



## INDOOR SPORT CLIMBING IN DONJA STUBICA - ZABOK, CENTRAL CROATIA

*We invite you to join us and learn the basic skills needed for sport climbing. Because sport climbing is a potentially dangerous activity, before the start of the program, we will ask you to sign a declaration of participation at your own risk. Your signature on this declaration allows you to participate in the program and your underage children. The program requires suitable footwear-clean sports shoes for use only in the hall. The program is conditional and technically undemanding for 2 hours. It is suitable for all, children and adults who have an adventurous spirit and want to learn something new. The programme included climbers' belt or overall for children, ropes, carabiners and devices for securing. The city Sports hall in Donja Stubica, where there is an artificial climbing rock, 12 m high on which there are 40 sports climbing routes of different weights.*

### Price

Indoor sport climbing in Donja Stubica

Indoor sport climbing in Donja Stubica



Indoor sport climbing in  
Donja Stubica - Donja  
Stubica, Croatia  
Toplička cesta 25 A  
49240 Zabok  
Croatia

**T:** 00385 98 210 359

**E:** [info@sttube.hr](mailto:info@sttube.hr)

### Schedule

#### EXCURSION / TOUR / ACTIVITY DATES

every Tuesday, every  
Thursday, every Saturday

#### PLACE AND TIME OF DEPARTURE

Gradska sportska dvorana  
Donja Stubica, Toplička 25 A.  
18.00 h

#### PLACE AND TIME OF ARRIVAL

Gradska sportska dvorana  
Donja Stubica, Toplička 25 A.  
20.00 h

## Information

### **BRIEF DESCRIPTION:**

**Name:** Indoor sport climbing in Donja Stubica

**Duration of the excursion / tour / activity::** 1 to 5 hours

**The product best describes the term:** Art / fashion / design

**Product includes:** playing sports, adrenaline / extreme sports, adventure facilities

**Brief description of the excursion/tour and highlights:**

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### **DESCRIPTION:**

In the beginning we will warm up and stretch the muscles. We will inform you about the important safety rules for sports climbing. We'll show you and set up the necessary climbing equipment. We will teach you the basic climbing movements, how to use your own hands and feet and maintain balance on the rock. We will show you and learn how you will descend upon the rock after the climb. We will certainly advise you on how to overcome and free yourself from the fear of heights. We'll do it again a few times and we'll have a good time. At the end of the program we will share impressions and advise you on how to improve your climbing technique. We will certainly instruct you on how to safely become independent in sports climbing.

### **ITINERARY:**

Warming up - setting up equipment - climbing - sharing impressions