

Cont: Remark that this open field is called Butterfly Meadows Section. Butterfly Meadows is forest clearing where you can appreciate different types of butterflies and the views of the Sharkfin Mountain and the coastal ranges near Rio de Janeiro. At point 4 you can enjoy an interesting view of Santo Antonio, where some of the local Brazilian workers live. Santo Antonio is a small town with approximately 12'000 citizen with its low-income community that has many artisans, builders, carpenters and artists that do i.e. art with recycled material.

After a steep ascent you arrive to a place with many trees and larger plants that allows having a relaxing and refreshing break after the exhausting climbing. Exit on the right side and walk around this “oasis” guided by the signs.

Continuous the track until you get to the jungle section. This section crosses through the tangled understorey of the typical Mata Atlantica Forest with vines, tall grasses. The dense vegetation includes many palm species and tropical lianas.

After a steep incline through the trail zigzags you arrive to an open field. At the beginning of this section there is the possibility to turn right into the Old Orchard section⁽⁵⁾. This place is optimal for having a pick-nick, camping or just to walk around to explore different plants, animals and the beautiful lake.

The last path climbs through several forest shrub species and leads to the top of the Valley foothills with a breathtaking view of the Mountain Range called Serra do Mar, Xérem, Duque de Caxias, and the famous Guanabara Bay. On clear days it is possible to see the city of Rio de Janeiro with the famous Sugar Loaf and the Redeemer Christ statue on clear days.

The trail finishes at this point⁽⁶⁾. To go back to SINAL you can follow the path back from where you came from. There are additional signs provided to simplify the decline to the starting point.

Mata Atlantica (Atlantic Forest)

Mata Atlantica, a tropical forest biome along the coast of South-Eastern Brazil, made up historically over a 1.2 million square kilometers. After centuries of deforestation the Mata Atlantica has declined by well over 90 percent such that less than 100,000 square kilometers of the forest currently remains. Despite so little forest surviving, the Mata Atlantica remains remarkably rich in biodiversity and endemic species. While most of the Mata Atlantica lines the eastern coast of Brazil, the forest complex also extends to three other countries Paraguay, Uruguay, and Argentina. More precisely, two of the world's largest cities, Sao Paulo and Rio de Janeiro, were built over the Mata Atlantica. Although nearly adjacent to the Amazon rainforest, the Mata Atlantica has always been isolated from its larger and more famous neighbor. Being cut off from other tropical forests has allowed the Mata Atlantica to evolve unique ecosystems, which harbor a large number of species found no-where else on earth.

The Rio View Trail, that is a particular trail of SINAL, is an optimal possibility for anyone to discover the unique ecosystem of the Mata Atlantica with its rich biodiversity and endemic species.

Security Recommendation

- Please inform your contact person at SINAL about the trail you plan to do. sinaldovale@gmail.com
- Hike in the early morning or mid afternoon avoiding heat and risk sunstroke.
- Don't forget your sun glasses, sun cream, repellent, water, camera and if necessary flashlight and food.
- Wear closed shoes.
- Contact number in case of emergency: +55 (21)-36584597 (home), +55(21)972171750 (cell)
- Be aware that most trail section are out of cell phone signal coverage.

Rio View Trail

Sinal do Vale, which is also called SINAL – Synchronicity, Innovation and Joy – is a 400 acres property devoted to initiatives where we apply the theory and practice of sustainable development. One of the main features of SINAL is a trail network to explore the beauty of the Mata Atlantic forest. This network consists of 7 marked trails with identified sections linking both sides of the valley. According to your preference you might do a short partial trail (section) to a view point or spend an entire trekking day around the valley on easy paths along rural roads or more adventurous routes along steep jungle slopes. All trails are designed to introduce the visitor to Mata Atlantica and the larger valley and its surroundings.



Rio View Trail Factbox

- *Start:* Mango tree at SINAL
(between Mango House and Papaia House; marked in the map as a red cross)
- *Post Color:* Blue
(marked in the map as blue circles)
- *Length:* 2.4 km
- *Altitude:* 310 m
- *Difficulty:* moderate to difficult
- *Estimated time:* 3 hours

Start: The starting point of the trails is located at the big mango tree between the Mango House and Papaia House. This place is marked as a red cross in the map.

Follow the track that leads you up the stairs directly to an open field which is called CEA (“Centro Educação Ambiental”). Volunteers of SINAL and local workers from the Santo Antonio community work closely together within the field of organic farming. The CEA is used for educational reasons, e.g. teach children from the neighbourhoods about gardening. Additionally, the fruits and vegetables that are planted and cultivated can be consumed by the people at SINAL.

