# Weekend HotRock

## Pyrenees Climbing

Pyrenees

360 EXPEDITIONS

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# Weekend HotRock

## Pyrenees Climbing | Pyrenees

This **rock climbing** getaway offers you the chance to experience a fantastic variety of rock types and allows you to hone your developed techniques and polishes those unfamiliar to you. Whether you are a total beginner or veteran, this 3-day plan should be on your radar. The plan works brilliantly on a **private basis**, 1:1 climbing or, if you want to spread the cost, grab your climbing partner and we will work with that combination. Both options allow you to maximise your time climbing and you will leave having had a huge dose of the great outdoors and you will be climbing several grades harder than when you arrived. During your time here, you will receive continuous encouragement, tuition and personalised route selection by your guide.

The venues: The **Pyrenees** have always been highly regarded by rock climbing connoisseurs. The dependable climate, variety of rock types, diversity of venues and scope for real climbing adventure is enormous. This long weekend getaway caters to those who have recently discovered the joys of outdoor climbing and those who want to climb real rock in a magnificent outdoor setting. The venues where this weekend will take you are world class and provide a huge variety of rock types to hone your climbing prowess. Tackle the finger pockets and gymnastic moves on the limestone wall of Troubat, balance carefully up the massive granite slabs of Cavallers and power up the overhanging gneiss of Cierp Gaud.

This weekend sure packs a mean punch when it comes to climbing real rock! **Please note: dates are provisional. You choose your dates, and we will make it happen!**

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### Pyrenees

### Physical - P3

This trip is physically tough. Frequent exercise is necessary to prepare properly for this expedition. Regular walking mixed with training at the gym to build up endurance and cardiovascular fitness is key. Expect to be able to do 8 hour days in hilly and often steep train, carrying a pack of 6-10kg in weight with the occasional extra long day.

### Technical - T3

May involve harder scrambling or some trekking and climbing with ropes. If snow is encountered then glacier travel with ropes, ice axes and crampons will be necessary. Basic climbing skills are ideal, but these will also be taught (and certainly practiced) during the expedition and pre-summit phase.

Please note that the grading system used is a rough guide only.

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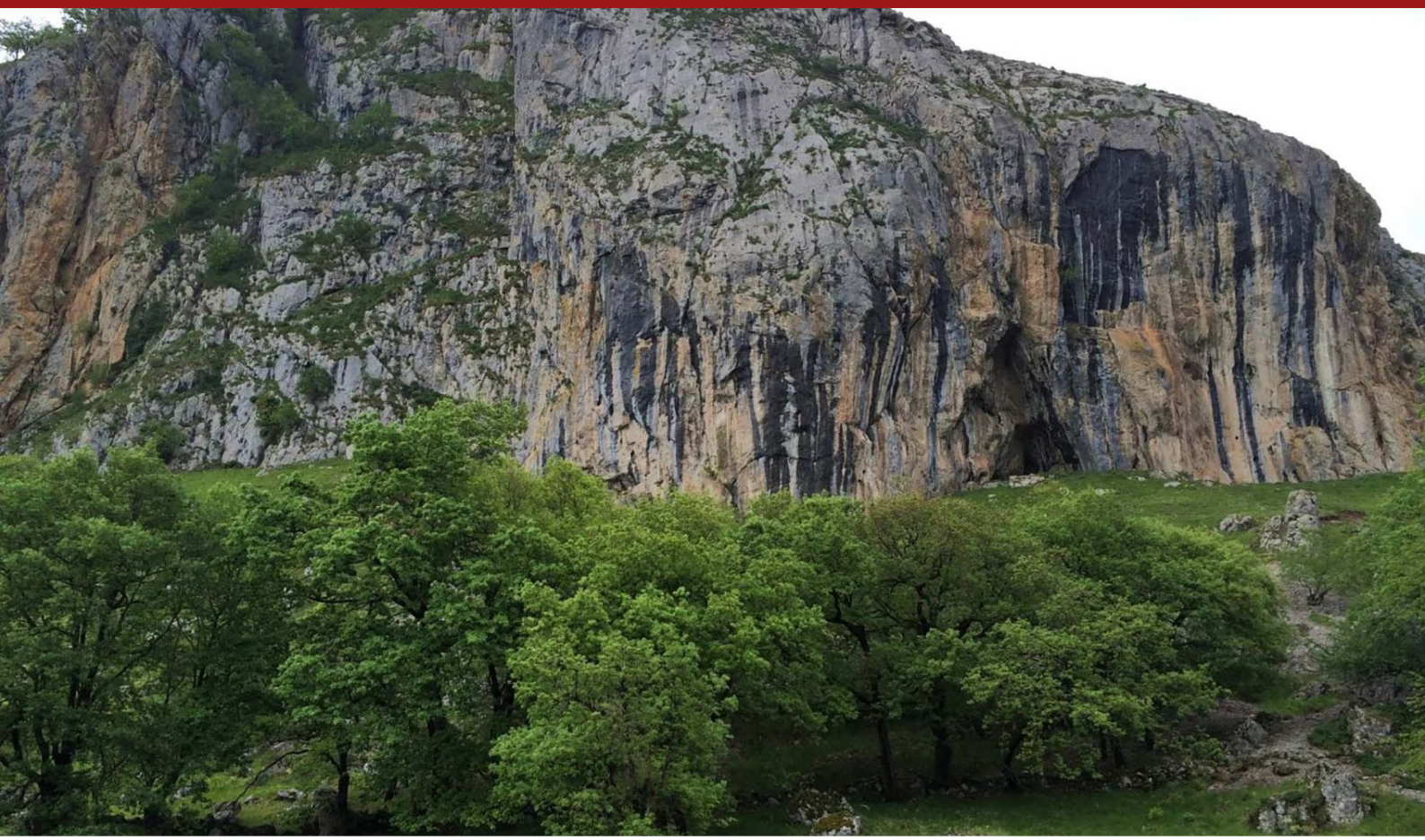

