

Adaptive Climbing for All Abilities

CARSON TIDYMAN: All righty. Welcome to the Adaptive Climbing Clinic put on by the Outdoor Recreation Center, part of the University Recreation Department at Washington State University.

As Andrea said, this is Matt. And I'm Carson. You'll see James on my name there. It's my first name. I go by my middle name, "Carson."

So I'm one of the Adventure Facilitators for the Outdoor Recreation Center. So I make trips. I'm pretty new to climbing. I started when I got the job. So I've done mostly indoor stuff, but I've done a little bit of sport climbing outside.

MATT WAGNER: Nice. And yeah, my name is Matt. I coordinate the outdoor programs, all the outdoor trips. I used to coordinate the climbing wall-- handed that off back in 2016. But between 2013 and 2016, I coordinated the climbing wall at UREC.

I'm a Professional Climbing Instructors Association, the PCIA, top-managed climbing instructor. I've been climbing on and off for the most part since 2005. So yeah.

CARSON TIDYMAN: All righty. So if we want to go around and introduce ourselves maybe with our major and our job, like Matt and I have done, and experience in climbing, what you're hoping to get out of the clinic, et cetera, things up on the slide. Let's see.

MATT WAGNER: Oh. And sorry, my pronouns-- "he/him/his" for me.

CARSON TIDYMAN: Yep-- also "he/him/his." All right. So we're going to go over a number of things in this presentation. We're going to give a little background on climbing and adaptive recreation.

We're going to talk about types of climbing. We're going to talk about access considerations, having the right equipment, safety, et cetera-- oh, opportunities at the ORC and opportunities through other organizations, as well.

So-- oh, Kenny replied. Great. Kenny is a senior ISC major, no climbing experience, but interested in learning more. Sweet. Glad to have you.

All right. So for all programs we have with the Outdoor Recreation Center, we have essential eligibility criteria-- so criteria that everyone has to meet before being involved in the program. And it's about safety. It's about making sure everyone's prepared for the program. So we'll have different kinds of criteria, depending on the program.

But there's going to be some basic criteria that apply to all programs. They generally relate to safety and judgment, behaving well and contributing as part of the group and addressing

personal needs while you're in the program. And the purpose of the essential eligibility criteria is to manage risk and safety.

It's not to scare people away. It's not to try to keep people out. It's to try to make sure that everyone who's involved knows what they're getting into and is going to be able to perform safely. We use them.

Lots of other organizations use them. So they're an important part of running a safe and fun program. Matt, do you have anything you want to add in there?

MATT WAGNER: Yeah. As far as some examples, REI has examples that you can find on their website, as far as an example of a major nationwide program that has essential eligibility criteria. But also, you can find those on our website. If you just go to our Outdoor Programs part of the UREC website and other Trips and Clinics, the essential eligibility criteria are right there on the Trips page.

You have to scroll down in order to see all the trips that we offer. And you have to scroll right past them. And we don't list everything outright, but there are links to those essential eligibility criteria. But if you have any questions, concerns about those, feel free to reach out to us. And our contact information is on the website, as well.

Yeah. Yeah, that's all I had.

CARSON TIDYMAN: Great.

MATT WAGNER: Sweet. And so I'm going to get into the sort of intro to adaptive climbing and kind of go over some definitions, kind of go over what our background is in adaptive climbing. And we'll probably mention it again. We're kind of new to adaptive climbing. We just received our training.

We're going to mention Adaptive Adventures and Paradox Sports. We just got our training through those two organizations in conjunction with each other about-- it wasn't this past October, but the October before, October of 2018. So we're new to this. And we're trying to get our programs going. We've learned a lot, and we're already ready to share.

But to kind of get us started, "adaptive recreation," the definition is "a recreational activity that has been created or modified to allow someone with a disability the opportunity to participate." "Adaptive equipment" is "equipment that has been designed or modified to allow an individual with a disability to participate."

"Inclusive recreation"-- "providing access for individuals with a disability to participate in already existing programs and services alongside individuals who may not have a disability." If you have any questions as far as those definitions go, let us know. But let's see. Those are our definitions.

Adaptive Adventures-- so our training was through Adaptive Adventures and Paradox Sports. Adaptive Adventures was founded in '99 by two individuals who just kind of wanted to get out there and start doing either competitive or outdoor adaptive sports. They've served over 100,000 people and their families from all 50 states.

