



Rock Climbing Bernese Alps Bernese Alps

Course Description

From learning risk management to placing rock protection to effective communication, this exclusive course will give you a solid foundation in the basics of outdoor rock climbing. If you're looking to build your foundation as a climber on a summer break that's more than a vacation, this is the course for you.

Features

- Duration 10 days
- Minimum Age 16
- Group size 4-10 Participants/2-4 Instructors
- Tuition 4.990 CHF
- Accommodation Double rooms and mountain huts
- Elevation range 1000 – 2500 m

Overview

The course will take place in the Gastlosen Mountain Range, home to more than 800 climbing routes. As you advance we will move to the greater Sanetsch Mountain Range where you will find testing challenges to apply your newly acquired skills. Please note that actual locations are subject to weather conditions.

Base camp will be in one of the self-catering mountain huts with easy access to the climbing routes. Here you'll start your rock climbing adventure developing basics skills, such as belaying, tying knots, rope handling, communication, top-roping and rappelling. As you progress more advanced topics will be addressed such as tactics, sports psychology and effective training methods. You even might have the possibility to do some lead climbing and/or multiple pitch climbing.

This intensive course aims at developing a solid understanding of the basics of technical rock climbing through experiential learning in a fun and supportive environment.

Learning Goals

OLCS courses not only teach technical climbing skills but also teach leadership skills in challenging outdoor environments. Our students have the chance to apply these skills and hence have the chance for a positive transformational experience. In consequence our students take ownership of their own learning process.



At OCLS we design courses so that students are able to assume leadership roles, learn to make thoughtful decisions and manage risks, respect other team members, develop confidence, communicate effectively and appreciate simple living in the outdoors.

Weather and other Challenges

The Alps are known for extreme weather conditions. Though mild and warm weather is more typical in August, students should expect anything from thunderstorms, to consistent rain, to a cold spell with snow. Weather changes can occur in a matter of minutes or can last for several days. There may be times when you are cold and wet, but you will learn to adapt and manage these situations. To help you keep warm and comfortable make sure you bring the appropriate gear from our equipment list.

Terrain

During this course you will be travelling in a mountainous area characterized by steep slopes and rocky terrain. The approach to a rock cliff can be exclusively off-trail, demanding constant attention. Loose rock can be a hazard, adding to the challenge of climbing and hiking.