

# TRÊS PICOS **ROCK TRIPS**

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Located 180 km from Rio, between the municipalities of Nova Friburgo and Teresópolis, the region of Três Picos is known for its adventure climbs. Walls with more than 700m and routes in traditional style of high quality make this place the Mecca of Brazilian "alpine" climbing. Its main mountains are the Three Peaks (Greater, Middle and Minor) and the Helmet.

## **ITINERARY 3 – ROCK CLIMB – PICO MAIOR 3 DAYS**

**5:00** Breakfast and preparation of the equipment

**5:30** Approach – 4km

Base of the route, get ready for climbing

Start climbing

Summit os Pico Maior – rest

Start rappel

End of rapel – return to refuge

**19:00** Arraival at refuge

**20:00** Dinner



## ACCOMMODATIONS

<b>Accommodation</b>	Refuge (Refúgio da Águas)
<b>Type</b>	Shared room
<b>Observation</b>	Kitchen and utensils available Hot bath included Bed and blankets
<b>Meals</b>	Possibility of on-site meal if hired previously Good quality home-made organic food Local craft beer

## RECOMMENDATIONS

We recommend that the participant bring a backpack with their personal belongings, camera to record the look and experience, bottles of water and food, for trails and to eat when returning from walks.

## 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.
- Not recommended for sedentary persons.
- It is necessary that the participant be physically fit for physical activities. If in doubt consult a physician.
- 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)



## INCLUÍDO

- 1 guia: 2 pax para escalada
- Todo equipamento de segurança.
- Transporte
- Refugio
- Banho quente

## NÃO INCLUÍDO

- Água
- Refeições
- Saco de dormer

## PREÇO E FORMA DE PAGAMENTO

### Escalada - 3 dias

R\$ 3.700 – 1 pessoa

R\$ 6.100 – 2 pessoas

### Pagamento antecipado

Cartão de crédito através do sistema Paypal  
Depósito bancário