

Outdoor Rock Climbing at Ely's Peak

Saturday, May 2, 2009

Noon - 5:30 pm



HERE'S WHAT TO EXPECT:

Ely's Peak is a 25-minute drive from campus and offers great views of the St. Louis River Valley from fun and friendly climbs. Get outside to enjoy the spring rocks! Beginners are welcome.

WHERE:

We'll meet you at the Trailhead in the Lobby of the UMD Sports and Health Center at **11:50 am**.

COURSE INFORMATION:

We'll drive to the parking area and walk to the climbs. As a group we will 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. Be sure to have extra warm clothing layers along in case it gets windy and chilly! Wear closed-toed shoes, you may encounter rocks and mud on the hike in.

EQUIPMENT:

We provide all climbing equipment and first aid kit. Please bring a water bottle, warm jacket, snacks and a warm hat.



COST: \$15 UMD Students / \$45 Others
Sign up by noon Thursday, April 30

INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center
(218) 726-7128
rsop@d.umn.edu
www.umdrsop.org