

# Tips on São Paulo

## Our city

São Paulo is huge. Not counting the adjacent towns, its population is estimated at over 11.84 million spread around 1520 km<sup>2</sup>. Founded in 1554, it is the largest city in Brazil, hosting people from all nationalities in over 470 districts.

## Safety

You should be safe when walking around the Paulista and Pinheiros neighborhoods, where our suggested accommodations are located. Also, taking the metro, buses, taxis, and Uber is secure. However, beware of pickpockets, which usually aim for mobile phones when people are walking around. Try to keep these devices safely out of reach of strangers. If, by any chance, you are in a situation in which pickpockets threaten you, please do not react and give them what they want. Some of them are under the effects of drugs and can be violent.

## Walking tours

- Free walking tours provided by the city (only in Portuguese) <https://www.sympla.com.br/produtor/turismoprefsp>
- Walking tours in Portuguese and English: <https://www.saopaulofreewalkingtour.com/>

## Places to visit

We prepared some suggestions of places to go and eat if you plan to spend a few days in São Paulo. Most links are in Portuguese, so please use Google Translator. If you have any specific interests, please do not hesitate to contact us at [nwldw2025@usp.br](mailto:nwldw2025@usp.br), and we will try to help you with suggestions.

### The Avenida Paulista

A two-km SW-NE stretch where you can find museums, galleries (small, specialized museums), malls, and various places to eat. <https://serieavenidapaulista.com.br/>.

It is worth spending a few hours visiting some of the landmarks on this avenue, which becomes a pedestrian zone on Sundays. Starting at the entrances of Metro Stations Paulista-Pernambucanas (Yellow Line) or Consolação (Green Line), we recommend the following stops:

- Instituto Moreira Sales: Art gallery specializing in temporary photography exhibitions and hosting a movie theater. On the first floor, you will find a terrace with a nice view of the entire Paulista Avenue. <https://ims.com.br/unidade/sao-paulo/>
- Conjunto Nacional. A multi-purpose '50s building with an atrium hosting a variety of shops and eateries. <http://ccn.com.br/>
- Parque Trianon: Rich in Mata Atlantica vegetation. [https://capital.sp.gov.br/web/meio\\_ambiente/w/parques/regiao\\_centrooes/te/5773](https://capital.sp.gov.br/web/meio_ambiente/w/parques/regiao_centrooes/te/5773) & [https://www.tripadvisor.com.br/Attraction\\_Review-g303631-d532237-Reviews-Tenente\\_Siqueira\\_Campos\\_Park\\_Trianon-Sao\\_Paulo\\_State\\_of\\_Sao\\_Paulo.html](https://www.tripadvisor.com.br/Attraction_Review-g303631-d532237-Reviews-Tenente_Siqueira_Campos_Park_Trianon-Sao_Paulo_State_of_Sao_Paulo.html)
- MASP: The main art museum in São Paulo. <https://masp.org.br/en>
- FIESP art gallery: Always good art exhibitions. <https://centrocultural.fiesp.com.br/>
- Coleção Brasileira at Itaú Cultural: Archive of original books, sketches, and maps of Brazil spanning from the XVI century to the present day. <https://www.itaucultural.org.br/espaco-olavo-setubal>
- Casa das Rosas: A typical house of the 1920s open to the public. You will find an open-air restaurant in the back. <https://casadasrosas.org.br/>
- Japan House: Everything Japan, from food to art. [https://www.japanhousesp.com.br/?utm\\_source=google&utm\\_medium=cc&utm\\_campaign=google-search-non-related&gad\\_source=1&gclid=CjwKCAiAzba9BhBhEiwA7glbasaOqejlTxplxxmRtiROJFrh9863rGpSlh5YwGREe-BD14p17-5vhoCvbcQAvD\\_BwE](https://www.japanhousesp.com.br/?utm_source=google&utm_medium=cc&utm_campaign=google-search-non-related&gad_source=1&gclid=CjwKCAiAzba9BhBhEiwA7glbasaOqejlTxplxxmRtiROJFrh9863rGpSlh5YwGREe-BD14p17-5vhoCvbcQAvD_BwE)

### Additional worthwhile sites to visit

- Farol de Santander: A former bank headquarters hosting permanent and temporary art exhibitions in São Paulo. A 360 view of the city can be experienced on the top floor terrace, <https://www.farolsantander.com.br/>
- Pinacoteca do Estado: one of the best art collections in São Paulo, <https://pinacoteca.org.br/>
- Parque do Ibirapuera: our Central Park, <https://www.parquedoibirapuera.org/>
- Centro Cultural Banco do Brasil. Excellent temporary art exhibitions, <https://ccbb.com.br/sao-paulo/>
- Liberdade: Japanese neighborhood in the city. Usually, an open-air market is held on Saturdays and Sundays, [https://www.tripadvisor.com.br/Attraction\\_Review-g303631-d2350042-Reviews-Liberdade\\_Street\\_Market-Sao\\_Paulo\\_State\\_of\\_Sao\\_Paulo.html](https://www.tripadvisor.com.br/Attraction_Review-g303631-d2350042-Reviews-Liberdade_Street_Market-Sao_Paulo_State_of_Sao_Paulo.html)
- Mercado Municipal: major retail and wholesale food market in the downtown area, <https://www.mercadomunicipal.sp.com/>

