

[A] Introduction to rock climbing outdoors

Kursnummer:	233018
Ort:	Franken
Unterkunft:	Gute Einkehr, Morschreuth
Vorbesprechung:	11.09.2023 (20:00 Uhr) Online
Kursbeginn:	22.09.2023 (10:15 Uhr) Kursende: 24.09.2023 (16:00 Uhr)
Anz. d. E.-Termine:	0
Einzeltermine:	Online: 11.09., 20-21pm, Practice: 18.09.23, 17-20pm, Course: 22.09., 10.15am to 24.09., 16pm
Preis:	195 Euro (Junior: 180 Euro)
Zusätzl. Kosten:	Transport, accommodation and meals
Leistungen:	Organisation/Ausbildung
Inhalte:	<p>Rock climbing is a lot of fun and can be enjoyed safely with a bit of training. At this training you will add to your indoor climbing skills, the essential know-how for climbing outside. By the end you will have an overview on how to safely lead and belay sport routes outdoors.</p> <p>Online briefing: 11th September 2023, 20.00 - 21.00 Practical briefing (Berlin): 18th September 2023, 17.00 - 20.00 Language: English/German (in response to the group's needs)</p> <p>Will be covered:</p> <ul style="list-style-type: none"> - Use of a climbing topo/guide - Threading and rappelling - Placing quickdraws and clipping - Spotting and belay safety - Reading the rocks - Building a top rope - Environmental conviviality - Equipment <p>Will not be covered:</p> <ul style="list-style-type: none"> - basics of belaying or climbing - climbing technique - trad/alpine climbing or multi-pitch routes <p>Transport: Car pooling or train+car rental Food: self-catering/restaurant</p>
Anforderungen:	<p>Requirements, you:</p> <ul style="list-style-type: none"> - can LEAD climb indoors confidently \geq 5 UIAA - can belay safely - use assisted braking belay device (Smart, Grigri, Fish, Megajul, Ergo Belay, ATC-pilot,...) - bring fitting climbing shoes, harness, assisted braking belay device, helmet, ATC/tube, short

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Ausbildungsprogramm



	prusik, 3 locking carabiners.	
Schw.-bew. Technik:	0	Schw.-bew. Kondition: 0
Sonstiges:		
TNzahl:	6 bis 8	
alpenvereinaktiv.com:	http://www.gute-einkehr.de/ * https://www.frankenjura.com/klettern	
Ausbilder:	Daniel Ojeda de Vicente, Clemens Herzig, Email: daniel.ojeda-de-vicente@dav-berlin.de	
Anmeldung:	Online bis 10.09.2023	

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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