



Beginning Rock Climbing Information

Thank you for joining us for this one day introduction to rock climbing. We believe that everyone can enjoy rock climbing, and our goal is to get first-timers hooked on this fantastic sport. We are pleased to have you along for a fun and complete introduction to your climbing career. Below you will find all the information you need to know in order to have a great day.

Courses meet Manzanita Outdoor Center in Prescott AZ. All courses will be meeting at 9 AM and finish at 3:15 PM.

Included:

- Professional guiding and instruction.
- Harnesses and Helmets
- Group climbing gear
- Rock Shoes

Personal equipment *that You must bring:*

- Small back pack
- Hearty bag lunch
- Healthy snacks
- Two quarts of water
- Hiking shoes
- Breathable Rain Jacket
- Comfortable clothing that can be roughed up
- Sun screen.
- Hat

skills you will learn:

- Introduction to basic terminology
- Introduction of rock climbing gear
- Selection of rock climbing gear
- Belay/Climber commands and rope work
- Movement on the rock
- Learning to rappel

Directions to the Base of Mt Erie (the *Lake Erie Country Store*) - from I 17:

- From I 17 Merge onto AZ-69 N via EXIT 262 toward Prescott. Drive 33.2 miles
- Destination is 0.5 miles past N Prescott Canyon Dr.
- Manzanita Outdoor. 1841 E State Route 69 # 120

Please contact the Peregrine Expeditions office with any questions:

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