

Rock Climbing at Silver Cliff

Friday, April 25, 2008

Noon - 6:30 pm



HERE'S WHAT TO EXPECT:

Climb in a beautiful, natural setting with friendly, safety-trained instructors in a supportive environment. Climbers on Silver Cliff enjoy fun, beginner terrain and a stunning view of Lake Superior.

WHERE:

We'll meet you in the Lobby of the UMD Sports and Health Center at **11:50 am**. From there we'll drive together to Silver Cliff Tunnel, about 40 minutes north of 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 review belaying (safeguarding the climber with a rope) and take turns climbing and belaying for one another.

WHAT TO WEAR:

Come dressed in warm clothing that allows freedom of movement and that you don't mind getting a little dirty. Be sure to have extra warm clothing layers along since 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
- ___ lunch and snacks!

COST: \$12 UMD Students / \$35 Others
Sign up by noon Friday, April 23 in SpHC 153

Explore More with the Outdoor Program Spring 2008:

- Top Rope Anchor Series
April 17-19
- Slacklining
Wednesday, April 30
- Boulder Outdoors In Duluth
Friday, May 2

INFO & REGISTRATION

Phone: (218) 726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

Web: www.umdrsop.org

For more climbing info or to schedule a climbing program call Kaija Webster at (218) 726-6257.

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