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Conquering the peaks!

Introduction to Outdoor Rock Climbing – 4 h All Equipment Included!

Learn the basics of rock climbing safely in an exceptional natural place.

Want to try rock climbing for the first time? This introduction course is designed to help you discover this sport under the guidance of a FQME certified instructor. It's the perfect activity for stepping out of your comfort zone, learning new skills, and enjoying the great outdoors.

Who is this course for?

- Rock climbing beginners;
- Adults, teenagers, youth groups and families;
- Anyone interested in discovering climbing in a safe and supervised environment.

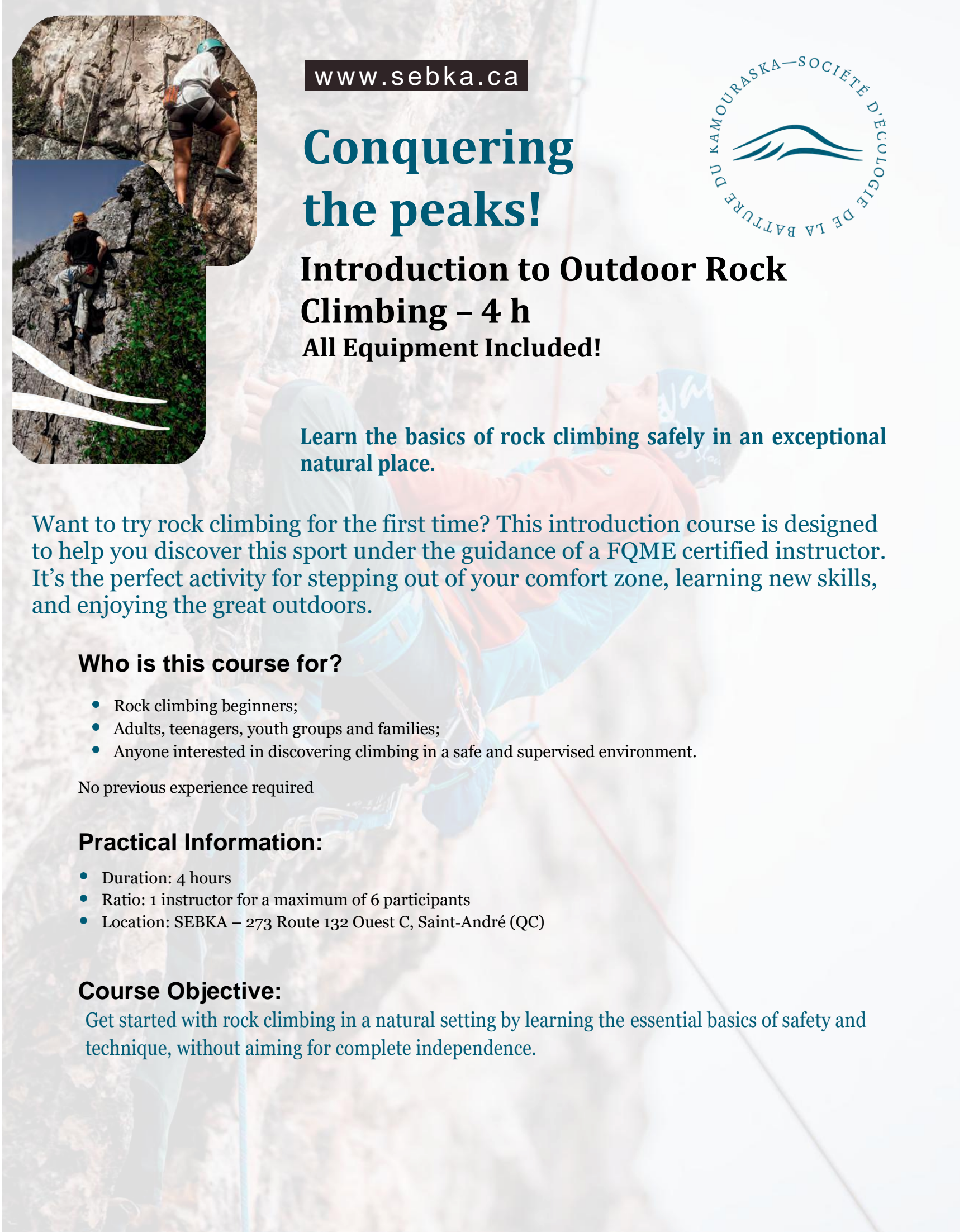
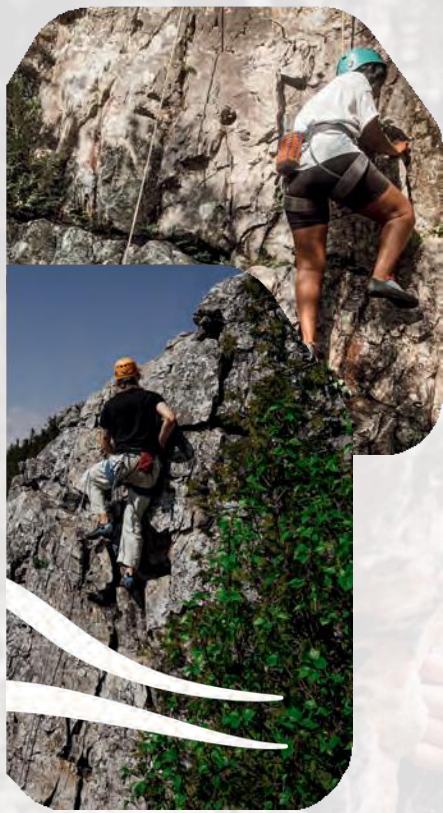
No previous experience required

