



TOURISM NOTEBOOK

Nº 1

CAMBOR
2020

Trairi-CE



The **XXII Brazilian Orienteering Championship (CAMBOR)** will be held in Ceará, or eighth most popular state in Brazil and the third richest in the Northeast.

We are proud of **Ceara** as known as **the Land of Light** because we were the first state, not Country, a libertarian of slaves.

Ceará intelligent and strong that lives surprisingly with the conditions of the semiarid and develop technologies and knowledge from the sabers and characteristics that are seal of the local nature.

Here is a place of hospitable people and intoxicating cuisine. Be sure to laze in the hammock as you rest between the championship races, or try the Baião de Dois, paçoca de sol, stingray pastries, cocada, cold coconut water and other typical delights here.

State of paradisiacal beaches, but also of humid mountains and mild temperatures, of backwoods with little water but full of life, highlights in extreme sports and nature: in the bush, in the sea, in the rocks and in the air!

Welcome to our home! We are working for the **CAMBOR 2020** athletes to have an unforgettable experience in the warm lands of **Trairi!**

In this first Tourism Book, we will make a general presentation of the municipality and the environmental conditions that characterize the beaches of **Flecheiras, Mundaú and Guajiru**, besides offer information on hosting facilities. We promise volume two of this notebook soon, with information about a local culture, restaurant directions and more to include about these places.

We hope you decide where to stay and have a better experience with **CAMBOR 2020** and the paradisiacal places where it occurs!





Principais Distâncias

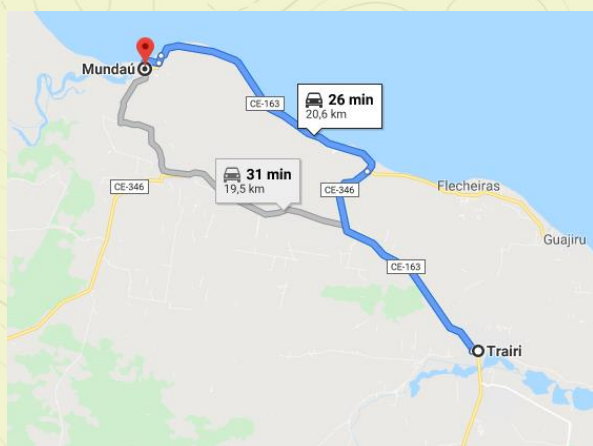
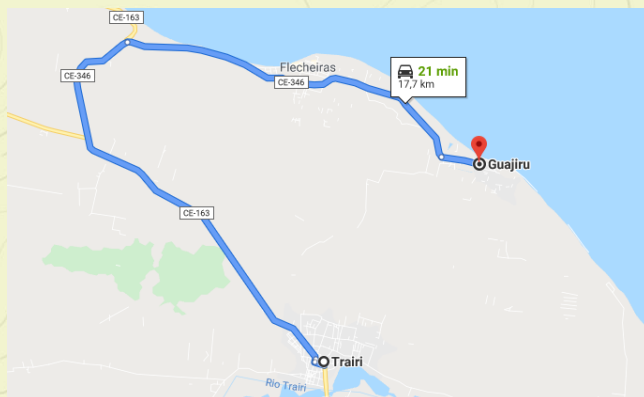
	Fazenda Bom	Flecheiras	Guajiru	Mundaú
Fazenda Bom	-	18 km	22 km	25 km
Flecheiras	18 km	-	4 km	15 km
Guajiru	22 km	4 km	-	19 km
Mundaú	25 km	15 km	19 km	-


CamBOR 2020 Trairi-CE

CAMBOR 2020 will take place in Trairi, municipality of Fortaleza Metropolitan Region, the fifth most important metropolis in the country.



The city of Trairi is part of the Ceará West Coast and the various activities of CAMBOR 2020 were divided between the paradisiacal beaches of Flecheiras, Mundaú and Guajiru, as well as a farm in the rural area of the municipality.



 CAMBOR 2020 will offer transfers from Flecheiras, Guajiru and Mundaú for the tests.

