



GIS

General Information Sheet

2nd IAU 100km Americas

&

Br135 Ultra de Rua - Etapa Bertioga 2019

Bertioga - Brazil

27th July, 2019

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1 - Welcome

Welcome to the city team



CAIO MATHEUS
Mayor

Welcome Words from the Mayor

"Bertioga, in addition to being recognized for its natural riches and historical and cultural heritage, has also been highlighted in the sports tourism scene. To host this international championship is a very important achievement because shows Bertioga to the world. Competitions like these, not only are large windows, but also contribute to the development of the economy, fostering trade and income generation. I take this opportunity to welcome and wish good luck to all athletes."



NEY CARLOS DA ROCHA
Secretary of Tourism, Sport and Culture

Welcome Words from the Secretary of Tourism, Sports and Culture

"The realization of this Ultramarathon shows the consolidation of Bertioga as one of the main sports centers in the state of São Paulo. The Ultramarathon is adding sports tourism to ecotourism, beach and sun tourism as important sources of income and jobs for our city."



DANILO LERNE
Director of Sports

Welcome Words from Sports Director

"We are very happy for Bertioga to be hosting the "premiere" in Brazil of a competition of this importance. This ultra marathon places the City in a prominent place as a destination for major sporting events."



MÁRCIO ZITEI
Regional Race Director - Bertioga

Welcome Words from the Regional Race Director

"Bertioga is a tourist city on the São Paulo coast of Brazil, which maintains 90% of its area in environmental protection; is beautiful by nature and is with opening arms to receive all the athletes, technical staff, family and fans in the IAU Continental ... Come and meet Bertioga !!!"

Welcome from the LOC (Local Organizer Committee)



Local Organizer Committee
Photo 1 - Brazil135 Ultramarathon Start Line



Local Organizer Committee
Photo 2 - Brazil135 Ultramarathon End.

Welcome Words from the LOC

"We are immensely honored with the opportunity to participate in this event. This event will change the path of the ultramarathon in Brazil. We are a team of courage and willing to face any and all kinds of challenges to organize a race. Photo 2 records the completion of Br135 Ultramarathon approximately 72 hours after Photo 1. See our joy even after we have been without sleep, without eating and often in the rain. Our motto: "Have fun and keep smiling"

2 - National Athletics Federation



Contact Details National Athletics Federation

Country: Brazil

Name : Confederação Brasileira de Atletismo

Address:

Caixa Postal 309

Bragança Paulista – SP

ZIP Code: 12914-970

Phone: (11) 5908-7488

(11) 5555-0266

E-mail: cbat@cbat.org.br

Website: <http://www.cbat.org.br/novo/>

Extra info:

The CBAAt is the Brazilian institution whose mission is to seek excellence in athletics, promote events, increase the achievements of Brazil, thus inspiring the population to practice the sport.



Warlindo Carneiro da Silva Filho - CBA President

Welcome words from the CBA President

The Brazilian Athletics Confederation feels immensely honored to promote for the first time in South America, the IAU Continental Ultramarathon Championship of 100 K Americas in Bertioga on the coast of São Paulo. We take this opportunity to welcome all the athletes, coaches, leaders of the International Association of Ultrarunners and other Brazilians and foreign organizers of the competition. A special hug for the public, who, of course, will honor the competition, which deserved such special support from the City of Bertioga.



Oscar Prisco Susso - CBAI Ultramarathon Consultant

Welcome words from Oscar Susso

This is a great time for the ultramarathon of Brazil and the Americas.

The participation of the international delegations as well your participation, will bring a big success to this event, a pioneer in South America.

Our athletes, coaches, race organizers and the Brazilian Athletics Confederation, who work together, will be ready to receive all of you with open arms.

Welcome!

3 - Local Organizing Committee (LOC)

Contact Details LOC

Company: Brazil135 Ultramarathon - ME

E-mail: br135adm@gmail.com
mariolacerda@hotmail.com

Website: www.brazil135.com.br

COMANDANTE MARIO LACERDA

President

Assistants: Rosimeire Assis, Ana Jardim,
Letícia Melo.

