



Rappelling Workshop

For whom is this workshop designed?

This workshop is for anyone who is confident in rock climbing on a top-rope set-up and wants to learn new advanced rope skills in climbing.

What will you learn from it?

You will learn to Rappel down a rope independently.

Topics covered

- Building anchors.
- Setting up Rappel line(rope)
- Setting up personal rappel equipment
- Rappelling using tuber and prusik
- Rappelling Munter hitch
- Rappelling Gri Gri
- Rappelling on two rope
- Passing a knot on the rope while rappelling
- Learning all the required knots

Post-workshop

Post this workshop you will develop a better sense of using climbing equipment and develop advanced rope work. You will develop and at the same time get over the fear of falling and develop trust in equipment.

Duration: 1 day (6-hour day)

Includes: Climbing equipment, Instructions, Snacks/fruits.

Excludes: Transport, Lunch/Breakfast.