Among all the locations where CAMBOR 2020 tests will take place, access is by paved roads in good condition. It is important to be careful, however, with animals on the road, which is quite common.

In the Tourism Book 2, we will present the peculiarities of Trairi and each of these beaches in more detail. However, some general information is important to help you choose the best place to stay.

If you are looking for a place with more food and lodging options, a variety of environments and a slightly livelier nightlife, you will find your shelter in **Flecheiras**.



During low tide, the sea forms natural pools that are the biggest attraction of the beach and has a good supply of tents and restaurants open until the evening. It was a fishing village that has undergone major spatial transformations due to tourism, which is why the offer here is greater and there are many inns and holiday homes in the village center.

The Event Center that will bring together the athletes' reception, the Technical Congress (May 1st), the awards and the closing, and where **the PreO and the Cultural Event** (May 2nd) will take place, is located in Flecheiras.

But if you want to enjoy Flecheiras amenities without being in the middle of so many people all the time, a good option is to stay in **Guajiru**, which has the character of a small fishing village, but is just 4 km away from Flecheiras. On this beach marked by moving dunes and natural pools during low tide, there will be the relay race and its respective awards, on April 30th.



Now, if your business is to experience the tranquility of a fishing and lace makers village, go through an impressive path every time you leave or return home and have freedom of movement, choose Mundaú, which is only 15 km from Flecheiras . On this beach marked by the meeting of the sea with the Mundaú River, the Sprint course and the opening ceremony will take place on May 1st.

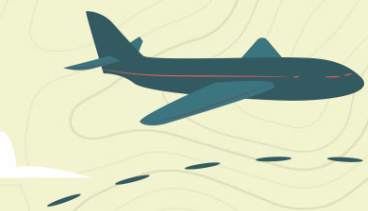
The long and medium routes will take place at **Fazenda Bom**, on May 2nd and 3rd, respectively. Fazenda Bom is located about 5 km from Trairi's headquarters and there are no lodging facilities available in the neighbourhood. This farm of significant scenic beauty was the scene of the first edition of the tv show "No Limite": coexistence, competition and survival in hostile environments. It is a beautiful invitation to nature-oriented orienteers, isn't it?!

To help you choose where to stay during competition days, see the chart of distances between the areas that will be used for the events.

	Fazenda Bom	Flecheiras	Guajiru	Mundaú
Fazenda Bom	-	18 km	22 km	25 km
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AIRPLANE



The nearest airport is **Pinto Martins International Airport** in Fortaleza (129 km), with dozens of daily flights to all Brazilian states.

From the airport to Engenheiro João Thomé bus station, it is just 6 km, which is about 10 minutes by private car, depending on traffic. In a public bus, it will be about 35 minutes with only one line available (404 – Aeroporto/Benfica/Rodoviária).

There are several car rental companies within Fortaleza airport. In all, it is important to book your chosen vehicle in advance, as CAMBOR will take place in the midst of a long holiday, and demand will usually increase significantly.



If you prefer, there is also **Comandante Ariston Pessoa Regional Airport**, better known as Jericoacoara Airport, which is in the municipality of Cruz (163 km). Flight availability is more limited, but it may be a good choice if you want to enjoy CAMBOR and get to know Jericoacoara National Park.

At Jericoacoara Airport, there is no rental car, but it is possible to hire transfers directly to the village. For Trairi, it will also be necessary to hire a private transfer with the local tour operators.



BUS



In Fortaleza, from the Engenheiro João Tomé bus station (Av. Borges de Melo, 1630 - Bairro de Fátima), the company Fretcar takes you to CAMBOR 2020 destinations with daily departures: Trairi (7:30 and 13:30), Flecheiras (9: 00 and 14:30), Mundaú (06:30, 12:30 and 17:30) and Guajiru (9:00 and 14:30). The fare varies from R\$ 20,00 to R\$ 25,00.

FRETCAR – www.fretcar.com.br / +55 (85) 3402-2244

When it's closer to the championship, be sure to check the availability of schedules directly with the company.




PRIVATE VEHICLE



Access to the municipality of Trairi and its beaches is easy. From Fortaleza, exit the city along Mister Hull Avenue towards the neighbour municipality of Caucaia and follow the Estruturante Highway (CE-085).

