

## Belém Day Tour, 8 hours

DWBHD51

Belém can certainly be explored independently, but the city reveals itself far more fully when experienced with expert local hosts who know how to connect its landmarks, flavors and public spaces to the broader story of the Amazon. This tour was designed as an immersion in Belém's historical development: from its Portuguese foundation in the early 17th century, when the city emerged as a strategic outpost in the occupation of the Amazon, to its consolidation as a major trading center; from the prosperity of the rubber boom, which left a lasting imprint on its architecture and cultural life, to present-day Belém—vibrant, deeply rooted in everyday Amazonian life, and inseparable from the rivers and the forest.

### Program Highlights

- Ver-o-Peso Market, where Belém reveals one of its most vibrant and sensory expressions through aromas, colors, flavors and forms of knowledge deeply rooted in the Amazon.
- The Feliz Lusitânia Complex, in Cidade Velha, the city's founding quarter and the setting where the story of Portuguese occupation in the Amazon begins.
- Teatro da Paz, one of the finest expressions of the prosperity brought by the rubber boom and of the refinement that marked Belém in that era.
- The Emílio Goeldi Museum Zoobotanical Park, which introduces the city's long-standing scientific tradition and its historic connection to the study of the Amazon.
- Mangal das Garças, a contemporary space that reflects Belém's renewed connection with the river, the vegetation and the Amazonian landscape.
- Pará cuisine, present throughout the experience as one of the most authentic ways to understand the city's cultural identity.

### Itinerary

#### 8:30 AM – Departure from the hotels

After breakfast, we begin the day at Ver-o-Peso Market, one of Belém's most iconic landmarks and one of the defining places of the Amazon itself. More than a market, it is a place where the city still pulses in direct relationship with the rivers, the forest and the trading traditions that helped shape its identity. Among herbs, fish, tropical fruit, spices, intense aromas and forms of popular knowledge, visitors encounter a Belém that has been closely tied to Amazonian trade since colonial times. Ver-o-Peso is, therefore, an ideal introduction to the city's commercial character and to its historic relationship with the goods that arrived from the interior of the Amazon.

From there, we continue on foot through the Feliz Lusitânia Complex, in Cidade Velha, where Belém began. It is here that the city's story takes shape: the arrival of the Portuguese, the construction of Forte do Presépio in 1616, the birth of the first urban nucleus, and the city's strategic role in consolidating Portuguese presence in the Amazon, within a regional context marked by colonial disputes in northern Brazil. As visitors move through this historic ensemble, they do more than admire old buildings—they engage with the place where a decisive chapter in the occupation of the Amazon began. The Cathedral of Sé, Forte do Castelo, Casa das Onze Janelas, the Museum of Sacred Art and the Museum of the Encounter form one of the region's most important historic ensembles.

Still in the morning, we continue to the Emílio Goeldi Museum Zoobotanical Park, an institution that has become one of the Amazon's leading scientific references. Here, the city reveals another side of itself: after colonial and mercantile Belém, we encounter the Belém of science, research and the interpretation of Amazonian biodiversity. Walking through its shaded avenues offers insight into how the city also developed as a center for observing, studying and sharing knowledge about the forest and its peoples.

### **Lunch**

We pause for lunch at Point do Açaí (lunch not included), set in a restored historic mansion. This is an important moment in the day, because Pará cuisine is not treated here as a complement, but as part of the city's cultural reading. A classic suggestion is to try açaí served in the traditional Pará style with local fish; for those who prefer another composition, filhote fish fillet with jambu rice and shrimp, served with reduced tucupi sauce and chicory farofa, offers an excellent introduction to local flavors. As is customary on RNX experiences, this is also a moment when guests may enjoy their own pace and interests more freely, under the guidance of the host-guide.

In the afternoon, we continue to Theatro da Paz, one of the most beautiful expressions of the Belém shaped by the rubber boom. Its architecture, interiors and history help explain how rubber wealth transformed the city not only economically, but also in its aesthetic, social and cultural codes. The visit offers a window into Belle Époque Belém, when the city sought to establish itself as a sophisticated and culturally active urban center in the Amazon.