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## ITINERARY

### DAY 1 : Arrive France: Fly, land and climb!

Catch an early flight to Toulouse and you will be met at the airport by your instructor and transferred directly to the first climbing venue.

We will jump straight into the action and tie into the rope at Troubat, the spectacular setting for the world's first World Outdoor climbing competition (won by American Lynn Hill).

After an exhilarating few hours climbing, we will set up for the night, wild camping close to the crags.

Grades range from F4a to F8c.

### DAY 2 : Transfer to Cavallers, Spain (1 ½ hrs)

We'll transfer across into Cavallers, in Spain, and an early start sees us roping up for the first of a possible 600 routes in this magnificent alpine setting. On today's menu is as many miles of granite as you can climb. The variety of pure granite climbing here is awesome and reminiscent of similar rock climbing in Tuolumne Meadows in the States or Booroomba Rocks in Australia. Simply stunning!

Again, we'll be wild camping and sharing stories under the stars.

Grades range from F4a to F9a.

### DAY 3 : Transfer back to France, Cierp Guad, Saint Mamert or Grezian ( 1 ½ hrs). Evening flight home.

Today we hit the hot rock back in France and flex our muscles at the steep terrain offered by the overhanging Gneiss of Cierp Gaud or Grezian. Bolted sport routes aplenty and a chance to receive the monster pump of your life!

After the climbing we'll transfer back to Toulouse Blagnac Airport for your return flight home.

Grades range from F3 to F8b.

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## KIT LIST

### Bags & Packs

**Kit bag**

A 60L bag is sufficient. This bag will remain in the car whilst we climb. We will only need to take our climbing equipment, any snacks and water to the crags – a 5 minute walk at the most.

**Daysack**

A 20-30L rucksack to carry your climbing equipment, snacks and water to the crags

**Waterproof rucksack cover**

To protect rucksack from rain

### Sleeping Gear

**1-2 Season sleeping bag**

You should get a sleeping bag with a rating of around 5C-10C. Choose a sleeping bag that functions within the comfort rating of this temperature. A silk sleeping bag liner will enhance this rating on the coldest nights

**Sleeping mat**

A full length self-inflating rather than ¾ length Thermarest

**Sleeping bag liner**

Silk is best for keeping the bag clean and you a little warmer

### Headwear

**Climbing helmet**

Try a variety on in a shop before you buy to ensure a good fit. If you have got a climbing helmet already, then this is good as it's always good to have your own. If not 360 can lend you one.

