals, and warm water beaches. The dunes, standing 20 to 30 meters tall, are attractions in and of themselves. Just a little further on, on the border of Espírito Santo and the State of Bahia, there is yet another highlight of the region: the Riacho Doce Beach, considered the second most beautiful deserted beach in the country.



Photograph: Setur / Tadeu Bianconi

Riacho Doce Beach (above) and dunes of Itaúnas (below) in Conceição da Barra



Dunes of Itaúnas

To delight in

The fishing tradition and the inheritance of the Brazilian Indian and Black cultures, together with the influence of European immigrants, gave the regional cuisine a special and eclectic touch. From this mixture, two dishes stand out: moqueca and the regional pie.

The name 'moqueca' is a reference to the manner the dish is prepared, consisting of stewing without water, using only spices and seafood. It can be made using only fish or using both fish and other seafood, accompanied by onions, garlic, tomatoes, coriander, urucum seeds, Malagueta peppers, scallions, olive oil, soybean oil, and salt.

The manner of cooking the regional pie is much more complex and uses more sophisticated ingredients. It is made using various seafood, such as shredded crab meat, shrimps, oysters, and mollusks, as well as codfish and hearts-of-palm. It is



Photograph: Setur / Weverson Rocio

Moqueca capixaba

traditional during Holy Week. In both cases, in order to preserve tradition, they should be made in the traditional clay pots, the most typical product of regional handicrafts and the inheritance of the Brazilian Indian culture.

From its origins – among the Brazilian Indian tribes that inhabited the coast of the State – until the present day, the technique of making these clay pots and the social structure of the artisans has remained practically unchanged.

The handicraft of the artisans of these pots has always guaranteed the economic survival of their relatives, as well as maintained their traditions. The region of Goiabeiras, to the north of the island of Vitória, is the traditional site of the production of these clay pots. A hangar was constructed there in order to house the 'Artisans of Goiabeiras', who, because they are so traditional, celebrate one of the most important festivals of the State: the Festival of Artisans of Clay Pots.



Photograph: Setur / Tadeu Bianconi

Regional pie

Brazilian Association of the Hotel Industry in Espírito Santo (ABIH-ES)

Address: Rua Misael Pedreira da Silva, 138, Room 505, Ed. Casa do Comércio, Santa Lúcia, Vitória, ES
Telephones: 55 - 27 - 3345-3583
E-mail: secretaria@abih-es.com.br

Hotels associated to ABIH-ES and near the sports facilities

VITÓRIA

Bristol Century Plaza

Address: Av. Dante Michelini, 435, Jardim da Penha, Vitória, ES
Zip Code: 29.060-235
Telephone: 55 - 27 - 3335.6500
Fax: 55 - 27 - 3335.6505
E-mail: rojeda@redebristol.com.br
Website: www.bristolhotels.com.br

Bristol Costa Victória

Address: Rua Chapot Presvot, 51, Praia do Canto, Vitória, ES
Zip Code: 29.055-410
Telephone: 55 - 27 - 3317-0160
Fax: 55 - 27 - 3357-3300
E-mail: agoncalves@redebristol.com.br
Website: www.bristolhotels.com.br

Bristol Diamond Suites

Address: Av. Dante Micheline, 4355, Jardim Camburi, Vitória, ES
Zip Code: 29.090-070
Telephone: 55 -27 -3395-3400
Fax.: 55 -27 -3395-3415
E-mail: mfernanda@redebristol.com.br
Website: www.bristolhotels.com.br

Bristol La Residence Victória

Address: Av. Dante Micheline, 1777, Mata da Praia, Vitória, ES
Zip Code: 29.066-430

Telephone: 55 - 27 - 3397-1300
Fax: 55 - 27 - 3397-1302
E-mail: erubens@redebristol.com.br
Website: www.bristolhotels.com.br

Bristol Praia do Canto

Address: Av. Saturnino de Brito, 1075, Praia do Canto, Vitória, ES
Zip Code: 29.055-180
Telephone: 55 - 27 - 3334-9494
Fax: 55 - 27 - 3334-9462
E-mail: estein@redebristol.com.br
Website: www.bristolhotels.com.br

Four Towers Hotel

Address: Av. Saturnino de Brito, 1327, Praia do Canto, Vitória, ES
Zip Code: 29.055-180
Telephone: 55 - 27 - 3183-2500
Fax: 55 - 27 - 3183-2555
E-mail: contato@fourtowershotel.com.br
Website: www.fourtowershotel.com.br

Golden Tulip Porto Vitória Hotel

Address: Av. Nossa Senhora dos Navegantes, 635, Enseada do Suá, Vitória, ES
ZIP CODE: 29.050-335
Telephone/Fax: 55 - 27 - 3533-1300
E-mail: pv.reservas@goldentulip.com.br
Website: www.goldentulipportovitoria.com

