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## Basic Climbing Course



### Description

Rock climbing is an amazing sport.

It allows you to spend free time outdoor, engaging together in continuous challenges with oneself.

Basic rock climbing course, held by a UIAGM Alpine Guide, wants to give you the basis to practice this sport in security focusing on climbing technique and securing manoeuvres. During the 4days appointments, in a growing undertaking -always proportionated to your capacities, you will learn to tie correctly, ensure your colleague and all the climbing techniques required to cover medium difficulty itineraries.

The climbing course will open the doors of an unexpected and magnificent world that will bewitch you!

**\*Minimum number**

Course starts with minimum 4 participants.

## **Basic Climbing Course**

To learn the first rudiments of the climbing art. We will learn technical and security basic notions that will allow us to practice this enthusing discipline.

**Level:**

Beginners

**Partecipants:**

Maximum 6 participants

**Where:**

Crag in Liguria, Piemonte and Valle d'Aosta

**Period:**

All year

**Duration:**

4 days

**Days**

Free dates to be defined based on your request.

## Cost

200€ per person\*

The investment includes

- the assistance of the Alpine Guide UIAGM during the whole length of the activity.

The investment doesn't include

- extra expenses like cableways, refuge expenses, public or private transportation expenses.

The Alpine Guide expenses are on the participants.