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INTRODUCTION TO ROCK CLIMBING IN MOAB, UT

SAMPLE ITINERARY

This program provides opportunities for participants to learn rock climbing skills in a friendly and supportive atmosphere 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'll make a short trip to one of the nearby climbing crags. Utilizing one of the excellent beginner areas such as "Wall Street" or "The Ice Cream Parlor" you will learn proper technique for edging and smearing with rock shoes, proper body positioning for balance and movement, and a variety of hand positions for crack and face climbing. You will be introduced to belaying and you will have an opportunity to practice this essential skill under the supervision of your guide. Depending on group interest, we may also practice rappelling. Throughout the day you will have the chance to do numerous different climbs to practice your skills and enjoy the great climbing in Moab.

Day 2:

We'll visit a different climbing crag today so you can experience the great variety of climbing around Moab. After a moderate warm-up climb you will be introduced to additional crack climbing techniques like hand jamming, foot jamming, stemming, and laybacking. Several fun climbs will serve as the context for learning these moves. You will also be introduced to artificial rock climbing protection such as cams and nuts, and you will learn how to place these devices to build "SRENA" anchors (SRENA is an acronym that describes the qualities of a safe anchor). With the oversight and feedback of your instructor you will gain valuable insight into building top rope anchors, a vital skill for climbing on your own after the program. The remainder of the day will be spent refining your movement on the rock and enjoying some great climbs. By the end, you will be rock climbing gracefully and smiling the whole way!