

The Rock Climbing School

Based in the Picos de Europa, a stunning massif of granite on the northern coast of Spain, the Rock Climbing School is a comprehensive immersion into the vertical world. Over 6 weeks, you will learn the fundamentals of sport and traditional rock climbing. The course focuses on lead climbing, placing protection, building anchors, proper body movement and technique, and learning a variety of rope systems to help you mitigate risk and move in an efficient manner, whether you're bouldering or climbing multi-pitch. You'll also learn how to train for success, maximizing your potential without blowing out your tendons in the process.



But more than just a course to learn to “climb hard,” you’ll also learn skills and techniques to overcome challenges you may face in the future. There is a strong rescue component to the course, where you’ll learn to escape a belay, assist a struggling partner, rescue an injured lead climber, and how to undertake a full cliffside rescue. These are skills that few climbers know, but are critical to your long term safety and enjoyment. They’re also really useful as your climbing develops and you need to expand your rope skills repertoire.



Continuing, the course will look at some of the recent advances made in climbing psychology, showing various techniques to help you maximize your potential before you ever leave the ground.

With a student to instructor ratio of 2:1, you’ll get the personal attention necessary to develop your climbing and leadership skills rapidly. Finally, beyond the climbing,

The Mountain Training School

you will also be spending 6 incredible weeks on the north coast of Spain, home to some incredible food, surfing, and an amazing culture. Go hiking, biking, explore the rich history of the area, and come away having had a truly incredible experience.

Climb On.

Meet Some of Your Instructors

Alfredo Iglesias Gago



Alfredo is originally from the big city of Madrid, Spain. However, after 15 years of living in the paradise that is the Picos de Europa, that is where his heart is. He trained at the Escuela Espanola de Alta Montana (The Mountaineering School of Spain) and worked as an instructor in the school for 2 years.

For the past 3 years he has been running his own business, Guiatrek, based in Potes in the

heart of the Picos. He has an intimate knowledge of the many treasures to be found in this little known exceptional climbing area. Working with Alfredo, you can't help but be inspired by this place and start falling in love with it yourself.

Brian Martens

A native of Boulder, Co, Brian has been addicted to the mountains since before he can remember. He has 15 years of climbing expertise from more than 20 countries on 6 continents. He has professionally guided in the USA, Peru, and Chile. And as a long time musical enthusiast, is trying to learn to play every instrument possible. Up next: Bagpipes on El Capitan.



The Mountain Training School

info@MountainTrainingSchool.com

www.MountainTrainingSchool.com

+1 763 219 1833 (USA) | +44 (0)208 144 4017 (UK) | +61 (0)2 8011 3434(Australia) | +1 763 374 4641 (Fax)

Lyra Pierotti



Lyra has a varied background with climbing and guiding experience in Yosemite Valley, the Sierra Neva, Mexican volcanoes and Mt Shasta. She is known for her great enthusiasm and her commitment to providing her students with quality instruction and an all-encompassing positive experience.

Course Details

Cost

The Rock Climbing School is \$6995 USD. Places can be reserved with a \$2000 deposit via our website with a credit card, as part of the course application. Final payment is due 90 days before the course begins, and can only be paid by check or bank transfer.

Group Details

Groups are capped at 8 students, and are run with a 2:1 student to instructor ratio. Most groups have 6-8 students and 3-4 instructors.

Course Dates

The course is 42 days long in total and spends approximately 35 days in the field. Our upcoming course dates are as follows:

2012

July 22 to September 1
September 9 to October 20

2013

April 14 to May 25
July 21 August 31
September 8 to October 19

2014

April 13 to May 23
July 20 August 30
September 7 to October 18



What's Included

Course tuition includes professional instruction, local transport, national park fees, simple housing, and group and climbing equipment.

The Mountain Training School

info@MountainTrainingSchool.com

www.MountainTrainingSchool.com

+1 763 219 1833 (USA) | +44 (0)208 144 4017 (UK) | +61 (0)2 8011 3434(Australia) | +1 763 374 4641 (Fax)

What's Not Included

You will need to provide your own equipment per our gear list, food, medical and evacuation insurance, optional trip cancellation insurance, and flights/busses to/from Santander, Spain.

Your Rock Climbing Curriculum Includes

Belaying and Abseiling

You practice a variety of belay methods including top rope belaying, lead belaying, top belaying, both with standard gear and improvised. You will learn to abseil using standard and improvised methods, as well as how to back up a system for increased safety.

Building Anchors and Placing Protection

You will have many opportunities to construct and evaluate rock anchors in both traditional and sport (bolted) climbing situations. You will learn how to place traditional protection such as nuts, cams and hexes and to critically evaluate these placements.

