



4D Rock Climbing

Day 1 **Kualal lumpur - Krabi City Tour**

(Light Lunch)

Upon arrival at Krabi airport, meet and greet by our local representative from **Clasic Tours sdn bhd** and proceed for Krabi City Tour to visit the Tiger Cave Temple (also known as Wat Thum Sir), Krabi Town, Marine Fish Rehabilitation Centre for marine research & O.T.O Centre (One - Thambun "Province" - One Product) for the local special souvenir. You'll be given 01 FREE Light Meal - Lunch "Tom Yum Noodles or Fried Rice". After the tour, you'll be sent to hotel for check-in.

Day 2 **Full Day Rock Climbing**

(B/Lunch box)

This course enables students to give rock climbing a go with the safety of an instructor. First, all students are fitted out with a climbing harness and shoes. The instructor demonstrates how to belay and the safety knots used. The instructor then climbs the routes as lead climber and fixes a rope through an anchor (safety point). Now it's the student turn to climb (top rope) which means the rope is above the person is very safe. So, if you need to rest or let go of the rock, the student will 'fall' a maximum distance of only 20cm. Break for lunch. In the afternoon we walk along Phra-Nang Beach to Khao Luk Choe Cave. This cave passes through a huge rock face to Railey West Beach. Once through the cave, you arrive at the other side approximately 17m from the ground but 60m above the sea. This gives an awesome view of the area and beach below. The instructor then sets up the rope through the anchor (safety point), the students are then shown how to abseil (lowering themselves to the ground). We then continue on to some more climbing routes. Finished around sunset.

Day 3 **Free at own leisure**

(B)

Free at own leisure. You may join optional tour / own leisure around Krabi

Day 4 **Krabi - Kuala Lumpur**

(B)

Free at own leisure until time for transfer to airport for your flight back home