

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

<b>Kursnummer:</b>	243006
<b>Ort:</b>	Arco, Italy
<b>Unterkunft:</b>	Camping (there is already a group reservation)
<b>Vorbesprechung:</b>	17.04.2024 (20:00 Uhr) Online
<b>Kursbeginn:</b>	29.09.2024 (18:00 Uhr) <b>Kursende:</b> 05.10.2024 (09:00 Uhr)
<b>Anz. d. E.-Termine:</b>	0
<b>Einzeltermine:</b>	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
<b>Preis:</b>	540 Euro (Junior: 510 Euro)
<b>Zusätzl. Kosten:</b>	Not included in the course fee: <ul style="list-style-type: none"> <li>- Travel to Arco and back</li> <li>- Local travel (a shared taxi if required)</li> <li>- Food (self-catering, packed lunches or dinner outside)</li> <li>- Accommodation (no individual reservation needed)</li> </ul>
<b>Leistungen:</b>	Organisation/Ausbildung
<b>Inhalte:</b>	<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?" (<a href="https://Int.org/why/7-principles/">https://Int.org/why/7-principles/</a>).</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"> <li>- days are up to 9 hours long (incl. approach, climbing, exercises, breaks, and return)</li> <li>- adequate physical condition and endurance against exposure is needed</li> <li>- approaches are long and steep (bring suitable footwear)</li> <li>- participants are required to attend the trainings in Berlin</li> </ul>

	<ul style="list-style-type: none"> <li>- food, accommodation and transport are not included in the course fee</li> <li>- common accommodation for the group is the preferred option (no individual reservation needed)</li> <li>- travelling with public transport is highly encouraged</li> </ul>	
<b>Anforderungen:</b>	<p>Requirements, you:</p> <ul style="list-style-type: none"> <li>- can LEAD climb in- and outdoors confidently &gt;= 5 UIAA</li> <li>- can belay safely</li> <li>- use assisted braking belay device (Smart, Grigri, Fish, Megajul, Ergo Belay, ATC-pilot,...)</li> <li>- 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</li> <li>- you can bring your 70m climbing rope, but this is not a requirement</li> </ul> <p>Language: English/German</p>	
<b>Schw.-bew. Technik:</b>	0	<b>Schw.-bew. Kondition:</b> 0
<b>Sonstiges:</b>	<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"> <li>- Building a belay station on bolted anchors</li> <li>- Knots and Rope management</li> <li>- Multi-pitch belay</li> <li>- Effective abseiling</li> <li>- Additional protection of bolted routes</li> <li>- Communication and commands</li> <li>- Environmental conviviality</li> <li>- Equipment</li> </ul>	
<b>TNzahl:</b>	4 bis 6	
<b>alpenvereinaktiv.com:</b>		
<b>Ausbilder:</b>	Daniel Ojeda, Tassilo Waniek, Email: daniel.ojeda-de-vicente@dav-berlin.de	
<b>Anmeldung:</b>	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