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2-DAY MULTI-PITCH CLIMBING COURSE IN BOULDER, CO SAMPLE ITINERARY

This program provides instruction in multi-pitch climbing techniques and includes ascents of classic multi-pitch climbs with an AMGA certified instructor/guide.

Day I:

Your guide will meet you at your hotel for introductions and a warm welcome to Boulder. After introductions we will make a short trip to one of the nearby climbing crags. Depending on your previous experience, we will select one of the outstanding destinations in Eldorado Canyon, Boulder Canyon, or on the Flatirons to begin refining your climbing technique and to discuss protection placement and anchor building. 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 fine routes in the area while "dialing in" your crack and face climbing technique. You will also learn how to place and remove passive and active climbing protection such as nuts and cams, and you'll learn how to use the SRENA acronym as a tool for building safe climbing anchors. If time allows, we'll begin introducing a system for efficient multi-pitch climbing.

Day 2:

We will spend this day practicing the fundamentals of safe and smooth multipitch climbing. We'll focus on organization and efficiency at belay stances, strategies for energy conservation while seconding, belaying methods, and rope systems for ascent and descent. We commonly venture onto one or two classic multi-pitch climb on this day to apply these techniques in a practical setting. 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 routes that will offer excellent learning opportunities and a good challenge. Some of the possibilities include: East Face of Seal Rock (5.4), Standard East Face on The 3rd Flatiron (5.4), Swanson's Arete on Redgarden Wall (5.5), The Bomb on Wind Tower (5.4), North Face Center on Cob Rock (II 5.7), Rewritten on Redgarden Wall (5.8), The Great Zot on Redgarden Wall (5.8+), the Bastille Crack (III 5.8), or The Green Spur on Redgarden Wall (5.9). During these multi-pitch routes you will be able to practice the techniques you have learned so you will develop a foundation for success on future climbs.