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ADVANCED ROCK CLIMBING IN MOAB, UT

SAMPLE ITINERARY

This program provides instruction in advanced rock climbing techniques and includes an ascent of a multi-pitch desert tower with an AMGA certified instructor/guide.

Day 1:

Your guide will meet you at your hotel for introductions, a gear check, and a warm welcome to Moab. After introductions we will make a short trip to one of the nearby climbing crags such as “The Ice Cream Parlor” or “Wall Street”. Focusing on body positioning and movement, we will offer suggestions and feedback to get you climbing efficiently and with minimal fatigue, two key fundamentals for challenging climbs or long routes. As you progress we will sample some of the finest routes around Moab while "dialing in" your crack and face climbing technique.

Day 2:

Depending on your interests and progress this day may be spent at one of the crags learning systems and techniques for leading and following or may be spent in the backcountry tackling one of the area's classic multi-pitch climbs. In either case, we will address body positioning for placing and removing rock gear, organization and efficiency at belay stances, strategies for energy conservation, and rope systems for multi-pitch rock climbing.

Day 3:

We commonly venture into the backcountry on this day to apply the full complement of skills learned during the previous days of the program. There are many great climbs for us to choose from depending on your interests and ability. We will have a discussion to ensure we choose a route that will offer excellent learning opportunities and a good challenge. Some of the possibilities include: Looking Glass Rock (II 5.7), Ancient Art Tower (III 5.9 A0 or 5.11), or Castleton Tower (III 5.9+). During the climb you will have the opportunity to practice the new skills you have learned so you develop a foundation for many successful climbs in the future.