

# Rock Climbing




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# Rock Climbing

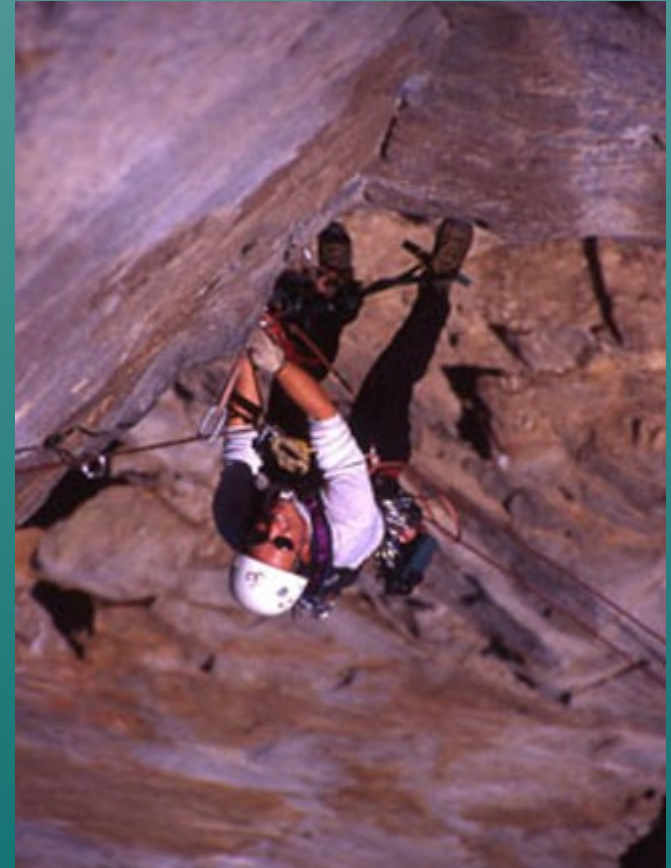
- ◆ *Rock climbing is a sport in which participants climb up or across natural rock formations or man-made rock walls. The goal is to reach the summit.*
  - ◆ *In rock climbing, the climber ties himself into one end of the rope and the belayer (climbing partner) is attached to a belay device on the other end of the rope. As the climber ascends belayer stays on the ground feeding out the rope as needed.*
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# Types of rock climbing and terminology

1. *Free Climbing*: Ropes and anchors are only used to protect the climber in the event of a fall.
2. *Aid Climbing*: Ropes and aids are used to support the climber's weight during the ascent. Special aids might include rope ladders or special hooks.



Free Climbing



Aid Climbing

# Types of rock climbing and terminology

3. *Bouldering*: Climbing done without any safety equipment. The climber typically does not go farther than 10-12 feet from the ground.
4. *Free Soloing*: Climbing alone with or without the use of ropes or any means of protection in the event of a fall.





Free Soloing

Bouldering



# Types of rock climbing and terminology

5. *Rappelling*: Descending with a fixed rope attached to the harness.





# Equipment



Well rounded rack of trad gear.



