

FAQ

Rock Climbing

I have never rock climbed before in my life. Can I take this course?

Introduction to rock climbing is a course designed for complete beginners. It is also ideal for those who have done indoor climbing and would like to try it outdoors for the first time. Some of our clients come out every year even if they have climbed before because they like to know that our top-notch instructors set the routes they are climbing and we provide all the gear.

How long is the course?

It is a one-day course. The course runs from 9:00 a.m. to 4:00 p.m. The instructors will meet you at the parking area for 9:00 a.m. and you should be back in the parking area for 4:00 p.m.

What is the age restriction for this course?

The course is open to adults, adolescents and children. Minors must have their waivers signed in advance by a parent or guardian. Minors who are under 12 must be accompanied by a participating adult.

What if I don't have a strong upper body?

Rock climbing is a combination of using your feet as well as your arms. Our climbs are rated from easy to medium so there are different levels for beginners to try. Gaining proper technique will allow you to improve without having a super strong upper body.

What is the fitness requirement for this course?

A hiking fitness is generally recommended.

How high are the cliffs?

The cliffs range from 70 feet to 90 feet.

How many people will be on the course?

The maximum group size per instructor is 6 people.

What type of footwear do I need?

It is a good idea to wear running shoes or hiking shoes/boots. We do provide the rock climbing shoes, however, you will have to hike in to the cliff so appropriate shoes are recommended.

How long is the hike into the cliffs?

It is a short (10 minute) hike from the parking lot. You are able go back to the car if you need to.

Are there washrooms?

There is an outhouse situated beside the parking area.

Can I bring a cooler to put my lunch in?

We recommend that you bring your food in a backpack so that you can hike with your hands free.

Can my wife/husband/daughter/son/brother/sister/friend/neighbour come and watch the course without participating?

We do not provide helmets for non-participants. Spectators can watch at their own risk.

What happens if I arrive late?

If you arrive late, you should be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, an instructor may come back in one hour to find you. You may want to hike down the stairs and try to find your group.

What should I do if I am lost?

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you.

Can I get a copy of the photos the instructor took?

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

I am scared of heights. Can I do this course?

Some people have a natural fear of heights and they have found the course thrilling because of that exciting fear. You probably know yourself well and if rock climbing intrigues you, we welcome you.

I am a big guy. Will the ropes hold me?

The ropes are designed so that they can hold your truck. Unless you are as heavy as a truck, there should not be a problem.

How much is the park fee?

The park charges an entrance fee of \$5.00 per person.

Is water accessible?

Yes, there is water near the parking area. There is also a spring at the bottom of the cliff if you would like to wash your hands. It is a good idea to bring enough water for the day so that you don't have to climb back up the parking area to get more water.

What should I wear?

Wear weather appropriate clothing. In the summer, the rock face is almost 10 degrees hotter so you may want to wear a t-shirt or tank top underneath your light jacket. The mornings are often cool so a light jacket or fleece is cozy. Wear clothing that you are not

afraid of ripping or getting dirty.

Do you have gift certificates?

Yes, we provide gift certificates for all occasions.

Is it customary to tip my instructor?

Tipping is not required. If you feel that you have received exceptional service and would like to gift the instructors with a tip, they will graciously accept it and appreciate your generosity.

TESTIMOLIALS

"Rock climbing was awesome! The weather was perfect, it was a really nice group of people, lots of climbs set up, no waiting and the instructors were excellent. I will let anyone I know that's interested in trying it out to check out you guys. I hope to take the Top rope anchor course in the Spring."

Margaret Wright, Toronto Ontario

"Thanks for the great rock climbing weekend. Sarah, Neil & I learnt a lot, and we also had a great time. We are all pumped to go climbing again. The instruction was great. All three of you were very professional, fun and very patient."

Michael Vervena, Toronto Ontario

"I wanted to thank you for a beautiful time rock climbing and we would like to take it to the next level next year. We really enjoyed the break and getting outdoors."

Yannis Marine, Toronto Ontario

"Just to let you know, we had a great day! The instructor was very good, informative and helpful but not hanging over us all the time...but there when we needed assistance. We will be back to do more courses. Thanks for a great day!"

Andy and Wendy Dworak, Hamilton Ontario

"We had a super time! It was an amazing day weather wise and the instructors did a great job. Will highly recommend it to friends!"

Cory Jacobson, Toronto Ontario

"The first time I tried rock climbing, it was a disaster. It was with another climbing company, and there was a large group of us and the instructors did not spend time talking to us about climbing, what to expect, or some handy tips. I was the first one to try and I made it about 10 feet up before I froze. I waited for some encouragement or help, but upon receiving none, fear overcame me and I had to get back down. The instructors were too busy with other students to give any one particular student individual attention. A few weeks after this terrible experience, I realized that I had to try again. This time though, I did some research online and found One Axe Pursuits. Their website was

informative and they had the option of trying a private lesson. I was overwhelmed by the support and encouragement that I received. The first thing I noticed when I got to the climbing lesson was that I would be receiving some climbing shoes, which were not provided at the other climbing school. The instructor was amazing as well. He radiated calmness, competence and confidence. He set up three climbs, each at different heights. He let me go at my own pace, gave tips when necessary, and tons of encouragement. By lunchtime, I had completed all three climbs. The best part was, after my last climb of the day, the instructor turned to me and said, "Congratulations, you're a rock climber now". Here's the bottom line. If I can do it, anybody can do it. And let me tell you, it is totally worth it. The euphoria from reaching the top of the climbs and the confidence I have gained from this experience is priceless. The key, though, is to find the right group to help you accomplish your goals. I would highly recommend One Axe Pursuits to anyone looking for the thrill of a lifetime in a safe, fun, encouraging and down to earth atmosphere. I have already made plans to go rock climbing again, and to even try some ice climbing in the winter!"

Susy Toth, Toronto Ontario Rock climbing