

Beginner Climbing Camp 2008 Itinerary

Dates: July 13 through 20 8 Days
Staff: TBA

This camp is designed to give the beginning and intermediate climber as much knowledge as possible about climbing and all that it entails. Safety, climbing commands, belaying, knots, harness and helmet use, body positioning and movement, rope care and management, use of protection, history of climbing and learning to second multi-pitch climbs will be covered in this course.

It is our mission to assist with their transfer to the outdoor arena and identify any “bad habits” that they may have picked up in the gym and replace them with the proper techniques and instruction. This camp should be educational, stimulating, action packed and fun. Participants will be climbing as much as possible throughout the day.

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| Day 1 July 13 | Students arrive at KMAC. Orientation. Equipment issue. Lunch and course overview. Afternoon ascent of Old Man Mountain. Nicky’s or Mary’s Lake bouldering in PM. Dinner. Slideshow. |
| Day 2 July 14 | Ironclads “saddle” site and Punk Rock. Top roping all day with instruction. Review teaching video. |
| Day 3 July 15 | Jurassic Park Tyrolean. Top rope climbs. Slide show: Harry Kent |
| Day 4 July 16 | Early start.
Combat Rock. Multi-pitch routes. Climbing movie or Slide show. |
| Day 5 July 17 | Pizbadille multi pitch. |
| Day 6 July 18 | Twin Sisters Crag multi pitch. |
| Day 7 July 19 | Monastery: Evening Celebration |
| Day 8 July 20 | Breakfast. De-gear. Students depart KMAC 11:00am
Airport shuttle departs early AM from KMAC. |

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