

# SERRA DOS ÓRGÃOS **ROCK TRIPS**

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The Serra dos Órgãos National Park impresses with the beauty of its vertiginous rocky mountains that rise amid the dense and rich Atlantic forest. The tropical climate of altitude and the biodiversity of the local fauna and flora are other points of interest of the region besides the mountains. The park "can be divided" into two areas according to the vegetation and climate. As we gain altitude, the vegetation changes from Atlantic forest to altitude fields and the temperature drops by around 10°C and in winter can reach - 5°C! In the altitude fields, near Pedra do Sino, the highest point of the park with 2265msnm, it is located the refuge "Abrigo 4", which is open year-round to climbers and mountaineers. The main attractions are the God's Finger as the national landmark, the Devil's Needle located in the heart of the park and the crossing Petrópolis - Teresópolis, the classic trekking in Brazil, with approximately 30 km crossing the mountains through the most beautiful tropical mountain scenery. Most of the tracks in the mountain range follow chimney systems and body crevices, so it is recommended that the climber has experience with this specific technique and does not have claustrophobia (extreme fear of confined places). For acclimatization in chimneys, we recommend the "Chaminé Stop" climb at Pão de Açúcar in Rio de Janeiro.



## ITINERARY 4 - CROSSING PETRÔ - TERÊ 2 DAYS + 2 NIGHTS

### 1<sup>ST</sup> DAY

- 19:30** Pick up at the hotel or address in RJ
- Transfer to the Serra dos Órgãos National Park in Petrópolis - 1,125m
- 21:30** Beginning of the walk
- Approach 8 km
- 2:30** Arrival at Pedra do Açu - 2,216m
- Accommodation in Açu Shelter
- 3:00** Setting up camp and rest

### 2<sup>ND</sup> DAY

- 8:00** Breakfast
- 9:00** Start of crossing – 7 km
- Morro do Marco
- Portal of Hércules
- Lift bid
- Valley of the Antas. Rest stop
- Ascent of Pedra da Baleia
- Crossing the valley of death and horse toss
- Arrival to Pedr do Sino and to Shelter Abrigo 4. Accommodation.
- Walk to the peak of Pedra do Sino

**17:00** Arrival at the summit – 2.275m

**17:30** Sunset

Return to shelter

**20:00** Dinner and rest

## 3<sup>RD</sup> DAY

**7:00** Breakfast

**8:00** Start of descent – 13 km

Arrival at the dam.

Lunch!

Displacement of car to the headquarters of Guapimirim do PARNASO

Walk to the Green Well

Waterfall Bath

**16:30** Return transfer to point of origin

## ACOMODATIONS

**Acomodation** Shelter of Açu and Sino

**Type** Collective Room

**Comments** Kitchen and utensils available

Hot bath charged separately (R\$ XX / 5 min)

Bed and blankets

**Food** Breakfast, 1 freeze-dried meal included and 1 broth per day



**Breakfast:** black coffee, oatmeal and granola, 1 fruit, syrian bread with pâté or cream cheese, mix of nuts and dried fruits.

**Meal:** Strogonoff of meat, pasta with vegetables (consult menu Liofoods)

**Broth:** Bean broth, chicken soup, pumpkin soup

Bring food of your choice

Take energy foods for the day during the activity.

Report if you have any food restriction

## 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: 4 pax for mountaineering / 1 guide: 2 pax for climbing
- All safety equipment
- Transportation

## NOT INCLUDED

- Bath
- Water and food

