

Deep Water Rockfax Guidebook To Deep Water Soloing Rockfax Climbing Guide

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Rock climbing - Wikipedia Rock climbing - Wikipedia

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Rock climbing is a sport in which participants climb up, down or across natural rock formations or artificial rock walls. The goal is to reach the summit of a formation or the endpoint of a usually pre-defined route without falling. Rock climbing is a physically and mentally demanding sport, one that often tests a climber's strength, endurance, agility and balance along with mental control.

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