

ICE CLIMBING



Ice, ice, baby! Like life on the rocks? Take it to the top with an introduction to ice climbing. This one-day course is a general introduction to waterfall ice climbing. Discover the excitement and adventure of this exhilarating winter sport. Learn the basics in a top-roping lesson and understand the equipment from a licensed, certified instructor. Then, spend the afternoon practicing what you've learned climbing a frozen waterfall to gain a practical appreciation for efficient movement over moderately angled snow and ice terrain. Discover some of the best ice climbing in the region.

- Check in at base camp to meet your guide and gear up
- Learn ice climbing fundamentals such as tool placement and crampon footwork
- Put your skills to the test and climb on a frozen waterfall
- Enjoy the breathtaking views of the surrounding mountains
- Includes all instruction and use of equipment

Your Gift Locations*

North Conway, NH

Availability

December through March, Select Saturdays per schedule

Duration

Full day (7 to 8 hours)

Essential Information

Minimum age is 18 years old; participants should be in good health; release forms must be completed for all

Numbers

Experience for 1 in a group of no more than 4



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-06-1425-A