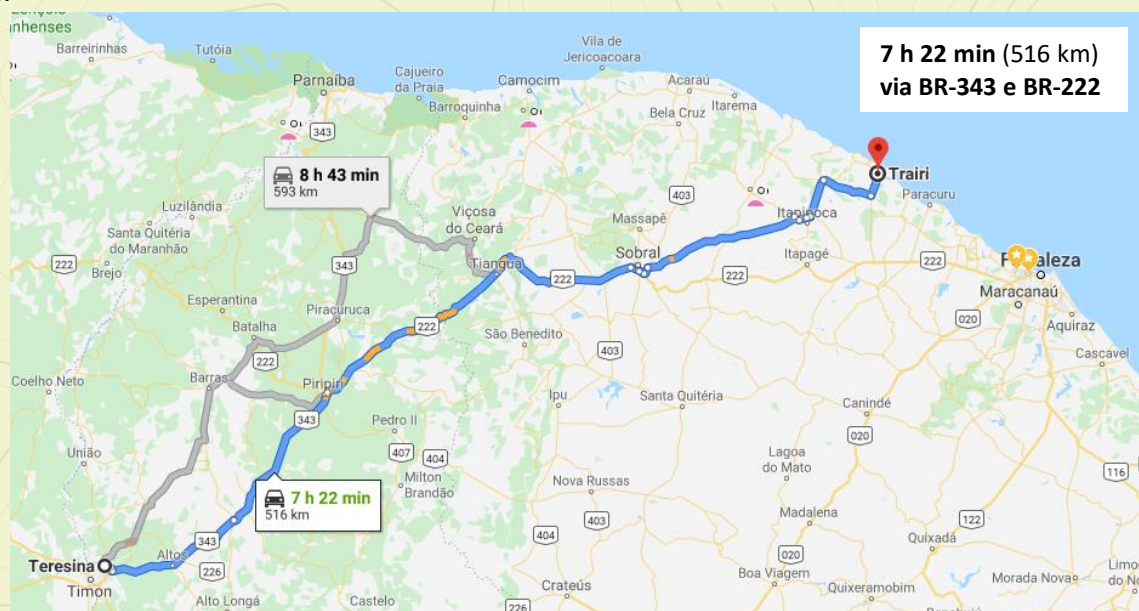
From Caucaia, where the CE-085 starts, stay there for about 100 km. The road is duplicated and well signposted, enabling fast and secure access. Just after the village of Gualdrapas, take the CE-085 towards Trairi via the CE-163, the narrowest road, but in good condition. Keep on this highway for 11km until you find the county seat.



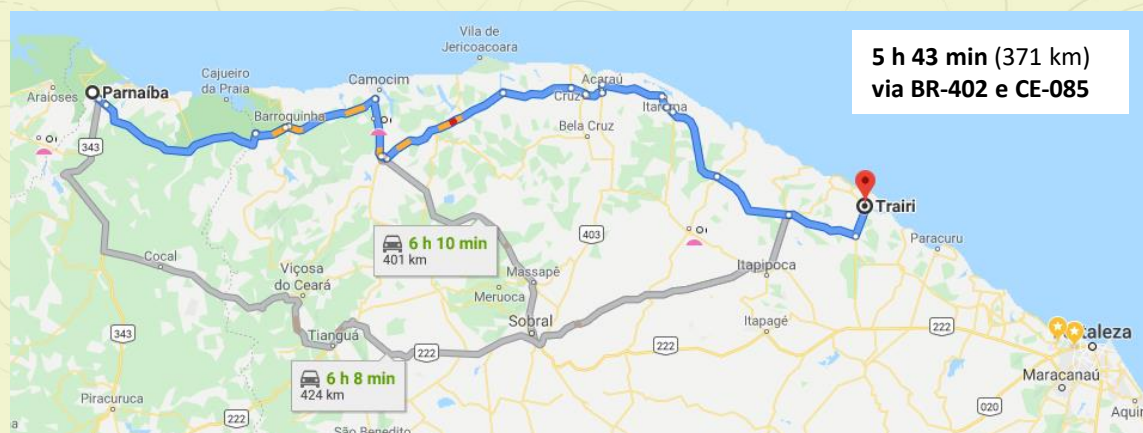
 If you are leaving Fortaleza in the direction of Trairi and feel hungry, we have two options of stops along the way:
Shell Select Station (Pontes e Landim Combustíveis) - CE-085 - Km 22; It is 35 km away from Fortaleza, in the first roundabout of access to Pecém Port. It has 24-hour Bank, toilets, snacks (ice cream, cookies, candies, chocolates), cakes, snacks, sandwiches and meals, as well as various drinks.