Tel. Mobile: +1 904 866 35 50

E-mail: mariolacerda@hotmail.com

Skype: mariolacerda

DR. ROBERTO NAHON

CMO: Medical Director

Assistants: Dr. Rafael Mitchell,
Enf. Magda Chagas,
Ref. Sidney Cavalheiro

Tel: +55 21 98182-2230

E-Mail: robertonahon@gmail.com

JOSÉ OSWALDO FURINI FILHO

General Secretary

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E-mail: jrfurini@gmail.com

Skype: jrfurini

MONICA OTERO

General Race Director

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E-Mail: monica.otero@rocketmail.com

MÁRCIO ZITEI

Director of Logistics 1

Tel. Mobile: + 55 13 99693-4100

E-mail: marciozitei@gmail.com

FERNANDO NOGUEIRA

Mobile Race Director

Tel: +55 35 9970-5836

E-Mail: ultrarunner@ultrarunnereventos.net

DOUGLAS DE MELO

Director of Logistics 2

Assistants: Pedro Miyahira,
Eber Valentin,
Newton Lopes

Tel. Mobile : +55 11 99424 -6666

E-mail: douglas@topnotch.com.br

LUCAS ALVES

IAU Contact

Tel: +55 11 94001-8929

E-Mail: lucas.alves@iau-ultramarathon.org

TATHIANA RIBAS

Transport, Travel and Accommodation

Assistants: Raissa Jardim,
Clara Aguiar,
Renato Márcio Mourão

E-mail: br135adm@gmail.com

OSCAR PRISCO SUSSO

CBAAt Contact

Tel: +55 11 94111 - 1248

E-Mail: oscar@cbat.org.br

Technical Committee:

Group 1

Cleber Castilhano Vilares	Fernando Nogueira	Gabriela Gaia
Douglas de Melo	Flavia Vieira	Itamar Goes

1. Event Organization Agreement - IAU 100 km Americas Championship EOA 20150101 _1_ (1)
2. MIAUC_Appendix_A_Organisational_Guidelines-vs120910

Group 2

James Figueiredo de Araújo Lima Júnior

Jaron Thurston	Laurelino Conceição	Marcos Correa da Silva
Jorge Cerqueira	Márcio Zitei	Marcos Paulo

1. Event Organization Agreement - IAU 100 km Americas Championship EOA 20150101 _1_ (1)
2. MIAUC AppendixB_TechnicalGuidelines140101
3. MIAUC_AppendixH_GeneralInformationSheet_vs100125

Group 3

Maria Vargas	Monica Otero	Raissa Jardim
Mariano Moraes	Pedro Luis Cianfarani	Roberto Cesar Cianfarani

Matheus Silva

1. Event Organization Agreement - IAU 100 km Americas Championship EOA 20150101 _1_ (1)
2. MIAUC_Appendix_C_ProtocolGuidelines _vs120818

Group 4

Ronaldo Marletta	Paulo Ricardo Miranda de Sousa
Vera Lucia Mota	Julio Cesar Latini Junior

1. Event Organization Agreement - IAU 100 km Americas Championship EOA 20150101 _1_ (1)
2. MIAUC_AppendixG_TechnicalMeetingBlueprint_vs130101

The Technical Committee is responsible to make sure that the race is being organized according to the IAU rules.

4 - International Association of Ultrarunners (IAU)



Website: www.iau-ultramarathon.org

NADEEM KHAN (CAN)

IAU President

Tel.: +1 716 392 6657

E-mail:

nadeem.khan@iau-ultramarathon.org

HILARY WALKER (GRB)

IAU General Secretary

E-mail: secretary@iau-ultramarathon.org

Skype: hilary-walker

FRANCISCO SANCHES RICO (ESP)

Director of Competitions and Records

Technical delegate

Tel.: +34 616 50 82 28

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FABIÁN CAMPANINI (ARG)

Area Representative - Américas

Project coordinator

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E-mail:

fabian.campanini@iau-ultramarathon.org

ROBERT BOYCE (AUS)

IAU Vice President - Dir. Finances - Dir. Marketing

Tel.

