

Cabo Frio, Rio de Janeiro, Brazil

Swept by constant Atlantic breezes and framed by 7.5 km of fine white sand, Cabo Frio earns its nickname as the "Wind City" — a laid-back resort town where a 400-year-old fort guards one end of the beach and boat trips to turquoise Arraial do Cabo fill the other.

Tender port (anchor offshore)

Typical call: 7-9 hrs

Brazilian Real (BRL)

Portuguese

Beaches & boat trips

MY DAY IN PORT

Ship/Date: _____

Arrive: _____

All aboard: _____

Excursion: _____

Notes: _____

GETTING ASHORE

Docking: Tender — ships anchor; boats land near Praia do Forte

Best For: Beach days, diving, colonial history, Arraial day trip

Walk to center: ~5 min from tender dock to waterfront

Don't Miss: Forte São Mateus and a schooner tour to Ilha do Japonês

Getting around: **Taxi** ~R\$10–20 (short rides) · **Rideshare** Uber, 99

TOP THINGS TO DO

- Schooner Tour to Arraial do Cabo** — Sail south to Arraial do Cabo — the "Brazilian Caribbean" — and stop at Ilha do Japonês for snorkeling in crystalline...
 - Forte São Mateus & Passagem Quarter** — Walk the 7 km Praia do Forte to reach the 1620 Fort São Mateus, then loop back through the Passagem neighborhood's...
 - Diving at Ilha dos Papagaios** — Cabo Frio is one of Brazil's top diving destinations — cold upwellings create exceptional
- visibility and rich marine...

 - Buggy & ATV along the Coast** — Rent a dune buggy or join a guided ATV tour across the sand dunes linking Cabo Frio's beaches, with stops at Praia do...
 - Praia do Forte Beach Day** — Seven and a half kilometers of white sand, clear water, and brisk Atlantic wind — rent a beach chair, eat fresh grilled...

BEST WALKS

- Praia do Forte Promenade to Forte São Mateus** 3 km one way · Easy · ~1 hr each way — Start at the Praça das Águas waterfront near the tender dock and walk the full length of Praia do Forte beach to the historic Forte...
- Passagem Historic Neighborhood Loop** 1.5 km loop · Easy · ~45 min — Cross the small canal bridge into the Passagem neighborhood for cobblestone alleys, 19th-century painted houses, and waterfront fish...

WEATHER · DAYLIGHT · MONEY

CLIMATE (AVG °F · RAINY DAYS)

Mon	High	Low	Rain
Apr	81°	72°	12d
Jun	77°	67°	8d
Aug	76°	66°	8d
Sep	78°	69°	7d
Oct	79°	70°	11d

DAYLIGHT & MONEY

Apr 6:01AM–5:34PM · Jun 6:26AM–5:10PM · Aug 6:13AM–5:32PM · Sep 5:44AM–5:42PM · Oct 5:15AM–5:52PM

