

# North Shore Rock Climbing

**Call to Arrange 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. North Shore climbs offer beginning to advanced. All climbs are located near stunning views of Lake Superior.

## WHERE:

We'll meet you 10 minutes before your start time at the parking area we designate when you sign up for your session.

## 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) and take turns climbing and belaying for each other.

## WHAT TO WEAR:

Come dressed in warm 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 along since summer weather on the North Shore can become very wet, windy and chilly!

## 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
- \_\_\_ warm wool or fleece hat
- \_\_\_ your lunch and snacks!

**COST:** Full day: \$110 per person (minimum 3 people)

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- Fun & Adventure Day Camps for Kids  
June & July, 2009
- Sea Kayak Waterfront Tours
- Family Climbing on the North Shore
- St. Louis River Whitewater Rendezvous July 24-26, 2009
- Two Harbors Kayak Festival July 31-August 2, 2009

## Shovel Point Environment

The natural environment at Shovel Point is very unique and fragile due to Lake Superior's cold and windy influence. Take special care to stay on the marked trails and not step near tree roots or on green plants. Leave only footprints and take only memories.

## INFO & REGISTRATION

Phone: (218)726-7128

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## KAIJA WEBSTER:

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