

PEDRA DA GÁVEA **MOUNTAINEERING**

SEE MORE PHOTOS OF THIS TOUR:

WWW.ROCKSINRIO.COM.BR/EN/MONTANHISMO/PEDRA-DA-GAVEA-2

The Pedra da Gávea is an immense monolith located on the coast of the city that rises to 845msnm and stands out for its size and shape. From the summit, you have one of the most beautiful views of Rio and its impressive coastline. Its climbing follows much by a closed track in the rich Atlantic forest. From 600 above sea level the vegetation begins to change, revealing all the beauty of the city erected between the massif of Tijuca and the sea. In this section, the trail gets steeper and we face the stretch known as Carrasqueira, an easy but exposed climb, where we use safety equipment. After winning the climb and a few more dizzying slopes, we arrived at the big plate at the top of Pedra da Gávea, the perfect place to have a snack, recover the energy and rest your legs for the long return. During the descent, in the most exposed section, we make a rappel with all security.

INFO



Duration: **8:00 hours**



Distance: **3.3 km**



Elevation Gain: **800 meters**



Difficulty: **Hard**



ITINERARY

- 7:00** Meeting point
- 9:00** Ascent through the forest to the stone of the Ship
- 10:00** Rocky stretches of technical walk to the square of the Flag / Mirante da Pedra Bonita
- 10:30** Climb up the hillside through the emperor's face
- 11:00** Climbing of Carrasqueira
- 11:30** Last push to the false summit
- 12:00** Crossing from the grotto to the summit
- 12:30** Starting the descent
- 13:00** Crossing of the grotto and access to the descent trail
- 13:30** Rappel in Carrasqueira
- 14:30** Descent through the technical rocky stretches
- 15:30** Descent of 2km / 600m of unevenness through the Forest
- 16:00** Departure from the park

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

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	R\$ 720.00
2 pax	R\$ 650.00
3 pax	R\$ 560.00
4 pax	R\$ 480.00

2 Guides

5 pax	R\$ 450.00
6 pax	R\$ 430.00
7 pax	R\$ 420.00
8 pax	R\$ 400.00