Rope Systems

You will learn techniques and application of a variety of rope systems and practices. Topics include: pitching, the use of running protection and systems for multi-pitch climbing. You will further learn techniques to manage the rope while climbing and how to care for check your rope after climbing.

Rescue Systems

You will have the chance to understand and set up a variety of self and group rescue techniques, including escaping a belay, tandem abseils, ascending a fixed line, cliffside pick offs, and assisted and unassisted hauls, including complex hauls.

Climbing Fundamentals

The key to good climbing is efficient use of your body on the rock. Your instructors will model good technique and coach you to ensure you master these techniques. You will learn range of techniques and learn how to apply them in different climbing situations.



The Mountain Training School

Climbing Training and Psychology

You will be introduced to techniques to help maximize the potential of both your body and mind. This will include developing a comprehensive training program to improve areas of weakness and aid recovery. You will learn visualization techniques, breathing methods and mental exercises to help you overcome mental challenges in your climbing development.



Backcountry Skills

You'll develop your backcountry basic skills, such as minimum impact camping, navigation and cooking.

Risk Management and Judgment

You will begin to learn to assess and mitigate the risks faced by climbers. Being able to make good decisions and having solid judgment are invaluable tools to ensure a long climbing career. As your work with your instructors to plan the development of your course you will gain an insight into how professionals approach decision-making and risk management.

Sample Expedition Itinerary

Weeks 1 and 2

You will be picked up in the morning of the first day in Santander, Spain, and driven to our basecamp in the heart of the Picos de Europa. After some introductions, goal setting, and settling in, we'll get out climbing. The first week will be spent developing fundamentals: movement skills, belaying, abseiling/rappelling, and an introduction to simple rope systems. As the course continues, you'll begin to mock lead (or take a full lead if you're ready), as well as begin to use trad equipment such as cams, nuts, and hexes. The focus will be on developing anchor building and climb protection strategies for efficient and risk managed movement.

On your off days, you'll have the chance to explore the area, hiking, biking, surfing, or just soaking in the incredible culture of the area.

Weeks 3 and 4

The second phase of the course will carry two main foci: the continued development of your trad climbing skills, including a transition to multi-pitch climbing and continued development of your lead climbing skills. We'll also begin to work on rescue skills and rope strategies to help broaden your base of climbing competence.

The Mountain Training School

You'll also begin to plan some of your larger objectives for the last two weeks of the course. Want to climb the East Face of the Pico? Start planning...

Weeks 5 and 6

The final two weeks of the course are largely driven by your goals and desires. Want to work on crack climbing techniques? We'll do it. Continue with the rescue curriculum? No problem. Climb some of the classics in the area? Let's go. The last two weeks are your opportunity to get individual attention and really come away ready to take on the world.



Equipment

The Mountain Training School provides much of the equipment necessary for the course, such as ropes, trad gear, draws, tents, and cooking gear. However, you are responsible for providing some of your own equipment, such as your clothing, harness, helmet, and sleeping bag. This is detailed in a separate equipment list for this course. Please read over this list carefully. We also offer a range of equipment for sale at a discount or for rent. If this will be your first mountaineering experience, we recommend that you rent some of the more expensive items until you know 1) your preferences and 2) how you like things to fit.

Food and Nutrition



In terms of food, this course is nothing like our other expeditions. You'll be able to indulge in the incredible food of the region: fresh seafood, tapas, a variety of fresh cheeses, and wines from local vineyards. The cuisine of northern Spain is reason enough to come, and you can just use the climbing course as an excuse to build up an appetite.

The Mountain Training School

Fitness

Despite the heavenly location, food, and relaxed atmosphere, the Rock Climbing School is still very challenging. You will be living in a remote environment with people you've never met, challenging yourself physically and mentally every day, undertaking a full regime of interactive classes, all while adjusting to a new environment. It's a very tough trip.



As such, your initial level of fitness will make a huge difference to your enjoyment of the expedition. We very much want you to be successful and learn as much as possible.

Start exercising now, on two fronts. First, you need to develop a good base of cardiovascular strength. It's not too important what you do: swim, jog, bicycle, or walk up hills; you want to train for long distance endurance and stamina. Get your heart pumping, and you'll be much better prepared for a long climb.

You also want to start building upper body endurance (not necessarily strength, per se), so partake in exercises that use your upper body muscles over and over. Think light weights with lots of reps, as opposed to heavy weights with only a few reps. Again, it doesn't really matter what you do, so long as you do something. We'll help you create a long term fitness plan as part of the course.

For more information, check out our Fitness page on our website. And please consult with a doctor if you have any concerns.

Any other questions?

Please feel free to contact us by email or phone (listed at the bottom of each page of this document) if you have any questions, comments, thoughts, or concerns. We're happy to help in any way we can.

The Mountain Training School