

# Rock climbing in the area of Ojców National Park

Climbing recreation combined with visiting the most interesting corners of the Jura.

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## Rock Climbing Recreation in the vicinity of Ojców and Ojcowski National Park (5 days)

### CLIMBING IS THE IDEAL WAY FOR HOLIDAYS

Walk through the forest with backpacks full of claws, up to vertical white walls and climbing to sunset, or maybe we will go there by car visiting previously the ruins of a medieval castle.

Five days in the vertical and region

Climbing recreation combined with visiting the most interesting corners of the Jura.

You will be under the care of climbing instructors and licensed guides of the Ojców National Park and Jura all the time.

### PROGRAM

#### Day 1.

- accommodation in an agritourism farm,
- getting acquainted with climbing equipment,
- a walk through the valley of the generator, an approach to Łaskawca (visiting the hermit's hut),
- half board,
- movement games and activities

#### Day 2.

- breakfast
- a trip to the rocks,
- learning climbing techniques based on different rock formations,
- belaying science,
- climbing the rod,
- half board

#### Day 3.

- breakfast
- a trip to the rocks,
- climbing the rod,
- climbing training,
- visiting the Bat Cave,
- half board

#### Day 4.

- breakfast
- a trip to the rocks,
- climbing with a lower belaying,
- visiting the castle in Ojców,
- half board

#### Day 5.

- breakfast
- a trip to the rocks,
- climbing with a lower belaying,
- rope games (rope bridges, tyrolka),
- obiadokolacja,
- check out

The classes can be used by both advanced and beginners. The program is usually appropriately modified depending on the needs and

skills of the students.

Groups max. up to 2 people for 1 instructor in Polish.

#### Price list for 2019

|                                      |                   |
|--------------------------------------|-------------------|
| price                                | 1350 PLN/person   |
| accommodation in an agritourism farm | 45-55 PLN / perso |

#### Additional information:

- We also organize integration events for organized groups and companies at the Krakow-Częstochowa Upland!
- If you are interested in one of the above offers or want to receive a proposal for a new program based on your own instructions - Write us an e-mail message at [info@ojcow.pl](mailto:info@ojcow.pl) or simply call on the number 0-12 681 36 92



#### Organizator

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