

# ZERMATTERS

## ALPINE SCHOOL

# Basics of sport climbing in Bregenzerwald

## SPORT CLIMBING FOR BEGINNERS (A) | 2 DAYS

Chalk up your hands and feel the texture of the rock with your fingers, position your feet with precision and scale the rock face move by move. Climbing outdoors is an extra intense experience. During this course, we teach you the basic skills you need for rock climbing. The rock faces in the Bregenzerwald are the perfect place for it.

Content	The course forms the basis for learning how to climb in the climbing garden in single rope routes with the necessary belay technique.
	<ul style="list-style-type: none"><li>• Material and knotting knowledge</li><li>• Safety technology and rope handling (Toprope)</li><li>• Basic technique of rock climbing</li><li>• Rope maneuvers, abseiling</li><li>• Security aspects</li></ul>
Destination	After this course you will be able to climb with an experienced climbing partner in a well-secured climbing garden on your own single rope lengths in the lead and traverse or you can participate in a further course.
Technique	<b>beginner</b>  No outdoor climbing experience required, initial indoor climbing experience is recommended; Safety techniques: basic knowledge of belaying an advantage
Condition	<b>beginner</b>  The walking times are up to max. 30 minutes
Meeting place	9 a.m. Sport Matt in Schoppernau (Bus arrival 8.50 a.m. Schoppernau, Gemeindeamt)
Departure	Approx. 4 p.m. from point of departure
Accommodation	Hotel Elisabeth, Niederau 293, 6886 Schoppernau

## Services

- Not included**
- Travel to the course
  - Transport
  - Snacks and drinks

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### Program

- Day 1**
- After meeting up, we will head out to the climbing park to get comfortable with rock and do a bit of climbing. The guide will teach you the skills you need and offer plenty of helpful tips and tricks. After arriving back at the hotel in the evening, you can enjoy a relaxing soak in the jacuzzi.
- Day 2**
- After a hearty breakfast of regional products from local farms, it's time to head out. The different areas in the Bregenzerwald are the perfect place to learn and improve on the skills covered during the course. There won't be any shortage of climbing opportunities here, and you can enjoy making real progress in a short amount of time.

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### Rental equipment

Our mountain guide will bring the ordered rental equipment to the meeting place. The following equipment can be rented:

- ☐ Climbing harness with 1x safelock carabiner
- ☐ Belay device
- ☐ Climbing shoe
- ☐ Climbing helmet
- ☐ Chalk bag
- ☐ Technical material (ropes etc.)

### Technical equipment

- ☐ Helmet
- ☐ Climbing harness with 1x safelock carabiner
- ☐ Belay device
- ☐ Climbing shoe
- ☐ Backpack (30 - 40l)

### Clothing

- ☐ 1x Hardshell jacket and pants (wind- and waterproof)
- ☐ 1x Mountaineering or trekking pants
- ☐ 1x Soft shell and/or fleece jacket
- ☐ 1x Climbing pants
- ☐ 1x Isolation (down jacket)
- ☐ 1x Short/long functional underwear
- ☐ 1x Cap/headband and 1x hat
- ☐ 1x Functional socks
- ☐ 1x Mountaineering shoes (at least ankle-deep, hard sole)

### Overnight cottage

- ☐ Clothes and shoes for the evening (for wearing in the accommodation and in the village)
- ☐ Own toiletries, ear plugs if required
- ☐ Protective masks
- ☐ Sanitizer
- ☐ Towel

### Food

- ☐ Breakfast and dinner at the hotel
- ☐ You need to bring your own hot drinks and lunch or you can buy them in the village
- ☐ Snacks (e.g. energy bars, dried fruit, dried meat)

### Various

- ☐ Sunglasses
- ☐ Sun cream and lip cream (SPF 30 or higher)

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- ☐ Camera (optional)
- ☐ Half fare travelcard (if existing)
- ☐ Thermos flask made from break-proof material
- ☐ Small medicinal supplies for personal requirements