Paraipaba Handicraft Center (Sector D-2) - 87 km away from Fortaleza, is a small center with various selling points of handicrafts and regional foods (tapioca, bread, cheese, sweets, petas, donuts and self meals). -service, among others). Open every day, including Sundays and holidays, from 6am to 7pm. Most stores accept credit cards.

From Teresina, leave the city via BR-226 and stay there until the municipality of Altos, when you should take BR-343 to Piripiri and then BR-222 to Sobral, already in Ceará. From then on, the route follows the CE-240 towards Miraíma and Itapipoca, from where you should take the CE-168 towards the coast. Leaving Itapipoca, you will cross the CE-085 after 25 km. At this roundabout, take a right on Estruturante Highway towards Trairi, driving 26 km until you reach the CE-163. From this passage, follow the initial description above.



From Parnaíba, exit the city via BR-402 which will become CE 085 upon entering Ceará, staying on the Estruturante Highway towards the municipalities of Cruz, Acaraú and Itarema until the access to CE 163 (from Barroquinha-CE until beginning of the CE-163 is 270 km). From this passage, follow the initial description above.



Arriving in Trairi, just follow the signs towards the beaches, continuing on the CE-163 for 8.5 km until a second roundabout that gives access, on the left, to Mundaú (10 km) and to the right to Flecheiras (4 km) and Guajiru (8 km).



The western coast of the state of Ceará, or Costa do Sol Poente as it is more poetically known, extends for about 360 km from Fortaleza to the municipality of Chaval, which borders Piauí.

The best known beaches in this part of the coast of Ceará are, without doubt, Jericoacoara National Park and its Pedra Furada, located 187km from Trairi towards Piauí, and Cumbuco Beach, 100 km from Trairi towards Fortaleza, famous for the sea of mobile dunes and its buggy rides.

But in spite of the distance from these most famous, all along the coast of the setting sun you can find places of paradise beauty, beaches that still have characteristics of fishing villages, raft ports, mobile dunes that form large fields and freshwater lagoons, tranquility and unforgettable sunsets!



It's hot here all year round and there are only two seasons: rainy in the first half and the drought in the second half. In Trairi, the climate is mild tropical warm semi-arid and the annual rainfall averages 1,600mm, concentrating in particular between January and April. So yes, CAMBOR 2020 will happen in the rainy season, about which we make some important and enlightening caveats to athletes:



- a) When the clouds are heavy, we say that it is “beautiful to rain”, because rain, here is happiness, is a sign of abundance and is our main source of recharge of springs;
- b) Rain usually comes from the northeast because it is mostly brought by the winds known as trade and is influenced by the Intertropical Convergence Zone (it is possible that someone will use this information as a guide or perhaps only one geographical curiosity);
- c) As it rains for a few days a year, feel honored to share with us the joy of the smell of rain wetting the warm earth (we call this a sultriness);
- d) The rain refreshes the heat, but it is neither cold nor disturb the race nor the beauty of the beach.



Even if it is cloudy, never, ever forget to use sunscreen, neither on the beach nor on the run! Trairi is about 3 ° below the Equator Line, that is, the sun's rays strike almost perpendicularly on the surface, making the sun here stronger, yes.

In addition to being close to the Equator Line, we will also always be very close to sea level. The main topographic variations are due to the existence of dunes and gentle superficial erosion over a sedimentary area called Barreiras Formation.