And they've been providing outdoor programs, camps-- clinics in cycling, climbing, kayaking, paddleboarding, a lot of stuff, scuba, rafting, dragon boat racing. I don't know if anyone's familiar with dragon boat racing, but my hometown has actually started to do that.

It's these big long boats that actually are decorated to look like dragons. And it's basically a race with a bunch of those along a course-- worth looking into, for sure. And Paradox Sports is basically climbing-specific adaptive programs, with both indoor and outside climbing.

All right. So we'll go ahead, and we'll watch a brief video. Well, I'm really sorry that the audio doesn't work on that. Yeah. Carson, if you could share the link to the video in the chat-- a really fun video to just kind of show what adaptive climbing is all about. It actually takes place in my home state of Kentucky.

I don't know if y'all can notice my accent. But yeah, I'm really sorry the video doesn't work. But we'll just kind of go along without it. Sorry about that, y'all. I want to move forward. Great.

CARSON TIDYMAN: All righty. So there are a number of reasons why somebody might want to choose to do rock climbing. And one of them is that recreating at height involves a lot of attention. It takes your entire focus, as it should. And so that can give you a brain break or help you enter a flow state. It can let you leave behind concerns that you have with school or work and just kind of focus on the task at hand.

And you might find yourself entering a flow state, which is a state of conscious attention where you're totally focused on a task, kind of marked by feeling less self-conscious, feeling in control, finding the task enjoyable. And it occurs when the challenge ahead of you is kind of at parity with your ability. So when your ability matches the challenge, you can enter a flow state.

So even though I'm not a particularly experienced climber, when I'm, say, climbing in the gym at WSU, I can still achieve a flow state because I'm working on a route that matches my ability level. It's not only a physical challenge. Climbing is not only a physical challenge. It's also a mental challenge.

Before you start climbing, you have to puzzle out how you're going to complete the route, what you want your holds to be, how exactly you're going to maneuver up. And then when you get to the top, there's a great feeling of accomplishment. And over time, you develop skills and abilities that you might not have had before. So those are all great reasons to be involved in climbing. And those apply at whatever level of climbing you're participating in.

So there are a number of types of climbing. The most common are listed here. We have bouldering, which can be done outside or in the gym.

Bouldering is climbing without ropes or hardware. You just have your shoes and your hands. And you keep it at a pretty low height so that if you fall, it is not a particularly dangerous fall. You use pads to break your falls, if you need. And so it's just like you're right there, you hop up on the rock-- bouldering.

Top rope is something you might encounter in the gym. And that's where you're in your harness, and there's a rope. And you maybe have a belayer or an auto-belay. And you're ascending large a lengthy climb.

Sport climbing is a lot like top rope, but it's outside. So a good example of sport climbing around here is at Granite point. You can go up to the top and hook up-- you can walk up to the top, hook up your rope and your anchors, and then you can go back down and then climb from there. And so that's a kind of outdoor climbing.

Another type of outdoor climbing is traditional climbing, where instead of having a top rope, you are bringing hardware with you called "protection." And you're placing that in the rock as you go up. So then if you fall, you're not anchored into a top rope. You are falling to your last piece of hardware.

Aid climbing takes the similar kind of hardware used in traditional climbing, but you use it to climb. It's necessary for making forward progress on the wall, unlike traditional climbing, where it's just safety equipment. In aid climbing, your hardware is needed to advance.

Ice climbing is going to be climbing done on ice faces, like, say, a frozen waterfall. And it uses some different equipment, notably, ice tools, which are spiky-looking. They look kind of like ice axes, but they have a different angle.

And they have different traction on them, a different edge. And you use those instead of finding individual holds with your hands. Your ice tools help you hold the-- they're your holds on the ice. And then you also have crampons, which are like spikes for your boots that are the holds for your feet.

And then finally, mountaineering might use all kinds of climbing skills. But the goal is summiting a mountain. So you might, say, have an ice climbing stretch on a mountaineering trip. And so it might use all kinds of skills along the way. Matt, do you have anything else you want to add there?

MATT WAGNER: Yeah. As far as the mountaineering, alpine, and alpinism, that's basically just an accumulation of all of those different types of disciplines within the sport of climbing. But yeah, that's whenever all of the skills come together to climb a mountain or at least a big wall.

CARSON TIDYMAN: Neat.

MATT WAGNER: As far as when it comes to adaptive climbing, how we fit equipment, there are just some general principles of outfitting someone with adaptive equipment. You've got to think about, this is a recreational activity. It's a fun thing that we're trying to get people to do. You want to make sure that the person climbing is reasonably comfortable.

