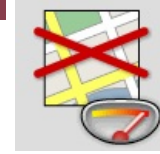


Costa Blanca Climbing Courses



Highlights

Learn to climb or just hone your skills with these Climbing Courses on the Costa Blanca. With an instructor who is well trained in navigation, mountaineering and roped climbing and all other aspects of the sport, you can mix and match skills that you want to work on and develop as a climber.

A stunning combination of both beach and mountains, Costa Blanca boasts not only amazing scenic beauty, but also great climbing weather and locations. The area boasts three Via Ferrata; mountain trails affixed with ladders and platforms to make them more accessible. There is also the looming Bernia Ridge, which provides a challenging exposed climb and nearby, the Guadalest bolted routes are an excellent option if you are interested in learning bolted climbs. Some of the greatest climbs are within spitting distance of glorious beaches like Playa of San Juan de Alicante which provides the perfect opportunity to relax after a long day of scaling of working muscles that you didn't know that you had!

Rock climbing is a great outdoor sport which uniquely combines quick problem solving and kinesthetic finesse. The rock climbing courses are all led by Ryan, a mountaineering and climbing expert, who will tailor the activity to your ability and will ensure that you work at a pace that you are comfortable with. If you are a beginner, time will be spent talking you through the techniques, rope skills and equipment before having a chance at getting stuck in with the climbing. If you are more experienced, there are also courses covering learning to lead, anchors & top ropes and intro to multi pitch.

Is it for me?

Ryan tailors makes all of his courses and so people of all abilities with an interest in rock climbing should consider these tours. However, even elementary rock climbing is not particularly easy. It takes quite a bit of both upper arm and leg strength and you should be able to pull your weight up in some capacity. Also, although this activity in this environment is fairly safe, you should expect to get some minor scrapes and bruises from the rocks during the trip.

Accommodation

Accommodation and food are not provided in this tour. However, Ryan can provide you with recommendations for accommodation ranging from budget hostels, to quaint country homes, to luxurious hotels. Just ask!

Itinerary

Ryan offers tailor-made tours, so before your trip you will have the opportunity to discuss what sort of skills you want to learn and schedule accordingly.

Details

Getting there

Sella is 40 minutes away from the Alicante Airport.

Price includes

Prices from

58 GBP (1 day) per person

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All instruction and guiding, technical equipment (ropes, harnesses, helmets, climbing hardware, travel to and from the crags)

Price details

Individual instruction £95 per day.

Instruction for 2-4 people £58 per person per day.

Instruction for 5-6 people £55 per person per day.

Available

Nov—Feb

Typical Duration

2 days - 6 days

Experience required

A reasonable level of fitness and interest is all that is needed