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LIESBETH JANSEN (NED)

Director Of Organization

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JACEK BEDKOWSKI (POL)

Director of communications

jacek.bedkowski@iau-ultramarathon.org

JAN VANDENDRIESSCHE (BEL)

Director of labelling

jan.vandendriessche@iau-ultramarathon.org

5 - General Competition Information

MIAUC CONTINENTAL 100K AMERICAS

Date: July 27th Saturday, 2019.

Address: Avenida Tomé de Souza in the city of Bertioga - Brazil

Start time: 07:00 hs

Max. time: 13 hours

Course Road

Short description of the course:

The course will be 20 laps of 5 kilometers

Local: Bertioga



Bertioga - Global Position



General View of the race route (real place) in Bertioga.
The RED and BLUE segments shows where the race will be held.

Profile: The ascending/descending accumulated is 13 meters per lap of 5k.

Total Ascending/descending: Accumulated for 20 laps is 260 meters for 100k.

Competition

- Men's individual competition
- Women's individual competition
- Country Team Competition

Only athletes and teams official entered by their National Federation can compete in this MIAUC.

Every Country can send 6 men and 6 women who can compete in this MIAUC.

The total number of runners (M+W) per country is limited to: 6

Limited total amount of runners ? Yes

Open race: Yes

Limited runners: Yes

Other races: Yes

Extra RACE-1 : Distance/name : Br135 Ultra de Rua – Etapa Bertioga 2019

Same course: Yes

Same starting time: No

Limited runners: Yes

Specify if necessary:

80K, 100K starts at 07:00hs

50K starts at 11:00hs

5K, 10K, 20K starts at 15:00hs.

6 - Preliminary (PEF) and Final Information (FEF) Forms

The PEF should be completed and sent, before the JUNE 1st 2019.

The FEF should be completed and sent, before the JULY 1st 2019.

With the FEF's, each Federation will send the list of its own runners, with names, date of births, sex and curriculum vitae or personal bests and will inform the LOC about the procedure and the timetables of arrival and departure.

DEADLINE PEF's: JUNE 1st 2019

DEADLINE FEF's: JULY 1st 2019

All forms must be send by Email preferentially to:

IAU

HILARY WALKER

IAU General Secretary

Tel.: +44 7589 5342 (home) / +44 7972 5122 (office)

Fax: +44 7972 5135 (office)

E-mail: secretary@iau-ultramarathon.org

Skype: hilary-walker

CBAt

OSCAR PRISCO SUSSO

E-mail: oscar@cbat.org.br

Cel: + 55 11 94111-1248

LOC

MARIO LACERDA

E-mail : mariolacerda@hotmail.com

Cel : +1 904 866 35 50

Preliminary entry form - DEADLINE PEF's:JUNE 1st 2019.

In order to book the accommodation, each Federation will send a list with the number of athletes, number of rooms, required number of nights,

Final entry form - DEADLINE FEF's: JULY 1st 2019.

With the final entry form, each Federation will send the final list with the names of their athletes, dates of birth, sex and curriculum vitae or personal bests and will inform the LOC about the travel itinerary details of the delegation members (arrival and departure times, flight numbers, required number of rooms, required number of nights, required number of meals to be provided)

Please note that the travel and accommodation offers made by the LOC are conditional on the prompt return of the entry forms within the deadlines.

7 - VISA

Any foreign visitor but Merco Sul Countries, wishing to visit Brazil should have a valid passport.

List of Delegations: Argentina, Uruguay, Chile, Bolivia, Peru, Venezuela, Colombia, Costa Rica, Ecuador, México, USA and Canada.