The tour continues at Mangal das Garças, where the narrative reaches the present day. Created through the revitalization of a riverside area along the Guamá River, the park offers a contemporary reading of the Amazonian landscape within Belém. Here, the city reconnects visually and symbolically with the river, the vegetation and the Amazonian life that has always shaped its identity. Mangal provides a fitting close to the day: after foundation, trade, architecture and science, the visitor encounters the Amazon once again as a living landscape and as the city's enduring horizon.

At the end of the tour, for those who wish to continue exploring local cuisine on their own, the host-guide may suggest a few excellent places to try tacacá outside the regular program. Among the more comfortable options, in air-conditioned settings, are places such as Tacacá do Renato and Tomaz Culinária do Pará; for those who prefer a more traditional street-side experience, well-known references such as Tacacá da Dona Maria remain excellent choices.

### **4:30 PM – Return to the hotels**

**Meals:** Not included.

### **Notes on the itinerary**

1. The following admission tickets are included in this program: Forte do Castelo, Museum of the Encounter, Theatro da Paz, the Emílio Goeldi Museum Zoobotanical Park when open and visited, and the Belém Tower and Butterfly House, the latter two located within Mangal das Garças Ecological Park.
2. The Emílio Goeldi Museum Zoobotanical Park is normally open from Wednesday to Sunday, according to its own visiting schedule. On departures scheduled for days when the park is closed to the public, the tour will operate normally, but without the Goeldi visit, with operational adjustments made by the host-guide among the other attractions included in the program.

3. The above itinerary is current and may differ from previously printed material. We occasionally refine our itineraries based on feedback from travelers or on our own research. Your host-guide will inform you of any changes at the group's first meeting at the start of the tour.

**Departures:** Sep 19, 20, 22, 23 and 24, 2026.

**Duration:** Approx. 8 hours (from 8:30 AM to 4:30 PM).

**Group size:** 2 to 12 guests.

**Activities:** Short walks between sites.

**Guest profile:** Suitable for travelers able to enjoy an active full-day program.

**Prerequisites:** None.

**Physical effort level:** Grade 2, easy to moderate; suitable for guests of any age who are in good health and have full mobility.

**Included:** Tours as described, entrance fees where applicable and when sites are open to the public, round-trip hotel transfers, and accompaniment by a host-guide.

**Not included:** Meals or any items not expressly mentioned above.

**What to bring:** For the best enjoyment of the experience, we recommend comfortable walking shoes, a hat or cap, sunscreen, a rain jacket or umbrella, and plastic bags or waterproof pouches for documents, papers and cameras. Despite the suggestions above, we recommend bringing only the essentials and avoiding displaying or leaving valuables inside vehicles.

**Description of the place:** Founded by the Portuguese in the early 17th century, Belém is the natural gateway to the Amazon, thanks to its strategic geographic position and its intimate relationship with the rivers. Popularly known as the "City of Mango Trees," it brings together Indigenous, Portuguese and many other influences that have shaped its history. Over more than four hundred years, it has experienced periods of great prosperity, especially during the rubber boom, which left deep marks on its architecture, cultural institutions and urban life. Today, Belém combines historical depth, remarkable cuisine, popular vitality and a singular Amazonian identity expressed in its monuments as much as in its markets, flavors, aromas and landscapes.

**Medical restrictions:** None.

**Safety management system:** Yes.

**Emergency assistance:** Yes.

**Accessibility and comfort features for guests with mobility or special assistance needs:** Limited.

**Minimum age:** None.

**Maximum age:** None. Please observe the physical effort level.

**Visitation rules apply:** Yes.

**Responsible conduct practices in natural environments:** Yes.

**Risk acknowledgment form and medical questionnaire required:** No.

TALK TO AN AMAZON SPECIALIST

Rumo Norte Expedições

Phone/WhatsApp: +55 91 9 8802 5915

E-mail: [talkto@rumonorte.com](mailto:talkto@rumonorte.com)

Website: [rumonorte.com/damsweek](http://rumonorte.com/damsweek)

Cadastur No.: 23.811.825/0001-91