In the region, the dunes are predominantly mobile, that is, their sands roam the winds in the east-west direction, forming large fields with various types of dunes that go from the post-beach to 10 km inland. Freshwater lagoons are very common among the dunes, inviting a refreshing bath for those who dare to clear the sheets of yellowish-white sand. The dunes are seasonal, meaning they are full during the rainy season and dry in the drought. Then, in CAMBOR 2020, you can enjoy them well!



Despite the tourist appeal of the huge mobile dune fields, we highlight here the occurrence of one type of rare sand formation in the world: the eolianites. In Brazil, they are only found in some parts of the coast of RN, CE, PI and MA. Between Flecheiras and Mundaú, there are such special and well-preserved occurrences of eolianites that they have become the first geological site to protect this type of natural element for registration in the World Heritage Site: the Flecheiras / Mundaú Eolianites. Formed by the cementation of calcium carbonate and sand, they are very fragile and record the climatic variations of older periods. Also known as "husks" by the locals, it is common to find petrified roots and lithic artifacts near them. For all these reasons, the eolianites are areas protected by Ceará legislation and deserve all the care of the orienteers and visitors.



The tranquility of the Trairi sea, especially Flecheiras, is an invitation to bathing and relaxation. The beach is protected by sandstone reefs full of fish, algae and corals. Between the reefs and the beach, the sea is warmer and calmer during low tide, forming natural pools.



During the day, avoid sunstroke and protect yourself from the sun by wearing UV shirts, sunscreen and a hat / cap / visor!

At night, protect yourself from the constant damp sea breeze with a light coat!

Every day and at all times, avoid dehydration and drink a lot of water: coconut, in juice, with or without gas, but always from reliable places, filtered or mineral!

Between races, there is always a little time to rest and relax. A fantastic option is to do nothing, in a hammock feeling the sea breeze or bathe in the calm waters of natural pools formed during low tide or in freshwater lagoons.

But if you want to know a little more about the environment around you, be sure to do some of the tours available on each of the beaches:

Mundaú

For nature trails and buggy rides in Mundaú, we recommend contacting Nativos Turismo, a local tourism agency formed from the Mundaú Environmental and Cultural Association. They also maintain the Sea Museum featuring local animals in the area and other information about the village.

Instagram: @nativosturmundau / Facebook: NativosTur / (85) 99927.7960

- 4 Coqueiros Beach Trail: 1h30 total walking distance through mangrove areas, mobile dunes and Mundaú River estuary; local guides tell about the history of the village and indigenous people who had previously inhabited those lands.
- Massaricos Trail: total duration of 1h40 walking through areas of dunes, coconut groves, wind turbines and interdunar lagoons; local guides also tell about the history of the village and indigenous people who had previously inhabited those lands.
- Buggy rides to nearby beaches and exploration of mobile dune fields. They take you to Jericoacoara !!! Contact them and tell them that you are an orienteer for special prices!



For river and sea boat rides in Mundaú, we recommend contacting the Mundaú Catamaran Association, which brings together 7 boats and is offering a 5% discount on entry for CAMBOR 2020 participating athletes (just present the identification). Remembering that children under 5 years old do not pay and those between 5 and 12 years old pay half the price of the ticket.

Instagram: @pousadacabocosonhador / +55 (85) 99701.0908

- Ecological Tour on the Mundaú River - From the Mirante, the catamaran enters 5 km from the river in a quiet and beautiful ride to know the mangrove and dune fields, with a stop for swimming or to enjoy the sunset. Departure every day at 10h30 and 16h.
- Sea Ride - From the lookout point, the catamaran heads towards the sea to visit a small island that forms near the coast during low tide and meet the corals that line the beach. Exit only during low tide.

For a more intimate and relaxing moment, visit the Enchanted Lamp yoga and meditation studio and practice to rebalance your energies. It is located next to Pousada Cabôco Sonhador and you can book it in advance through Instagram @candeeiroencantado_.

There are also kayaks for rent on the Mundaú river bar. Hit straight at the Lookout!



Flecheiras e Guajiru

On these beaches, it is also possible to take buggy rides and ATV by nearby and distant beaches, knowing lagoons and venturing into the region's dune fields.

