



SWS Mountain Guides
210 East Lake St.
Mt. Shasta, Ca. 96067
mail@swsmtns.com
www.swsmountainguides.com
Phone: 888.797.6867

Introduction to Outdoor Climbing Clinics

Introduction to outdoor rock clinics will get you moving comfortably, safely and confidently on the rock with plenty of challenging routes for all levels. All climbing gear included.

- **Skills Covered:**
 - Climbing equipment use and care
 - Top-rope belay skills & commands
 - Outdoor rock climbing techniques
- **Course Info:**
 - Price: see website for pricing
 - Length: 1/2 Day to 1 Full day
 - Class size: 2-6 people
- **Location:**
 - Bear Valley – Office (map)
 - Skill Level: Beginner to Intermediate
 - Fitness Level: Moderate
- **Dates:** For Reservations or Questions call: 888-797-6867