

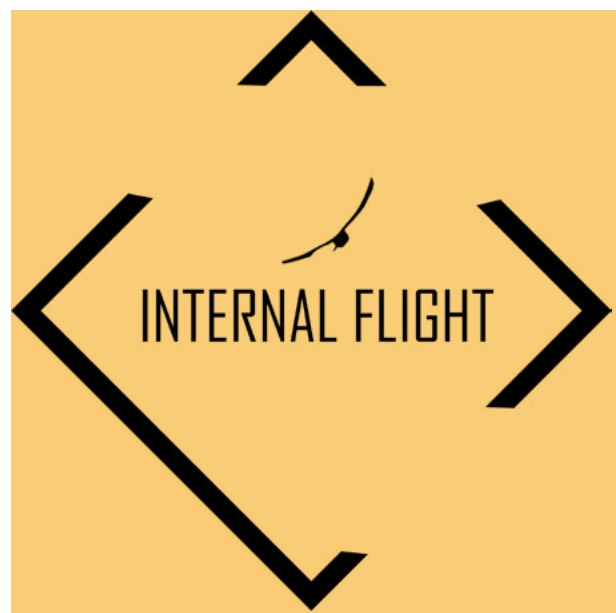
BOULDERING & CLIMBING WITH INTERNAL-FLIGHT

Amazing bouldern and climbing areas in Switzerland
Glarus - Sankt Gallen - Graubünden - Uri

For our part, the decision to climb or boulder with Internal-Flight is mainly about the ability of people in the background of Internal-Flight (Marek and Magali) to provide an individual or a group of climbers with suitable conditions for bouldering or climbing. This means ready orientation in the climbing field, transport, assistance in the provision of accommodation, lending of bouldering mats and material and my personal support. Internal-Flight represents my view of climbing as a place of encounter with myself on a rock. I am therefore inclined to agree with views that consider mental and personal preparation in climbing a key aspect of the way of our climbing and overcoming one's borders. If you feel this similarly and want to climb in this way, then you can share the fascination with climbing motions with us.

What we offer:
transmission of acquired experience to other climbers is done by climbing with them in places that I have discovered during a year of intense climbing in the Swiss forests as being suitable for explaining and trying the key climbing motions, problems, after the completion of which the range of the climber's motions as well as his imagination will expand. Motion and imagination are crucial for individual, progressive climbing. The greater our range of motions, ability to stay on footholds and to grasp handholds, the more we can enjoy climbing itself. You can also count on moral support, in the sense of friendly "judging" whether to go to a selected boulder in cases of doubt. From experience, I can say that, apart from technical details, this is perhaps the biggest benefit for beginners. The beginners often unnecessarily underestimate themselves or are unable to evaluate themselves, or need advice as to "where to put the hand", "where to put the foot" ... Usually, perhaps the most difficult obstacle for beginners is also the issue of what is known as sit-starts. Many climbers are unable to find a suitable solution for themselves, -

they often give up and resort to solutions that turn honest climbing to a sort of search for a shortcut, thus eventually "robbing" themselves of experience without which this simply won't go on.



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How will it look like?

The temperament that drives our common climbing is formed by people who climb with us, but we all will also get an offer from the Alps. They will ask us if we are ready to “lose ourselves” and thus to fill ourselves with the art created by this beautiful nature. I recommend accepting this offer, and from then on our joint adventure will start.

The trip to Murgtal is a bouldertrip, but we always take with us the rope.



Alps with Internal-Flight

Bouldering and rock climbing

Duration: 7 days

Price: 375eur

Included in the price: accommodation in camp, piknik, parking charge, car-transport in Switzerland, my personal assistance, rock climbing gear, boulder-crashpad, your climbing video.

Benefits: communication in many languages: SK, DE, EN, SPJ, FR, 2 spotters, swimming option in Walensee, hiking.

Trip-variability: trip extension, cooking together

Not included: transit to Switzerland, food

PRICE: 395 Eur / person





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