**Sunglasses**

Category 4 minimum. Worth spending money on good UV filters. Julbo is our preferred supplier

**Sunblock**

Essential for protection from the sun

**Lip salve**

Sun cream will not work on your lips and they are very susceptible to burn without proper protection

### Upper Body

**Climbing tops**

**T-shirts**

**Waterproof jacket**

In case it rains

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## KIT LIST

### Lower Body

**Climbing trousers**

**Shorts**

**Waterproof trousers**

In case it rains

**Underwear**

### Feet

**Walking boots or approach shoes**

Well worn in 3 season waterproof (ideally) boots with mid ankle support or sturdy approach shoes

**Climbing shoes (available to borrow from 360)**

Try a variety on in a shop before you buy to ensure a good fit. Climbing shoes should fit snug but not painfully. If you have got climbing shoes already, then this is good as it's always good to have your own. If not 360 can lend you a pair

**Socks**

Change of socks

### Hydration

**Water bottles / bladder**

2L capacity either in a combination of bladder and Nalgene bottle or just Nalgene bottles

### Technical Equipment

**Climbing harness (available to borrow from 360)**

It's always good to have your own climbing harness and we recommend Petzl. Don't worry if you don't have your own - 360 can lend you one at no cost.

### Evening Wear

**Change of clothing for evenings**

Comfortable clothes for the evening

### Toiletries

**Wash kit**

Keep it simple. Essentials are toothbrush, toothpaste and deodorant. Moisturiser is advisable, everything else is a luxury!

**Wet wipes**

**Travel towel**

Travel towels from the likes of Lifesystems are perfect

**Alcohol gel**

A must have for good camp hygiene

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## KIT LIST

### Medications

**Personal first aid kit**

Plasters, antiseptic, painkillers etc.

**Personal medication**

Keep this in your daysack

### Miscellaneous

**Camera**

Bring plenty of spare batteries and memory cards

**Head torch**

We recommend Petzl head torches. Bring spare batteries.

**Snacks**

You can buy your favorite snacks at a supermarket on the way to the crag

**Ear plugs**

For protection against the inevitable snorers!

### Documentation

**Passport**

Don't forget this! Your passport should have at least 6 months validity. With your passport expiry date at least six months after the final day of travel.

**Copy of passport**

Just in case

**Travel insurance**

Copy of own travel insurance details. And relevant contact numbers. We have a partnership with True Traveller and would recommend that you contact them when looking for travel insurance for your trip with 360. However, it is vital that you ensure that the insurance cover they offer is suitable for you, taking your personal circumstances (items to be insured, cancellation cover, medical history) into account. Many other insurance providers are available and we do recommend that you shop around to get the best cover for you on the expedition you are undertaking. It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

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## FAQ'S

### Guides

**Are your instructors qualified?**

All our instructors have the appropriate Rock Climbing Instructor Award.

### Food and Water

**Where do we get drinking water from?**

All drinking water can be bought at supermarkets along the way to the crag. If we end up not camping then we can also get water from the guest house.

**Do you provide meals on this expedition?**

No meals are included.

**What snacks should I bring?**

Always bring your own if you have any favourites.

Snacks can also be bought at the supermarket on the way to the crag.

### Accommodation

**Can we choose to stay in a guesthouse?**

Guesthouse accommodation can be arranged at an extra cost for those who prefer this option.

This option also exists to wild-campers when the forecast is less favourable.

### Health and Safety

**What happens if there is an issue during climbing with a client - a fall or an illness?**

360 Expeditions have conducted detailed risk assessments and put the necessary plans in place to cope with any accidents or illness whilst out on the course. Our rock climbing instructors are highly qualified and experienced mountain leaders who hold expedition first aid qualifications and are used to working in remote environments. Their training allows them to deal with situations quickly and safely.

Should someone find themselves requiring further medical attention, the instructor will organise for that individual to be taken from the route and transferred to the nearest hospital. The instructor and the 360 office team will also be on hand to offer guidance and support for insurance claims and contacting next-of-kin.

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## FAQ'S

### Kit

**What climbing equipment do I need?**

Most climbers will have their own climbing shoes, harness and helmet. We can supply them but usually climbers prefer to bring their own kit that fits well with their size.

We provide all other technical equipment. New ropes, carabiners, belay devices, quickdraws and slings.

**What wild camping equipment do I need?**

You need to bring your own sleeping bag and mat. Your sleeping bag should have a comfort rating of around 5 C-10 C . We provide tents, stoves, pots and pans etc.

### The Course

**What experience do I need to take part?**

This course is suitable for absolute beginners to established rock climbers.

**What are the grades?**

This weekend is perfect for all level of climbers as the grades range from French 4a to 8c. It is ideal for those wanting to experience real rock for the first time, those who want to develop their sport lead climbing abilities as well as established sport climbers who want to lead world class routes in spectacular locations.

The pace and routes selected are completely client specific. It is easy to set up top ropes on all the routes on the crags we use. Equally European crag development is focused on sport climbing rather than trad climbing and all bolts, anchors and chains are safe and spaced at distances where falls are of little consequence.

