

Introduction to Rock Climbing – Indoor and Outdoor – 1 day

Description

This is a great opportunity for anyone who would like to give rock climbing a try. Learn the basics at a purpose built indoor climbing centre close to the city of Kota Kinabalu. Qualified and friendly staff will get you used to the equipment and help you to learn how to use a variety of techniques to get to the top of the wall. The climbs are graded from very easy to very hard. You will then be taken to the outskirts of Kota Kinabalu for lunch before we drive to the small village of Kironngu where there is a cliff beside a waterfall in the jungle. It's a 5 – 10 minute trek into the jungle. Expertly bolted to make it safe, this cliff is the perfect place to try climbing on real rock in the Borneo jungle.

Itinerary (Timings to be used as guidelines only)

9.00am	Pick up from your hotel, 10 minute drive to climbing centre
9.10am	Introduction and morning introductory session
11.45am	Drive to Inanam for lunch
12.45pm	Drive to Kironngu
13.00	Outdoor Rock Climbing
15.45	Return to your hotel

Pre-requisites

- An adventurous spirit

Included:

- All climbing equipment (harness, helmet, shoes, ropes etc...)
- Qualified, English speaking guide
- Lunch
- Transportation
- Snacks
- First aid kit

Packing list

- Trainers for the walk into the jungle
- Suncream
- Personal medication
- Small backpack for your belongings
- Snacks