

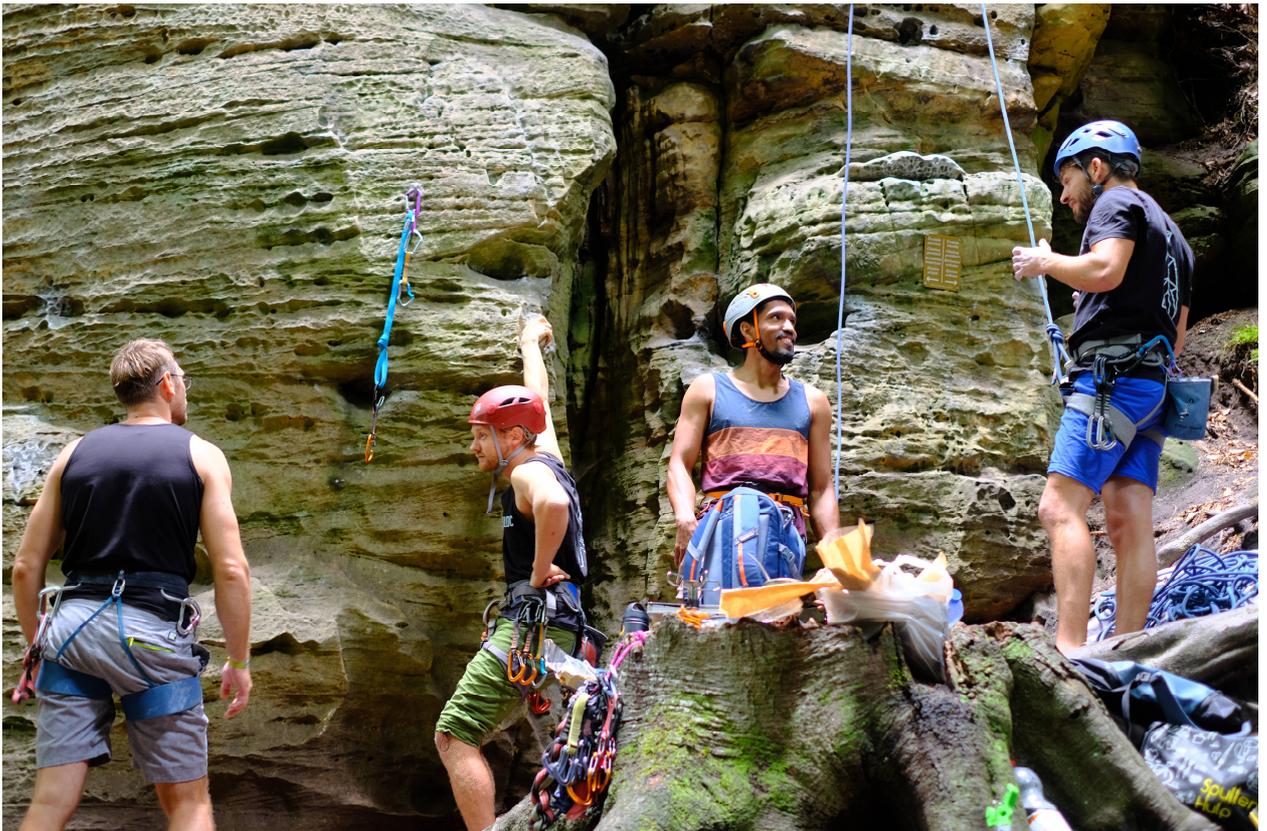
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Intro Rock Course Info Chart

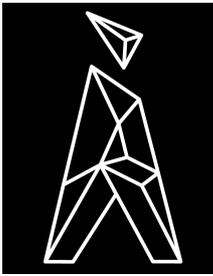


Scope of the course

The main idea is very simple: create an opportunity for indoor climbers to discover rock climbing outdoors. While purely from a biomechanical point of view there is no fundamental difference between climbing indoors and outdoors, on a more subtle level the difference is huge. The texture of the rock, the feel of it, the smell of it... The holds are not so obvious - you have to decode the moves. You must be more attentive, and more alert. You need to pay more attention to your footwork.

Furthermore, you are outside, in nature. Going somewhere you have never been before. Climbing outdoors is always more than just a physical activity. It's an adventure. It's a thrill...

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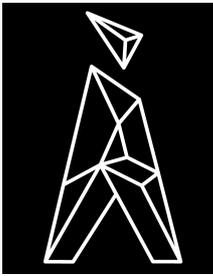


The scope of the course is simply to let you experience what climbing outdoors is. To teach you some basic belaying techniques. And to let you climb as much as you can and have as much fun as you want.

