

Private Lessons, Personal Training & Performance Coaching

Half-day, full-day, multiple-day custom tailored lessons, personal training programs and performance coaching to meet individual needs. A flexible service for climbers of various levels, experience and ages, focusing on their specific and unique requirements.

Want to try climbing for a few hours?

Need lessons for kids and teens?

Family climbing for a couple of days?

Would you like the benefits and security of training with a highly skilled and experienced professional that can guarantee safety and aid you with observations and pointers as you move forward, evolving in your climbing?

An introductory day to what Kalymnos has to offer climbers of all levels?

Get to the next climbing level? Confront fears and insecurities?

Every climber and every situation is unique. I would be excited to assist you in your individual climbing endeavours while staying on Kalymnos.

Course Dates & Schedule

Private Lessons & Personal Training can be arranged at anytime. Due to the the custom nature of Private Lessons & Personal Training it is best to contact me by email or telephone to get more information and set-up exactly what you need.

Additional Information

Basic climbing equipment such as shoes, a climbing harnesses, chalk & chalk bag and a climbing helmet are all that is needed. More experienced climbers may want to use their own additional climbing gear such as belay devices or quick draws. Basic climbing equipment can be rented from one of the local shops in Kalymnos. Additional equipment, ropes and other materials will be supplied.

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, email me at kalygnosprimalclimb@gmail.com or send a WhatsApp message at +43 660 633 2076 to reserve climbing time. It is often possible to join in with other climbers in small group performance coaching sessions during many times of the Kalymnos climbing season.