Practical Information:

- Duration: 4 hours
- Ratio: 1 instructor for a maximum of 6 participants
- Location: SEBKA – 273 Route 132 Ouest C, Saint-André (QC)

Course Objective:

Get started with rock climbing in a natural setting by learning the essential basics of safety and technique, without aiming for complete independence.





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Introduction to Outdoor Rock Climbing – 4 h

You will learn how to:

- Use climbing equipment correctly (provided);
- Tie a figure-eight knot;
- Belay a climber safely;
- Use proper belaying techniques and positioning;
- Perform a controlled top-rope descent;
- Understand climbing terminology and safety commands;
- Build confidence, comfort and movement skills on the rock face.

Activity Schedule:

- Welcome and equipment fitting at the SEBKA reception area;
- Travel to the climbing site parking area (5 minutes by car);
- Walk to the climbing walls (20 minutes);
- Presentation of safety instructions;
- Introduction to equipment and basic techniques;
- Guided climbing sessions with personalized coaching;
- Return to the parking area and end of the activity;

The schedule may vary depending on weather conditions and the pace of the group.

Safety First:

Your safety is our top priority:

- Helmet required at all times (provided);
- Systematic equipment checks;
- Continuous supervision by the instructor;
- Routes prepared and secured in advance;
- Comprehensive briefing before every climbing session;



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Introduction to Outdoor Rock Climbing – 4 h

Equipment Included:

- Helmet,
- Harness;
- Climbing shoes;
- Rope;
- Belay system (managed by the guide);
- Gri-gri (self-locking descender);
- Chalk bag;
- First aid kit (guide).

What to Bring

- A sufficient amount of water;
- A cap or hat and sunscreen;
- Walking shoes for the approach hike;
- Long, loose-fitting trousers (avoid jeans).
- A windproof/rainproof garment, a warm sweater, flexible sportswear suitable for the weather and activity;
- Mosquito repellent;
- Snacks or lunch depending on the schedule and your needs;

Why Choose This Course?

- Enjoy a safe and supervised first experience;
- Progressive learning accessible to everyone;
- A unique and inspiring natural environment;
- An experience that is active, fun and inspiring!

Booking

Places are limited, so we recommend to book in advance via the following link:

[BOOK NOW](#)