



ROCK CLIMBING: AN ADVENTUROUS SPORT

CASE STUDY/INSIGHT

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When we go to a new apartment complex to buy an apartment, sometime, we may see a rock climbing setup. It is kept there to attract kids and the kids may force their parents to buy that apartment. Kids will experience so much happiness in climbing there and having fun. Many of us might have experienced it. Rock climbing is something like this at a young age but real rock climbing is a very adventurous one. It is a sport of climbing up rocks. The ultimate aim is to reach the summit of a formation or the endpoint without falling.

If you had been to Phuket Island in Thailand, then you might have visited the beautiful island nearby called Phi Phi Islands. While taking bath in Phi Phi Islands' beach, one could see tourists climbing a vertical rock just adjacent to the main beach. From the beach, if we walk through a distance of about 500 metres through the bush, we could reach the base of that vertical cliff. There at the base of the mountain, we could see many rock climbers getting ready to climb the rock. It will be breath-taking to watch rock climbers climbing the rock with their skills and equipment such as rope, cord, carabineers, sling, webbing, belay devices, rappel devices and climbing shoes. Many might think that the rock climbers will be wearing gloves to climb but they don't wear gloves, instead, they use their bare hand to climb.

Rock climbing can be either free climbing or aid climbing. When the climber uses only his/her body to climb the rock, it is called free climbing. Safety equipment such as rope and bouldering pad may be used for safety but not for progressing upward. In the case of aid climbing, several technical gears are used to climb up the rock.

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It requires mental and physical strength, fitness, courage, endurance, boldness, agility, fearless heart and balance along mind's coordination. Only fearless and strong people can go for this. People who are passionate about rock climbing practice vigorously to become skilled professionals. Most of the rock climbers are travellers and adventurous people. They are very passionate about travelling, exploring new rocks and climbing them. Some people climb even the toughest rocks. There are many places in the world exclusively for rock climbing and tough sites for advanced climbers.

Rock climbing is a sport of physical and mental strength. It is good to know, understand and watch rock climbing. We can visit rock climbing sites and enjoy them. It will be so much fun and adventurous to even watch it. We can also interact with those skilled rock climbers about their experience, how they got this passion, about their training, adventures, the risks they have faced and the rocks that they climbed. Rock climbing is one of the sports that will give its viewers a different kind of feel.

