

VIA DOS ITALIANOS, URCA **GUIDED CLIMBING**

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One of the classic climbs in the city. For intermediate and experienced climbers it is a must see!

After a 30-minute steep walk through the woods, one arrives at the base of the west face, from where the route follows the wide mountain edge. Its location could not be better; Sugar Loaf is at the end of the coastline of the city, separating the sea and the bay of Guanabara, as you gain height and the forest is getting below, the scenery that is revealed is breathtaking. The Italians route has 110 meters of extension in small grabs and grips demanding of the climber good work of feet and balance. At the end of the route, we reach a comfortable plateau, a great place to rest and enjoy the view. At this point, it is time to decide: to continue climbing by a variant to the summit by the rock (plus 4 chords of IV degree), or by a Ferrata route (see CEPI for more information) or to begin descent procedures.

The arrival on the ridge by the west face faces the station of the cable car and often climbers have seen the attraction of tourists, who take photos impressed with the feat. On the descent, we take the Bondinho to Morro da Urca and the same trail back to Praia Vermelha.

INFO

APPROACHING WALK



Distance: **1km**



Elevation Gain: **140m**

CLIMBING



Duration: **7 hours approximately**



Route Length: **Aprox. 120m (+ 140m)**



Grade: **BRA Vsup**

ITINERARY

- 7:00** Meeting point - Bonbinho station (Pça General Tibúrcio, Praia Vermelha - Urca)
- 7:05** Approaching walk
- 7:40** Placement of equipment and initial instructions
- 10:00** End of Italianos route
- 10:30** Variant to the summit / Rappel
- 11:00** Return hike
- 12:30** Arrival to the summit / Return to the meeting point
- 13:00** Descent by cable car to Morro da Urca
- 13:30** Descent per trail
- 14:00** 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

- 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

