

# CORINGA, URCA **GUIDED CLIMBING**

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Beautiful line on the southern face of Sugar Loaf. This face, facing the sea, is in the shade during winter and for this reason has developed a rich, tropical vegetation, typical of the rocky slopes of Rio de Janeiro, composing a very peculiar and attractive scenery. During the climb, you have the feeling of being away from the city, a good alternative for those who want to escape for a moment of urban chaos. It is the best option on the mountain for the less experienced. They are 100m of 3rd degree in small grips and grip. This route gives access to the east side and Via do Costão, being able to continue for another 500m of hiking and easy climbing to the summit, or to descend walking from that point. For more details see via Costão in the section "Mountaineering"

## INFO

### APPROACHING WALK



Distance: **1km**



Elevation Gain: **to 80m (+315m)**

### CLIMBING



Duration: **5 hours approximately**



Route Length: **Aprox. 110 m (+ 600 m)**



Grade: **BRA IIIsup**

## ITINERARY

- 7:30 / 14:30** Meeting point - Bonbinho station (Pça General Tibúrcio, Praia Vermelha - Urca)
- 8:00 / 15:00** Approaching walk
- 8:15 / 15:15** Placement of equipment and initial instructions
- 8:30 / 15:30** Starting the climb
- 10:30 / 17:30** End of mountain crest climb
- 11:00 / 18:00** Climbing by Costão / Hiking back
- 12:00 / 19:00** Arrival at the summit / Return to the meeting point
- 12:30 / 19:30** Descent by cable car to Morro da Urca
- 13:00 / 20:00** Descent by trail from Morro da Urca / Descent by cable car to Red Beach
- 13:30 / 21:00** Return to the meeting point

## 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](http://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

