

North Shore Rock Climbing at Shovel Point



Sunday, May 3, 2009

9:00 am - 6:30 pm

HERE'S WHAT TO EXPECT:

Climb in a beautiful, natural setting with friendly, safety-trained instructors in a supportive environment. Shovel Point's climbs are situated on rhyolite cliffs rising out of the waters of Lake Superior.

WHERE:

We'll meet you at the Trailhead in the Lobby of the UMD Sports and Health Center at **8:50 am**. From there we'll drive together in a University vehicle to Tettegouche State Park, about an hour north of Duluth.

COURSE INFORMATION:

From the parking area, we'll walk to the climbing site as a group, learn to belay (safeguard the climber with a rope) and rappel (lower yourself using the rope.) Anyone approaching the cliff edge will be attached to a secure anchor. We'll take turns lowering over the cliff edge, climbing back to the top 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 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 and hat
- ___ lunch and snacks!



Note: If the weather looks bad for climbing in Duluth, it may be nicer at Shovel Point. If the climb is cancelled due to inclement weather you may choose to reschedule or receive a refund.

COST: \$20 UMD Students / \$55 Others
Sign up by noon Thursday, April 30

INFO & REGISTRATION:

RSOP Day Office:

153 Sports and Health Center
(218) 726-7128
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