

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 2 | CLIMBING — PONTÃO DO SOL AND CAPACETE

3 DAYS

DAY 1

16:00 Transfer Rio – 3 picos

Acommodation at the Refuge -1350 m

19:30 Dinner – climbing planning



DAY 2 – CLIMB PONTÃO DO SOL

- 6:00** Breakfast
- Approach – 4 km
- Rock Climbing
- Hike back to Refuge
- 19:00** Dinner and rest

DAY 3 – CLIMB CAPACETE

- 6:00** Breakfast
- Approach – 3.5km
- Rock Climbing
- Hike back to Refuge
- 19:00** Dinner and rest

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

