

MORRO DO CANTAGALO, LAGOA **GUIDED CLIMBING**

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One of the first "school camp" in Brazil. It offers excellent climbing despite the brittle rock. Wall with verticality, routes with 2 to 3 pitches, good grips, easy access and different degrees (BRA 4 ° to 6 °), make this place the best option for short climbs for any climber, not to mention the spectacular view of the Lagoon, Copacabana, Corcovado and Pedra da Gávea.

INFO

APPROACHING WALK



Distance: **1 km**



Elevation Gain: **to 80m**

CLIMBING



Duration: **4 ½ hours approximately**



Route Length: **Aprox. 110m**



Grade: **BRA III to VI sup**

ITINERARY

- 7:00** Ponto de encontro Praça Eugênio Jardim, Copacabana (Estação do metrô Cantagalo)
- Caminhada para acesso ao setor de escaladas
- Caminhada até a base da via
- Colocação dos equipamentos e instruções iniciais
- 7:30** Início da escalada
- Escalada de 2 a 3 cordadas
- 10:00** Início do rapel
- 11:00** Caminhada de retorno
- 11:30** Retorno ao ponto de encontro

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

- For guided climbing it is necessary to have previous experience and to know how to perform the basic safety procedures, to mount the brake and to descend from abseiling
- 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 2 pax
- All safety equipment except personal equipment (helmet, belt, brake, sneaker and magnesium bag). Personal equipment can be rented

NOT INCLUDED

- Transportation to the meeting point
- Water and food

