

# **COSTÃO** MOUNTAINEERING

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Costão route was the first open climbing route on the Sugar loaf in 1817. A natural line along the rocky slopes of the east face amid the lush vegetation that allows the rise of inexperienced people. Climbing begins at the end of Claudio Coutinho lane, on a trail that cuts from the south face on a level curve, skirting the mountain until reaching the rear crest facing the entrance of Guanabara Bay. From this point, they are 800m in length and 396m in height to the summit. Approximately halfway up there is a steeper stretch, which requires climbing techniques and equipment. The Climbing of Costão with Rocks in Rio, is a great opportunity to experience rock climbing for the first time in the middle of nature and safely. Our guides will give you all the support you need to take on the challenge. The feeling of overcoming when reaching the top of the mountain enhances the look of the city and makes it a special moment. As a reward for those who climbed naturally, the cable car to Morro da Urca is guaranteed. At the top, there is a bar with a deck over the sea where we can stop to relax and enjoy the view. With more than 10 years guiding people in natural environments, we can say that for those who like adventure and have a good physical conditioning this itinerary is a must see!



## INFO

### APPROACHING WALK



Duration: **4h30**



Distance: **2km**



Elevation Gain: **395 meters**



Difficulty: **Moderate / Hard**

## ITINERARY

- 13:00** Meeting point
- 13:15** Walk along the lane Cláudio Coutinho (1,2 km)
- 13:30** Track from the south face to Costão on the east side
- 13:45** **1st stop:** Instructions and wearing safety equipment
- 14:00** Ascent of the stone slope strung in " alpine " style by 300 meters (the whole stringed group)
- 14:15** **2nd stop:** Instructions and preparation for climbing
- 15:00** III grade climbing with top rope
- 15:30** Climb up the slope of the east face to the viewpoint of the philosopher's rock
- 15:45** **3rd stop:** photos and rest
- 16:00** Ascent by the slope of east side to the summit.
- 16:20** **4th:** Snacks and fotos at the summit (20 minutes)
- 16:45** Descent by cable car to Morro da Urca
- 17:15** Descent by trail to the lane Cláudio Coutinho
- 17:30** Walk back to meeting point

## RECOMENDATION

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

## REQUIREMENTS / RESTRICTIONS

- No previous experience with climbing is required, but experience in trails 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](http://www.rocksinrio.com.br/en/home-2/#reservas)

## INCLUDED

- 1 guide for every 4 pax
- All safety equipment (harness, rope, hardware, first aid kit)

## NOT INCLUDED

- Transportation to the meeting point
- Water and food



## PRICE PER PERSON

### 1 Guide

1 pax	<b>R\$ 360.00</b>
2 pax	<b>R\$ 320.00</b>
3 pax	<b>R\$ 280.00</b>
4 pax	<b>R\$ 240.00</b>

### 2 Guides

5 pax	<b>R\$ 230.00</b>
6 pax	<b>R\$ 220.00</b>
7 pax	<b>R\$ 210.00</b>
8 pax	<b>R\$ 200.00</b>

