

Transitions in Outdoor Climbing

Moving from indoor to outdoor climbing ...

Acquiring and solidifying skills for climbing on lead ...

Working your way up to more challenging climbs ...

Techniques to improve your level from 5c/5.9 to 6b/5.10c and beyond...

These are just a few examples of transitions that all climbers go through outdoors on natural rock that start after the initial beginning phase in the sport. The *Transitions in Outdoor Climbing* course meets the needs of climbers who are naturally evolving from indoor walls to real rock, are learning and practicing climbing on lead and those underway in their journey towards more difficult climbs and mastery.

Transitions in Outdoor Climbing is an intermediate level climbing course that will allow you to take the next steps in moving on to higher levels of climbing and at the same time create personal and individual systems to build upon.

The intermediate level *Transitions* course is made up of five climbing days in a six day period. The amount of climbing time per day will be around seven to eight hours. Some days may be divided into two sessions, one in the morning and one in the late afternoon or early evening.

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

Each participant needs climbing shoes, climbing harness and chalk bag, a climbing helmet is required. All other material and equipment will be supplied. However, if you already have additional sport climbing equipment and material, such as a belay device, quick draws, rope, carabiners, etc., you can most certainly use them. It is possible to rent basic climbing equipment in sport shops on Kalymnos.

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

Schedule & Booking

Just use the contact form on the main page, or email at kalygnosprimalclimb@gmail.com to reserve a spot in 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.