### The Weather

**What is the weather like?**

During the day, temperatures can be warm and can even reach to the mid 20 C. In the evening higher up, it could drop to below freezing and have a chill in the air.

As you will be in a mountain environment, the weather can rapidly change for the worse so you need to be prepared for all conditions. Even in good weather it is not uncommon to have short heavy downpours or light snow fall.

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## FAQ'S

### Travel

**What flights would you suggest?**

To get the maximum climbing out of this weekend it is necessary to get the earliest flight in and the latest possible flight out. Transfers are arranged from Toulouse airport (Blagnac) in France. Several budget airlines have scheduled flights departing the main UK airports arriving early Friday morning in Toulouse and departing Toulouse from late Sunday afternoon. This gives you 3 full days of climbing.

### Insurance

**Do I need special travel insurance for the course?**

You must carry individual travel insurance to take part in the expedition. We cannot take you to the crag without proof of insurance.

It is your responsibility to ensure that you have the appropriate insurance for your intended trip. To include medical evacuation and coverage up to the maximum altitude of this trip.

Your insurance details are requested on the booking form, however this can be arranged at a later date. 360 Expeditions will be requesting your insurance details 8 weeks before your departure.

**Do I need an European Health Insurance Card (EHIC) for this expedition?**

As the trip is based in France it is also worth having a European Health Insurance Card (EHIC) as this "gives card holders the right to access state-provided healthcare on temporary stays in other European Economic Area (EEA) countries or Switzerland. Treatment should be provided on the same basis as it would be to a resident of that country and is provided either at reduced cost or, in many cases, for free. The EHIC covers treatment that is medically necessary until the card holder returns home. This includes treatment for pre-existing medical conditions."

If you don't already have one, you can apply for one here and it is free.

Many travel insurers won't cover your medical costs in the unlikely event that you need medical treatment whilst you are away which could have been covered by an EHIC.

### Electronics

**Where can I charge my phone?**

Phones can be charged on the transfers between the crags.

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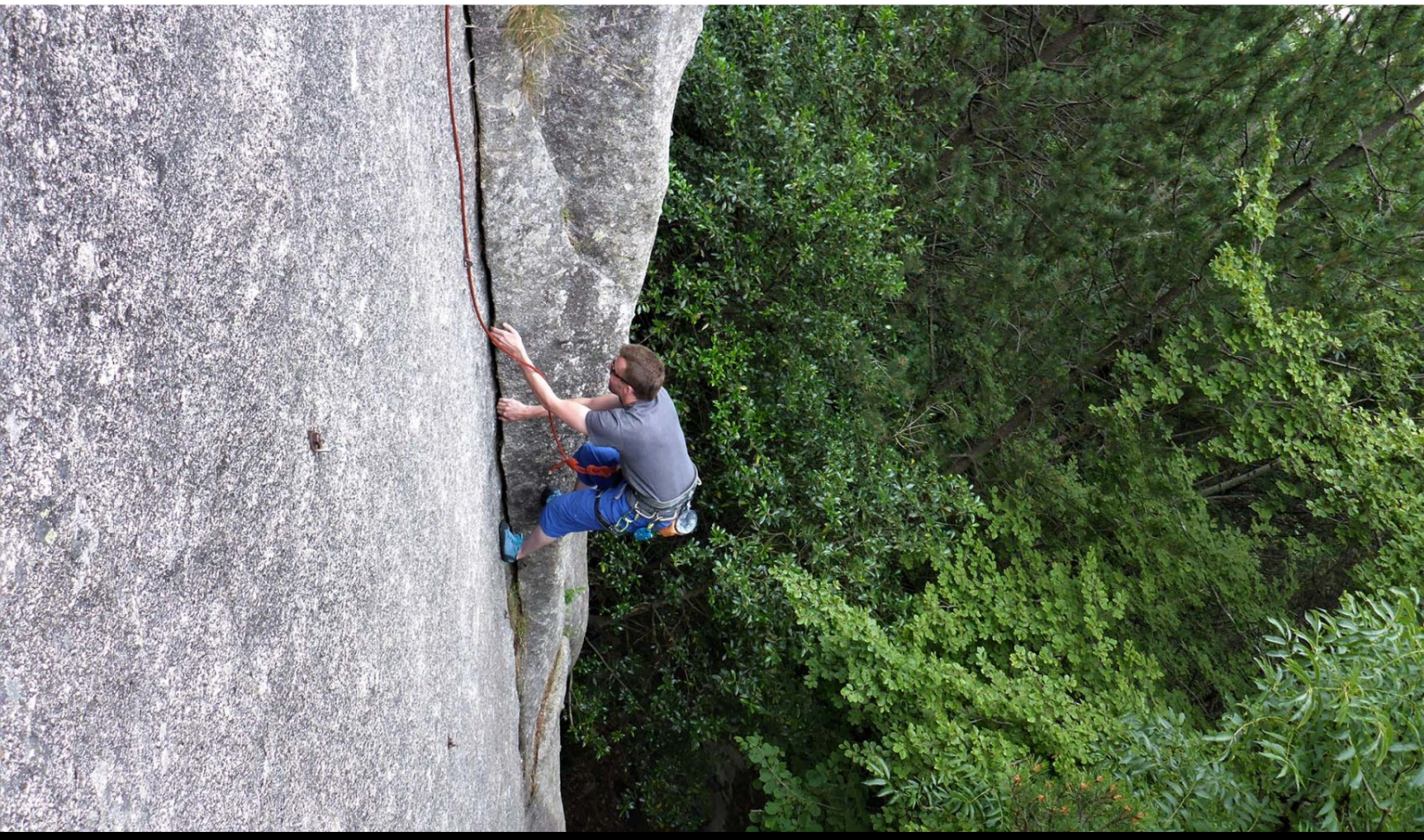

