



What to Expect: Via Ferrata Outing

Welcome to the University of Denver's Via Ferrata courses at the James C. Kennedy Mountain Campus. The following information will help you prepare for your climb. Please read through it carefully, share it with your climbing partners, and don't hesitate to reach out with any questions or concerns.

Understanding Via Ferrata:

Via Ferrata is a thrilling combination of hiking and climbing, secured by a network of steel cables, ladders, and aerial bridges and protected by fixed anchors. This allows participants to traverse scenic and often exposed rock routes with the aid of specialized equipment.

Where to Meet:

Your climbing party will meet the guides at the [Outdoor Experience Hub](#) (labeled the "Activity Center on some maps"). Please see the Interactive Map [HERE](#) & a google pin to the exact meeting location can be found [HERE](#). At this time, we will complete any payment necessary, fill water, and have the last bathroom break. *Please arrive at least 5 minutes before your scheduled start time.*

Clothing:

- **Comfortable Attire:** Wear moisture-wicking clothing suitable for outdoor activities. Avoid jeans; opt for flexible pants and layers that accommodate movement. Please bring a rain jacket, as afternoon storms roll in frequently!
- **Footwear:** Sturdy hiking or approach shoes with good traction are essential.

Safety and Equipment: (provided for your group)

- **Harness and Helmet:** The equipment provided includes a harness and helmet, which are crucial for safety on the via ferrata. If anyone in your party is **below 85 lbs or above 265 lbs**, please let us know in advance so we can have the proper safety equipment ready and discuss how this may impact the guide-to-climber ratio.
- **Via Ferrata Lanyards:** These specialized lanyards are essential for safety while climbing the route.
- **Instruction:** Professional guides offer safety briefings and teach essential via ferrata techniques before the ascent.



The Cirque: (intermediate to advanced)

- **Duration:** Approximately 3-5 hours.
- **Overview:** Longer and more challenging route with higher elevation gains and more exposure including an optional and challenging ascent of one of the longest, steepest, via ferrata pitches in Colorado, “The Headwall”.
- **Highlights:** Panoramic vistas extended climbing sections, and a comprehensive via ferrata experience.
 - See photos and more info highlighted by Via Ferrata Works [HERE](#)

Physical Preparation:

- **Fitness Level:** Moderate fitness is required, as via ferrata involves moderate exertion and exposure to heights. Each climb requires moving vertically through steep rock sections and walking on uneven rock / hiking off-trail.
- **Weather Readiness:** Be prepared for changing mountain weather conditions. Courses operate rain or shine unless conditions pose a safety risk.

Packing Essentials:

- **Water and Snacks:** Carry ample water and snacks during the outing.
- **Sun Protection:** sunscreen, sunglasses, and clothing with a UPF rating are recommended.
- **Additional Gear:** Use a daypack for essentials like a camera, personal medications, and extra layers.
- **Medications:** Please bring all required medications.

Enjoying the Experience:

Via Ferrata offers a unique opportunity to challenge yourself while enjoying breathtaking natural surroundings. Embrace the adventure, follow your guide's instructions, and savor the accomplishment of reaching new heights.

Prepare mentally and physically for your Via Ferrata outing at the University of Denver. Embrace the exhilaration of climbing securely amid stunning landscapes, guided by experienced professionals. For further inquiries or specific concerns, reach out for detailed information. OE@du.edu. We look forward to providing an unforgettable adventure!