## Active Protection

SLCD's

Adjustable Nuts

## Passive Protection

Hex Nuts

Tri Cams

Nuts



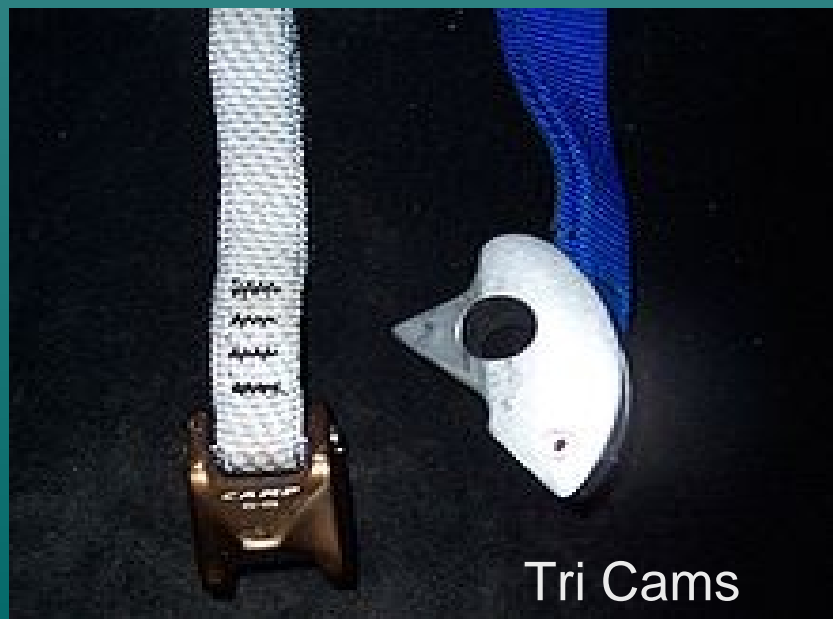
SLCD



Hex Nuts



Tri Cams



# Climbing in Madrid

## ◆ EL ESCORIAL

The village of San Lorenzo de El Escorial is located in the west of Madrid. Most of the rocks you can climb on this area are granite. The different styles that can be done there are: free climbing, alpine climbing, sport climbing and also traditional climbing.



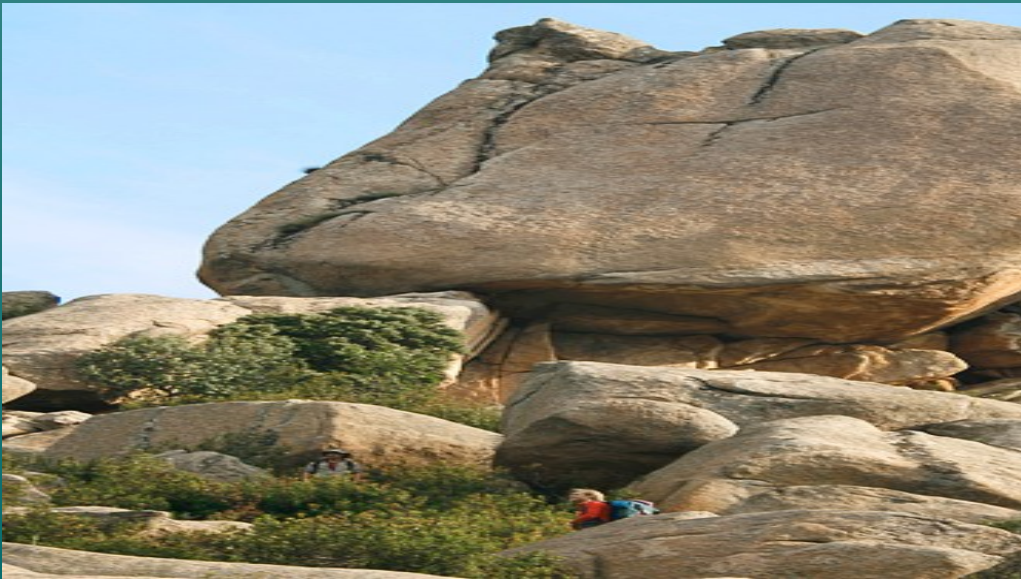
## ◆ PATONES

Patones is located near the village of Torrelaguna, in the north area of Madrid. The rock climbing there is done on steep single pitch sport routes on excellent limestone rock.



# ◆ LA PEDRIZA

La Pedriza is a rock mass located in the village of Manzanares El Real. There the rock climbing is mainly done on long granite slabs, which requires precise footwork and balance.





# Indoor-climbing

## What is it?

- ◆ It is a type of climbing where you climb on artificial structures that intend to mimic rock formations. It is much safer.

## Equipment

- ◆ To do indoor climbing you need harnesses, ropes, belay devices and climbing shoes.

## How do you do it?

- ◆ You have to go up the wall using your feet and your arms to pull you up

