

# Rock Climbing Course Yosemite



## Highlights

Spend two days climbing in peaceful locations around the Southern Yosemite or Eastern Sierra, part of the Sierra Nevada mountain range. The rock climbing course offers spectacular views, expert guides and an unforgettable experience as you get your hands and feet tested on the mountain.

The Yosemite mountains and Yosemite Valley form part of the Sierra Nevada mountains, a mountain-range stretching all the way through the central eastern part of California, offering breathtaking views and stunning formations. The granite rocks are perfect for climbing, both for beginners and for those looking for greater challenges. With stable, sunny summer weather and temperatures ranging from 20-30 degrees during the day, the promise of an enjoyable weekend in the outdoors is likely to be fulfilled.

The rock climbing course offers you the chance to explore the climbing routes in Southern Yosemite or Eastern Sierra Nevada, both famous for their cliffs and beautiful view. Your guide will take you slightly off the paths trodden by so many other tourists, giving you a closer experience of the nature in the area. Over the course of the weekend, you will get plenty of opportunity to test your force against that of the mountain, obviously assisted by the experienced climbing guides. They will suit the routes to your level – whether you need beginner's training or want to give more challenging multi-pitch techniques a go.

## Is it for me?

If you enjoy climbing, this is definitely the trip for you. Although years of experience is not needed, it is not a climbing introduction for complete beginners, and a basic course or some level of confidence in the gym or outdoors will enhance yours and others' safety, enjoyment and learning experience. You need to be fit enough to climb, prepared to camp outdoors, and ready for all weather conditions in the mountains. Tents means little privacy, but a closeness to nature that cannot be substituted for anything. Couples, friends, families with older children and single travellers will all have a good time.

## Accommodation

Accommodation is in tents, which are provided by your host without additional charge if asked for in advance. All three nights will be spent in the Bowler Camping ground, from where you will make your daily excursions. The camping ground is situated in the Central Sierra Nevada, close to hiking trails and surrounded by beautiful nature.

Both breakfast and dinner are included in the price and are of a high standard. It is a good idea to bring some high-energy snacks, as well as food for light lunches - climbing is energy draining and you will feel the need to replenish during the day.

## Itinerary

**Day 1:** Meet at the base camp between 4 and 6pm, where dinner will be served at 6pm.

**Day 2:** Early breakfast is followed by travelling to the rock, where you will spend a full day climbing. The day starts with an introduction to basic techniques, etiquette and procedures - what follows depends on your skills and interests. Return to the camp is around 5pm, where dinner will be made before a restful night.

Prices from

**318** GBP (3 days) per person

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Day 3: After breakfast, you head back to the rock, where you spend the day climbing. There are plenty of routes for all levels, and the guides are happy to teach you new techniques, skills, or anything else that your heart may desire. The programme will end around 3pm, when you will make your way back to the camp.

## Details

### Getting there

Fly to San Francisco, San Jose, Los Angeles or Fresno International Airport. Hire a car and drive from there.

### Price includes

Price is per person and includes climbing guide, gear (if needed), tents, breakfast and dinner.

### Comfort level

Down to earth (hostels, camping, huts)

### Experience required

Some previous experience is needed

### Travellers should bring

This kit list is by no means an exhaustive list. All group cooking gear, stoves, water filters, maps, matches, compasses, emergency/first aid gear, and toilet paper will be provided.

### Recommended kit list

Climbing shoes, harness and helmet (can be provided); sleeping bag (15/20 degrees F) (can be provided); sleeping mat (can be provided); 3 season tent (can be provided); day rucksack (15-20 litres); trail hiking boots; 2-3 pairs of socks, (wool/synthetic: Smartwool or Thorlo); 2/3 pairs of underwear; long underwear trousers (light/mid-weight wool/synthetic: Icebreaker and Patagonia); long underwear top; hiking trousers/shorts; 1/2 hiking shorts; insulating layer; insulating jacket; heavy fleece; waterproof trousers; warm hat.

Sun protection: sun hat, sunglasses, sun screen, etc; personal toiletries: toothbrush, toothpaste, sunscreen, lip balm, insect repellent (all soap must be biodegradable); personal medication; headlamp (rather than a hand-held torch); water bottle or bladder (2/3 litres); whistle; a medium size bag or large stuff sack to put your clothes in (examples: Columbia Freeboard, Regular; Granite Gear Large); rubbish bag (if your stuff sack if it is not waterproof).

### Additional items you might want to bring

Trekking poles (highly recommended to reduce fatigue and add stability: Leki Thermolite); book; knife; camp towel; small towel (MSR Pack Towel); lightweight gloves for early or late season trips; swimming costume; camp shoes (Crocs, Teva/Chaco sandals, flip flops); fishing gear (including licence: kids under 16 fish free); camera: For posterity.