

# GUIDING & COURSE SCHEDULE 2022

KALYMNOS SEASON START 01. MAY 2022

## KALYMNOS SPRING SCHEDULE

### MAY 2022

01.-21. May 2022 (Sunday - Saturday)

Individual and Small Group Performance Coaching. Daily and multi-day rates. Please contact me directly at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com), +43 660 633 2076 (WhatsApp) or +30 698 206 7240 to arrange half-day, full-day or multiple day coaching, or to get information regarding joining in with a group.

22.-29. May 2022

Hazel Findlay Kalymnos Retreat (Sunday - Sunday)

Pro climber Hazel Findlay holds a week-long climber's retreat focusing on fear, self image and personal mental development. Sponsored by True Nature Travels. More information at: <https://truenaturetravels.com/retreats/climbing-greece-hazel-2022/>

## NORTH AMERICA GUIDING

### JUNE 2022

01.-30. June 2022 (Wednesday - Thursday)

Guiding in the Ruth Gorge of Alaska and Cascade Mountains of Washington state USA. Small group private alpine guiding in two of North America's premier alpine jewels.

## KALYMNOS SUMMER / AUTUMN SCHEDULE

### JULY 2022

04.-13. July 2022 (Monday - Tuesday)

Individual and Small Group Performance Coaching. Daily and multi-day rates. Please contact me directly at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com), +43 660 633 2076 (WhatsApp) or +30 698 206 7240 to arrange half-day, full-day or multiple day coaching, or to get information regarding joining in with a group.

14.-19. July 2022 Wednesday - Tuesday)

Fundamentals in Outdoor Climbing Course (Beginner Level). Five climbing days in a six day period, €585,— per participant, maximum 6 participants.

20. July - 02. August 2022 (Wednesday - Tuesday)

*"Yoga, Climbing, Breathing; Experience the Synergy"*, yoga & climbing retreat with Hilda Peer. A two week retreat that focuses on growth, mindset, self-challenge. For all levels of experience in either yoga or climbing.

### AUGUST 2022

05. - 14. August 2022 (Friday - Sunday)

Kalymnos Summer Climbing Camp. Nine days of climbing in a ten day period. Average of six hours of climbing on every climbing day with special event climbing days with boat transfers from Vathey and to the climbing sectors on Telendos. Daily themes and focus to improve your climbing within a motivated group of like-minded climbers. €585,— per participant, maximum of 8 participants. Partial participation at a daily rate of €70,— per participant per day is possible if space permits.

25.-30. August 2022 (Thursday - Tuesday)  
Transitions in Outdoor Climbing Course (Intermediate Level). Five climbing days in a six day period, €585,— per participant, maximum 6 participants.

## **SEPTEMBER 2022**

02.-11. September 2021 (Monday - Sunday)  
Kalymnos Autumn Climbing Camp. Nine days of climbing in a ten day period. Average of six hours of climbing on every climbing day with special event climbing days with boat transfers from Vathey and to the climbing sectors on Telendos. Daily themes and focus to improve your climbing within a motivated group of like-minded climbers. €585,— per participant, maximum of 8 participants. Partial participation at a daily rate of €70,— per participant per day is possible if space permits.

15.-20. September 2022 (Thursday - Tuesday)  
Five-Day Single & Multi-Pitch Combination Course. 3 Days of single pitch climbing, rope technique & management followed with two days of multi-pitch climbing. Five climbing days in a six day period. €585,— per participant, maximum 3 participants

21. September - 06. October 2022 (Wednesday - Thursday)  
Individual and Small Group Performance Coaching. Daily and multi-day rates. Please contact me directly at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com) or 0043 660 633 2076 (WhatsApp) to arrange half-day, full-day or multiple day coaching, or to get information regarding joining in with a group

## **OCTOBER 2022**

07.-16. October 2022 (Friday - Sunday)  
Kalymnos Autumn Climbing Camp. Nine days of climbing in a ten day period. Average of six hours of climbing on every climbing day with special event climbing days with boat transfers from Vathey and to the climbing sectors on Telendos. Daily themes and focus to improve your climbing within a motivated group of like-minded climbers. €585,— per participant, maximum of 8 participants. Partial participation at a daily rate of €70,— per participant per day is possible if space permits.

20.-25. October 2022 (Thursday - Tuesday)  
Transitions in Outdoor Climbing Course (Intermediate Level). Five climbing days in a six day period, €585,— per participant, maximum 6 participants.

27. October - 01. November 2022 (Thursday - Saturday)  
Five-Day Single & Multi-Pitch Combination Course. 3 Days of single pitch climbing, rope technique & management followed with two days of multi-pitch climbing. Five climbing days in a six day period. €585,— per participant, maximum 3 participants

## **NOVEMBER 2022**

02.-13. November 2022 (Friday - Sunday)  
Individual and Small Group Performance Coaching. Daily and multi-day rates. Please contact me directly at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com), +43 660 633 2076 (WhatsApp) or +30 698 206 7240 to arrange half-day, full-day or multiple day coaching, or to get information regarding joining in with a group.

## **LATE AUTUMN & WINTER CLIMBING PREVIEW**

### **NORTH AMERICAN ICE & SNOW**

20. November 2022 through May 2023. Single and multi-pitch ice climbing in North America's premier ice climbing locations: Ouray Colorado, Bozeman Montana, Cody Wyoming and in the Canadian Rockies, Canmore / Banff Alberta, Canada. These ice venues offer exceptional early season ice. Backcountry ski touring and ski mountaineering in Colorado's San Juan Mountains: fantastic ski terrain between 3000 and 4000+ meters high!