Yeah, they're going to be physically challenged through climbing. But you want to make sure that there's not too much abrasion, that their harness and all their equipment that they're using-- which sometimes, it's more equipment than is typically needed for climbing. You want to make sure all of that is comfortable for them.

You want to make sure that you know how to fit the equipment in a timely manner, because you don't want to go to a climbing area or show up to a gym for a four-hour climbing session and spend 90 minutes to two hours trying to fit the equipment. Make sure we want to know the equipment before going on.

So that just takes practice. We definitely spend time with staff practicing just fitting the equipment, having everyone that helps out with these programs fit the harness and not just one time. Maybe fit the harness multiple times, and take turns outfitting each other. Make sure that we want it to be fun, low-stress.

And we also want to make sure that our equipment that you're using-- again, you need to know how to use the equipment. Make sure you get properly trained and educated on how to use it so your systems and stuff that you build look nice and neat and organized because even if your equipment is set up well and correctly, but it looks unorganized and the ropes look all tangled and stuff, that's going to affect the confidence in the participants and basically the confidence in the people that you're climbing with.

So you want to make sure that all of your systems are not only set up well, that they look good. And try to have your hand on the pulse of everyone's not just physical safety, but also emotional safety. We definitely want to push people outside of their comfort zone a little bit. But we don't want to push them so far to where it ruins the experience for them.

Let's see. Three key considerations-- yeah, we talked about physical comfort. We want to make sure that they feel supported by the equipment. And we're going to talk about specifics of the equipment here in later slides. We want to make sure that there's proper cushioning, that there's not too much abrasion, that the skin is protected.

A lot of folks that participate in adaptive climbing, skin abrasion can actually cause some very serious medical conditions because of their ability to manage a wound that might develop because of a scratch or something. So we want to be really mindful of protecting the skin and cushioning wherever it's needed.

System redundancy-- we want to make sure that-- a lot of people, whenever you think about backups for your backups for your backups, you think about NASA and the space program and making sure that there are safety systems on top of our safety systems. That's kind of how we build climbing systems.

Whenever we're putting together a top rope and we're building our anchor at the top to thread a rope through to climb on the whole day, we want to make sure that even if a part of that system fails, there is a system in place for, basically, that failure to be caught and that two or three or even four levels of failure would have to happen in your system for it to actually completely fail.

And you're also building a nice strong system that whenever we build our top ropes, they can not only hold up a climb or three or four climbers, but they could probably hold a semi truck up. We want to make sure that there's no question in the strength and redundancy of our systems.

Sweet. So as far as adaptive climbing at WSU, with the equipment, we're just trying to create ability, create that seating and stability and, with the equipment that we have, those climbing adaptations. We have an easy-seat harness. We have a haul system with pulleys and a horizontal grip ascender, also called a "bicycle grip ascender."

We have grip assists that are called "Active Hands." As far as facilities and programs, we have a climbing wall and challenge course. We also do some outside climbing. But right now, as far as our adaptive climbing, we're trying to kind of get things started at the climbing wall. And then I think after that, we're going to be moving hopefully, eventually, to outside climbing and doing some adaptive climbing outside. But we're going to get into specifics as far as the equipment here in later slides.

The easy-seat harness created by Misty Mountain, basically, it's not just a seat and a harness. It's a harness in and of itself. You don't need a harness and then this seat on top of it. It's a harness with a sort of integrated seat.

I don't know if y'all are familiar with those foldable stadium seats or a Crazy Creek chair. But it's kind of similar to that. That's kind of what it looks like. Yeah, it's a unique combination of a seat and a chest harness-- single-point attachment, a lot greater support and security than a traditional harness that you would use for climbing.

Sometimes, they're used for adaptive climbing. They're also used for some challenge courses and high ropes courses. Because they're really comfortable, they kind of reduce pressure on the legs and sort of the hips and just provide a nice little seat to where you can sit down. It's really comfortable to be in.

And a lot of times, with adaptive climbing and challenge courses and ropes courses, a lot of times, you're in the harness for a long time. And if you're in those extended-time hanging situations, it makes things a lot more comfortable. Yeah.

And then we have-- basically, I don't want to get too much into the technical side of things, as far as the haul system and how it's put together, because we could put on probably a two-hour clinic just on how to set those up. There are some YouTube videos that you can check out that you can just kind of be exposed to how these are set up.

