

go-adventuresports get outdoors!

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Rock Climbing Itinerary

Thank you for your interest in rock climbing with **GO-AdventureSports!** The following itinerary describes what you can expect to experience during the **Introduction to Rock Climbing** program at Great Falls, VA..

Location: Great Falls, VA

Date: TBA

Time: 8:45 am until 2:45 pm

Objectives: Instruction in basic rock climbing safety and technical skills, followed by recreational climbing activities.

Technical Skills covered:

- Essential rock climbing equipment
- Tying-in with Figure – 8 knots
- Belaying with a belay plate
- Basic climbing techniques
- Basic rappelling techniques



Basic Itinerary: (Times can be changed to suit your needs or time restraints)

8:45 am – Arrive at Great Falls, VA

Unload and assign equipment
Harnesses, Helmets and Shoes

9:15 am – Hike to climbing areas

9:30 am – Belay Techniques – Safe use of belay plate with student/instructor back-up.

10:00 am – Rock Climbing activities.

[LUNCH is eaten between climbs]

2:45 pm – Break Down gear and return to parking lot.

*Our instructors are highly skilled and experienced. Most have been working in the rock climbing industry for over 10 years and have instructed hundreds of groups. We believe that you can pay more for such a program, you might pay less for a similar program, but you will not get a better program than with **GO-AdventureSports**.