

## KALYMNOS CLIMBING CAMPS 2022

Kalymnos Climbing Camps are group training events that have nine group climbing sessions in a ten-day period. There are specific topics of focus for each climbing day. Such as movement & technique training, tactics to cleanly climb challenging routes, methodical fall training, climbing well despite fear and nervousness, overcoming limitations (many times self-imposed) mental training & visualization, endurance climbing, various drills to improve your climbing, etc.

The full program is €585,— per participant with a maximum enrolment of eight participants. Climbers can attend on a daily basis at a rate of €70,— per day (provided there is space in the program and the climber has the necessary experience and skills).

The Kalymnos Climbing Camps are an affordable way for climbers to get professional instruction leading to improvements in technique, knowledge, security and enjoyment. Further, visiting climbers have the opportunity to be together with other positive and motivated people in both climbing and non-climbing social activities. All this makes a Kalymnos Climbing Camp the perfect event for individuals travelling alone for a climbing holiday.

These camps are for climbers with some sport climbing experience (indoor or outdoor) and have the skill to belay fellow climbers while lead climbing. If you have questions about your level of experience and skill, just contact me at through my website at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com), by email at [kalymnosprimalclimb@gmail.com](mailto:kalymnosprimalclimb@gmail.com), or by WhatsApp at +43 660 633 2076. Any deficiencies can be made up with an individual session before the start of a camp.

## KALYMNOS CLIMBING CAMP DATES FOR 2022

### **JULY / AUGUST 2022**

20. July - 02. August 2022 (Wednesday - Tuesday, 14 days)

***Kalymnos Special Event: Summer Yoga & Climbing Camp.*** Ten days of climbing & and yoga in a fourteen 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. Ten yoga sessions at various times throughout the program. Daily themes and focus to improve your climbing within a motivated group of like-minded climbers. €840,— per participant, maximum of 8 participants. Partial participation at a daily rate is possible as well as climbing only and/or yoga only participation if space permits.

### **AUGUST 2022**

05. - 14. August 2022 (Friday - Sunday, 10 days)

***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.

## **SEPTEMBER 2022**

02.- 11. September 2022 (Friday - Sunday, 10 days)

***Kalymnos Autumn Climbing Camp Session I.*** 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.

## **OCTOBER 2022**

07.- 16. October 2022 (Friday - Sunday, 10 days)

***Kalymnos Autumn Climbing Camp Session II.*** 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.