

7-Day Rio de Janeiro Itinerary

Christ the Redeemer, Sugarloaf Mountain & the Cidade Maravilhosa

Rio de Janeiro packs a rainforest, two of the world's most famous beaches, a mountain-top wonder of the world, and a nightly samba scene into one city. This route balances the postcard sights — Corcovado, Sugarloaf, Copacabana and Ipanema — with slower time in Santa Teresa, a guided hike through the world's largest urban rainforest, a community-led favela tour, and a day trip up the coast to Búzios.

DURATION	BEST TIME TO VISIT	EST. BUDGET	TRIP STYLE
7 Days 6 nights in Rio	Apr - Jun / Sep - Nov mild, dry, fewer crowds	\$2,600-3,800 USD / person, mid-range	Beach, Culture and Adventure

Day 1 Arrival & First Look at Copacabana

Land at Galeão International Airport and settle into Copacabana before an easy first afternoon on the sand, capped with the classic Rio welcome: a sunset ride up Sugarloaf Mountain.

International Arrival — Galeão Airport (GIG)

Airport transfer · About \$35–45 USD to Copacabana / Zona Sul

Most international flights land at Galeão—Antônio Carlos Jobim International Airport (GIG), about 45 minutes from Copacabana by taxi or ride-share depending on traffic. Pre-booked airport transfers are worth arranging for a first arrival.

Overnight — Belmond Copacabana Palace

From \$750–950 USD / night, for 2 people

Rio's landmark 1923 beachfront hotel on Avenida Atlântica, still the address where visiting heads of state and film stars stay — Art Deco lobby, a famous ground-floor pool, and Copacabana Beach directly across the promenade.

Av. Atlântica, 1702, Copacabana · +55 21 2548-7070 · belmond.com

Sunset Cable Car — Pão de Açúcar (Sugarloaf)

~2 hours round trip · About R\$150–190 / \$30–38 USD, adult

Day 6**Maracaã Stadium, Centro & a Night of Samba**

History and culture in the city center by day — football temple, colonial architecture, and a striking modern museum — then a live samba night in Lapa to close it out.

Maracaã Stadium Tour

~1 hour • About R\$80–100 / \$16–20 USD, adult

Guided walk through the tunnel, pitch-side, dressing rooms, and trophy room of the stadium that hosted the 1950 and 2014 World Cup finals and the 2016 Olympics opening ceremony — still home to Flamengo and Fluminense.

Estádio Jornalista Mário Filho (Maracaã), Rua Prof. Eurico Rabelo

Museu do Amanhã (Museum of Tomorrow)

~2 hours • About R\$30 / \$6 USD, adult • free Tuesdays

Santiago Calatrava's striking 2015 waterfront building on Praça Mauá explores sustainability and the future of the planet through interactive exhibits — a short walk from the restored Porto Maravilha district and Centro's colonial core.

Praça Mauá, 1, Centro • museudoamanha.org.br

Samba Night — Rio Scenarium

Evening, ~3 hours • Cover about R\$60–100 / \$12–20 USD

A three-story converted antiques warehouse in Lapa, one of the city's best-known live samba and choro venues since 2000, packed with vintage decor and a dance floor that fills up fast — reserve a table ahead on weekends.

Rio Scenarium • Rua do Lavradio, 20, Centro • rioscenarium.com.br

Day 7**Farewell Beach Morning & Departure**

One last unhurried morning by the water before the transfer back to Galeão for the flight home.

Final Morning — Copacabana or Ipanema Beach

Free • Flexible

A last swim, a last coconut water, and a last look at Sugarloaf and the Two Brothers peaks from the sand before checkout.

Farewell Lunch — Confeitaria Colombo

~1 hour • About \$15–25 USD / person

A Belle Époque coffeehouse operating since 1894, with a stained-glass and jacaranda-wood interior largely unchanged for over a century — a fitting last stop in Centro on the way to the airport.

Confeitaria Colombo • Rua Gonçalves Dias, 32, Centro • confeitariacolombo.com.br

Departure — Galeão Airport (GIG)

Airport transfer • About \$35–45 USD from Zona Sul

Allow at least 3 hours before an international departure; traffic on the Linha Vermelha into Galeão can be unpredictable during weekday rush hour.

Prices are per-person estimates in USD and BRL for 2026 travel (approx. R\$5.05 = \$1 USD) and will vary by season, operator, and exchange rate — confirm current rates and availability directly with each hotel or operator before booking.