

CEPI, URCA **GUIDED CLIMBING**

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CEPI is a difficult Via Ferrata that cuts across the western face of the Sugar Loaf (220m).

A very vertical line conquered in 1952 and it is only a 5/8 "steel cable stuck to the rock every 10m approximately, with no other help like a step or a ladder. The shorter stretches require strength in the arms and footwork. To increase security, we have to climb this route in the traditional system, stringed.

Complete equipment including!

INFO

APPROACHING WALK



Distance: **1km**



Elevation Gain: **140m**

CLIMBING



Duration: **5 hours approximately**



Route Length: **Aprox. 220 m**



Grade: **Hard**

ITINERÁRIO

- 7:00** Ponto de encontro - estação do Bondinho (Pça General Tibúrcio, Praia Vermelha - Urca)
- 7:05** Caminhada de aproximação
- 7:40** Colocação dos equipamentos e instruções iniciais
- 8:00** Artificial de acesso ao cabo
- 8:30** Início da escalada no cabo
- 9:30** Parada no platô da Italanos para descanso
- 10:30** Chegada ao cume
- 11:15** Descida de Bondinho até o Morro da Urca
- 11:20** Descida por trilha
- 12:00** 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

- No prior climbing experience is required but experience with outdoor activities is recommended
- 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