IAU Members which don't need a visa prior to departure:

Argentina, Uruguay, Chile, Bolivia, Peru, Venezuela, Colombia, Costa Rica, Ecuador e México.

IAU Members which do need a visa prior to departure: US and Canada.

To Avoid any inconvenience due to “ New Politics” among governments, we strongly recommend that you call your Embassy and ask if there is any modification in what we are stating here.

8 - Transportation Plan to the Athletes Village (AV)

Airport 1

Name Place: São Paulo International Airport – Guarulhos

Code: GRU

Distance to AV: 120 Km

The LOC will put up a “welcome helpdesk” in the airport Terminal 3, during the arrival times of the delegations. The Terminal may change if the arrivals are in a different terminal.

There will be Vans from the LOC to transport the athletes from the airport to the AV.
This is the schedule:

Day (2019)	Hour	Transportation	Local
24 - July Wednesday	10:00	Guarulhos SP to Bertioga	Guarulhos Airport Terminal 3 – It can Change
24 - July Wednesday	16:00	Guarulhos SP to Bertioga	Guarulhos Airport Terminal 3 – It can Change
25 - July Thursday	10:00	Guarulhos SP to Bertioga	Guarulhos Airport Terminal 3 – It can Change
25 - July Thursday	14:00	Guarulhos SP to Bertioga	Guarulhos Airport Terminal 3 – It can Change
25 - July Thursday	16:00	Guarulhos SP to Bertioga	Guarulhos Airport Terminal 3 – It can Change
28 - July Sunday	08:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
28 - July Sunday	10:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
28 - July Sunday	12:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
28 - July Sunday	14:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
28 - July Sunday	16:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
29 - July Sunday	18:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
29 - July Sunday	20:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
29 - July	08:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can

Monday			Change
29 - July Monday	10:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change
29 - July Monday	12:00	Bertioga to Guarulhos SP	Guarulhos Airport Terminal 3 – It can Change

Busses

Transfer Options from São Paulo to Bertioga.

Athletes who do not wish to use the shuttle system offered by the LOC may use this options:

Bus from the Tietê Bus Terminal to Bertioga

Schedules:

06:10 - 06:30 - 08:30 - 08:30 - 11:30 - 13:30 - 15:00 - 16:00 - 18:00 - 21:00 - 21:30

Prices: Approximately US\$ 15.00

ATTENTION: To leave Guarulhos airport of to the Bus Terminal of the Tietê we recommend to use the service of a taxi.

Price: Approximately US\$ 50.00

Car rental

You can rent any car that you want. All the global rental car companies has a branch at the airport. Visit the Rental Company that you prefer on the internet

If you want to drive to the AV at Bertioga, it usually takes **about 2 to 3 hours**.

9 - Accommodation ATHLETES VILLAGE (AV)

Bertioga City Hostel (Alojamento)

ATTENTION

- FREE From July 25th to July 28th for ALL Delegations - Extra night will cost US\$ 100,00

Additional information about the AV:

1. The Alojamento has 95 Bunk Beds.
2. All Bunk Beds have 1 Lower bed and 1 upper bed



3. There will be 13 Delegations

We offer two options of accommodation.

Option I: Using only the lower Bed

The Organizing Committee will offer:

- a full board accommodation, free of charge, for:
- **7 persons per delegation** (Athletes or Members Team)
- They will be all in the lower beds.

Maximum 7 persons per delegation:

- for a maximum of 3 nights for delegations who should fly maximum 4 h
- for a maximum of 4 nights for delegations who should fly maximum <9 h
- for a maximum of 5 nights for delegations who should fly minimum 9 h

Option II: Using the lower bed and the upper bed

The Organizing Committee will offer:

- a full board accommodation, free of charge, for:
- **14 persons per delegation** (Athletes or Members Team)
- They will be all in the lower and the upper beds.