Hotel Ibis Vitória Praia do Canto

Address: Rua João da Cruz, 385, Praia do Canto, Vitória, ES
Zip Code: 29.055-620
Telephone: 55 - 27 – 2104-4850
Fax: 55 - 27 – 2104-4890
E-mail: h5223-gm@accor.com.br
Website: www.ibis.com.br

Hotel Senac Ilha do Boi

Address: Rua Bráulio Macedo, 417, Ilha do Boi, Vitória, ES
Zip Code: 29.052-640
Telephone: 55 - 27 – 3345-0111
Fax: 55 - 27 – 3345-0115
E-mail: gerencia@hoteliilhadoboi.com.br
Website: www.hoteliilhadoboi.com.br

Quality Aeroporto Vitória

Address: Av. Adalberto Simão Nader, 605, Mata da Praia, Vitória, ES
Zip Code: 29.066-310
Telephone: 55 - 27 – 3138-3800
Fax: 55 - 27 - 3138.3801
E-mail: reservas.qvix@atlantichotels.com.br
Website: www.atlantichotels.com.br

Radisson Vitória

Address: Av. Saturnino de Brito, 217, Praia do Canto, Vitória, ES
Zip Code: 29.055-180
Telephone: 55 - 27 – 2125-8000
Fax: 55 - 27 – 2125-8000
E-mail: ggeral.rvix@atlantichotels.com.br
Website: www.atlantichotels.com.br

VILA VELHA**Hostess Hotel**

Address: Av. Antonio Gil Veloso, 1400, Praia da Costa, Vila Velha, ES
Zip Code: 29.101-011
Telephone: 55 - 27 – 2123-4100
Fax: 55 - 27 – 2123-4100
E-mail: ramalho@hostesshotel.com.br
Website: www.hostesshotel.com.br

Quality Suites Vila Velha

Address: Av. Antonio Gil Veloso, 856, Praia da Costa, Vila Velha, ES
Zip Code: 29.101-010
Telephone: 55 - 27 – 3041-9850
Fax: 55 - 27 – 3349-3947
E-mail: ggeral.qsvv@atlantichotels.com.br
Website: www.atlantichotels.com.br

Transamerica Flat Pasárgada

Address: Av. Antônio Gil Veloso, 1856, Praia da Costa, Vila Velha, ES
Zip Code: 29.101-011
Telephone: 55 - 27 – 3183-9000
Fax: 55 - 27 – 3183-9228
E-mail: vdvilavelha@transamericaflats.com.br
Website: www.transamericaflats.com.br

SERRA**Hotel Ibis Vitória Aeroporto**

Address: BR 101, km 2, Carapina, Serra, ES
Zip Code: 29.161-793
Telephones: 55 - 27 – 3041-4900
Fax: 55 - 27 – 3041-4901
E-mail: h5528-gm@accor.com.br
Website: www.ibis.com.br

Accredited hospitals

Vitória Apart Hospital

Address: Rodovia BR 101, km 2 Norte,
Carapina, Serra, ES
Central Reception Telephones:
55 - 27 – 3201-5558 and 3201-5559
Emergency Telephones: 55 - 27 – 3201-5800,
3348-5400 and 3348-5410

Hospital Meridional

Address: Rua São João Batista, Trevo de Alto
Laje, 200, Cariacica, ES
Administration: 55 - 27 – 3346-2000
Emergency Telephone: 55 - 27 – 3346-2020

Centro Integrado de Atenção à Saúde (Cias)

Address: Av. Leitão da Silva, 2311, Itararé,
Vitória, ES
Telephone: 55 - 27 – 3335-5000

Hospital Santa Rita

Address: Av. Marechal Campos, 1579, Vitória, ES
Telephone: 55 - 27 – 3183-8000

Vila Velha Hospital

Address: Rua Moema, Quadra 41, Divino
Espírito Santo, Vila Velha, ES
Telephone: 55 - 27 – 2127-8500

Hospital Metropolitano

Address: Av. Civit, 488, Laranjeiras, Serra, ES
Telephone: 55 - 27 – 2104-7000

Hospital da Polícia Militar (HPM)

Address: Av. Joubert de Barros, 555, Bento
Ferreira, Vitória, ES
Telephone: 55 - 27 – 3325-3399

Hospital Estadual São Lucas

Rua Desembargador José Vicente, 1533, Forte
São João, Vitória, ES
Telephones: 55 - 27 – 3381-3365 General
Administration
55 - 27 – 3381-3394 Information

Hospital Estadual Dr. Dório Silva

Av. Paulo Pereira Gomes, Morada de
Laranjeiras, Serra, ES

Police and Fire Brigade: **190**
Medical Emergencies: **Samu 192**



Photograph: Samuel Vieira





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DE TURISMO**
Secretariat of Tourism

**SECRETARIA DE
ESPORTES E LAZER**
Secretariat of Sports and Leisure



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