

Climbing at center Sport Santé UNIL-EPFL

Climbing outdoor : <https://sport.unil.ch/?mid=90&aid=118>

Climbing indoor : <https://sport.unil.ch/?mid=90&aid=87>

Climbing indoor We can teach in english if needed

Initiation course (cours d'initiation) : SOS1, 6x2 hours, 35.-chf

The course gives you the autonomy for indoor climbing (leading, belaying, etc.).

You will learn the security aspects as well as the technical basics.

Advanced course (cours de perfectionnement) : SOS1, 6x2 hours, 35.-chf

The course develops the physical and technical skills. You must master the security aspects (knot, belaying, leading, etc.). We test the security skills at the first session. If you miss the test you can't take part to the course and we don't pay back.

Training and performance (entraînement et performance) : grimper.ch

Echandens, 12x3 hours, 250.-chf

Personal and specific training for advanced climber. Minimum level : 6b on sight tested. If you miss the test you can't take part to the training and we don't pay back.

Supervised climbing (escalade surveillée) : SOS 1, subscription needed, 35.-chf/semester or 60.-chf/year. You must know how to belay and the knot. Use only belay devices with braking system.

Climbing free session (escalade libre) :

If the gym is free, take the keys at the desk and climb with your own gears (rope installed). Check the timetable of the gym here: <https://sport.unil.ch/?mid=128>

Gears :

For initiation, advanced courses and supervised climbing, we lend the equipment if needed.

Climbing Happy hours :

Grimper.ch Echandens : 16.-chf, entry before 15h00 (Mo-Fr),

<https://www.grimper.ch/salles-descalade/echandens>

Grimper.ch Lausanne-Beaulieu : 12.-chf, entry before 15h00 (Mo-Fr),

<https://www.grimper.ch/salles-descalade/lausanne-beaulieu/>

LeCube : 10.-chf, entry 10h00-16h00 (Mo-Fr), <http://www.lecube.ch>

Totem : 10.-chf, entry 10h00-15h00 (Mo-Fr), <https://totem.ch/?ec>

French is hard but climbing is a good way to learn. Enjoy !

If you still have any question, please contact: Jeremy.golay@unil.ch