

# rock climbing

## for beginners

### Dates & Duration

Available October to April. 3 hour round trip from Dibba or your east coast hotel

### The Trip

This half day adventure is the perfect introduction to outdoor rock climbing. We transfer you by 4x4 to Wadi Zikt where we use several bolted routes near the Al Owais Dam. You will be taught climbing techniques, belaying, climbing knots and be introduced to all technical gear. You then have the thrill of climbing and belaying on each of the single pitch routes.

No prior experience is necessary; our qualified guides will ensure a safe and enjoyable adventure. We provide all technical gear; just bring comfortable clothing and an adventurous spirit.

### More info?

For costs and availability email Absolute Adventure at [arabia@adventure.ae](mailto:arabia@adventure.ae) or visit us at

[www.adventure.ae](http://www.adventure.ae)



serious adventure... serious fun!