

Vertical Heartland Climbing School



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Serving over 3,000 clients since 1993

GENERAL INFORMATION

Our programs are in two general formats: Technical Instruction via open-enrollment pre-scheduled classes and Guided Top Rope Climbing for individuals and groups by reservation only.

Climbing Medium: Climbing takes place outdoors at our private cliff, Draper's Bluff. Climbing routes range from 15-110 feet in height. We have enough variation of difficulty levels to accommodate all levels of fitness.

Ages of Clientele: We are willing to accommodate any age. Attention span is a large variable in young children. For children under 13 years of age, we prefer that a parent is present, unless the child is completely comfortable with the adult chaperone that you provide.

Guided Top Rope Climbing Times: A full climbing day runs from 9:00 a.m. - 4:30 p.m. with a midday lunch break for 30-45 minutes. Half-days either run from 9:00 a.m. to 12:30 p.m., or 1:00 p.m. to 4:30 p.m.

Reservations: Although we prefer as much lead-time as possible in reserving your dates, we'll make every attempt to take care of short notice reservation requests. Please see our Rate Sheet for further info.

GUIDED CLIMBING

Experiential Climbing Days: Working at a one guide to seven clients ratio (or better), each of our clients usually averages between 300-500 feet of climbing per day, regardless of group size. This average includes all skill levels. Our motto for experiential climbing is, "CHALLENGING, BUT ATTAINABLE". **For youth groups, please bring at least one adult chaperone per seven participants.**

TECHNICAL INSTRUCTION

Technical instruction is offered on an open-enrollment basis. **Please note that given group dynamics and the fact that people have their own rates of learning, there can be no guarantee that each participant will effectively absorb all presented subject matter. Flexibility per topic may be allowed.**

Basic Skills (5-participant minimum, 9-participant maximum):

Physical climbing movement
Equipment overview and management
Knot craft
Rope management
Communication & safety checks
Top rope anchoring, belaying, and lowering
At-the-anchor changeovers
Descending with self back-ups

Course Length: Saturday & Sunday, 8 a.m. – 5 p.m.
Course Price: \$250

Next 2008 Dates:
Saturday & Sunday- September 13 & 14
Instructor: Eric Ulner

Advanced Skills (4-participant minimum, 6 participant maximum):

Physical climbing movement
Belaying a leader
Fixed anchor use
Anchor changeovers
Descending with self back-ups
Sport leading
Traditional gear placements
Rescue components

Course Length: Saturday & Sunday, 8 a.m. – 5 p.m.
Course Price: \$300

Next 2008 Dates:
Saturday & Sunday- September 20 & 21
Instructor: Eric Ulner

Traditional gear placement training and multi-point belay anchoring first takes place at ground level. This enables the participant to focus on the mechanics of passive and active placements in a non-climbing, stress free situation. We eventually take our clients to the point of mock leading with a top rope belay. If time allows, after a trad ascent, the student will rappel the route with the instructor for critical analysis of the gear placed by the client.