southern climbing academy

PROJECT ROCKLANDS

Youth bouldering tours 2027



WILDERNESS MOVEMENT CLASSROOM

The unique sandstone formations of South Africa forces technical mastery. Develop raw power, friction management, and spatial awareness.

MINIMAL PLANNING, MAXIMUM PERFORMANCE

All South African logistics taken care of when athletes arrive, allowing them to be rested and ready to hit the rock at peak capacity on Day 1.

BUDGET-FRIENDLY, WORLD-CLASS DESTINATION

Private accommodation, team transport, and park permits cost a fraction of European / American winter destinations.

COACHES CLIMB FREE!

We know coordinating a youth trip takes immense effort.
To support you and your program, we offer a progressive roster discount:

Bring 8 or more athletes, and your entire trip, including accommodation and local transport, is 100% free.

ITINERARY SNAPSHOT:

Days 1–2: Arrival in Cape Town | Land in Cape Town. Check into a secure team guest house. Light active recovery sessions and tactical movement training at Krag Sentrale (the Cape's premier climbing training facility).

Days 3–5: Mountain conditioning & bouldering volume | 3 days exploring Table Mountain Peninsula sectors. High-volume outdoor sessions to build baseline fitness before heading to the wilderness.

Day 5: Transit | Scenic 3-hour private team drive north into the Ced. Settle into Eight day Rain guest farm in the heart of Rocklands.

Days 7–11: Rocklands Phase 1: High Volume & Friction | 5 days of high-volume bouldering. Focus on sandstone movement mastery, conditioning and exposure to as many different boulders as possible.

Day 12: Mid-Trip Active Recovery | Rest day. Guided trek to ancient San rock art sites, swimming in natural river pools, and a traditional team outdoor braai (BBQ).

Days 13–19: Rocklands Phase 2: High-Performance Projecting | 7 days focused on limit bouldering, redpoint tactics, and mental performance mastery, returning to old projects and refining movement skills.

Day 20: Final Wrap-Up & Departure | Morning team debrief, private transit back to Cape Town International Airport, and overnight flight back to Switzerland.

ESTIMATED PACKAGE PRICE:
EUR 4 830 / USD 5 535 per athlete &
EUR 2656 / USD 3 075 per chaperone
(Based on a minimum roster of 8 athletes. Final quote customized to your exact team size.)

WHAT'S INCLUDED IN THIS PRICE:

- 20 day bouldering tour
- Airport transfers
- Breakfasts, lunches and dinners
- 19 nights premium accommodation
- Private vehicle ground transport
- All required climbing permits and national park access fees.
- Full-time trained guides and educators
- Rest day activites

*International flights & travel insurance not included

Security and transport:
Hand-picked, highly secure accommodation and vehicles in both locations, with trained drivers throughout the tour.

Professional guides:
South African guides and educators with years of experience working with youth climbers in Rocklands and Cape Town.

First-rate medical care:
24/7 access to local medical clinics, fully backed by Cape Town's world-class private hospital networks.

THE BREAKOUT SEASON YOUR TEAM DESERVES

Email us
hello@breathein.co.za

Website
https://www.breathein.co.za/youthclimbingcamp

WhatsApp us
+27 83 560 4962 (Mish)
+27 79 522 1890 (Becks)