Maximum 14 persons per delegation:

- for a maximum of 3 nights for delegations who should fly maximum 4 h
- for a maximum of 4 nights for delegations who should fly maximum <9 h
- for a maximum of 5 nights for delegations who should fly minimum 9 h

If the delegation number does not reach 13, we will offer the vacant accommodations to the other delegations.

Picture of the Alojamento



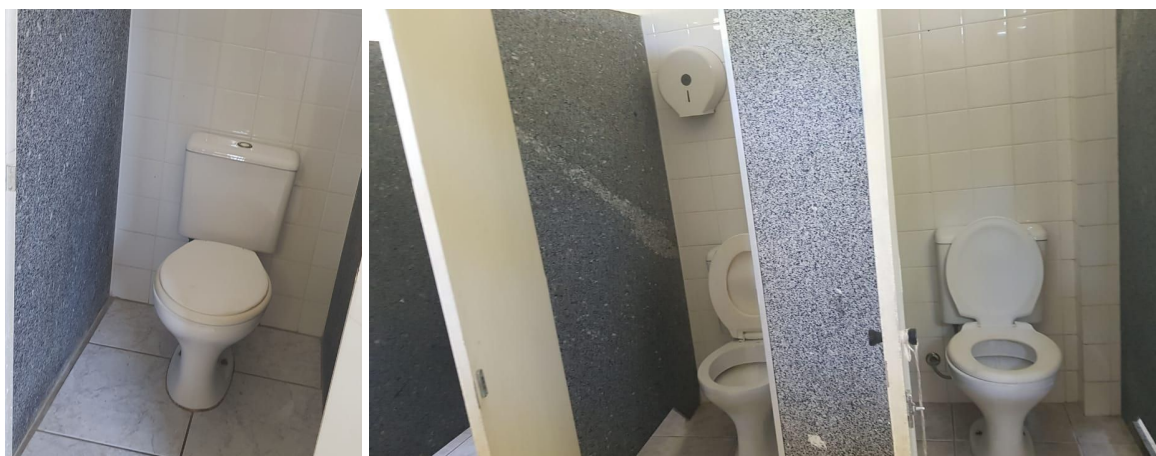
Alojamento - General View



Alojamento - General View



Rooms - General View



Restrooms - General View



Showers - General View



Shower - General View

Optional Accommodation

The LOC can offer accommodation for the rest of the delegation but is not obliged to do it. In that case they will provide these delegations with a list with all available accommodations in the area.

The accommodation will be charged following this rates:

Hotel My Power

1 Day with breakfast: US\$ 20.00

1 Day with 3 meals: US\$ 40.00

Address: Rua Tomé de Souza 365

Web site: <http://www.pousadamypower.com.br/>

The cancellation policy:

- Free of charge (**) until 20 days before competition day;
 - Maximum 50% charge (**) until 10 days before competition day;
 - Maximum 100% charge (**) the last 9 days before competition day.
- (**) this charge will be based on the costs for B&B accommodation.*

All accommodation costs should be paid on arrival in cash or credit card.

Food & Food Schedule

In general:

Breakfast at: 6:00 to 7:00

Lunch at: 12:00 to 13:00

Dinner at: 18:00 to 19:00

Place: Alojamento

The PASTA PARTY

Is FREE for all athletes entered by their National Athletics Federation and is scheduled at the Alojamento.

Place: Alojamento

10 - Technical Meeting

Day	Hour	Name	Place
July 26th, Friday	11:00	Technical Meeting with the Delegations	SESC Convention Center

Upon arrival in the ATHLETES VILLAGE, each team leader will be given this General Information Sheet (GIS), a questionnaire for the Technical Meeting, the timetable of the MIAUC and if necessary a timetable of the shuttle busses.

*All teams will receive, the day of arrival, a brochure with all the Technical guidelines/rules specific for this MIAUC.

11 - Payment of the Travel Grants

There will be no Travel Grants Payments for this event.

12 - Opening Ceremony

Day	Hour	Name	Place
July 26th, Friday	15:00	Reunion of all delegations at the Meeting Point	Race Place
July 26th, Friday	16:00	Flag Ceremony	Race Place

Followed by the PASTA-PARTY

Info: The Place for the Pasta Party is not available yet.