### Off-the-beaten-track

- Parque Estadual da Cantareira: a state park on the outskirts of the city with lots of trails where you will see a variety of monkey species. Go to the Pedra Grande entrance and head to the top of the trail to see an impressive view of São Paulo. [https://www.tripadvisor.com.br/Attraction\\_Review-g303631-d3860053-Reviews-Parque\\_Estadual\\_Cantareira\\_Nucleo\\_Pedra\\_Grande-Sao\\_Paulo\\_State\\_of\\_Sao\\_Paulo.html](https://www.tripadvisor.com.br/Attraction_Review-g303631-d3860053-Reviews-Parque_Estadual_Cantareira_Nucleo_Pedra_Grande-Sao_Paulo_State_of_Sao_Paulo.html)
- Jardim Botânico. Our botanical garden hosting Mata Atlântica vegetation and monkeys.  
[https://www.tripadvisor.com.br/Attraction\\_Review-g303631-d532186-Reviews-Jardim\\_Botanico\\_de\\_Sao\\_Paulo-Sao\\_Paulo\\_State\\_of\\_Sao\\_Paulo.html](https://www.tripadvisor.com.br/Attraction_Review-g303631-d532186-Reviews-Jardim_Botanico_de_Sao_Paulo-Sao_Paulo_State_of_Sao_Paulo.html)

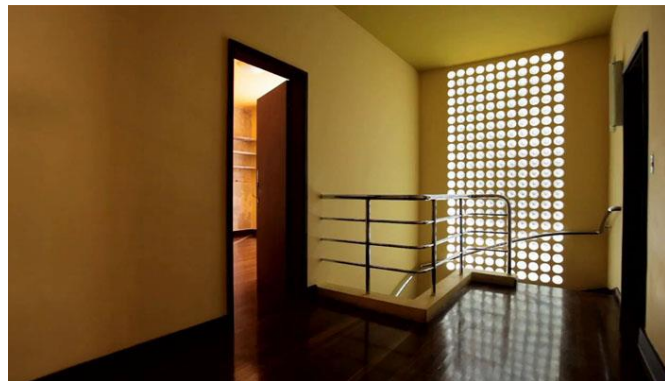
- Casa de Vidro: This wonderful house was built by Lina Bo Bardi in 1951. It hosts a variety of art objects from Baroque to Post-Modern. Guided tours only; reservations are required.

<https://casadevidro.byinti.com/#/event/lGiGpW2QuZnqxymCVtQD>



- Casa Modernista: The first breakthrough in Brazilian architecture in the XX century by Gregori Warchavchik in 1928. No reservations are required

<https://www.museudacidade.prefeitura.sp.gov.br/sobre-mcsp/casa-modernista/>



- Fundação Oscar Americano: built in 1953 by the architect Oswaldo Bratke, it is the best example of Brazilian modernism in the '50s. Unfortunately, all the original furniture was removed and replaced by nondescript items. If you have time, go for the tea service. No reservations are required. <https://www.fundacaooscaramericano.org.br/>  
<https://www.archdaily.com.br/br/01-33190/classicos-da-arquitetura-residencia-oscar-americano-oswaldo-bratke>



- Museu Brasileiro da Escultura: this museum is a pinnacle of brutalism architecture (a lot of concrete...) in São Paulo. It was built in 1995 by the Pritzker-prize winner architect Paulo Mendes da Rocha. It hosts permanent and temporary exhibitions. <https://www.mube.space/>





- The buildings in the Higienópolis neighborhood. You may take a tour (seasonal) or stroll on your own. <https://gauchazh.clicrbs.com.br/geral/noticia/2023/10/em-higienopolis-tour-revela-historia-da-arquitetura-clnhe0olc004s01hfvuhwmu5g.html>



## Places to eat

São Paulo hosts about 156,000 eateries, including restaurants, bars, and bakeries catering to all tastes and pockets. Most restaurants are relatively small, so the best bet is to arrive early for lunch or dinner (by 12 PM and 7 PM, respectively) or make a reservation. Here, we list a few places in the Pinheiros neighborhood within walking distance of the Hilton Garden Inn Hotel.

- Le Jazz: A French bistrô, <https://www.lejazz.com.br/>
- Z-Deli: Sandwiches and burgers, <https://www.zdeli.com.br/>
- Pizzaria Bráz Elettrica, <https://brazelettrica.com.br/>
- Petros Greek Taverna, <https://www.petrostaverna.com/>
- Baccio de Latte, ice cream, <https://baciodelatte.com.br/>
- Braz Trattoria: Italian cuisine, <https://familiabraz.com.br/braz-trattoria/>
- Le Jazz Boulangerie, bakery and sandwiches, <https://www.lejazz.com.br/>
- Consulado da Bahia: Brazilian Northeastern food, <https://www.consuladodabahia.com.br/>
- Encanto Mineiro, Brazilian food from the State of Minas Gerais, <https://encantomineiro.com/>
- Mocotó Café Mercado de Pinheiros, a Brazilian food restaurant located in a neighborhood food market, <https://mocoto.com.br/>
- Como, Brazilian food from the State of Goiás, <https://www.comosp.com.br/>