But I just kind of want to talk about them in brief. So our haul system is set up to where you can use one of these handlebar ascenders. If for some reason, someone can't climb on the actual rock or the climbing wall, one option that they have with this haul system is we can set it up. And they can either pull themselves up off the ground with a rope.

And we can reduce basically the amount of effort involved in pulling yourself up off the ground by either using the rope or using this handlebar ascender over here to the left, where, actually, we attach that to the rope. And by gripping it like this, you can actually move it up the rope and then pull yourself up.

And that's a great way to-- first of all, it's great exercise and a great way to get off the ground without having to use the climbing holds. And if you look over here to the right, you can see some of the system redundancy.

You see at the top, we have two different anchors that the system is built through. We have a belayer. And a belayer is someone who is their attaching their rope to the climber and taking in slack as they ascend, as they get higher.

And they're basically managing the slack in the rope, just in case they either begin to fall. Or maybe for whatever reason, that system fails, then they are on that rope of their belayer. And then they get caught.

The other anchor that it's built through is where we hook up the actual haul system, to where that person is-- basically, if you've heard of a Z-pulley or a 3 to 1 haul system-- and you can build it up to 5 to 1, 9 to 1. You can go all the way up to 12 to 1.

And basically, it greatly reduces the energy required to haul yourself up. Does anyone have any questions as far as the haul system and the handlebar ascender?

CARSON TIDYMAN: All righty. So we just saw the handlebar ascender. And another device that can help someone use the handlebar ascender is what's called a "grip assist." So our example here is made by a company called Active Hands. And they're gripping aides.

They're not going to help somebody grab the wall, but they're going to help somebody grab something in their hands. They're used for weightlifting. They're used for all kinds of things. So in an adaptive climbing system, they'd be used for that ascender bar. And they work kind of like a glove that secures very tightly around-- or not tightly, but security around the wrist.

And then a strap goes over the fingers and attaches down at the wrist again. And so the hand is held in this grip position. And that'll help somebody hold on to a bar, for example. And they're very adjustable, so they can be fit to the climber.

And yeah. So does anybody have questions about grip assists? You can find YouTube videos on them if you want more detail. All righty. Cool.

MATT WAGNER: And also, these aren't the only grip aides, but these are the ones that were recommended to us by Adaptive Adventures and Paddle Power and Paradox Sports. And they work great.

And they're actually really well-padded and very comfortable and really effective at providing that grip assist. But there are some different brands and different-- and actually, Active Hands makes different types of gripping aids. But these are the general-purpose ones.

Moving on. All right. So basically, you've seen what UREC currently has. But just kind of wanted to share what other adaptive equipment there is out there-- and because it's not a mass-marketed thing, usually, these are made to order.

So usually, if you were wanting to purchase these, you go to Misty Mountain, their website-- Misty Mountain and also Evolve-- and basically put in an order. And then usually, you'll get it within three or four weeks. Yeah. So it takes a little bit for them to put each one of these together.

So the top left portion that you're seeing is called the "Misty Mountain Wellman Chaps." And basically, it is a seat harness that includes some heavy padding and abrasion resistance for the sides. So just like a pair of riding chaps or motorcycle chaps, they're going to protect the legs for those climbers who are wanting or need abrasion resistance for whenever they move up the wall.

It's called "campusing." Campusing is when you just use your hands in order to move up the climbing wall or the climbing surface. And that means your feet and legs aren't doing any work. But they may be dragging along the wall surface or the rock surface. And so this provides that protection on the legs.

A lot of times, folks think, oh, a pair of thick pants, like a pair of Carhartts, would be enough. But when it comes to the hard plastic of climbing holds and also the rock surface, this would prevent a lot of the bruising and stuff like that that happens. I think those pads on those Wellman Chaps are probably at least a couple inches thick. So this provides a lot of comfort.

The arc spreader that you'll see over to the right-hand side basically provides additional stability if you're using one of the easy seats. Sometimes, folks need additional stability on top of having the easy seat because maybe they don't have the ability in their torso to hold their torso up and to maintain balance.

And so this provides that stability above them. And you can see how it's applied below. You see the detail of the arc spreader, and then you see it applied to the easy seat below. And it just provides that additional stability so that there's less of the sway, if they need it.

And the last-- hopefully, we're going to eventually get the adaptive foot and shoe that goes along with it. But Evolve makes an adaptive foot. So for those with prosthetics, the connection is universal for most things. The ends of the prosthetic are pretty universal.

And so you could buy this adaptive foot and put this shoe on it. I hear the shoe's really hard to get onto it because it's so tight. But you could actually provide someone who has a prosthetic with the sticky rubber of a climbing shoe, which makes a big difference when you're climbing rock or climbing indoors.