13 - Race Info

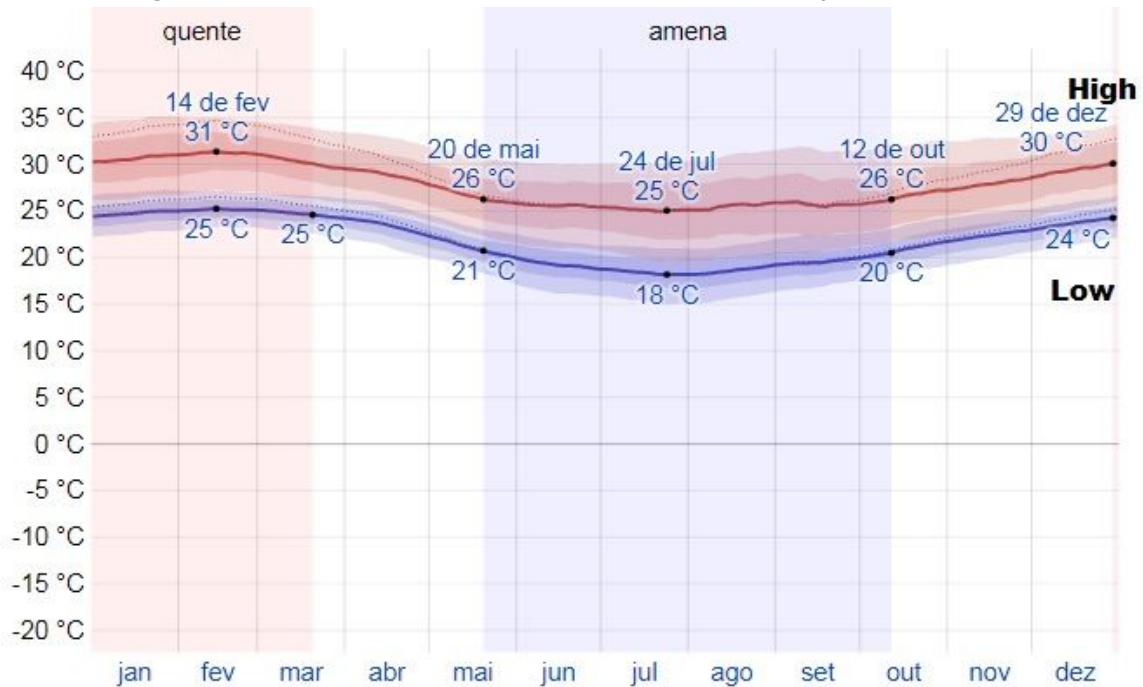
The TECHNICAL MEETING Sheet will be provided to all delegations upon arrival.
(IAU-appendix E: Technical meeting for the organisation of an MIAUC)

14 - Closing Ceremony

Day	Hour	Name	Place
July 27th, Saturday	20:00	Finishing the MIAUC	Race Place
July 27th, Saturday	20:00	MIAUC Award Ceremony Closing	Race Place

