

Comprehensive Rock Climbing Course

This 5 day course, conducted in Suesca (an hour and a half north of Bogota), teaches the knowledge and skills necessary to enable participants to participate in the different types of rock climbing safely and competently. No prior climbing experience necessary. At the end of the course participants may be able to lead sport and traditional routes.

Skills learned in the course:

- Safety systems
- Climbing technique
- Route finding
- Rappelling
- Following on sport and traditional routes
- Placing rock protection
- Leading sport routes
- Leading traditional routes

Schedule:

Day 1: Introduction to Rock Climbing

- Pick up in Bogota with private transport
- Check into hostel in Suesca
- Lecture on the different types of rock climbing: sport, traditional and mixed
- Lecture on climbing equipment
- Basic knots
- Climbing session on top rope to get acquainted with the different types of rock climbing.



Day 2: Safety Systems and Route Finding

- Climbing knots
- Equipment and safety systems for every situation
- Lecture on route finding. How to use guidebooks and topos to climb in a new area.

Day 3: Sport Climbing

- Footwork and climbing technique
- Seconding/cleaning sport routes
- Setting stations at fixed anchors
- Various rappelling techniques
- Leading sport routes (initial practice on top rope)

Day 4: Traditional Climbing

- Crack climbing techniques
- Placing rock protection (nuts, cams, hexes, etc.)
- Building anchors
- Organizing your rack
- Seconding/ cleaning a traditional route. Best practices for cleaning stuck pieces.
- Leading traditional routes (initial practice on top rope)



Day 5: Graduation --- Putting it all Together

- Lead 2 sport routes
- Lead 2 multi-pitch traditional routes
- Travel back to Bogota

Inclusions:

- 5 days of private instruction
- 4 nights accommodations in Suesca
- Private transport from Bogota and back
- Climbing equipment except rock climbing shoes

Not included:

- Food
- Rock climbing shoes. These are very personal so you should bring your own. We have some rental shoes but they might not fit you properly.

Price: \$750 USD per person for 2 participants.