



Outdoor Rock Intro

Program details

Start the summer season with an introduction to outdoor rock climbing in a group of all women. Whether you have never climbed before or have only experienced indoor climbing, this course is for you. Two full days of climbing skills and practice at two different outdoor locations. Learn the basics to jumpstart the outdoor climbing season and get mileage and coaching on the rock.

Expect to learn self-sufficient skills to top rope safely. Knots, basic equipment usage, rope coiling, belaying, rappelling and movement skills will be the main focus on this 2 day program.

An additional optional evening session will also be provided to learn about equipment purchasing and allow for dinner in town.

Still want more? Sign up for an additional PLUS day of multipitch climbing on one of the area's classic routes. Guide ratios will drop to 1:2 for this day.

2010 Dates

May 22 – 23, June 5 - 6, June 26 - 27, July 24 - 25, Aug 14 - 15, Aug 28 - 29, Sept 11 - 12

Price

\$285 CDN covers instruction and use of technical gear. Accommodation and meals are not included but low cost, easy options exist which we can tell you about. Cancellation insurance is available for \$15. Goods and Services Tax (GST) is extra.

More climbing: Yamnuska guides and instructors are also available for private climbing after the program... ask us for details.

Meeting Place & Time

The program begins at the Yamnuska office at 200, 50 Lincoln Park, Canmore, at 8:00 am on the first day. See map below.

Course Agenda

Saturday: 8:00am at Yamnuska Office & Local Climbing Area

- Welcome, introduction, goals and agenda.
- Issue gear.
- Introduce movement on rock ('bouldering')
- Review knots, introduce basic belay systems and belay calls
- Rappelling & lowering.
- Coached movement skill training on 'top-roped' climbs.

Sunday: At Local Climbing Area

- Bouldering warm up.
- Review belay systems.
- More climbs. Different movement skills are introduced and with careful coaching you will be surprised at what you find yourself climbing.
- Introduction to seconding sport and 'trad' climbs. Especially if going on to the 'Plus Day' you will need to be able to remove the gear the instructor places on lead. You will also learn to belay a lead climber.
- Debrief and wrap-up by 5:00pm.

Plus Days

Stay for an extra day and put your new skills into practice on a classic Canadian Rockies multi-pitch climb such as 'Yamnuska'. The instructor to student ratio is 1:2. We divide into compatible teams, choose a suitable 'multi-pitch' route (several rope lengths in height) and spend the whole day climbing it. Climbs include routes on Yamnuska, Kid Goat Buttress, Tunnel Mountain and Cascade.

\$230 plus GST. Available every Monday following 'Outdoor Rock Intro'. Cancellation insurance available for an additional \$12.

Rock Climbing Locations

We use a variety of locations on this program. These include the Yamnuska "Practice Cliffs", Zygote Buttress near Exshaw, Wasootch Creek in Kananaskis Country, Rundle Rock at Banff or, one of our favorites, "Back of the Lake" at Lake Louise. They are all great beginner rock climbing areas in beautiful mountain locations.

Instructors and Group Size

Enthusiastic and extremely talented, your instructors hold climbing certification from the Association of Canadian Mountain Guides. Our instructors are chosen not just for their technical climbing virtuosity but also for their ability to instruct and coach.

Instructor to student ratios range down from 1:6. On "Plus" days 1:2 is the norm. Minimum group size is 3.

Difficulty & Prerequisites

This course is designed for:

- **Basic & Intermediate level indoor rock gym climbers** (you can top rope lower grade climbs < 5.9, you are not leading climbs).
- **People who have not climbed before** who are in good physical shape.

If you are an indoor climber and climb 5.9 and greater and you are leading or feel ready to lead you should consider our 'Rock Transition' course.

Transportation

To keep prices down participants are responsible for their own transport to Canmore and during the program. Canmore is a 1hour (100km) drive west from Calgary.

If you are flying from afar for the program we suggest that you rent a car for your visit. In addition to getting you to the climbing locations it will allow you to explore our region after program hours. For example you can visit Banff and enjoy the hot pools and sample the numerous restaurants. If you want we can put other participants in touch with you who may be interested in sharing the cost of a rental car or who may be willing to use their vehicles in a car pool.

When booking please indicate if you are bringing a vehicle and, if so, whether you are willing or not to give other participants or instructors a ride in a car pool. If you are not driving here please indicate if you'd be willing to share the cost of a rental car or if you would prefer to car pool.

Frequent shuttles connect Calgary International Airport and Canmore. Greyhound Bus Lines (1 800 661 8747) serves Canmore from points east and west along the Trans-Canada Highway. Call 609 0300, 609 1490 or 609 8897 for taxis in Canmore. See "[Links](#)" page on website for more info.

Accommodation & Meals

These are your responsibility. There are lots of options available including campgrounds, hostels, B'n'Bs, motels and hotels. Check accommodation options on our website's "links" page for our recommendations. The Alpine Club Clubhouse (403 678 3200) is a good hostel here in Canmore with good facilities and reasonable prices.

Food is not supplied. You will need lunch and something to drink each day. Bring plenty to drink and a lunch plus energy snacks.

Equipment & Clothing

The course fee includes use of rock shoes and technical gear although you should feel free to bring any gear you already have.

The weather encountered on this program varies greatly, with the courses at the beginning and the end of the season more prone to cold conditions. The list below covers all possibilities. Should sunny warm conditions be forecast some items may be unnecessary. Remember that weather can change fast so even if the day starts out sunny you may still need rain gear in the afternoon. Conditions on the higher climbs on the 'Plus Days' are often colder.

Clothing and Equipment List

- Lunch, snacks and plenty to drink
- Daypack (large enough for spare clothing, your lunch & personal and group climbing gear)
- Sunglasses
- Sun cream
- Rain Gear
- Clothing allowing for easy and complete range of movement
- Warm weather gear (fleece jacket, long johns, warm hat, etc.)
- Rock shoes (available for your use at no extra charge, please let us know in advance if needing to use these)
- Hiking boots or running shoes for the hike to the climbing area.
- Harness, helmet if you have them (we will supply these if necessary)

Insurance

There is no charge for rescue. If we climb in Banff National Park you will need a day entry pass (c.\$9) to qualify for free rescue. This pass can be obtained when we enter the Park. It is wise to ensure that your health plan will cover you in case of illness or accident while here.

Booking Information

Please book as early as practical to avoid disappointment. We require full payment with registration. To avoid unnecessary cancellation penalties we suggest you take our cancellation insurance (\$15), this must accompany your payment.

Please note that you will be required to sign our waiver before commencing the program. **Please view our sample waiver copy on our website.**

Visit our website to book online or give us a call at the numbers below.

Map showing Office Location

