

ALPENGLOW expeditions



Rock Anchoring

This skills day is for climbers who are looking to expand their skills, and learn the techniques to become more self sufficient. We will introduce the concepts relating to all types of anchors used in rock climbing, and the student will come away from the course ready to set up and use their own top rope anchors, and have a much better understanding of technical systems used in rock climbing.



All programs directed by Adrian Ballinger
AMGA - IFMGA Certified Mountain Guide



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877-873-5376 | PO Box 3122 | Olympic Valley | CA | 96146
alpenglowlowexpeditions.com | info@alpenglowlowexpeditions.com



Skills covered:

- Rock protection overview and placement
- Equalization principals
- Anchor station and rope management
- Belaying off the anchor vs. the harness
- Edge safety
- Anchoring with natural objects

Prerequisites: Basic outdoor rock climbing experience required.

Price:

\$189

Location:

Alpenglow runs our rock climbing courses on the Iconic Donner Summit, in Truckee, California. Specific meeting location details will be provided before the course starts.

What to bring:

The weather can vary wildly on Donner Summit, from cold and windy to hot and sunny. It is important that you have the proper clothing to be comfortable while in the field.

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- T-shirt
- Shorts
- Light pants
- Light weight long sleeved shirt for sun protection during warm periods, or a long sleeved capilene or merino wool layer for cooler periods
- Light puffy jacket or fleece sweater
- Lightweight rain jacket
- Baseball hat or other sun hat
- Warm beanie for cooler conditions
- Sturdy hiking shoes, sticky rubber “approach” shoes recommended
- Sunscreen
- 1 liter of water
- Lunch and snacks for the day
- Camera (optional)



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If you already own climbing shoes, harness, helmet, or other climbing gear, feel free to bring them along. Alpenglow provided harness, helmet and shoes free of charge if needed. If you do require climbing shoes, please state so on your application, along with your shoe size.

Itinerary:

- 8:30AM- meet and greet, introductions, goals of the day
- 8:45-12PM- Morning skills session
- 12-12:30PM- Lunch
- 12:30-3:30PM- Afternoon skills session



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