

CLIMBING EXPERIENCE

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ROCKSINRIO.COM.BR/EN/ESC-EXPERIMENTAL/ESCALADA-EXPERIMENTAL-2/

Want to understand how climbing works and feel cold in the belly? Rock climbing involves several aspects besides physical activity. In the experimental class, the client has the opportunity to know and practice the techniques, the knots, the safety, the rappel, and experience the mental aspect so particular of the activity. With all the security, comfort and support of our guides, the customer has the chance to test their self-control by climbing with top rope. Rio de Janeiro is the perfect place to start climbing. In addition to unique scenery, the city combines good climbs with easy access.

INFO

APPROACHING WALK



Distance: **from 15m to 300m**



Elevation Gain: **up to 50m**

CLIMBING



Duration: **4 hours approximately**



Route Length: **Aprox. 120m**





Grade: **BRA from III to VI**

ITINERARY

7:30 / 14:30	Meeting point (check the map - link)
8:00 / 15:00	Approach walk and route choice
8:30 / 15:30	Presentation of the basic equipment and instructions
9:00 / 16:00	Node training, safety procedures, brake application and safety for the guide
10:00 / 17:00	Climbing with top rope
10:30 / 17:30	Climbing to the safety stop and abseiling
11:00 / 18:00	Equipment storage and closure

RECOMMENDATIONS

We recommend that the participant take a small backpack with personal belongings, camera, water (1 to 2 liters per person) and some energy food such as nuts and dried fruits.

REQUIREMENTS / RESTRICTIONS

- No prior climbing experience is required but experience with outdoor activities is recommended
- Not recommended for sedentary persons
- It is necessary that the participant be physically fit for physical activities. If in doubt consult a doctor
- Read our "**Risk Knowledge Statement**" on the application form for a better understanding. LINK: www.rocksinrio.com.br/en/home-2/#reservas



INCLUDED

- 1 guide for every 4 pax
- All safety equipment

NOT INCLUDED

- Transportation to the meeting point
- Water and food

PRICE AND METHOD OF PAYMENT

Hour guide	R\$ 100,00
Short Climbing	Minimum 3 hours
Long climbing	Minimum of 5 hours
Overtime	Charged for half an hour R\$50

