



WINDTOWER
EXPERIENCE

About the climbing wall, safety and fears

Surpassing your own expectations at a height of 20 metres. Discover heights and find a new extreme sport for yourself. Find shelter from the wind on our indoor climbing wall.

Our 20-metre indoor climbing wall gives you the opportunity to exceed your expectations in a safe environment. This is a great place for you to become acquainted with a new extreme sport, discovering something that challenges you mentally as well as physically.

You can try climbing on your own or with a group. We can also host children's and adults' birthday events, school groups and corporate functions.

We offer training sessions for adults interested in developing their climbing techniques. It provides a good opportunity for mental and physical development in a social environment.

A combination of fun and challenges, climbing is very different from an ordinary gym workout, while allowing you to develop your motor skills and physical endurance considerably.

Climbing on a high wall may well be a psychological challenge for a first-timer. Nevertheless, long and technical climbing trails also offer exciting challenges for those with previous experience in rock climbing.

Indoor climbing halls enable climbers to train regardless of the weather. The routes on the wall are changed at regular intervals, to offer all climbing enthusiasts new challenges on the same wall. Generally, people who climb high walls also want to test their skills later in the wild. However, we can see that climbing is exciting for many people even without leaving the indoor hall.

Bouldering, or climbing on low walls without safety ropes has become a very common type of climbing in recent years, providing an opportunity to experience rock climbing without having to make long trips into the wild.

Establishing routes

Our indoor wall has 11 long routes of varying difficulty, established by climbers. The holds have been set on the wall considering a person's movement, height and capability. Our centre's routes are on the easier side, giving everyone the opportunity to become acquainted with a new sport. Although each route consists of holds of a particular colour, beginners can climb on any holds. Climbers are always welcome to be playful and make up routes on their own.

We reset the routes on our wall as necessary and when possible.

Fears on the climbing wall

Climbers experience fears that cause stress and make it difficult to think clearly.

1 Fear of heights as a phobia

For most people, a certain fear of high and seemingly dangerous places is natural. Those suffering from extreme fear can experience panic attacks in such situations, and they are unable to descend to a safer place on their own.

In this case, it is important to act calmly and follow instructions step by step.

There are also situations where people that usually suffer from a great fear of heights feel no fear when on the wall, as their focus is largely on finishing the route and reaching the top.

2 Fear of falling

Many climbers are afraid of falling. This is largely caused by a lack of safe experiences.

This fear can usually be alleviated by positive guided falls, using the right safety equipment and techniques that are easy to learn.

3 Fear of negative attention

Beginner climbers and experienced athletes alike may feel unpleasant among others, thinking about how others are assessing their performance or simply sensing other people's attention. Expectations we set on ourselves may also lead to subconscious self-sabotage.

By focusing on your own body and the activity in question, this kind of presence helps you achieve a pleasant climbing experience, using your full potential and not letting your fears control you.

In a state of fear, people often over exert themselves even when doing simple movements, making the situation seem more difficult or tiring than it actually is. Sometimes, this means that after a climber has addressed their psychological limitations, they start to climb considerably better without having increased their physical exertion during training sessions.

It is possible to deal with fears successfully during training sessions, where watching others and cooperating with the instructor means that a person becomes aware of the limitations they have set for themselves and can begin to exceed them.

Many fears and limitations that become evident to us through sports also make our everyday life more difficult. Dealing with such issues in a safe and somewhat playful environment means that everyday challenges also seem easier to overcome.

Climbing wall safety and equipment

Indoor rock climbing is considered to be one of the safest adrenaline sports. That is largely thanks to the fact that all climbing and safety equipment must be inspected thoroughly. Our experienced instructors have been trained to provide a nice climbing experience for everyone. Also suitable for those visitors who have never climbed before.

Our climbing wall has been manufactured and certified by Walltech.

Auto-belay system

Our wall is fitted with four certified auto-belay systems. This is high-quality equipment that we check regularly. You can feel safe when using this equipment to descend from our climbing routes.

Safety ropes

In addition to auto-belay systems, our wall also has tree top rope lines that can be used with the designated safety equipment. Any falls are stopped by a rope and the belayer handling the rope.

Grigri+ climbing belay devices

For belaying climbers on ropes, we use recognised Grigri+ belay devices, which have an anti-panic handle.

Carabiners

Each safety line and rope has a carabiner. We use safe auto-locking carabiners.

Climbing harness

We have climbing harnesses suitable for rock climbing available at the centre.

Climbing shoes

These are rubber-soled shoes specially designed for climbing, helping the climber stay on the wall better. At the centre, you can borrow climbing shoes in sizes 24–48. If you climb wearing your own indoor shoes, we recommend avoiding soft-soled sneakers and using sturdier canvas shoes, instead.

The available rental equipment includes harnesses and climbing shoes. The designated belay equipment is compatible with our climbing ropes and is included in the climbing ticket price. For lead climbing, you have to have your own climbing rope which meets the UIAA requirements, and the necessary belay device.