

NEW TO ROCK CLIMBING? A BEGINNER'S GUIDE ON HOW TO START



Rock climbing in Spain

Spain is a rock climbing haven, with its numerous mountainous regions.



Whether you're climbing the coastal cliffs of the Balearic Islands or the infamous Pyrenees mountains on the border between France and Spain, you are sure to see some of the **most beautiful views that Spain has to offer.**

If you're new to the sport, follow this guide to find out where you can try out this exhilarating activity (but remember, it's not for the faint hearted!).



Equipment you will need

If this is your first time trying the sport, we highly recommend that you go with a company, so that you can be shown the ropes by professionals. In this case, the equipment is usually provided for you, but **here is a list of all the things you'll need to go rock climbing.**

Equipment you will need

- ☐ **Clothing:** Wear clothes that are non-restrictive and won't get in the way of the ropes and equipment. Bring clothes for a range of conditions, since you'll be outdoors for a long time.
- ☐ **Climbing helmet:** You will need a helmet specific for rock climbing. This will protect your head from bits of falling rock, and sometimes in the case of a fall.
- ☐ **Harness:** This essential piece of equipment lets you attach yourself to the climbing ropes. The specifics of the harness will depend on the type of climb you are doing.
- ☐ **Rock climbing shoes:** These protect your feet and provide friction to grip whilst climbing. Your ability will be an important factor when choosing the right shoe.
- ☐ **Other shoes:** You will need a pair of comfortable shoes for walking to the rock climbing base, since rock shoes aren't very comfortable for long-distance walking. You will also need equipment such as chalk, carabiners, and climbing ropes. However these will almost always be provided if you are a beginner at the sport.

Where can I try it?





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