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## TRAINING PROGRAM

To begin 6 months prior to the expedition where possible.

1. CVS: Cardiovascular exercise which is low impact such as swimming, cycling, cross trainer, rowing.

2. Weekend walk should be done over undulating terrain. Only a light rucksack needs to be carried.

3. For specific exercises it is worth doing static squats and heel raises on a regular basis to improve leg muscles prior to the trip. Static squats are especially useful to help protect the knees. Please remember that it is still important to have a well balanced workout using a variety of muscle groups.

4. It is worth winding down and resting in the week leading up to the trip, doing several light walks to keep things going.

5. When walking going at a pace of a brisk walk with a light sweat and enough to feel breathless is recommended

6. During the program, rather than step up suddenly each month (example, going for 3 one hour walks each week during the weekdays in April to 3 one and half hour walks suddenly in May) it is better to build up gradually each week so there isn't a large transition (example, going for 3 one hour walks during week 1 in April, going for 3 one hour and ten minute walks during week 2 in April, going for 3 one hour and fifteen minute walks during week 3 in April, going for 3 one hour and twenty minute walks during week 4 in April)

6. It is important you seek medical advice prior to starting any training program, especially if you are not used to regular physical exertion

All the best with your training!

### MONTH 1

| OPT 1 | OPT 2 |
|---|---|
| 2 x 30 mins weekday walk<br>1 x 1 hour weekend walk<br>1 x 10 mins CVS | 1 x 30 mins weekday walk<br>2 x 1 hour weekend walk<br>1 x 10 mins CVS |

### MONTH 2

| OPT 1 | OPT 2 |
|---|---|
| 2 x 45 mins weekday walk<br>1 x 2 hours weekend walk<br>2 x 10 mins CVS | 1 x 45 mins weekday walk<br>2 x 2 hours weekend walk<br>2 x 10 mins CVS |

### MONTH 3

| OPT 1 | OPT 2 |
|---|---|
| 2 x 45 mins weekday walk<br>1 x 2 hours weekend walk<br>2 x 10 mins CVS | 1 x 45 mins weekday walk<br>2 x 2 hours weekend walk<br>2 x 10 mins CVS |

### MONTH 4

| OPT 1 | OPT 2 |
|---|---|
| 3 x 1 hour weekday walk<br>1 x 4 hours weekend walk<br>3 x 15 mins CVS | 2 x 1 hour weekday walk<br>2 x 4 hours weekend walk<br>3 x 15 mins CVS |

### MONTH 5

| OPT 1 | OPT 2 |
|---|---|
| 3 x 1.5 hours weekday walk<br>1 x 5 hours weekend walk<br>3 x 20 - 25 mins CVS | 2 x 1.5 hours weekday walk<br>2 x 5 hours weekend walk<br>3 x 20 - 25 mins CVS |

### MONTH 6

| OPT 1 | OPT 2 |
|---|---|
| 3 x 2 hours weekday walk<br>1 x 6 hours weekend walk<br>3 x 30 mins CVS | 2 x 3 hours weekday walk<br>2 x 6 hours weekend walk<br>3 x 30 mins CVS |

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*"Life should not be a journey to the grave with the intention of arriving safely in a pretty & well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out & loudly proclaiming 'Wow! What a Ride!' "*

Dream it. Plan it. Live it.

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