



## INTRODUCTION TO ROCK CLIMBING

Entrust our Mountain Guides' expertise to approach this exciting activity.  
Live a new amazing experience on the cliffs of Cogne.

### **Program:**

Half day:

- Meeting with the guide at 9:00 at Cogne Tourism Office for equipment check and briefing
- Transfer to the chosen cliff and climbing until 12:30

Full day:

- Meeting with the guide at 9:00 at Cogne Tourism Office for equipment check and briefing
- Transfer to the chosen cliff and climbing until 12:30
- Lunch break
- Climbing until 16:30

### **Equipment:**

- Sports clothing
- Trekking shoes
- Harness
- Helmet

### **Duration:**

Half day or full day

### **Number of participants:**

Maximum 6

### **Meeting point:**

Cogne Tourism Office or  
to be set with the guide

### **Technical difficulty:**

None - Activity for  
beginners

### **Physical difficulty:**

None - Suitable for all  
levels

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**Fee:**

Half day

1 person: € 300

2 people: € 150/each

3 people: € 120/each

4 people: € 100/each

5 people: € 80/each

Full day

1 person: € 400

2 people: € 200/each

3 people: € 150/each

4 people: € 120/each

5 people: € 100/each

**Included:**

- Mountain Guide fee
- Harness and helmet

**Not included:**

- Transfer to/from meeting point
- Lunch

**Insurance:**

It is possible and advisable to subscribe the rescue service insurance policy for mountain guides clients

<https://www.larcasrl.it/page.asp?ID=45>

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