

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 shallows and at Praia do Forno...
- 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 cobblestone streets and painted...
- Diving at Ilha dos Papagaios** — Cabo Frio is one of Brazil's top diving destinations — cold upwellings create exceptional visibility and rich marine life around Ilha dos Papagaios...
- 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 Però and Praia do Foguete.
- 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 fish at a kiosk, and let the...

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 São Mateus at its southern tip.
- 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 restaurants — Cabo Frio's most...

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

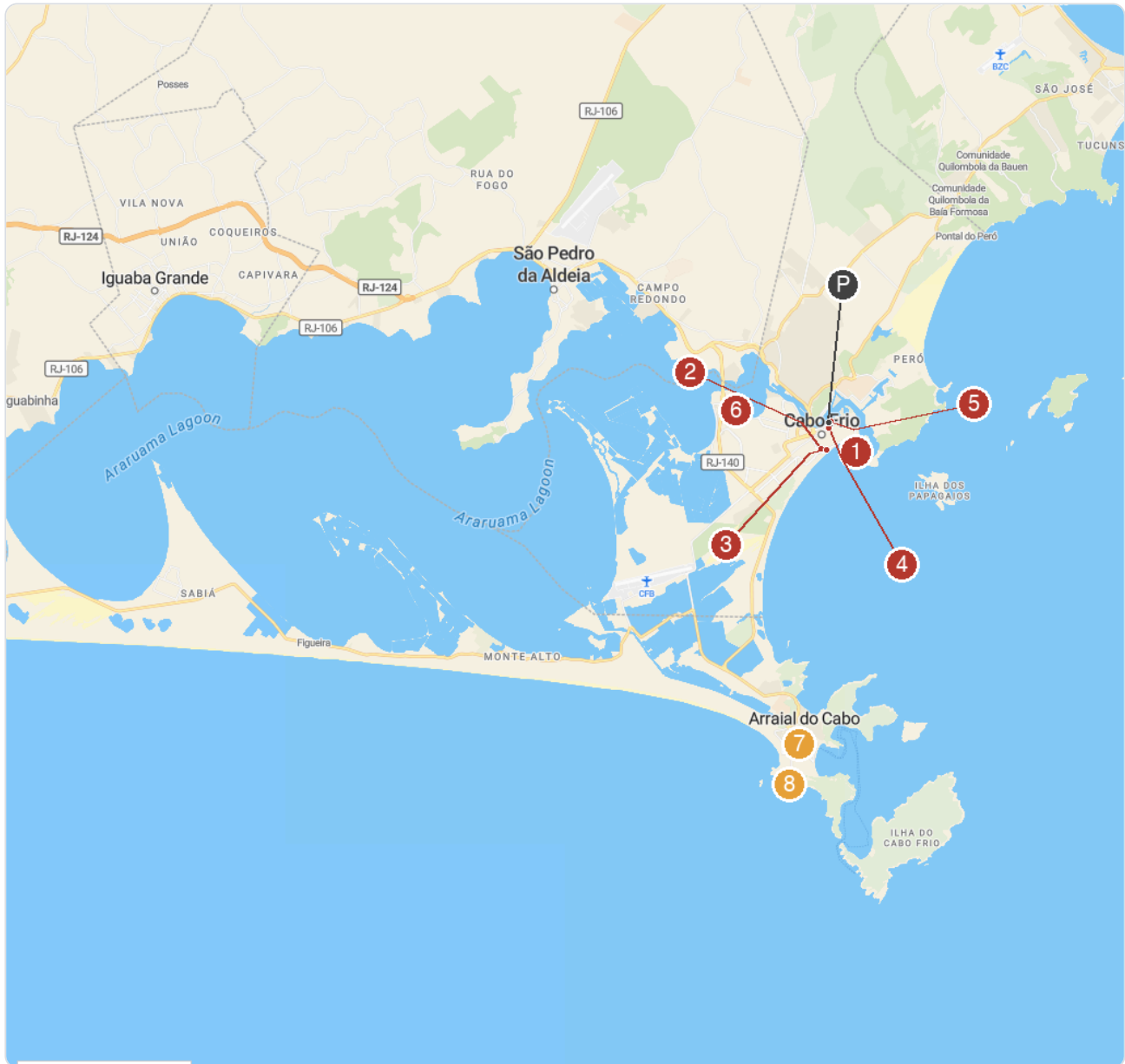
KNOW BEFORE YOU GO

- 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.
- Watch tender times: The last tender to the ship is strict. Set an alarm 60 min before cut-off and build in walking time from the beach.
- Sun is intense: Cabo Frio's latitude, white sand, and open ocean exposure mean UV levels are high. Bring SPF 50+, a hat, and rash guard if you're spending time on the water.
- "Wind City" is literal: steady onshore winds keep temperatures pleasant but can be strong — weigh down towels and hat brims on the open beach.
- Arraial do Cabo is worth it: the schooner tour to Arraial is only ~14 km away. If you can book one excursion, make it this — the water color is extraordinary.
- Little English spoken: outside hotel or tour-operator staff, most locals speak only Portuguese. A translation app helps, and a smile goes a long way.

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.