There are accommodation options in Flecheiras, Mundaú and Guajiru. In these places, you can either enjoy one of the many inns available, including the seaside, or rent a house so you can have a little place to call yours during competition days.



To help you find a place to stay, here is a list of more information and contacts about the different means of accommodation on the three beaches. Contact us by phone or message, stalk social media and make CAMBOR 2020 days your vacation in paradise!

As the championship will take place in the middle of a long holiday (May 1st) and as the demand for tourism on these beaches is already consolidated, it is very important and highly recommended that you book your accommodation well in advance! Do not leave it for later and choose your place right now!

If you come as a group or have a stay of three nights or more, be sure to talk directly to the hostels and request a special price! They are available to negotiate and await your contact!



Paraíso do Kite Hostel & Bar

+55 (85) 98140 4966

paraisodokite@gmail.com

@paraisodokiteguajiru



Camping Ubuntu

@ubuntumundau

+55 (85) 99623-0105



In this briefing there are inns from family, very simple but cozy, to luxury ones, with greater comfort and space. Contact them and request photos to make the best choice. Most of them work with whatsapp, which will facilitate communication.

WHERE	ACCOMMODATION	ADDRESS	PHONE NUMBERS +55	PRINCE RANGE (2 people per day)
Flecheiras	Pousada O Edmar	Rua São Pedro	(85)9 9800 9107 (85)9 9799 1655	R\$ 90,00 a R\$250,00
Flecheiras	Pousada do Raul	Rua da Praia	(85)9 9677 9961	
Flecheiras	Flecheiras Chales	Rua dos Xucurus, 190	(85)9 9989 3006	
Flecheiras	Pousada Vista Mar	Rua da Praia	(85)9 9909 3487	
Flecheiras	Suítes Beach	Avenida Beira Mar	(85)9 9953 4119	
Flecheiras	Vila Alicia	Rua Jose Alexandre, 205	(85)9 9692 6782 (85)9 9205 5431	
Flecheiras	Chalés do Guerreiro	Rua Jaime Gomes da Costa	(85)9 9820 0224	
Flecheiras	Chalés Santo Antônio	CE-346	(85)9 9954 6311 (85) 9 9919 3664	
Flecheiras	Pousada Sena	Rua Fortunato Severiano da Costa, s/nº	(85)9 9674 0735	
Flecheiras	Paradise Suítes Pousada	Rua da praia, s/nº	(85)9 8170 6365	
Flecheiras	Pousada Tia Célia	Rua São Pedro, 122	(85)9 9736 2992 (85)9 9985 0726 (85)9 9769 6765	
Flecheiras	Pousada Vira Sol	Rua Jaime Gomes da Costa, 942	(85)3351 3012 (85)9 9944 0294	



WHERE	ACCOMMODATION	ADDRESS	PHONE NUMBERS +55	PRINCE RANGE (2 people per day)
Flecheiras	Beach Wind Dunas	Rodovia CE 346, 1290	(85)9 8204 8519 (85)9 9684 0005	R\$ 250,00 a R\$400,00
Flecheiras	Butterfly House	Rua João Vicente, 466	(85)9 9669 2171	
Flecheiras	Pousada kalunga	Rua José Alexandre S/N	(85)9 9852 5846	
Flecheiras	Pousada Red House	Avenida Beira Mar,	(85)9 9602 6897	
Flecheiras	Inn Tribus	Rua dos Xucurus, 28	(85)9 9174 2485	
Flecheiras	La Casa Di Pietra	Rua Manoel Conceição, n°187	(85)9 9637 6253	
Flecheiras	Pousada Paiva	Rua da Praia, s/nº	(85)3351 3030 (85)9 9981 8101	
Flecheiras	Pousada Brisa Mar	Rua da Praia, s/nº	(85)9 9681 1122	
Flecheiras	Pousada Casa do Alemão	Rua Jaime Gomes da Costa, 200	(85)9 9652 6775 (85)9 8698 9167	
Flecheiras	Pousada Catavento	Avenida Litorânea, 677	(85)9 9981 2580 (85)9 9943 5733 (85)3281 1818	
Flecheiras	Pousada Pouso do Kite	Rua João Vicente	(85)3351 3085 (85)98140 6601	
Flecheiras	Pousada Dona Santinha	Avenida Beira Mar, 4300	(85)9 9721 3130 (85)3351 7380	
Flecheiras	Pousada Recanto Maria Flor	Rua José Alexandre, s/nº	(88)9 9995 4424	
Flecheiras	Pousada Princesa do Mar	Rua da Praia, s/nº	(85)3351 3078 (85)9 9922 6048	



