

Runner’s Guide to São Paulo

Curated morning and evening running routes starting from your conference base.

📍 Starting Base: Tivoli Mofarrej Hotel (Alameda Santos, 1437)

Option 1: Parque Ibirapuera

NATURE & LAKE LOOPS

Distance from Tivoli: 2.5 km (1.5 mi) downhill through Jardins / ~8 min taxi to Gate 3

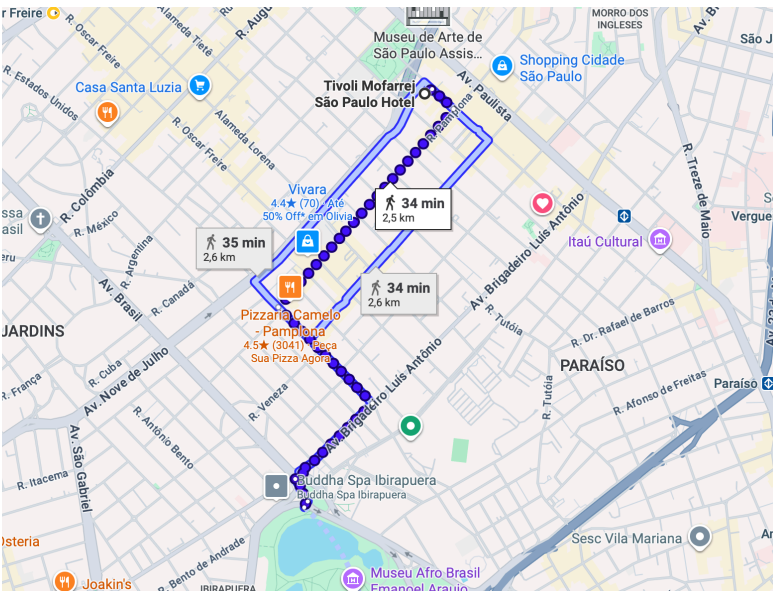
Opening Hours: Daily from 5:00 AM to 11:00 PM

Route Lengths: Inner Lake Loop: 3.0 km | Outer Circuit (Volta): 5.8 km

- ✓ Pros

 - 100% car-free, paved & flat paths
 - Extensive tree canopy & shade
 - Fresh coconut water kiosks
- ✗ Cons

 - Requires short taxi/jog from hotel
 - Return walk is uphill to Jardins



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Option 2: Avenida Paulista

IMMEDIATE URBAN ACCESS

Distance from Tivoli: 150 meters (2-minute walk) up Alameda Min. Rocha Azevedo

Opening Hours: Open 24/7 (Recommended window: 6:00 AM – 7:30 AM)

Route Lengths: Full End-to-End Out & Back: 5.4 km (3.4 mi) ridge stretch

- ✓ Pros

 - Zero commute, straight out lobby door
 - Wide sidewalks & flat terrain
 - Skylines & landmark views (MASP)
- ✗ Cons

 - Street lights at intersections
 - Pedestrian traffic builds after 8 AM



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Option 3: Mercado Livre Arena Pacaembu

ATHLETICS TRACK

Distance from Tivoli: 3.2 km (2.0 mi) / ~8–10 min taxi ride to Praça Charles Miller

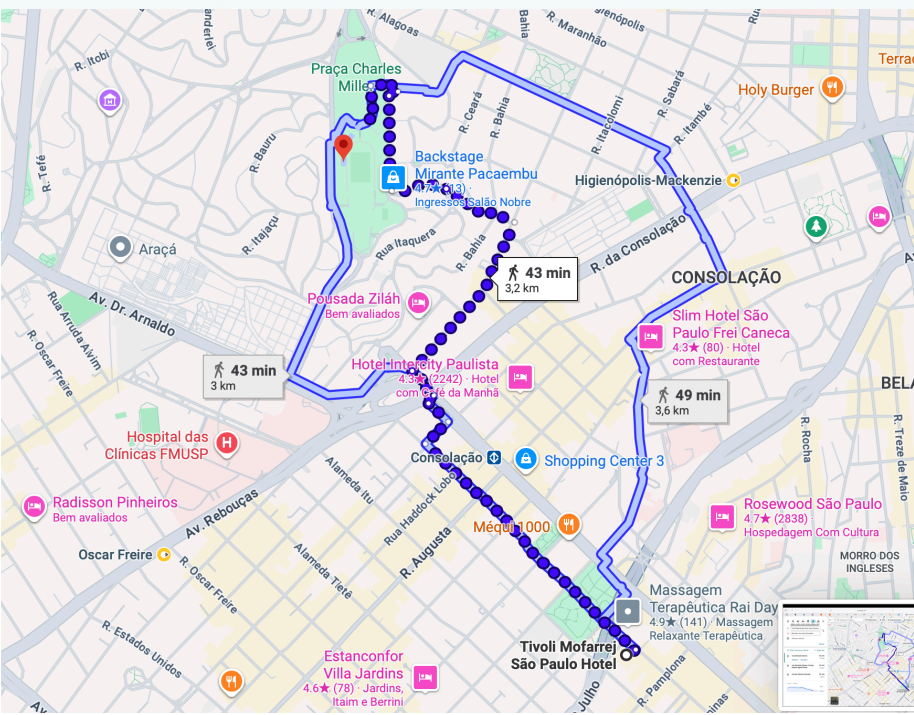
Opening Hours: Daily from 6:00 AM to 10:00 PM (free public track access*)

Route Lengths: Track Lap: 400 m (synthetic tartan) | Plaza Loop: 800 m

- ✓ Pros

 - Professional cushioned track surface
 - Ideal for speed & interval workouts
 - Historic Brazilian stadium atmosphere
- ✗ Cons

 - Steep climb returning on foot (take taxi)
 - *Subject to special event restrictions



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Quick Logistics & Comparison

Destination	Distance from Hotel	Operating Hours	Surface / Terrain	Best For
Parque Ibirapuera	2.5 km (7 min ride)	5:00 AM – 11:00 PM	Paved asphalt & flat dirt trails	Long distance, nature & fresh air
Avenida Paulista	150 m (2 min walk)	Open 24/7 (run 6–7:30 AM)	Wide smooth concrete sidewalk	Fast morning run, zero transit time
Arena Pacaembu	3.2 km (10 min ride)	6:00 AM – 10:00 PM	Synthetic Tartan Track (400 m)	Interval pacing & structured speedwork



Practical Runner Tips for October in São Paulo:

- Timing & Weather:** Late October mornings average 18°C–22°C (64°F–71°F). The optimal running window is between 6:00 AM and 7:30 AM before daytime street traffic and temperatures rise.
- Safety & Belongings:** Avenida Paulista, Ibirapuera, and the Pacaembu complex have active security and fellow runners in the early morning. Carry only essentials (room keycard, phone with strap, ID card).
- Post-Run Hydration:** Look for fresh coconut water (*água de coco*) vendors at Ibirapuera or traditional bakeries (*padarias*) along Alameda Santos for fresh orange juice and warm *pão de queijo*.