



Outdoor climbing courses and climbing trips with HiFive



Programme 2024



Our outdoor offer at a glance

Learn the basics and improve your skills while being accompanied by professionals.

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Manderscheid, Eifel (DE)

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Page 4 — **Climbing trip Fontainebleau** (weekend)

Fontainebleau (FR)

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Page 5 — **Sport climbing** in various areas (day trip)

Audun-le-Tiche (FR) // Vogesen (FR) // Freyr (BE) // Ettringen (DE) // Gerolstein (DE)

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Page 8 — **Sport climbing trip to Frankenjura** (multi-day trip)

Dates: 10.8. - 12.8.

Book your climbing course today and experience the exciting fusion of safety, state-of-the-art know-how, experience, new adventures and nature with HiFive.

Registration and further questions via **info@hifive.lu**.

If the dates here do not suit you, if you have your own group or want to go to other areas, you can also request further dates by email.



Via Ferrata

Whether you are still at the beginning of via ferrata climbing or have already gained some experience - the Manderscheid via ferrata offers something for everyone.

On our day trip to the Manderscheid via ferrata, known as the best non-alpine via ferrata, we cross the unique landscape of the Volcanic Eifel on three exciting stages and climb the imposing cliffs of Manderscheid castle.

We are here to provide you with the knowledge you need to tackle the via ferrata and guide you safely through this exciting terrain.

We offer other destinations on demand.

Upon request we provide advanced courses for families on how to safely take children through via ferratas.

Dates: 28.5. // 30.5. // 20.6. // 16.7. // 18.7. // 25.7 // 1.8.

Where: Manderscheid, Eifel (DE)

Meeting point is at the parking lot Burgenblick (Grafenstraße 18, 54531 Manderscheid / Eifel) at 08h30. Contact us if in need of carpooling.

Price: 120 € per person. Included is:

- Guiding and coaching on site
- Via ferrata set, helmet (participants must bring their own harness)

No. of participants: 3 to 8

Minimum requirements:

- Minimum height: 1.4 m
- Good physical fitness
- Climbing experience is an advantage

Registration and questions via info@hifive.lu





Climbing trip Fontainebleau

Fontainebleau is ideal for a weekend trip. Not only the proximity to Luxembourg, just under 4 hours drive, makes the area attractive, but also the unmistakable landscape and the seemingly endless number of boulder problems make Fontainebleau a popular destination for climbers of all levels worldwide.

We meet early in the morning on the first day directly at the crag, followed by an introduction of the safety aspects of outdoor bouldering. We then give the most beautiful boulders a try, while accompanying you step by step, paying attention to safety and giving you tips and tricks. We use the second day until late afternoon to climb in other areas and show you more advanced bouldering techniques.

Dates: 25.5.-26.5 // 10.8.-11.8. // 17.8.-18.8. // 24.8.-25.8. // 31.8.-1.9. // 7.9.-8.9.

Where: Fontainebleau (FR)

Price: 248 € per person. Included is:

- Guiding and coaching on site
- Crashpads

Contact us if in need of carpooling. We can also advise you about accomodation.

No. of participants: minimum 6

Minimum requirements:

- Some climbing experience is an advantage

Registration and questions via info@hifive.lu

Sport climbing

Still a beginner or already an experienced sport climber? The crags in Gerolstein, Audun-le-Tiche, Freyr, Ettringen or the Palatinate (Pfalz) offer something for everyone.

The day trips can be individually adapted to each group. We are there to provide you with the necessary knowledge and to accompany you on your first steps on the rock.

For the more experienced climbers among you, we will help you to find your next project. We also support you in projecting your new routes and improving your technique on the rock.

Dates:

Beginners 23.6. (Audun-le-Tiche) // 8.8 (Gerolstein)

Advanced 15.8. (Freyr) // 5.9. (Ettringen)

Meeting point depends on the area and will be communicated by email after registration. Contact us if in need of carpooling.

Price: 120 € per person. Included is:

- Guiding and coaching on site
- Material, such as ropes and quickdraws, can be provided if required

No. of participants: 4 to 10

Minimum requirements:

- Safe and independent belaying

We try to put the groups together in such a way that climbers of similar strength are grouped together.

Registration and questions via info@hifive.lu





Introduction to multi-pitch climbing

Are the individual pitches of sport climbing not enough for you and do you want to go to even more dizzying heights? Then multi-pitch climbing is the right thing for you.

We are here to teach you the necessary knowledge for multi-pitch climbing and to accompany you on your first multi-pitches.

Do you already have experience on multi-pitch routes? No problem, we will help you to bring your techniques up-to-date and accompany you on your next adventure.

Dates: 13.7. // 14.7. // 21.7. // 22.8. // 29.8. // 29.9.

Where: Freyr (BE)

Contact us if in need of carpooling.

Price: 180 € per person. Included is:

- Guiding and coaching on site
- Material, such as ropes and quickdraws, can be provided if required

No. of participants: 2 to 4 (6 if participants are experienced enough)

Minimum requirements:

- Experience in belaying and lead climbing on rock.

