

Jim Gold International Folk Dance Tours

BRAZIL

Rio de Janeiro, Salvador

Iguassu Falls

Folk Dancing, Culture, Art, History, Adventure

November 3-14, 2025

Led by Hilary Almeida

Dance with Brazilian folk dance groups and teachers!

Carnival Experience and Samba dance class

Folkloric dances of Brazil dance class,

African Heritage City tour, Dance and Percussion Workshop

Price includes transfers, hotels, private bus, guide, sightseeing, all breakfasts, six meals, all dance lessons

Itinerary:

Day 1: Monday, November 3:

Depart with our group or on airlines of your choice.

Day 2: Tuesday, November 4: Rio de Janeiro

Upon arriving into Rio de Janeiro, we will be met by a private vehicle and driver and taken to the [Windsor Excelsior Copacabana Hotel](#), where we will be received with a delicious welcome drink!. The rest of the morning is to rest from long flight.

This afternoon we will set out to explore **Sugarloaf Peak**, one of the city's most famous icons. From there we will have a beautiful view of **Guanabara Bay** and the city down below. If it is a clear day, we can enjoy a beautiful sunset, as we marvel at the

“Marvelous City”.

Next, we will enjoy a delicious welcome dinner at one of the city’s best restaurants, overlooking **Guanabara Bay** (Churrascaria Fogo de Chão). Return to the hotel and overnight. Meals: Dinner at Churrascaria Fogo de Chao

Day 3: Wednesday November 5:

After breakfast, we will begin our day by visiting the city’s main tourist icons: the **Christ the Redeemer statue**. The statue stands at 38 meters high and has been called one of the seven wonders of the MODERN world. It sits atop **Corcovado peak**, at an altitude of 710 meters. From here, we’ll have fantastic panoramic views of the city. To get up and down the mountain, we take a train through the **Tijuca Forest**. Lunch at a local restaurant. In the afternoon we will **visit Rio de Janeiro’s iconic “Samba City”**, where the **World’s Most Famous Carnival** comes to life. It is here that the Samba Schools prepare their floats and presentations for the big parade once a year. We will take a tour of a Carnival school’s warehouses and learn all about the history and importance of this event. We’ll have a chance to try on costumes and taste a delicious caipirinha to get in the mood. After the tour, it will be time to learn some samba beats and steps with a **Samba Dance Class workshop!**. Return to hotel. Meals: breakfast, and Lunch

Day 4: Thursday, November 6

After breakfast, we begin the day today by visiting another one of the city’s beaches, where we will be met by some professional who will take us on a tour of some of **Brazil’s other folkloric rhythms, such as Carimbó and Brega** (from the northern dancers, state of Pará), and Forró (popular in the northeast). We will enjoy an open air dance class, while sipping fresh coconut water. After this, we head to a nearby restaurant for lunch. Then, we will enjoy the afternoon at leisure.

Tonight, we will put our dancing lessons to the test at **Rio Scenarium**. We’ll visit the **Lapa neighborhood** to get to an antique shop that was transformed into a very popular samba bar among Rio residents. There is always a band playing good samba, thus guaranteeing a fun and musical atmosphere. We will enjoy a welcome drink, while we have a good talk and watch the band playing, or we can dance to the music and feel free to develop the ginga and the samba in our feet! Included: Private dance class with Brazilian instructors, English speaking guide, entrance fees to Rio Scenarium, lunch (no drinks). Meals: breakfast and Lunch (no drinks included)

Day 5: Friday, November 7: Salvador

After an early breakfast, Transfer from your Hotel in Copacabana to the airport for your flight to Salvador Bahia. Upon arrival in Salvador, we will be met by a private English speaking guide and then transferred to [Fera Palace hotel](#), located on the edge of the historic center of the city. As we get checked in, we will be met with a welcome drink. Late afternoon/early evening, after getting settled in, we will have a welcome dinner in the historic center of the city. The state of Bahia is known for its unique cuisine, a mix of delicious dendé palm oil, coconut milk, and seafood, among other delights. After dinner,

we will walk to the Miguel Santana Theater for the evening Folkloric Ballet show! This will take us through the history of the state of Bahia, and the diverse Indigenous, African, and European influences that have given way to modern day Bahia and Brazil. Meals: breakfast and dinner

Day 6: Saturday, November 8: This morning we begin our day by tracing the African roots of the city, visiting a combination of residential areas at the mouth of the bay and the Historic Center, i.e.: Pelourinho. We will visit the Afro-Brazilian Museum, which traces the city's West African origins, and includes wooden sculpted panels of the orixá's by Salvador's most celebrated artist, Carybé. We will also visit the famous Black church, Our Lady of the Rosary, years. Next, we will visit the intimate Bahian Gastronomy Museum, and learn about the African influence on Bahia built with meager resources over a period of almost 100 cuisine. Finally, we will visit Casa do Carnaval; a museum dedicated to the party that is at the heart of popular Bahian culture, social transformations, and identity. Here, we will enjoy a mini dance class! Lunch at a restaurant in Pelourinho.