What you will learn

- Basic rules and ethics of outdoor climbing
- Basic information about climbing gear (dynamic single rope, climbing harness, helmet, belay device, rock anchors etc.)
- Risks of outdoor climbing and climbing with a top rope, how to recognize and avoid them
- How to compensate for a substantial weight difference between the climber and the belayer
- How to correctly wear a climbing harness, a helmet
- How to tie in with a figure of eight knot
- How to do a "partner check"
- How to belay correctly and safely with a tuber-type device in top-rope mode, the correct flow of process
- How to block a rope
- How to lower a climber
- The correct belaying stance
- How to communicate effectively during the process of climbing
- How to climb longer routes: "shaking out", intermediate resting, segmenting a route, correct breathing





Your profile

- You are at least 16 years old (if you are younger than 18 you should provide written consent from your parents or caretakers)
- You are fit enough to spend a few hours exercising physical activities of moderate intensity
- You have, preferably, some basic indoor climbing skills

Location of the course

It can be one of the popular Belgian crags: Beez, Dave, Anhee, Freyr, Pont-à-Lesse, depending on forecasted weather conditions during the course and the expected amount of climbers at a specific crag. You will be notified beforehand of the selected location. Exact coordinates would be shared in a WhatsApp group. All the locations are within approximately 1 hour of driving from Brussels.

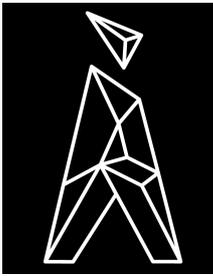
How long it would last

We start at 10:00, and we finish at 17:00

What you should take with you

- Climbing shoes
- Chalk bag
- A bag pack
- Hiking shoes
- Climbing clothes for temperate to cool weather (15-10°C): stretchy pants with a cut that would allow maximum mobility. The same applies to your coat: it should allow you to move freely. The fabric should be strong enough to withstand occasional abrasion of the rocks. Soft-shell jacket and pants would be ideal.
- Rain shell
- Insulating layer: a light down jacket or polar fleece
- Enough to drink: 2 l of water, hot tea or coffee in a thermos jar
- Enough calories to eat: sandwiches, dried fruit, nuts, chocolate, whatever you like

Climbing gear (harnesses, ropes, helmets etc.) is provided by us.



If the weather is bad

We will keep a close eye on the weather conditions for the course weekend. If conditions permit, we can shift the course from Saturday to Sunday or vice versa. In case the weather is too bad, we will conduct the course on a different date.

Fees and what's included

The course fees are **€99.00** per person. What's included:

- Instruction and guidance by a qualified and experienced instructor
- Rental of the necessary climbing equipment
- Crag access fee (paid to Club Alpin Belge)
- Travel insurance

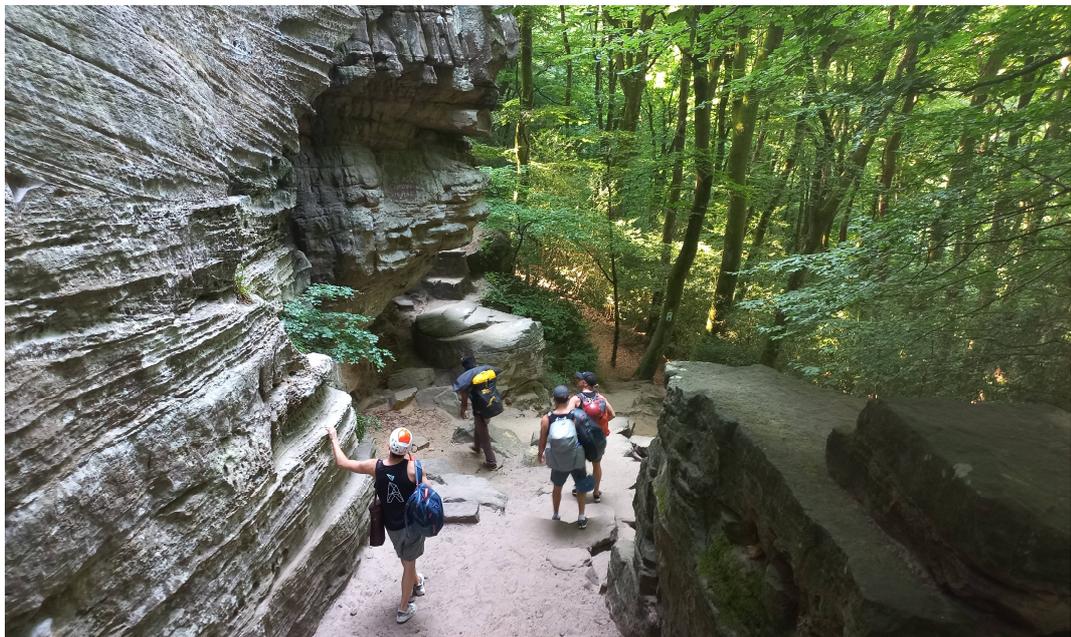
What's not included:

- Transportation costs
- Catering

If you have got questions

Please, don't hesitate to write us at info@abloc.brussels. We will answer you as promptly as we can

See you on the rocks!



Email: info@abloc.brussels