



Local Rhythms of Southern Brazil

Culture, cuisine & connection from Curitiba to Florianópolis

Discover the real soul of Southern Brazil — where traditions run deep, flavors tell stories, and every stop connects you with locals who make this region come alive. This 7-day journey takes you from the historic streets of Curitiba through colonial towns, mountain railways, and coastal fishing villages — all the way to the beaches of Florianópolis. Expect good food, music, laughter, and genuine human connection — the Zero Gringo way.

The Zero Gringo Guarantee

We promise you'll experience Brazil as locals live it — through food, friendship, and unforgettable encounters. No tourist traps. No filters. Just real people, real culture, and moments that stay with you long after you're home.

Itinerary

Day 1 – Curitiba: Arrival & Cultural Welcome Dinner

Arrive in Curitiba and settle into the rhythm of Southern Brazil. In the evening, join your local hosts for a welcome dinner featuring regional dishes, live music, and stories about the city's rich cultural mix.

Day 2 – Serra Verde Express: Train Ride & Barreado Cooking Class in Morretes

Take the iconic Serra Verde Express, one of Brazil's most scenic train journeys, winding through lush Atlantic forest to the charming town of Morretes. Learn to prepare Barreado, a slow-cooked beef stew and local favorite, in a hands-on cooking class led by community cooks.

Day 3 – Pomerode: Chocolate Workshop & Artisan Crafts

Head into the hills of Pomerode, Brazil's most German town. Visit small family workshops to learn traditional chocolate-making and browse artisan crafts that blend European heritage with Brazilian warmth.

Day 4 – Blumenau: Beer Museum & Folk Music Night

In Blumenau, explore Brazil's beer capital with a guided visit to the Beer Museum and local breweries. As night falls, enjoy folk music and dancing — a joyful celebration of regional culture.

Day 5 – Florianópolis: Azorean Fishing Village & Oyster Tasting

Travel to the island city of Florianópolis, where Azorean roots shape the rhythm of daily life. Visit a traditional fishing village, meet local fishermen, and taste the island's freshest oysters straight from the water.

Day 6 – Markets & Farewell: Food Market Walk & Seafood Cooking Class with Music

Spend your final full day immersed in local flavors. Wander through Florianópolis' bustling food market with your guide, sampling seasonal produce and snacks. In the evening, join a seafood cooking class with live music — the perfect farewell to a week of connection, culture, and culinary discovery.

Day 7 – Departure: Transfer from Florianópolis

Enjoy a relaxed morning before your transfer. Take one last stroll along the coast, say goodbye to your hosts, and carry a little of Southern Brazil's warmth home with you.

Trip Highlights

- Ride the legendary Serra Verde Express train through the Atlantic Forest
- Learn traditional Barreado in a hands-on local cooking class
- Experience small-town heritage in Pomerode and Blumenau
- Taste fresh oysters and seafood in Florianópolis
- Connect with locals through music, food, and storytelling

Duration: 7 days / 6 nights

Start: Curitiba

End: Florianópolis

Best for: Culture lovers, foodies, and travelers who value authenticity