After lunch, we visit Didá Band, a pioneering and renowned all-women percussion group. Under the expert guidance of local professional percussionist, we will explore the various aspects of the Bahia's percussive jungle. We will also learn about the various traditional dance rhythms and steps, such as Samba de Roda, suingue Baiano and samba reggae. Meals: breakfast and Lunch (no drinks included)

Day 7: Sunday, November 9: Today we will explore the Lower City and learn how the city evolved from its historical roots. We will pass by Tororo Lagoon with the imposing statues of the candomblé orixas in mid-lake, and the towering Arena Fonte Nova football stadium built for the World Cup. From here we drive us to the quiet waters of the Itapagipe Peninsula, where life moves at a slower pace than the bustling upper city. Fishermen fish from dugout canoes, locals collect shellfish at low tide, schooners lie at anchor, all protected by the famous Bonfim church, one of the most important churches of pilgrimage in Brazil and deeply syncretized with the Candomblé. We continue to the Monserrat district with its panoramic view of the bay and city beyond and on to the Mercado Modelo, a thriving market for local artifacts and souvenirs. Lunch at a local restaurant.

In the afternoon we will learn more about Samba de Roda with a private dance class! Declared a UNESCO Intangible Cultural Heritage in 2005, Samba de Roda, which involves music, dance and poetry, is a popular festive event that developed in the State of Bahia, in the region of Reco[^]ncavo during the seventeenth century. It drew heavily on the dances and cultural traditions of the region's African slaves. Meals: breakfast and lunch (no drinks included).

Day 8: Monday, November 10

Group departs from Salvador-Bahia (SSA) to Iguassu Falls (IGU). As there are no direct flights between these cities it will take most of the day, about 6-7 hours, with connection time in Sao Paulo (GRU). Arrive to Iguassu in the afternoon and overnight in Iguassu.

Day 9: Tuesday, November 11

Our day begins with a visit to the Iguazu National Park. Established in 1939, the park is home to the largest enduring Atlantic forest (semi decidual) of southern Brazil. We will visit the traditional walkways with a wonderful panoramic view of the Brazilian falls. The walkway is 1.2 kilometers and presents spectacular panoramic views of the 275 waterfalls along the way. Once we finish the route, we will arrive at the panoramic elevator that returns to the vehicle. From there, we will return to the hotel.

Free time for lunch.

Late afternoon, we will leave toward the 3-borders mark, where Paraguay, Argentina, and Brazil come together. We will have time to stop and take photos. Next, we continue to Churrascaria Rafain for a delicious dinner and a spectacular show that will take us through the culture and folklore of nine Latin American countries. It is the only show in the world that includes the largest number of Brazilian dances performed at a dinner with a concert. Included: Private tours in van or micro bus with driver + English speaking guide, entrance fees, dinner (drinks not included) Room with breakfast

Day 10: Wednesday, November 12

After breakfast we visit the Iguazu Falls on the Argentinean side. Walking paths with different gateways offered by the Park provide diverse views of the falls' amazing scenery. The lower circuit provides more contact with nature, whereas the upper circuit provides an overview of the jumps, delta islands, and the impressive view of the Garganta del Diablo, where we feel the fury of water falling in many horseshoe shaped falls. Created Still on the Argentinean side, we'll combine the essence of the Iguazu National Park: jungle and falls in a single ride as we embark on a "Grand Adventure" beginning on a train through the park and then a 6km boat ride through the lower Iguazu river canyon towards the waterfalls while enjoying the rapids. After the tour, we will remain on the Argentinean side for dinner and another cultural show, of Tango at Madero Tango

Day 11: Thursday, November 13

We will enjoy a nice breakfast on our last morning, and then checking out of our hotel in Foz do Iguazu and drive to the airport for our flight to our next destination. Depart this evening for home - overnight flight.