WHERE	ACCOMMODATION	ADDRESS	PHONE NUMBERS +55	PRINCE RANGE (2 people per day)
Guajiru	Pousada Bons Amigos	Rua Principal, 07	(85)9 9951 4016 (85)9 9112 3725	R\$ 120,00 a R\$200,00
Guajiru	Pousada Mar de Guajirú	Avenida Doca Malaquias, 300	(85)9 9922 9164 (85)9 9965 6370 (85)9 9253 8183	
Guajiru	Pousada Surf Village	Rua João Doca, 5301	(85)9 8121 0178	
Guajiru	Pousada Brilho da Lua	Avenida Doca Malaquias	(85)9 8174.5634 (85)9 8736.6404	
Guajiru	Pousada Villa Aurora	Avenida Doca Malaquias, 111	(85)9 9231 8576	
Guajiru	Villa Albergaria	Rua das Flores, 43	(85)9 9984 0679	Acima de 350,00
Guajirú	Vila Vagalume	Rua da Praia, s/nº	(85)9 9988 7633 (85)9 9413 3918	
Mundaú	Pousada Estrela de Mundaú	Rua Vila Nova, 50	(85)3351 9063	R\$ 150,00 a R\$300,00
Mundaú	Pousada Cabôco Sonhador	Rua das Malvinas	(85)9 9701 0908	
Mundaú	Pousada Sol Poente	Rua da Praia, 34	(85)9 9823 3724	
Mundaú	Pousada Sombra dos Coqueiros	Rua das Malvinas	(85)9 9618 2848 (85)9 9705 3935	
Mundaú	Pousada das Marés	Rua Estrada da Barra do Estrela, s/nº	(85)9 9912 0074	
Mundaú	Pousada Sonho Meu	Em frente ao Polo de Lazer	(85)3351 9108 (85)9 9654 2078	



WHERE	ACCOMMODATION	PHONE NUMBERS +55
Flecheiras	House for Renting	(85)9 9732.0800
Flecheiras	House for Renting	(85)9 8529 6974 (85)9 9244 6690 (85)9 9842 7925
Flecheiras	House for Renting	(85)9 9905 6123 (85)9 86593357
Flecheiras	House for Renting	(85)9 9798 8058 (85)9 98505 3787
Flecheiras	House for Renting	(85)9 9689 8888 (85)9 8636 6158 (85)9 9719 8000
Flecheiras	Apartment for Renting	(85)9 9736 2992 (85)9 9985 0726
Guajiru	House for Renting	(85)9 9951 4016 (85)9 9112 3725
Guajiru	House for Renting (Ava House)	(85)9 9239 4819
Guajiru	House for Renting	(85)9 8503 8734
Guajiru	House for Renting	(85)9 9137 7221
Mundaú	House for Renting	(85)9 9995 1971
Mundaú	House for Renting	(85)9 9921 0399

There will be the option of cantoning for the athletes enrolled in CAMBOR in two schools in Mundaú beach, 15km from Flecheiras beach. Transfers between the two beaches will be offered at specific times. The initial offer will be 250 vacancies and detailed information will be available in Newsletter 02.



CAMBOR 2020

Trairi-CE

And so we say goodbye! We hope that the information from Tourism Book 1 has been helpful and we will soon find you in Tourism Book 2.

See you soon, POCEMA!

“POCEMA was a manifestation of joy and celebration of the indigenous people of the region. We adopt this term to express, too, our joy in receiving you.”

Ceará, December 2019.

CAMBOR 2020 Organizing Team

Hosting Team Coordinators:

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