15 - Weather Conditions

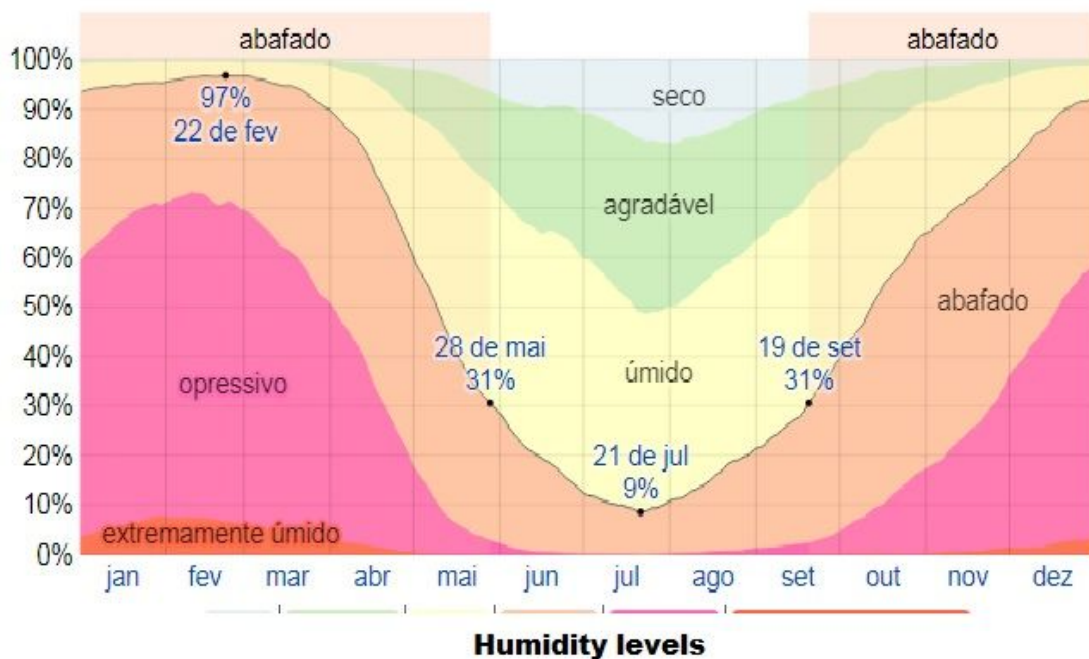
The average weather conditions in the past 5 years:



Max. Temperature: 25 C

Min. Temperature: 18 C

Humidity



16 - General Time Schedule

General Time Schedule of this MIAUC and The First International Ultra Meeting in the American Continent.

Schedule for all the events:

Hour	Activity	Place
July 24th, Wednesday		
08:00	The MIAUC Continental 100K Américas 2019 Begins	
10:00	Arrival Guarulhos SP to Bertioga Transportation	Guarulhos Airport Terminal 3 It can Change
16:00	Arrival Guarulhos SP to Bertioga Transportation	Guarulhos Airport Terminal 3 It can Change
July 25th, Thursday		
10:00	Arrival Guarulhos SP to Bertioga Transportation	Guarulhos Airport Terminal 3 It can Change
14:00	Arrival Guarulhos SP to Bertioga Transportation	Guarulhos Airport Terminal 3 It can Change
16:00	Arrival Guarulhos SP to Bertioga Transportation	Guarulhos Airport Terminal 3 It can Change
July 26th, Friday		
09:00	Technical Meeting with the International Athletes of Br135 Ultra de Rua - Etapa Bertioga 2019. Pré Race Meeting	SESC Conventional Center
11:00	MIAUC Technical Meeting Pré Race Meeting	SESC Convention Center
12:00	Lunch	SESC Convention Center
15:00	Reunion at the meeting Point for the Flag Ceremony	Race Place
16:00	Flag Ceremony	Race Place
19:00	Pasta Dinner	SESC Convention Center
July 27th, Saturday		
06:00	Reunion to start the MIAUC and Br135 Ultra de Rua - Etapa Bertioga 2019 (80K-100K)	Race Place

