



FAMILY ROCK CLIMBING ADVENTURE

Treat your family to a memorable experience while discovering the thrills outdoor rock climbing! Starting with the basics of safety, MAS instructors will provide a supportive and fun environment for the whole family. Parents will quickly learn the rope safety techniques of belaying while the younger ones are learning to rock climbing. As the day progresses everyone will have the opportunity to climb, cheer and experience the excitement of outdoor rock climbing. MAS supports good clean family fun, especially in the outdoors, and has significantly lowered the price so that everyone in the family can participate and enjoy this special day.

LOCATION AND TIME:

- Bear Valley - Central Sierra Nevada, CA: 9 AM - 3 PM

PREREQUISITES:

Good fitness and willingness to do something new with the family. Warning, this sport has been known to be extremely contagious.

COURSE CURRICULUM:

- introduce basic rock climbing equipment
- learn and practice rock climbing commands, terminology, and knots
- establish good habits and safety procedures
- Learn proper belay methods
- Climb, climb, climb

WHAT TO BRING:

- comfortable walking or hiking shoes (sandals not appropriate)
- shorts, t-shirt, sunglasses, sunscreen & sun hat
- sweatshirt, pants, jacket & warm hat (just in case)
- wind breaker/rain jacket if the weather is unsettled
- day backpack to carry lunch, water, and personal rock climbing gear
- lunch, snacks & 2 quarts of water

MAS PROVIDES:

- all climbing equipment including harness, helmets, shoes
- professional instruction
- safe and supportive environment
- all necessary permits and insurance

COURSE REGISTRATION:

Preregistration is required and full payment reserves your spot. Secure online registration is available through the MAS web site (<http://www.mtadventure.com>). Participants can also call or email the MAS office at (209) 753 6556 ext. 1 or mail@mtadventure.com. All course participants must fill-out and sign MAS Course Registration Form.

*** DIRECTIONS TO BEAR VALLEY ON THE BACKSIDE ***

DIRECTIONS TO BEAR VALLEY

BEAR VALLEY - CENTRAL SIERRA NEVADA

Bear Valley is the home of MAS and the BaseCamp Lodge. This program will take place at Box Canyon which is 15 minute walking distance from the BaseCamp Lodge. This granite slab is peppered with numerous climbs ranging from 20 - 100 feet in height! Box Canyon may be one of the best beginner/intermediate crags in the Sierra. The 20-100 foot climbs are characterized by moderate crack and face climbing ranging from 5.3 - 5.9. In addition this site is beautiful and a nice place to spend the day.

FROM S.F. BAY AREA: (3 hours)

Take 580 East to 205 East then 5 North. Exit East on 120, then North on 99. Head East on 4, merge with 49 South and go through Angels Camp. Continue East on Highway 4 and Bear Valley is 25 miles east of Arnold.

FROM SACRAMENTO: (2 hours)

Take 99 south to 12 east, merge w/Hwy. 49 south to Angels Camp. East on Hwy 4 to Bear Valley.

TO THE MAS OFFICE AND BASECAMP LODGE:

From Highway 4, turn left onto Bear Valley Road. Drive past the Cross Country Center/Bear Valley Adventure Co./Texaco Gas Station for approximately 100 yards. BaseCamp is the three story shingled building on your left, just past the large gray Transportation Center.