Registration and questions via info@hifive.lu

Climbing with natural protection

No limits, the opportunity to climb anywhere without having to rely on prepared routes? Climbing with natural protection is a variant of sport climbing in which you only use mobile protection to avoid leaving permanent marks on the rock.

We are here to provide you with the necessary knowledge for climbing with natural protection. We teach the best practices, in a safe environment, step by step, according to the state of the art knowledge.

Dates: 06.08. // 13.08. // 20.08. // 27.08. // 03.09.

Where: Pfalz (DE) or Ettringen (DE)

Contact us if in need of carpooling.

Price: 180 € per person. Included is:

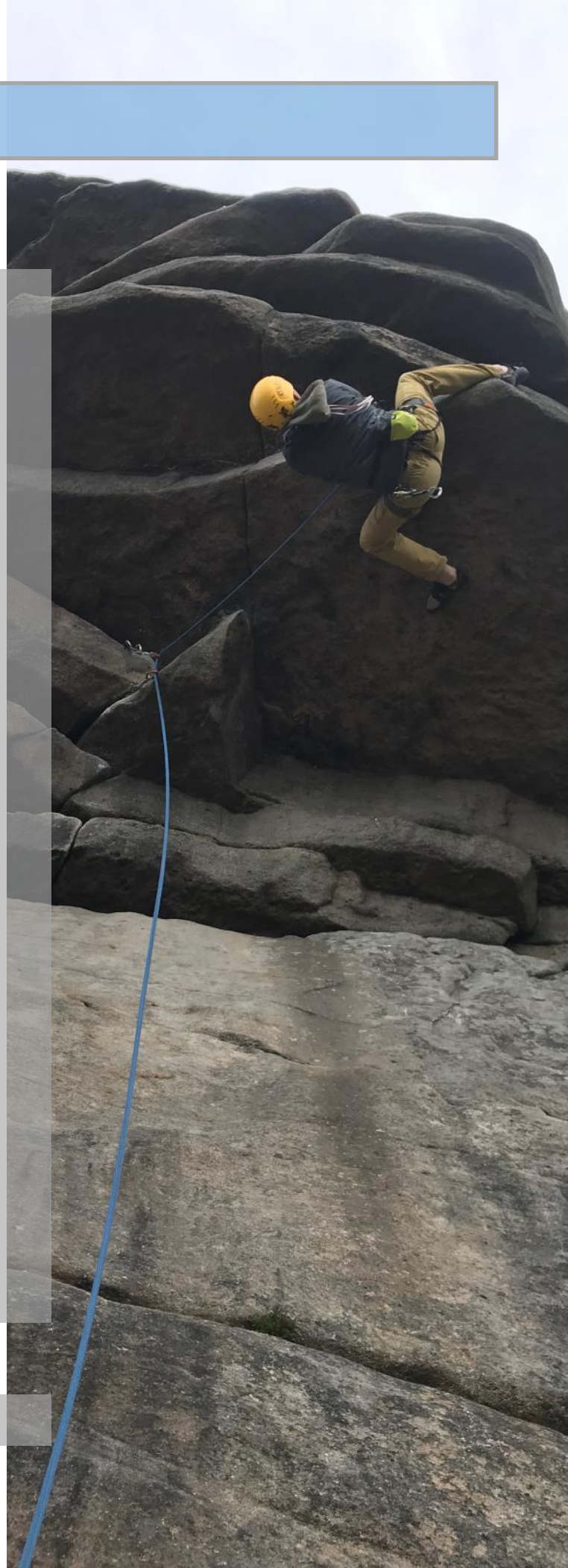
- Guiding and coaching on site
- Material, such as ropes and quickdraws, can be provided if required

No. of participants: 2 to 6

Minimum requirements:

- Experience in belaying and lead climbing on rock.

Registration and questions via info@hifive.lu



A vertical photograph on the left side of the page shows a person climbing a steep, light-colored rock face. A rope is attached to the climber and runs down to a belayer on the ground. The ground is a mix of dirt and grass, with some rocks. In the background, there are green trees and a clear sky. The climbing area is part of a larger rock formation.

Sport climbing trip to Frankenjura

Still a beginner or already an experienced sport climber? The Frankenjura area in Germany, about five hours drive from Luxembourg, is THE sport climbing area in Germany. It offers something for everyone.

This trip takes place over three days and is individually adapted to each group. We are there for you to give you the necessary knowledge for sport climbing on the rock and to accompany you on your first steps on the rock.

For the more experienced climbers among you, we will help you find your next project. We will also support you in projecting and improving your technique on the rock.

We will meet directly at the crag on the morning of the first day and spend about 6 hours a day on the rock. On the third day we will climb together until the late afternoon.

Dates: 10.8.2024 - 12.8.2024

Where: Frankenjura (Germany)

Contact us if in need of carpooling. We will be happy to help you find accommodation.

Price: 375 € per person. Included is:


- Guiding and coaching on site
- Material, such as ropes and quickdraws, can be provided if required

No. of participants: minimum 6 participants

Minimum requirements:

- Experience in belaying and lead climbing on rock.

Für Anmeldung oder Fragen E-Mail an info@hifive.lu



PERSONAL TRAINING FOR CLIMBERS



HiFive SARL // info@hifive.lu // www.hifive.lu



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