



Rock I

Introduction to Rock Climbing

If you are visiting the area and have not climbed before we offer one day forays to give you a taste of what rock climbing is all about. The aim is simply to have fun on the rocks. All you need to bring is lunch and enthusiasm and we will provide everything else. We offer daily programs by request year-round.

Location: Our scheduled one day programs take place in the Mammoth area in the summer and fall and the Bishop area during the colder months. The most likely places are Horseshoe Slabs in the Lakes Basin above Mammoth and the Benton Crags or Buttermilk area near Bishop. However, bear in mind that weather changes everything and we may need to vary this schedule.

Itinerary:

Our goal is just to have fun and to get you familiar with the basics of climbing which will include;
 Equipment for climbing.
 Belaying and equipment handling skills.
 Movement on stone.
 Lots of climbing practice.

Meeting place and time: We will work with you to set up the exact location for the course. This can depend upon where you are staying, whether it be Mammoth or Bishop, as well as the prevailing weather conditions. The Bishop area tends to be warmer and while great in the spring and fall is a place to avoid in mid summer. Conversely, the Mammoth area is best in mid summer, but can be cold in early spring or late fall.

For Mammoth based climbing we start the day by meeting at the Breakfast Club at 7:30 am. This is situated at the south side of the intersection of Old Mammoth Road and Highway 203 (the road to Mammoth from Highway 395). This is the first traffic light you find coming into town. If needed the phone there is 934-6944.

For Bishop based climbing we meet the first day at 7.30 a.m. at the world headquarters of Sierra Mountain Center, 174 W. Line Street, in Bishop. Line Street is an east/west street marked by the southern-most traffic light on Main Street/Highway 395, in town. We're west of the light, on the south side of the street next to the health food store. A large parking lot is located on the south side of the building.

At both places we will meet for breakfast and will have an orientation talk and equipment check.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding and all necessary group climbing gear. We can assist with hotel reservations should you require them.

Prerequisites: No prior experience is required though you should be in fair to good physical condition.

Instructors: Our guides are American Mountain Guides Association trained so you can expect the highest level of climbing and safety knowledge combined with solid instructional skills and professionalism.

Please bring the following to the course: Comfortable, loose-fitting clothing for warm or cold, wet or dry weather, a sack lunch, sunscreen, sun hat, 2 quarts water, snacks, camera and film, and a day pack to carry it all. Accommodation is not included in the program. Please let us know if you need assistance making reservations. We have a selection of rock shoes available, but if you want to try the latest models, or, if you have a very small or very large foot we suggest renting a pair from one of the local climbing stores. We provide all of the necessary other climbing equipment, including harnesses, helmets, ropes etc.