

# ITATIAIA **ROCK TRIPS**

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The Itatiaia National Park was the first conservation unit created in Brazil in 1937. Serra dos Órgãos as well as the park can also be divided into two areas, due to its vegetation and climate, the upper and lower part.

What distinguishes Itatiaia is mainly the huge area of the upper part with its mesothermic microclimate, altitude fields, endemic species and beautiful rocky outcrops. The Itatiaia massif is one of the largest in the world due to its geomorphological process and the peak of the Black Agulhas, with its culminating point at 2791 msnm, is one of the highest in the country.

Climbing is one of the great attractions of the region that offers several options for mountaineering as well as for sports and traditional climbing. The lower part has abundant rivers and good waterfalls for bathing, tropical climate of altitude and Atlantic forest. The fauna is rich in this part and it is possible to see different species of birds and mammals such as toucans, jacus, maitacas, quatis and monkey-nails.

The Rebouças shelter is the only place to stay overnight in the upper part and therefore it is necessary to schedule in advance..



## ITINERARY - PICO DAS AGULHAS NEGRAS AND PICO DAS PRATELEIRAS 3 DAYS

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

- 16:00** Pick up at the hotel or address in RJ or SP
- 19:00** Transfer to the Itatiaia National Park
- 20:00** Accommodation at Abrigo Rebouças
- 21:00** Supper

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

- 7:00** Breakfast
- Beginning of the hiking
- Arrival to the base of Pico das Prateleiras
- Climbing introduction
- Climbing practice with rope from above
- Climbing of the normal way of Pico das Prateleiras
- Descent
- Hiking back to Abrigo Rebouças
- 19:00** Supper



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

- 6:00** Breakfast
- Beggining of the hiking to Agulhas Negras
- Arrival to summit
- Descent
- Return to Abrigo Rebouças
- Packing
- 15:30** Transfer back
- 19:00** Return to meeting point

## ACCOMMODATIONS

- Accommodation** Shelter Abrigo Rebouças
- Type** Shared room
- Observations** Kitchen and utensils available
- Hot bath charged separately (R \$ XX / 5 min)
- Bedding and blankets available though may be dusty and musty
- We recommend carrying thermal insulation and dormer bag for –  
comfort



**Alimentação**

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, soup

Bring food of your choice

Take energy foods for the day during the activity.

Report if you have any food restriction

