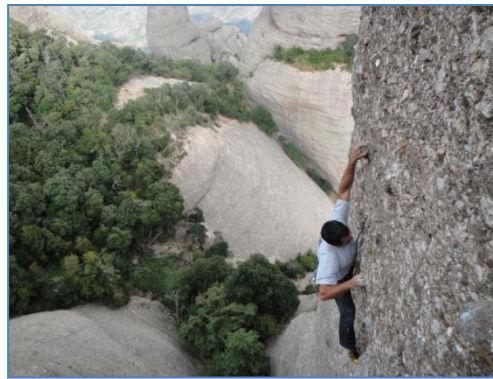


Sport climbing course

Beginner level: equipment, technique, pulley climbing, clip method, assemble and dismantle a route, leader climbing and climbing reviews. Requirements: personal equipment (harness, helmet, climbing shoes, magnesium).

Advanced level: leader climbing basis, specific body techniques (chimney, dülfel, dihedral, overhang), fall workshop, special knots and equipment care.



Traditional climbing course

Beginner level: to place rock protection (friends, stoppers, tricams and natural pro), organization and equipment selection and complex anchors. Requirements: personal equipment, anchor rope, complex anchor material (4 locking carabiners + 6mm and 5m accessory cord), several little ropes, double ropes, pro extractor and knowledge of the main concepts about sport climbing.

Advanced level: triangulation and combination of mobile rock protection, working with double rope, difficult traditional climbing and self-rescue notions. Requirements: having assumption of beginner knowledge and their equipment and self-protection equipment (friends, stoppers, tricams and several accessory cords).



Wall climbing course

Beginner level: equipment needed, assemble of complex anchors, how to avoid de factor 2, the aid climbing resource, pitons placement and rappel. Requirements: personal equipment of traditional climbing (advanced level), aid climbing (hammer, pitons, webbing ladders and hooks) and having knowledge of basic techniques about sport climbing.

Advanced level: resources in walls, improvement of aid climbing, resign techniques and ideas about self-rescue. Requirements: personal equipment, traditional climbing equipment (advanced level), aid climbing equipment (hammer, pitons, webbing ladders and hooks) and having knowledge of first level contents.



Ridges progression course

Unique level: belaying through body techniques, natural resources, knots and specific techniques. Requirements: personal equipment, 40m rope, self-lock device, self-protection equipment, harness, helmet, 3 locking carabiners and nylon runners.



Safety and self-rescue course in walls

Beginner level: first aids, the safety in climbing, lift the rope-partner to the complex anchor, managing the self-locking belay device, abandonment in an emergency.
Requirements: personal and wall equipment.

Advanced level: level 2 of health care and descending an unconscious partner.
Requirements: personal and wall equipment and having fully knowledge of the first level.



All courses are 2 days length with 8 hours per day.

Price: 99€/pax. 3 pax. Min. and 6 pax. Max.

Course price includes professional civil liability insurance and compulsory accident insurance for the participants. Also includes a graduate specialist and the specific material. Personal equipment of the participants is not included. Travel and accommodation expenses and daily subsistence allowance for the guide are not included.

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