

[A] Introduction to multi-pitch sport climbing in Arco

Kursnummer:	243006		
Ort:	Arco, Italy		
Unterkunft:	Camping (there is already a group reservation)		
Vorbesprechung:	17.04.2024 (20:00 Uhr) Online		
Kursbeginn:	29.09.2024 (18:00 Uhr)	Kursende:	05.10.2024 (09:00 Uhr)
Anz. d. E.-Termine:	0		
Einzeltermine:	Online briefing: 17.04, 20:00-21:00 Berlin training 1: 14.09, 16-20pm Berlin training 2: 21.09.16-20pm, Course:29.09.24		
Preis:	540 Euro (Junior: 510 Euro)		
Zusätzl. Kosten:	Not included in the course fee: <ul style="list-style-type: none">- Travel to Arco and back- Local travel (a shared taxi if required)- Food (self-catering, packed lunches or dinner outside)- Accommodation (no individual reservation needed)		
Leistungen:	Organisation/Ausbildung		
Inhalte:	<p>Arco has transformed into a climber's paradise on the international stage in just a few decades. The Val di Sarca boasts solid limestone walls, perfect for climbing enthusiasts. Wind, water, and organic activity have sculpted the distinctive textures that characterize Arco's limestone climbing culture.</p> <p>If you are a confident rock climber and are ready for the next level, this course is for you. At this training, you will learn the essential know-how for climbing long sport climbing routes and get down again safely.</p> <p>There is a logic sequence of commands and actions that simplify the movement of rope teams up and down a long line.</p> <p>Rock climbing often happens in areas of pristine nature. To reduce the impact on the environment this course adheres to the principles "leave no trace?" (https://Int.org/why/7-principles/).</p> <p>Start: Camping Arco, 29.09.24, 18:00 End: Camping Arco 05.10.24, 9:00</p> <p>Language: English/German</p> <p>At this course:</p> <ul style="list-style-type: none">- days are up to 9 hours long (incl. approach, climbing, exercises, breaks, and return)- adequate physical condition and endurance against exposure is needed- approaches are long and steep (bring suitable footwear)- participants are required to attend the trainings in Berlin		

	<ul style="list-style-type: none"> - food, accommodation and transport are not included in the course fee - common accommodation for the group is the preferred option (no individual reservation needed) - travelling with public transport is highly encouraged 		
Anforderungen:	<p>Requirements, you:</p> <ul style="list-style-type: none"> - can LEAD climb in- and outdoors confidently ≥ 5 UIAA - can belay safely - use assisted braking belay device (Smart, Grigri, Fish, Megajul, Ergo Belay, ATC-pilot,...) - bring comfortable climbing shoes, approach shoes, harness, assisted braking belay device, helmet, ATC/tube, short prusik, 6 locking carabiners, safety sling, quickdraws set, 120cm sling - you can bring your 70m climbing rope, but this is not a requirement <p>Language: English/German</p>		
Schw.-bew. Technik:	0	Schw.-bew. Kondition:	0
Sonstiges:	<p>Online briefing: 17.04, 20:00-21:00 Berlin training 1: 14.09, 16-20pm Berlin training 2: 21.09, 16-20pm</p> <p>Will be covered:</p> <ul style="list-style-type: none"> - Building a belay station on bolted anchors - Knots and Rope management - Multi-pitch belay - Effective abseiling - Additional protection of bolted routes - Communication and commands - Environmental conviviality - Equipment 		
TNzahl:	2 bis 3		
alpenvereinaktiv.com:			
Ausbilder:	Daniel Ojeda, Email: daniel.ojeda-de-vicente@dav-berlin.de		
Anmeldung:	Online bis 10.09.2024		

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Öffnungszeiten und Telefonservice:

Montag 14.00 - 19.00 Uhr | Mittwoch 14.00 - 19.00 Uhr | Freitag 09.00 - 14.00 Uhr