



**UPLIFT
ADVENTURES**

explore with purpose

Rock Climbing

Reach new heights. A beginner course.



Intro into Rock Climbing

The course is designed for people who have never climbed before or have done some climbing indoors. This course focuses on outdoor climbing, belaying, and rappelling.

Location: Crowsnest Pass

Duration: 6 hrs

Meeting Time: 9am

Dates: July 25, Aug 15, or
Sept 19, 2026

Cost: \$195/ person + gst
Includes climbing gear