07:00	STARTS MIAUC e Br135 Ultra de Rua - Etapa Bertioga 2019 (80K-100K)	Race Place
11:00	STARTS Br135 Ultra de Rua - Etapa Bertioga 2019 (50K)	Race Place
15:00	STARTS Br135 Ultra de Rua - Etapa Bertioga 2019 (5K-10K-20K)	Race Place
20:00	MIAUC AND Br135 Ultra de Rua - Etapa Bertioga 2019 ENDS	Race Place
20:30	MIAUC AWARD - CLOSE CEREMONY	Race Place
22:00	ENDS THE MIAUC CONTINENTAL 100K AMÉRICAS 2019	Race Place
July 28th, Sunday - TRANSPORTATION		
08:00	Bertioga to Guarulhos SP Transportation	Alojamento
10:00	Bertioga to Guarulhos SP Transportation	Alojamento
12:00	Bertioga to Guarulhos SP Transportation	Alojamento
14:00	Bertioga to Guarulhos SP Transportation	Alojamento
16:00	Bertioga to Guarulhos SP Transportation	Alojamento
18:00	Bertioga to Guarulhos SP Transportation	Alojamento
20:00	Bertioga to Guarulhos SP Transportation	Alojamento
INTERNATIONAL ULTRA MEETING (OPTIONAL)		
July 28th, Sunday		
07:00	Reunion to the International Ultra Meeting	SESC
08:00	International Ultra Meeting Starts	SESC
08:15	Authorities Words Bertioga City - IAU-CBA	SESC
09:00	Presentation: Ultramarathon in Brazil	SESC
09:30	The New Brazilian Ultramarathon Structure	SESC
10:00	The Military Sports and the Ultramarathon	SESC
10:30	Introducing the Technical Committee of MIAUC- Bertioga	SESC
10:35	Technical Committee Suggestions for future MIAUC in Brazil	SESC
11:35	Military Sports Representative words Navy – Army - Aero	SESC

11:50	IAU's President Goodbye	SESC
12:00	Ends the International Ultra Meeting	SESC
13:00	Lunch - Goodbye	SESC
July 29th, Monday		
06:00	Bertioga to Guarulhos SP Transportation	Alojamento Da Prefeitura de Bertioga
08:00	Bertioga to Guarulhos SP Transportation	Alojamento Da Prefeitura de Bertioga
10:00	Bertioga to Guarulhos SP Transportation	Alojamento Da Prefeitura de Bertioga
12:00	LOC Goodbye to the Bertioga City	
13:00	Goodbye Bertioga	

17 - Miscellaneous

Technical Delegate Course.

There will be a technical course ministered by Paco Rico.

The course will be held at the SESC Convention Center from 10:00 to 18:00,

July 25th, Thursday.

There will be one position for each International Delegation

More information send an email to: paco.rico@iau-ultramarathon.org

Open Ceremony

Delegation will start at QUIOSQUE O2 in direction of TENDA DE EVENTOS.



Desfile



Tendas de apoio e Equipes.
Ao lado da Largada e Chegada.

The Yellow dots are the Delegations Tent's

General view of the Race's Route.



Percurso: Tenda até DOA (operações ambientais) retornos

18 - Touristic Information

Travel Agent

For the delegations that desire to do tourism in other parts of the country we recommend this travel agent:

Gathi Viagens



www.gathiviagens.com.br

Address: 62 Professor Alvaro Jorge St - 112A - Curitiba - PR - Brazil

Office: +55 41 3538-5633

Mobile: +55 41 99610-2928

Contact: Beatriz Ribeiro

E-Mail: beatriz@gathiviagens.com.br

Bertioga - Tourist Information



Description of the city of Bertioga

Fascinating landscapes marked by green and beautiful beaches. Enjoy leisure and wellness in contact with nature, excellent urban infrastructure and a lot of quality of life. These are some characteristics of Bertioga, an ideal paradise for those who want to walk and even live well.

Located just 80km from the capital, the city is a seaside resort, being one of the most charming places on the Brazilian coast. For those who wish to relax in a calm environment and stunning natural scenery, Bertioga is a perfect destination. The place offers options for all audiences, such as families, groups of friends and for those who enjoy trails and water sports and adventure.

Bertioga also stands out for aligning natural preservation and progress. It is no wonder that the municipality has consolidated as a good place to live, visit and invest. Not to be missed are trendy bars and restaurants, shopping malls, shopping and varied services and quality schools.

To access all the tourism information in Bertioga City, visit this link below:

<http://www.bertioga.sp.gov.br/turismo/>



Welcome to Brazil.