

Biking in São Paulo

Bikeways, sightseeing tours, leisure paths on Sundays, non-polluting means of transport, physical exercise and a way to escape traffic. There are many utilities for a bike in a city like São Paulo.

In addition to the recent opened SP de Bike [SP by Bike] webpage, which provides maps of the cycling infrastructure in the city, plus news, tips, and services on the world of cycling. How about checking out tips of what to do in the capital with your bike?

City tours



Photo: José Cordeiro/ SPTuris.

To explore and discover the city by bike can be an unique experience for those who want to do a group ride by the most important sights of the city. The Bike Tour SP inaugurated two special routes: New Center and Urban Art. Information in English is offered to foreign participants.

The Pediverde Cicloturismo, on its turn, offers options for those who want to engage in a cycling trip experience, and includes some routes in São Paulo, as the Engordador core of the Parque Estadual da Cantareira.

Inclusion



Photo: Marcelo Iha/ SPTuris.

September is also marked by the national day for the Rights of People with Disabilities, celebrated on September 21. The Municipal Secretariat of People with Disabilities and Reduced Mobility will promote several free activities of inclusive sport, leisure and entertainment, on September 19 and 20 at the Autódromo José Carlos Pace. Check out the complete schedule [here](#).

Visit by bike



Photo: José Cordeiro/ SPTuris.

Besides all the activities prepared specially for the month of urban mobility, São Paulo offers several options for those who live on two wheels.

When hungry, exhausted or, even worse, both, make a quick stop in the King of the Fork (KOF), a coffee shop that, in addition to offering tidbits, such as pies and cakes, sells accessories for cyclists that stop by there.

You can also have a break at the Preto Café to recharge the energies. But do not even think about asking how much a piece of pie costs. Their customers pay as much as they want! Sounds crazy? Well, it has been working out fine until today.

And when you are adventuring yourself in the region of the Paulista Avenue, how about stopping by Bike Burger? There, the grill is mounted in a structure on a bike and the sandwiches are assembled on the spot – the tip is to ask for the catupiry one, which is very generous with the filling!

But if you are still not convinced and just want to stop riding when you get to your final destination, is because you do not know Aro 27! In addition to being a bike shop, the space has showers, accessories and a coffee shop – yes, cycling makes you hungry!

Las Magrelas, on the other hand, is a shop that offers repairs 24 hours/day and is also a bar! Between screwdrivers, screws and glass bottles, the site offers a more intimate connection between cyclists and bike.

But wrong is the person who thinks cycling gives safe passage to over eating. Well, that it allow us to eat without guilt, is a fact, but it does much more than that! A good choice is the Velorama Square. Near the Ibirapuera Park, the space mixes art, music, sport, food, all in one place, and of course, with the ever-present bike!

If you go to the Trackers, located in the Center, there are several events linked to the world of music. Between

clubs and show, the house offers (in most, not all events) free entry to anyone that arrives on a bike! Just send your full name, brand and model of your bike and which event you want to attend (to check the availability of gratuity) to the e-mail bike@trackers.cx.

How about a photo exhibition that addresses urban mobility? Directly from New York, the project “Am I invisible NYC/SP” seeks to illustrate the changes that occur in a city when bikes becomes part of its everyday life. It is being presented at the Centro Cultural São Paulo, until November 8.

But cycling demands a lot from our bodies, and it is kind of hard to ride in a suit, tie and high heels! Find a bike point, like Dress me up, that provides showers, changing rooms, lockers and derivatives for the rider to clean up his/her energies with a good bath and change the look without great difficulties.

If you are still in doubt of what to do, an interactive map shows various bike friendly locations in the city, with ratings given by users of places where cyclists are welcome!



Photo: José Cordeiro/ SPTuris.

For more information visit: www.cidadedesapaulo.com/spdebike.