

Fall Women's Rock Climbing - Adult

Course Description

Camp and climb among the red sandstone cliffs in Red Rocks with other women who want to learn. On this course you'll immerse yourself in the optimal environment to learn new skills and reach new heights in one of the area's most popular and beautiful climbing areas. From learning movement technique to clipping bolts, this course progresses through the fundamentals of outdoor sport climbing. If you're looking to climb for the first time, to build your foundation as a climber, or to move from indoor climbing to outdoor climbing, this might be the course for you.

Features

- Duration: 8 days
- Location: Red Rock Conservation Area (just outside of Las Vegas, NV)
- Average group size: 10-15 students / 3-4 instructors
- Average age: 34 / Minimum age: 23
- Designed for those who self-identify as women
- Elevation range: 6,000 - 7,500 feet
- Skills: climbing movement, skills needed to sport climb outside, top-rope site awareness, how to be a good climbing partner, base camping skills

Overview

Your course begins with learning basic camping skills: base camp set-up and maintenance, Leave No Trace camping and climbing techniques, cooking, and stove use. You'll also start with beginning rock climbing skills; such as belaying, knot tying, rope handling, communication, top-rope climbing, and rappelling. You will then explore some more advanced topics; such as sport climbing technique, cleaning bolted anchors, lead belaying, "mock" lead climbing, and possibly lead climbing.

There will also be opportunities to learn about the [NOLS leadership curriculum](#), the natural environment, and the human history of this location. This course sets you up to develop a solid understanding of the fundamentals of technical sport climbing through experiential learning in a fun and supportive environment.

On this course you will be base camping, which means camping in one location for the duration of the trip. You will be driving in NOLS vehicles and hiking to the climbing areas each day. Base camping allows for extra luxuries that are not as realistic on a typical backcountry camping trip, such as extra sets of clothes, books, and camp chairs. We will send your group out with fresh fruits and vegetables and extra camping items (like

lanterns and two-burner propane stoves) that will help make your base camp a comfortable place in which to spend time.

Red Rocks is a popular and well-known climbing area, so you will be staying in a pre-established group campsite, and you should expect to encounter many other users who are not a part of NOLS while camping and climbing.

Weather and Other Challenges

Weather

Sunny weather is typical in the autumn months, but students should expect anything: heavy rains, extreme heat, wind, and cooler evenings at this time of year. Please make sure you bring the appropriate gear from our equipment list to help protect yourself from sun and overheating as well as to keep warm and dry in inclement conditions and during the colder evenings and mornings.

Terrain

At times on this course you will travel in areas characterized by steep slopes, rocky terrain, and sheer cliffs. Travel to rock cliffs can be on or off trails requiring constant attention to route-finding. The rock can be loose and easily breakable and plant life can be dense, occasionally adding to the challenge of hiking to your climbing areas.

Remoteness

For the duration of your course, you'll be miles from the amenities of civilization. Ambulances and hospitals will be at least an hour away. All NOLS instructors maintain wilderness medicine certifications and are equipped with well-stocked first aid kits to provide care in the event of an emergency.

Group dynamics

You will be living and working in a small and diverse community around the clock in sometimes difficult conditions. This will require the utmost in cooperation, patience, and humility. The success of the expedition is dependent on the ability of its members to support one another in trying circumstances. On all of our courses, we strive to foster a course culture free from racism, sexism, xenophobia, classism, homophobia, and transphobia, and in which these and other hallmarks of systematic oppression do not impact anyone's ability to learn and thrive in the outdoors. Working together towards a common vision can be one of the most rewarding and memorable aspects of any NOLS course. This course provides the unique opportunity to spend time in an affinity space with adult women in an outdoor setting. This helps create a comfortable learning environment that supports asking questions, taking risks, and forming relationships.

Learning Goals at NOLS

NOLS courses teach wilderness and leadership skills on expeditions and in classrooms. You will apply these skills to challenges in a supportive learning culture with high expectations. Your course will provide you with the opportunity for a positive, transformative experience intended to inspire you and empower you to act.

We craft NOLS courses so graduates will be able to assume leadership roles; live and travel in the outdoors; act with confidence and competence; respect and collaborate with others on expeditions, on teams and in communities; care for themselves and others; understand their strengths, habits, and areas for growth; function under difficult circumstances; make informed and thoughtful decisions; communicate effectively; connect with natural places; and appreciate living simply.

We believe positive, ethical leaders change the world. Join NOLS and become one of these leaders.