Cross the CEA to get to the open cowshed. On the left side and located contiguously at this building you can find a small building where volunteers process the milk of the cows into different kind of cheese. Furthermore, close to the cowshed, you can find a small preserve for chicken.

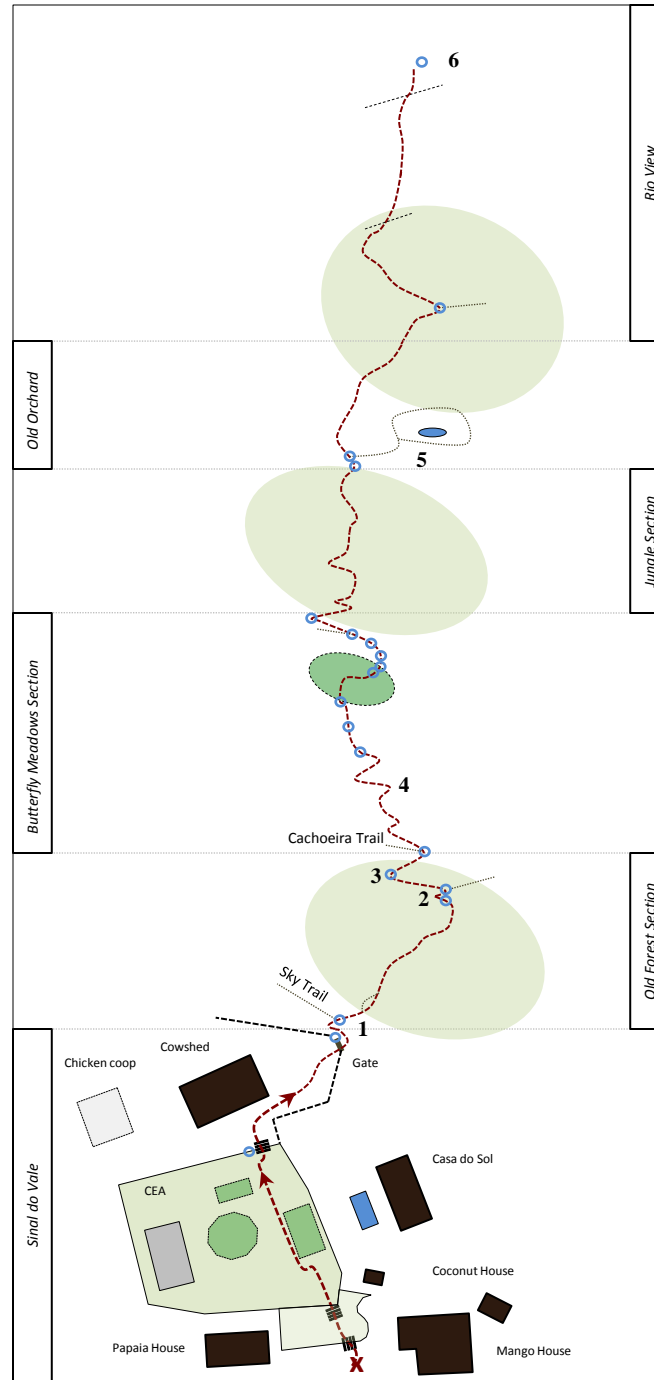
Continuous the track and pass the first gate. Sugarcanes⁽¹⁾ can be observed on the right side. Interestingly, the origin of these plants goes back to a farm that was producing coffee before SINAL has started its projects.

Follow the track until you get to the trailheads illustrated by a big sign. From there you have the opportunity to explore numerous trails. For the Rio View Trail continuous the path straight forward.

At point 2 in the map, you will be able to observe an old house (ruin) that was inhabited once by a local Brazilian farmer. The house is accessible to walk inside and to explore this beautiful phenomena but watch out of animals such as snakes.

Turn left and walk around 100m up the hill to get the possibility to swim or just to enjoy the natural pool and its waterfall⁽³⁾. Notice that this water gets to SINAL facilities where it provides one main source for the water system.

Continuous the path to the right until you exit the old forest section and get to an open field. From there you have the possibility to explore the Cachoeira Trail. Walk straight forward if you want to stay on the Rio View Trail.



Legend

- Trail
- Building
- Forest
- Lake
- Sign
- Starting Point
- Turning
- Fence

Points of Interests