Any questions as far as this equipment goes? It's a lot. There's a lot to take in. But hopefully, right now, there's always-- not always-- but oftentimes, budget constraints.

And this stuff is, unfortunately, not very cheap. And so right now, I think we basically have a good setup for our program to begin doing adaptive climbing. We've done a handful of adaptive clinics. And as we do more of these and sort of build the community with more adaptive clinics, hopefully, we'll be able to buy some more of this equipment, be able to just be a lot more versatile in what we can offer.

But yeah, these are the some of the additional things that you can get. And also, Misty Mountain and Evolve make this adaptive equipment. There might be some other manufacturers who do it. But to my knowledge, these are the companies that are doing it, I guess, the best at this point or at least where most adaptive programs are using their equipment.

I'm just checking the chat. As far as the question, where would you get some of this equipment if one wanted to, unfortunately, there are no retail stores. Since this equipment is made to order, there are no retail stores that I'm aware of that carry this equipment. You actually have to go to the Misty Mountain website or the Evolve website and special-order these things.

Some alternative options as far as we got into-- we didn't get into the complexity of the haul system. But some more simple options-- if someone is having trouble getting up a portion of the wall surface or the rock surface, you can do what's called a "power belay."

And the power belay, sometimes, we all need a little boost. And it's basically pulling in tension with just-- we usually kind of hop up and pull in slack from the rope to where the rope is very tight. And then the power belay is when we actually sit into the rope and sit down and provide a little boost to the climber and a little weight into the system to help them move up a little bit.

And a lot of folks, when it comes to adaptive climbing, a lot of times, if they're having issues somewhere throughout the climb, all they're needing is just a little bit of a power belay, a little bit of a boost from their belayer.

We do have for hearing and sight adaptations headset radios, to where someone, if you're dealing with a climb that maybe the person needs some hearing adaptation, you can actually give them a headset radio and have someone on the radio kind of talking them through the climb, giving them instruction.

Sometimes, you can set up a rope next to the climb and have maybe one of the climbing instructors ascending the rope as the climber ascends and providing a coach on a rope, basically, providing instruction and sort of step-by-step stuff and sometimes even just encouragement to those who need it.

There are different activities that you can do. There are different climbing games if you're wanting to add a little bit more challenge, some things like it's called "add on" or "add a move," to where you have a participant on the wall ascend to a certain-- basically do three or four moves. And then they add on one move.

And then the other climber gets on the wall, and then they go through those three or four moves. And then they add on a fifth or sixth move. And then the next person gets on. But there are different activities that you can do.

Sometimes, for those new to the sport-- usually, whenever I go climbing, especially if I haven't done it in a while, even if I'm in climbing shape, I can only climb for about-- oh gosh, if I'm on a rope, probably maybe an hour tops before I'm completely done.

But if I'm not in shape or you take a new climber, usually, they can do two or three climbs, tops. And then you can get into adding some basically technical skills, like knot tying, teaching people how to set up systems, and assisting with the belaying of other climbers.

There's a bunch of different things that you can do when it comes to day-out climbing or three or four hours of climbing indoors that doesn't mean you actually have to be on the wall climbing. You could be learning knots. You could be learning how to build anchors. You could be backup belaying, providing a backup belay, or even just having that team mentality and providing encouragement and just being overall encouraging and kind of having that cheerleading attitude.

And also being flexible, having flexible and individual goal setting-- I know that no matter what group that we take out climbing for a day or we have indoor climbing clinics, you've got to meet people where they're at. And not everybody is going to be at the same place whenever they start.

And not everyone's going to be at the same place at the end of the day. But just being flexible-- and just concentrate on individual goal setting and not thinking about, everyone has to be here by the end of the day. Or our goal is to have everyone climb at least one route by the end of the day. It's OK on maybe the individual level, just depending on folks' ability, but really staying flexible on having individual goals for folks.

Sweet. The sun is making things difficult for me to read the screen. Sweet. Carson, is this you? Or is this me still?

CARSON TIDYMAN: I think this one's you.

MATT WAGNER: Sweet. So as far as different adaptive programs that UREC offers right now, we're really trying to widen our scope on what we're able to offer. And here's kind of our link to the website.

We're offering hand-crank cycles so people can come and it's not just leg-driven cardio equipment. We have a hand-crank cycle. We have hand paddles for the pool for those needing additional help, as far as swimming when it comes to aquatics.

