



KNOW ESPIRITO SANTO

This is Espírito Santo: heavenly and popular beaches with cuisine based on fish and seafood. Mountain mild climate, beautiful coastlines and ideal places to practice radical sports.

If at the coastline the local music comes from Indian and African (Congo over the State metropolitan region) and Ticumbi (Upstate), at the mountainous region, the traditional folk dances of European descent guarantee the animation.

Espírito Santo has locations for radical sports such as rafting, rappel and paragliding and parties such as the Domingos Martins' International Winter Festival, the Friends of Wine's International Festival, the Polenta's Party (Polenta = corn flour cooked on water), Formula Renault, Eldorado Brasilis Race (Vitoria/Trindade Island/ Vitoria), Itaunas Forró National Circuit and other events. Religious festivals such as the Penha's Party and Anchieta's Steps (the way that Priest José de Anchieta did in his later years) are opposed to profane parties like Vital (off-season carnival) and Itaunas Forró that attract tourists from all regions of Brazil and other countries.

Know Espírito Santo is to travel through to his people history, knowing the cultural heritage, like São Mateus (Upstate), Nossa Senhora da Penha Monastery (Vila Velha), Reis Magos Church (Serra), Nossa Senhora da Assunção Church/Anchieta Museum (Anchieta) and the constructions at Vitoria's Downtown

Swimming, nature trails, research and studies Center, as the Tamar Project and the Vale Forest Reserve, Moqueca Capixaba cooked in clay pots (an Indian heritage in a way which the pans are handmade by Goiabeiras' potter) helps make the mosaic that is the State. The Capixaba's pie (made from seafood, fish and palm) is the the main culinary plate of the State of Espírito Santo at the Holy Week.

The present economic situation added to the quality of life provided, became the Espírito Santo an alternative to the business tourism. In recent years, the industrial growth of the state is above the national average, which caught the entrepreneurs' attention to his potential, especially in the oil and gas area.



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Sun and Moqueca Route: one of the most sought in the summer

Beautiful beaches, religious and folk traditions and a unique gastronomy make the Sun and Moqueca Route the most popular and sought in the Espírito Santo summer. Formed by Serra, Vitória, Vila Velha, Guarapari and Anchieta County, the route meets the ideal characteristics for those who enjoy nautical, religious and historical tourism and also seafood.

The Sun and Moqueca Route has an excellent infrastructure. Besides the natural attractions, is rich in cultural events such as the Congo, an expression of the Espírito Santo folklore. The Capixaba cuisine is internationally recognized and has as the main culinary plates the Moqueca and the Capixaba's pie (made from seafood, fish and palm), and other dishes based on seafood, served in clay pots, an Indian heritage handicrafts.

Sea and Mountains Route: comfort and fun

The distinctive combination of the sea and the mountains is intertwined in an unforgettable and rich in adventure, history, culture and fun itinerary. The peculiarities of each city are revealed through the beaches, waterfalls, cuisine and especially climatic differences found in the Sea and Mountains Route.

The visitor can enjoy the sunny beaches and taste the typical moqueca capixaba, and only in 40 minutes, enjoy the warmth of the mountains, entitled to German and Italian dishes. This circuit offers a historical review and the knowledge of a peculiar culture brought by immigrants from each region. The cities that are part of Sea and Mountains Route are: Vitória, Viana, Domingos Martins, Marechal Floriano and Venda Nova do Imigrante.

Green and Waters Route: tranquility and beauty

The nature contained in the Green and Waters Route offer tranquility and beauty. The traditions and the culinary of each city give a special touch to make the ride even more enjoyable.

Surrounded by natural beauty, this path has lovely beaches, ecological reserves, mangroves and lakes, all in a tropical climate. The cities of this route are: Vitória, Aracruz, Linhares, São Mateus and Conceição da Barra.

Valley and Coffee Route: history and beauty

The historic buildings of the Valley and Coffee Route show the colonial period, when the coffee was the main form of development in the region. The natural beauties and traditions of Lebanese, Italians and Portuguese immigrants are part of that past and transmit today a pleasant and full of discoveries ambient.

The Valley and the Coffee Route is part of a circuit that offers beaches, nature and a lot of history. The southern Espírito Santo municipalities that comprise the route are: Vargem Alta, Itapemirim, Muqui, Mimoso do Sul and South Marataizes.

Coast and Imigration Route: history and emotion

Emotion and fun are found on Coast and Imigration Route. The immigrants history and culture can also be seen close up. Breaking in this journey full of natural beauty the visitors will find semi-deserted beaches, waterfalls, sports, festivals and culture. The counties that comprise the route are: Anchieta, Alfredo Chaves, Iconha, Piuma, Itapemirm, Marataizes and Presidente Kennedy.

Ways of the Immigrant Route: history and agrotourism

Besides the history and traditions of each community, includes a path filled with natural beauty. Beaches, mountains, rivers and waterfalls form a scenario for those who are looking for direct contact with nature. The traditional festivals are another common point of these cities that founded a source of local development in agrotourism.

Cariacica, Itarana, Santa Teresa, Fundão, Itaguaçu, Santa Maria de Jetiba, Santa Leopoldina and São Roque do Canaã counties form this route and all municipalities in a settler's joint action contributed to the creation and development of cities full of stories to tell.

Marble and Granite Route: a good business route

The 31st International Marble and Granite Fair is the event that shows the capixaba's ornamental stones potential and attracts national and international businesses to the State. Due to the event that is a success, was created the Marble and Granite Touristic Route, covered itinerary by stone buyers and segment professionals, and the first touristic route dedicated specifically to the business tourism in Brazil.



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The counties of Cachoeiro de Itapemirim, Vitória and Nova Venécia stand out on the route, which still counts with the counties of Barra de São Francisco, Ecoporanga, Água Doce do Norte, Pancas, Baixo Guandu, Vila Pavao, Muqui, Rio Bananal, São Domingos do Norte, Águia Branca, Alegre, Atilio Vivacqua, Castelo, Conceição do Castelo, Linhares, Mimoso Sul, Serra and Viana.

Caparaó Route: nature, history and adventure

The Caparaó Route is composed by the natural beauty from beginning to the end. Located between Espírito Santo, Minas Gerais and Rio de Janeiro border, has as principal highlight the Caparaó National Park, but also adds part of the Serra do Mar and Mantiqueira, Pico da Bandeira and Cachoeira da Fumaça State Park. The story is interesting and well preserved as well the nature in this region.

The counties that form the route get around the Caparaó National Reserve, they are: Jerônimo Monteiro, Alegre, Guaçuí, São José do Calçado, Dolores do Rio Preto, Divino de São Lourenço, Ibitirama, Irupí, Iúna, Muniz Freire and Ibatiba.

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