

ROCK COURSES

Introduction to Rock Climbing

Rock 1

Rock 1.5

Rock 2

Learn to Lead

Self-Rescue

Groups

Private-Guided Climbing

Introduction to Rock Climbing

This is a half-day session covering the basics of rock climbing. Orientation to equipment, safety procedures, knots, communication skills and climbing ethics will be included. Through observing then trying, students will learn proper use of handholds and footholds on a technical climb.

Minimum / Maximum: 3 clients per guide.

Pre-registration required. \$100.00 per person

Rock 1

This course is designed as a full day introduction to the climbing experience.

The student will have a full day's instruction covering the essentials of rock climbing. Basic climbing safety skills such as knots, belaying, anchors and rope management will be practiced.

Students will be introduced to the rock climbing techniques of lay backing, jamming, and face climbing. Body movement and balance will be the focus for learning to climb, on rock well suited to the beginner.

Throughout the day safety is stressed by learning hazard identification and using good judgment. The environment and outdoor ethics are an integral part of rock climbing, so by developing safe and prudent decision making processes we can minimize our impact as well as the risk.

Maximum: 3 clients per instructor.

Pre-registration required.

1 Person - \$200.00 / 2 Persons - \$165.00 / 3 Persons - \$150.00

Rock 1.5

This course is designed for the indoor climber.

We will stress the setting up of solid top rope anchors, establishing belays and will examine the dangers one finds while climbing outdoors. Knots will be learned, reviewed and practiced just like in the gym.

Indoor climbing teaches movement, technique and attitude. On the other hand, this does not mean an indoor climber is ready for the outdoors! Good judgment does not automatically happen, it's learned! The outdoor climber needs to learn how to place hexes, nuts, and camming protection and arrange complex anchors.

Climbing indoors offers situations that are similar to climbing outdoors, like training, thrill, and achievement. However, climbing in the outdoors is different in many ways. The art of placing protection will be introduced and practiced as applied to anchor setups.

Maximum: 3 clients per instructor.

Pre-registration required.

1 Person - \$200.00 / 2 Persons - \$165.00 / 3 Persons - \$150.00

Rock 2

In this course, we will refine your free climbing skills with an emphasis on leading and multi-pitch climbing.

Using modern protection devices the art of protection placement will be explored to create anchors for hanging belays, rappels, and top-rope climbs. These skills and their role in self-rescue will be covered in this session.

Students will have the opportunity to exercise good judgment and route finding while belaying and seconding some of Connecticut's classic rock climbs. Throughout the day the student will be on climbs that are challenging both physically and mentally. The student will gain a greater appreciation for the art of leading.

Maximum: 2 clients per instructor.

Pre-registration required.

1 Person - \$200.00 / 2 Persons - \$165.00 / 3 Persons - \$150.00

Learn to Lead

A natural outgrowth of **Rock 2**, this two-day course is designed for the climber who wants to commit to this rewarding aspect of climbing. The first day will be spent covering and reviewing equalization of anchors, belay systems, placing and removing gear and rappel backups. The day will finish with the climber simulating a lead and building an anchor while being protected on a top rope. In this way the climber will learn in a safe environment. Day two will be a continuation of the first day with the climber setting up belays for multi-pitched routes. All participants must be able to climb 5.8.

Pre-registration required.

Cost: \$425.00 (private) \$325.00 – 2 Persons

Self-Rescue Class

**This class is a must for anyone who climbs on a regular basis,
or is considering climbing in a remote location.**

Dave Fasulo, CMR guide, photographer and author of the renowned **Self-Rescue** book published by Falcon Press, will be the instructor for this course. All climbers should possess the basic skills necessary to deal with an emergency situation at the crags, or to assist a partner past a difficult section of a long climb.

Topics to be covered include: use of a cordelette, knots used for self-rescue, escaping the belay, techniques for ascending a rope, assisted and counter weight rappels, the assisted hoist and raising systems. This is a full day out so come well rested. Private instruction is also available.

Minimum - Two students

Maximum: Six students

Cost: \$130.00 per person

See Dates or by prior arrangement.

Groups

Are you a professional organization looking for a high-angle rescue course? A Boy Scout troop planning a weekend activity, or just a group of friends looking to try a new sport? CMR guides will tailor an experience / program to fit the needs of your group. We welcome your call anytime to discuss your needs and interests.

Our group prices are the best around.

Minimum - six students / 1 guide

Maximum: twelve students / 2 guides

Private–Guided Climbing

Have you ever dreamed of doing one of the world's classic routes but could never find a partner to do it with?

Is your schedule so tight that when you have free time you want to make the most of it? Have you thought of climbing routes in the Alps, Peru, the volcanoes of Mexico, or rock climbing out West? Whether you're in your own backyard or on the other side of the world, CMR has the guide and the experience to make your wishes come true. Best of all, its just you, your guide and the day you want!

By prior arrangement only. \$250.00 per day. \$375.00 for 2.