And then also, we have adaptive paddling equipment, as well. And there's a whole other clinic on adaptive paddling in the programs that we offer and also the equipment involved in that. And all of the equipment and all of our offerings are included on the links below, if you want to check those out. And I would encourage you to check those out. But we're offering more and more programs as we progress.

Different regional programs offering adaptive climbing-- Eastern Washington University, Epic Adventures are kind of their adventure programs that basically are equivalent to the Outdoor Rec Center and adventure programs. They offer an adaptive climbing every Wednesday.

And that's kind of hopefully where we're trying to get to is just offering more and more adaptive-- have more and more adaptive programming, just more frequent than the-- right now, I think we've been doing two adaptive climbing clinics per semester. But Eastern Washington University, Epic Adventures, they have very well-developed adaptive programs for not only climbing. But they also do paddling and also cycling and stuff like that. And they're kind of showing us the way right now.

There's also Courageous Kids Climbing, a regional adaptive kids climbing program. And also, Wild Walls is kind of a climbing facility up in Spokane that a lot of the programs that we're going to talk about in the next slide use as a facility for adaptive climbing.

CARSON TIDYMAN: All righty. In addition to adaptive climbing opportunities, there are some other adaptive recreation opportunities available, as well. Community centers and parks and recreation offices often have listed opportunities for events and opportunities, regular programming or special programming-- infrequent. That's what I mean.

Other organizations include ParaSport Spokane, which offers a number of sports in that area. And Adaptive Adventures actually has a mobile program. So they go around the country and have different kinds of equipment for different kinds of adaptive sport opportunities, as well. So if you're interested, you might check those out.

MATT WAGNER: And just as not only adaptive climbing and adaptive sports get more popular, just keep checking back on your community centers and parks and rec offices. Keep checking back, because it's only going to grow and only going to get more frequent. And so keep checking those regional websites and offices. And feel free to give them a call.

Yeah. Right now, that's basically our presentation. Right now, we're just going to open things up for questions that folks have.

ANDREA: Thank you so much, Matt and Carson. We do have a question.

Kenny says he was going to ask, do you guys have just indoor? Or do you offer outdoor climbing exercises for people to join? Where would you say is the easiest place to start learning to climb? And what places have you guys climbed that you enjoyed the most?

MATT WAGNER: Right now, we are only offering indoor adaptive climbing clinics. One nice thing or one very convenient thing about indoor climbing is it's a space that we can control. It allows for at least the best access for those who utilize wheelchairs and different types of mobility. It's really easy, too, for those folks to gain access and to not only get in the facility, but get right up to the wall.

Outside, we're kind of at the mercy of the environment. There are a lot of climbing areas that are really challenging to get to even if you don't utilize a wheelchair or something like that. They're difficult to hike to.

Right now, I would say the place that we would probably most likely utilize is Granite Point. It has a decent trail to get to the base of the crag. Once we would get to the base of the crag, it's fairly level.

But there are a couple of places where we would actually need to carry folks and their equipment that they needed through some of the-- there are some places like rock walls, where you would have to actually sort of scramble up. So right now, we're only offering indoor.

But we're hoping once we get more staffing skills-- our regular student staff skills get to the level and also our professional staff skills grow, we'll hopefully be able to take it outside.

As far as favorite places to climb, I've spent so much time at Granite Point, which is only about a 25, 30-minute drive from the Pullman campus. Each time I go there, depending on the light and the weather and what's going on that day, it's always a really awesome view from Granite Point.

The view along the Snake River, I still haven't gotten desensitized to that yet. And I've been in the area for about nine years. It's an awesome place to climb and has turned into a favorite place to climb for me.

And it's convenient. It's only a 25, 30-minute drive away. Carson, what's your favorite area to climb?

CARSON TIDYMAN: Granite Point's also my favorite. Like I said, I'm new to the climbing outdoors. So every time I've gone sport climbing outside, I've been at Granite Point.

One of the things I really like about it is that there's a number of different difficulty levels on the routes. So one day, I'm able to do one thing. And another, I'm able to level up. I don't get bored there because there's a variety of routes.

MATT WAGNER: Yeah. And if you're willing to make the drive, Post Falls-- Q'emlin Park has, first of all, a lot more climbing routes, but also is just a beautiful area, really heavily forested. And I've definitely made the trip there just to do a day of hiking. But it's a really beautiful park and a lot of different climbing. So I would say just to add that one in.

ANDREA: Awesome. Well, thank you so much.