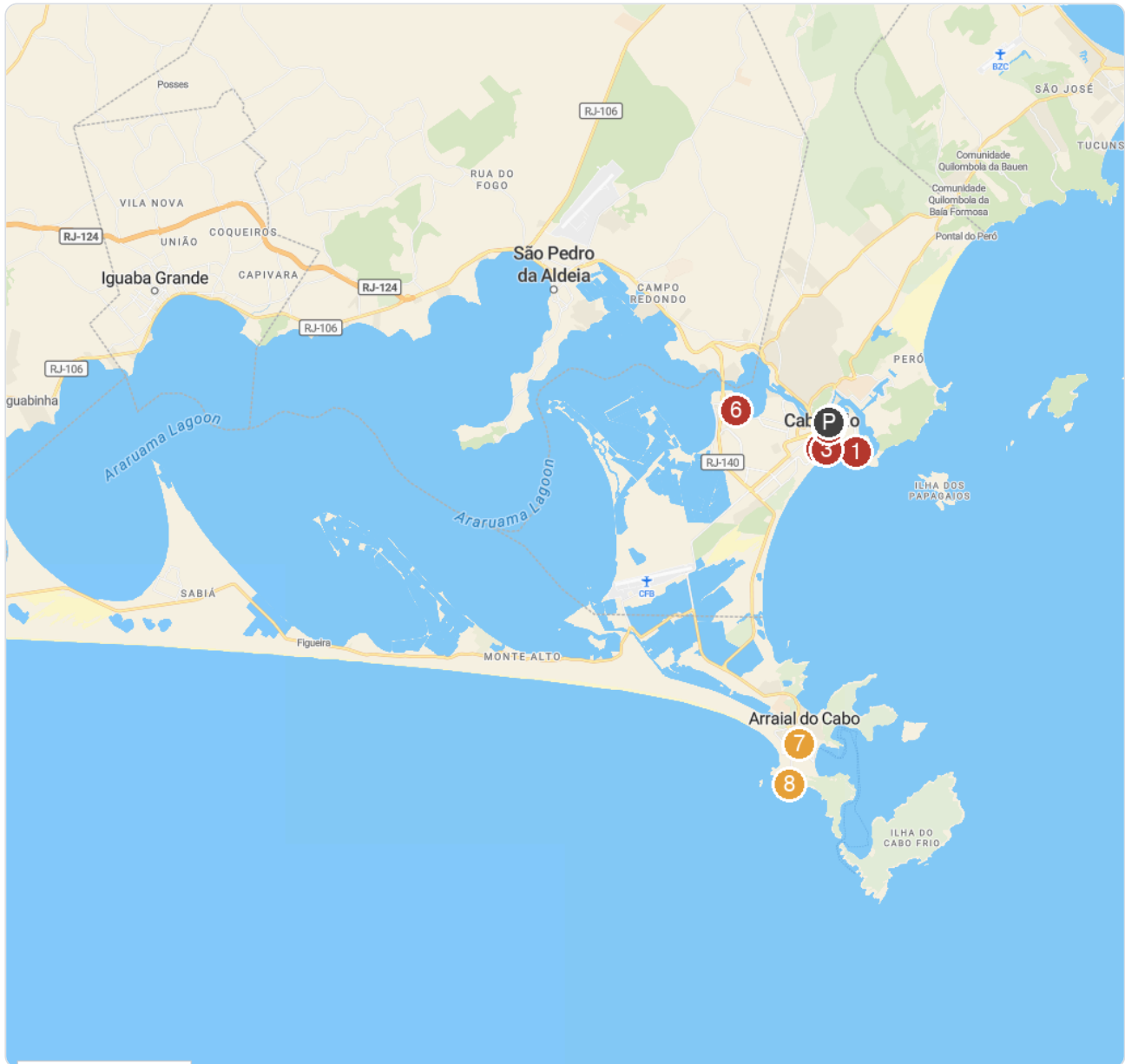
KNOW BEFORE YOU GO

- Cash is useful: most beach kiosks, vendors, and small restaurants prefer Brazilian Reais. ATMs are in the town center; always choose to pay in BRL to avoid conversion fees.

Cabo Frio, Rio de Janeiro, Brazil — Port Map

cruiseports.org

Red = walkable sights · Amber = excursions farther out · P = cruise terminal. Numbers match the order you'd typically visit.



- 1** Forte de São Mateus Historic 17th-century fort offering ocean views.
- 3** Praça das Águas Public square with illuminated fountains and gardens.
- 5** Carlos Scliar Atelier House Artist Carlos Scliar's former home and studio museum.
- 7** Centro Cultural Manoel Camargo Cultural center hosting art exhibits and events.
- P** Cruise port / terminal

- 2** Surf Museum Museum showcasing surf history and culture.
- 4** Charitas Historic building with event space and bay views.
- 6** Santo Samba Lively bar for samba music and Brazilian food.
- 8** Mirante do Pontal do Atalaia Scenic viewpoint with stunning panoramic ocean vistas.