Day 12: Friday, November 14

Arrive back to the US

About Brazilian Folk Dancing Salvador

Although Samba is considered a national dance in Brazil, modern samba was most popularized in Rio de Janeiro. But it originated in Bahia, in the regions of Santo Amaro and Cachoeira. In this region, we can find certain types of Samba that are close to African Semba, such as [Samba de Roda](#) and [Umbigada](#). Given that the group will also be visiting Rio de Janeiro, we thought that we would leave the more popular and modern style samba for Rio de Janeiro, yet in Bahia explore the historic Samba de Roda - considered to be the transition between African Semba and modern day Samba. It is slower and less energetic than modern day samba and is also more popular with the elderly crowd. Some of the steps can also be found in Capoeira. You can get an idea of it in the [VIDEO HERE](#). Additionally, there is the variation called Umbigado - because the dancers touch each others belly buttons (*umbigo* in Portuguese) to interact. You can get an idea of that style via [VIDEO HERE](#).

Afro Dança (Dance Afro)

Afro Dance (Dança Afro), on the other hand, is very specific to cultural groups associated with Carnival, such as Ilê Aiyê, Malê De Balê and Filhos de Gandhi. They are a set of dances that express other variations from diverse parts of Africa that were brought over and developed by enslaved people from various nations. There are a number of variations, but the most popular are those related to more “tribal” movements and sounds. See a general Afro Dance class via [VIDEO HERE](#), and the groups [Ilê Aiyê SEE VIDEO HERE](#), and [Filhos de Gandhi SEE VIDEO HERE](#).

Northeastern Dances, particularly **Forró** and **Xaxado** - Especially popular during the June Festivals - Festas Juninas. Forró is a rhythm that also ends up being confused with other rhythms such as baião, coco and xote, among others. Here it ends up that popularly everything is called forró, but technically there is a lot of difference. Forró is mainly danced at forró parties, in couples, some simpler, with two steps there and two steps here, and also the more complex ones, with the dancers doing real acrobatics with your pairs. Xaxado, on the other hand, is the typical type of dance predominant in the squares of São João, usually with more choreography and more complex steps and in groups

See [FORRÓ VIDEO HERE](#). See [XAXADO VIDEO HERE](#). **These latter dances are really popular throughout all of Brazil's northeast and especially during the month of June, which is why I suggest that the group visit in June.**

About Hilary Almeida



Hilary Almeida grew up with a passion for foreign languages and cultures. She pursued her education at New York University, earning a Bachelor's degree in Spanish and an Master's degree in TESOL: Teaching English to Speakers of Other Languages. She received the Spanish Award for Excellence, was inducted into Sigma Delta Pi, and was granted a government scholarship in bilingual education. At NYU, she also loved studying Portuguese, French, Music, and Dance. After graduation, Hilary spent years traveling through South America, teaching and training teachers, including six years in Brazil. She returned to New Jersey and directed the English program at a Japanese Day School and then went on to teach World Language and ESL in the public schools. During this time, she had the pleasure of creating original instructional materials and performing with her guitar in many Latino Heritage and Black history programs with the strong belief that music is a powerful educational tool. She has provided students with opportunities to experience linguistic and cultural diversity through programs and intercultural exchanges. In 2016 she was awarded Teachers Who Rock and in 2019, she was selected as one of the Governor's Teacher of the Year candidates from the district of Teaneck, New Jersey.

She is currently enjoying her eleventh year as a member of Fairleigh Dickinson University's adjunct faculty. She began teaching in a Master's program in the School of Education. In 2017 and 2018, she was selected and sent to China to give teacher workshops. In 2019 she joined the School of Global Learning in the Puerta Al Futuro program for new Americans from Latin America. In 2023, she was invited into the School of Psychology Department as an Empathy Training Program trainer for faculty, staff, and students. During her 30-year career she has provided professional development to educators at the district, county and state levels. She has also served as chair for the NJTESOL-NABE Bergen – Passaic chapter and on the TESOL advisory board at Seton Hall University. Mrs. Almeida lives with her husband, Orlandino, of 40 years in Teaneck. In her free time, she enjoys dancing, improv theater, singing with her guitar, and traveling. She is a fluent speaker of Spanish, Portuguese, and English and has visited countries in Europe, Africa, Asia, and North and South America.

Brazil: \$4995

Land only

REGISTRATION FORM: I can't wait to go! Enclosed is my registration deposit of \$200 per person. Single supplement: \$835. Internal air flights: ??? Hotel taxes and service charges: \$185. Visa, gratuities, and drinks during meals not included. Program subject to change without notice. All tours have a professional guide. Over 10 participants, and tour will have an additional leader. Cancellations 90 days prior to departure: Total refund. Less than 90 days: No refund. Travel insurance recommended. **Total balance due July 18, 2025.**

Name _____

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