

Family Climbing Outings

3-hour Session

Call to Set your own Date and Time



HERE'S WHAT TO EXPECT:

Climb in a beautiful, natural setting with friendly, safety-trained instructors in a supportive environment.

WHERE:

Family sessions may choose from the wooded climbs or Ely's Peak or the gentle sea cliffs of Silver Cliff. Both are within a 20-35 minute drive from Duluth.

COURSE INFORMATION:

From the parking area, we'll walk to the climbing site as a group and go over putting on harnesses and helmets. We'll learn to belay (safeguard the climber with a rope) for one another. We'll take turns climbing the rock routes and belaying for each other.

WHAT TO WEAR:

Come dressed in clothing that allows freedom of movement and that you don't mind getting a little dirty. Wear sturdy tennis shoes or hiking boots for our walk into the climbs. (Avoid sandals, flip-flops or clogs.) Be sure to have extra warm clothing layers since Duluth can become very chilly, even in the summer.

EQUIPMENT:

We provide all climbing equipment and first aid kit. Please bring the following items in a small day pack that you can carry with you to the climbing area:

- ___ filled water bottle
- ___ rain jacket and pants
- ___ warm jacket (fleece works great)
- ___ sun glasses with strap
- ___ sunscreen
- ___ hat with brim

Optional:

- ___ camera, insect repellent, snacks

COST: \$45 per person (minimum group size of 4)

Subject to availability. Please register with at least ten days in advance of your preferred date.

Explore More with UMD Recreational Sports Outdoor Program Summer 2009:

- Fun & Adventure Day Camps for Kids June & July, 2009
- Sea Kayak Waterfront Tours
- Family Climbing on the North Shore
- Women and Girl's Trips
- St. Louis River Whitewater Rendezvous July 24-26, 2009
- Two Harbors Kayak Festival July 1 - August 2, 2009

FACILITIES

No bathroom facilities are nearby.

INFO & REGISTRATION

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The Real Classroom is outside...Get into It!