

Oldways Rio de Janeiro Culinaria

Saturday and Sunday, September 12-13, 2020

Day 1 - Saturday, September 12: Day of Food

10:00 AM

Daytime market food tour/walking tour

This delicious and engaging tour aims to give you lots of background and information on all the delicious fruits which are in season (and of course you will get to try them too!). In the market there will be street food dishes and lots of opportunities to soak up the unique and vibrant atmosphere of Rio's street markets. We'll also visit an authentic Amazonian restaurant to try the best açaí in Rio.

Afternoon

Free time

After the street food tour, we'll give you some time on your own to explore, swim, exercise, shop, or rest up for the evening's amazing cooking class and dinner!

Evening Cooking Class and Dinner

Brazilian Chef Yara Roberts, author of *The Brazilian Table*; co-owner of the cooking school in Paraty, Brazil, *The Academy of Cooking and Other Pleasures* (and also a long-time friend of Oldways), will lead a cooking class of traditional Brazilian dishes (including whole grains). Following the class, we'll enjoy a dinner of the same dishes, accompanied by Caipirinhas, beer and wine.

Day 2 - Sunday, September 13: Day of Culture and History

8:30

Start the day with a walk on the beach and a visit to a Sunday Market

After a morning walk on Ipanema Beach, we'll visit Ipanema's famous Sunday Hippie Market.

10:30

Visit the Santa Teresa neighborhood

From the market, we'll travel to the neighborhood of Santa Teresa, a hilltop district with a charming, village-like vibe. Steep, winding streets are lined with elegant old mansions, many housing chic boutique hotels, quirky cocktail bars or romantic restaurants with bay views. As well as artists' studios, "Santa" has Museu da Chácara do Céu, exhibiting European and Brazilian art, and the atmospheric Ruins Park, with an art gallery built around the ruins of a mansion.

1:00

Lunch and Wine Lesson at Aprazível Restaurant in Santa Teresa

While Brazil's most famous drink is the Caipirinha, made from Cachaça, the country also has an interesting and vibrant wine industry. Along with a tasting of Brazilian wines, we'll enjoy a Carioca* Sunday lunch at Aprazível Restaurant. Wait until you see the amazing view from the terrace!

(* the nickname for people from Rio!)

3:30

Guided Tour of the Highlights of the Belas Artes Museum

The Museu Nacional de Belas Artes is one of the most important cultural institutions of the country, as well as the most important museum of Brazilian art, particularly rich in 19th-century paintings and sculptures. The collection includes more than 20,000 pieces, including paintings, sculptures, drawings and prints of Brazilian and international artists, ranging from High Middle Ages to contemporary art. The Museum also features decorative arts, folk and African art.

Late afternoon/early evening

Free time

After a guided tour of the highlights of the museum, you will have free time until the evening Samba lesson!

Evening

Samba lesson

Conclude our two-day Culinaria in Rio with a traditional Samba lesson and a Caipirinha -- you will feel like a real Carioca! This night you'll be on your own for dinner; we'll provide a list of suggested restaurants – Brazilian and others!

Monday, September 14, 2020 and Tuesday, September 15, 2020

Whole Grains Council Conference

Be sure to sign up for the 2020 Whole Grains Council Conference!