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Menopause, Andropause And Other Hormone Imbalances
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Quick Guide To Rio De Janeiro

By Chic Retreats

Rio de Janeiro is busy, noisy and full of adventures to be had. To experience South America in full party mode, visit Rio de Janeiro at Carnival time, but stay in a boutique hotel so that you have an oasis of calm to return to.

Where is it?

Rio de Janeiro is on the Brazilian coast, looking out to the South Atlantic Ocean, with Salvador to the north and San Paulo to the south. The climate is hot all year round, with occasional rains in the summer, but the party temperature is always high.

Where can I stay?

Although Rio de Janeiro attracts high-living, high-rolling visitors, it caters for a wide range of tourists, from those in palatial hotels to backpackers making their way through Brazil. For a real treat, however, book into a boutique hotel, which offers a cool, calm retreat away from the hustle and bustle of this 24-hour city. Rio de Janeiro is one of the most densely populated cities in the world and both its residents and visitors like to live life to the full while they are there. If you need to recharge your batteries, a boutique hotel is the perfect place to stay. Try the 5-roomed La Maison, which is just a stone's throw from the beach, but once you're inside is a haven of peace and tranquillity, with a swimming pool and sundeck for guests to use when the beach has become too busy to handle. To really get away from it all, try La Suite, a boutique hotel with just seven rooms and 180° views of the ocean, the beach and the Cagarras Islands as well as the point of Arpuador, the rock that separates Copacabana from Ipanema. Here, the beach and great shopping are only a few minutes away by car, which means that you get the best of both worlds.

What can I see?

People-watching is an occupation in itself in Rio de Janeiro. Once you've had your fill of beach beauties and surf dudes, take yourself off to some of the many museums that show the works of a range of Brazilian artists; or take a walk in some of the beautiful tropical gardens. If you want to spend

your time walking rather than dancing, then take a trip into the mountains for some unforgettable views.

How do I get around?

Travelling in Rio de Janeiro can be an adventure. Buses are cheap, but not necessarily reliable or safe, so you're advised not to take valuables with you if you decide to take a bus across town. Taxis are a more comfortable option, and usually a safer one, although you still need to be careful. A good hotel will be able to arrange affordable, safe taxi services for you. For an altogether different experience, try the subway which, although it doesn't cover the whole city, is clean, cheap and fast.

Chic Retreats is a collection of small, sophisticated hotels around the world that offer the traveller a true taste of luxury and service. Visit their website by clicking on

<http://www.chicretreats.com>

The Nightlife Of Rio De Janeiro

By Naldo Camarones

Rio de Janeiro is one of the most exotic places on earth. The sun and beaches during the day give away to a whole new world of excitement at night. The nightlife in Rio de Janeiro is exciting and vibrant.

If you are looking for a place to take in some music you have many choices available in Rio. Samba is one of the favored types of music of the region and on any given night you can find it playing loudly along with people dancing. You can either sit and watch the band or join in the fun and take a spin on the dance floor. Many establishments are licensed so you can sip a cocktail while you soak in the ambiance.

If you'd rather take in a show there are several different theatre options at your disposal in Rio de Janeiro. Most of the local newspapers will have listings and finding directions is never difficult. The locals are often the first to help if you ask which way is which.

The beach at night in Rio de Janeiro is breathtaking. You do want to be mindful of which beach you are heading to as some aren't policed and unfavorable characters gather there looking for unwitting tourists. If you want to party on the beach during the wee hours of the night consider visiting Copacabana beach. This is a popular destination for both natives and tourists alike. It's well lit and it's patrolled by the police so you can be certain that you'll stay safe.

During the annual Carnival celebrations you'll want to get out in the evening. The Carnival is a world class party with people attending from virtually every corner of the globe. The festivities go day and night in Rio de Janeiro during this time and the locals seem to enjoy it just as much as those visiting.

Parades are seen day and night in Rio de Janeiro during Carnival and it's wise to try and soak up as much as you can. It's truly a one in a lifetime experience to be there in the thick of this festive and lively

celebration.

New Year's Eve is a blast anywhere you are and that's certainly no exception when you are in Rio de Janeiro. People from all over Brazil go to Rio to welcome the beginning of a new year. This is one spot that rivals Times Square for excitement as the clock strikes twelve.

Rio de Janeiro is a great vacation destination and don't be surprised if you get little sleep while there. The fun in Rio never stops and you're as likely to find excitement in the middle of the night as you are during the day.

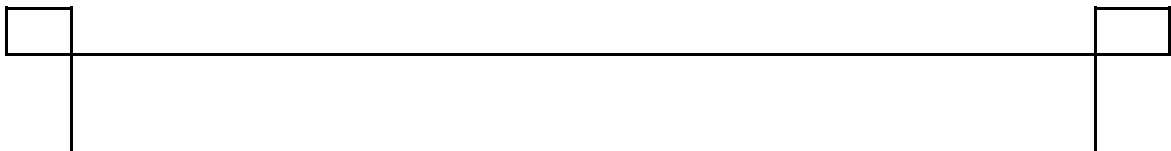
Just stay safe by steering clear of neighborhoods that you aren't familiar with. If you stay on the beaten path and in areas where lots of people are having fun you will have nothing to worry about. Make the most of your time in Rio de Janeiro by seeing the city at night.

Read more from Naldo Camarones at:

<http://www.brazil-magazine.com>



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