

Sport Climbing Fundamentals

This is my basic starter course. You're only a beginner once, so take full advantage of it!

Join a motivated, like-minded and enthusiastic small group new to the sport of climbing. Learn, practice and deeply embed all the elements of basic climbing technique and standard safety procedures to begin your wonderful experience of moving over natural rock.

The Sport Climbing Fundamentals Course is made up of five climbing days in a six day period. Each climbing session will be around seven to eight hours in length.

Course Dates & Schedule

This course can be arranged & booked at anytime. I have specific course dates posted on the website [Schedule & Booking](#) page.

Additional Information

To start sport climbing you need a pair of well fitting yet comfortable climbing shoes and climbing harness. As a beginner, wearing a climbing helmet is required. Optionally, you may want to have a chalk bag to take care of sweaty hands. Equipment can be rented locally from one of the climbing shops on Kalymnos. All additional equipment and material will be supplied for the course.

If you have further questions, or need advice use the contact form on the main page or email me at kalygnosprimalclimb@gmail.com.

Schedule & Booking

Just use the contact form on the main page, or email kalygnosprimalclimb@gmail.com to reserve a spot on a scheduled course or to schedule your own course.. If you do not see a program or date that fits your schedule, contact me about arranging an alternative.