

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 1 | HIKINGS – PICO MENOR E MÉDIO E CABEÇA DE DRAGÃO 2 DAYS + 1 NIGHT

DAY 1

- 7:00** Meeting point - hotel
- 10:30** Arrival at the 3 Peaks Park
 - Get to know the accommodation and have a snack
- 12:00** Hiking to Cabeça de Dragão
 - Approach - 5.5 km
 - Return to the shelter
- 19:30** Dinner and rest



DAY 2

- 6:00** Breakfast
- Hiking to Pico menor e médio – 6 km
- Return to refuge
- 19:00** Dinner and transfer back to Rio

ACCOMMODATIONS

Accommodation	Refuge (Refúgio da Águas)
Type	Shared room
Observation	Kitchen and utensils available Hot bath included Bed and blankets
Meals	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

INCLUDED

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

NOT INCLUDED

- Food and drinks

