

Crimpanzee Adventure Hub Kathmandu Nepal

Ang Dawa Sherpa ist im Vorstand und Unterstützer bei Mountain Spirit Foundation.

Er und das Team von Crimpanzee Adventure Hub unterstützten die Arbeit von

Mountain Spirit Deutschland

Crimpanzee Adventure Hub - Kletterzentrum und Restaurant





Why is Crimpanzee Climbing Center for?

The indoor climbing at Crimpanzee Climbing Center has been carefully configured to provide highly enjoyable and achievable challenges for all pupils aged 8 years and up including those with special needs. No previous experience is necessary and all the specialist climbing equipment required is available at Crimpanzee Climbing Center.

With a comprehensive range of climbs available ranging from really easy challenges designed to offer manageable climbing for those new to the sport, to professional level climbs designed to inspire and challenge future champions, participants are able to operate at a level specific to their individual capabilities. Consequently, young people who dislike the competitive nature of traditional field and gym sports are often willing to have a go and almost always enjoy climbing after experiencing the sense of achievement upon reaching the top.

Safety

At Crimpanzee Climbing Center safety is our priority and we are committed to providing safe facilities, equipment and instruction. All our instructors are fully qualified in accordance with national guidelines, holding a minimum of Climbing Wall Award qualifications and holding relevant first aid qualifications.



Price

Climbing Rate Per Day
Including Gear- 600/-
Excluding Gears-500/-

Rate for kids wall
Including Gears-400/-
Excluding Gears-350/-

Climbing pass offer only for one person
6 visit valid for 15days NPR-2000 (excluding gear)
12 visit valid for 20days NPR-4500 (excluding gear)

Gear Equipments
Shoes- Rs 50/-
Harness- Rs50/-
Chalkbag-Rs100/-
Rope-Rs200/- per hour

Climbing Rates for Membership

- Age below 10 years
1. Annual Membership- 12,000/-
 2. 6 months Membership- 8,500/-
 3. 3months Membership-5,500/-
 4. 1months Membership-2,800/-

Membership Duration	Price for below 15 years	Price for Adult above 15 years
1. Annual Membership	15,000/-	18,000/-
2. 6 months Membership	10,000/-	14,000/-
3. 3months Membership	6,000/-	7,500/-
4. 1months Membership	3,500/-	4,000/-

Location

Crimpanzee Climbing Center is situated in Tinchuli, a short distance from the Chabahil. The Climbing Centre has extensive free car parking and cycle storage. Full directions and maps are available on our website.

Booking Information

You are welcome to visit Crimpanzee Climbing Center anytime to have a look around and gain an insight into the activities available to school children. To organize a visit, or for further information, please call us on 980-2399159 or crimpanzeeadhub@gmail.com

FUN FITNESS TO INSPIRE & MOTIVATE

980-2399159 | crimpanzeeadhub@gmail.com
Boudha, Mahankal | www.crimpanzeeadhub.com

Crimpanzee Climbing Center

Welcome

"Climbing has built up my confidence and I have learnt to try my best and have a go." Indoor climbing at Crimpanzee Climbing Center is an exhilarating activity offering exciting physical and mental challenges at a level specific to the individual. Getting involved is a great way to inspire physical activity for both athletic and non-athletic pupils by proving that exercise is actually really fun!

This brochure provides an overview of indoor climbing at Crimpanzee Climbing Center for schools and how learning outside a traditional environment can benefit your pupils from the unbeatable sense of accomplishment after successfully working out the body positions required to ascend a low-level bouldering problem to the sense of responsibility and trust developed when working together to master our high roped climbing walls.

Crimpanzee Climbing Center is already used by schools throughout the region as a valuable and fun educational resource, providing young people with new and exciting experiences that allow them to explore their true potential. We would love your school to realize the benefits of using the climbing center too and we are keen to answer your questions, discuss your ideas and tell you more about what Crimpanzee Climbing Center can offer your school.



What is indoor climbing?

Opened in 2020 and located within a huge indoor studio, Crimpanzee Climbing Center is a professionally operated premium all-weather venue offering a fantastic variety of indoor climbing from 15m high climbs requiring the use of safety ropes and harnesses, to low level bouldering climbs attempted above deep foam matting.

Crimpanzee Climbing Center has hundreds of different color-coded climbs to attempt from really easy to really hard, designed to accommodate all levels of ability and all ages. Choosing the correct sequence of color-coded holds and reaching the top provides a really fun workout and an unbeatable feeling of achievement that can be hugely beneficial towards increasing confidence and self-esteem. The climbs are even changed regularly throughout the year, ensuring there is always a fresh challenge to undertake for future visits.

It is a great activity to stimulate, motivate and enhance confidence outside of the typical learning environment.

- Increase personal confidence and self-esteem
- Develop confidence and trust in others
- Experience a real sense of achievement
- Develop team work and communication skills
- Enhance concentration and focus

Opening hours

Crimpanzee Climbing Center is open 7 days a week, throughout the year.

Weekdays 11:00am - 9:00pm

Weekends 10:00am - 7:00pm

Please note that we are happy to open for school groups from 9.30am onwards with prior arrangement.

Custom Kids Climbing Area

The kids area in a Crimpanzee can be customly designed to fit the color scheme and concept of the gym within the space available. Be it on the more playful side or taking the grown-ups gym design and scaling it down to respond to the physical specifics and the little ones, there's an endless variety of options to engage the children. Our designers are ready to get creative and be kids again.

Indoor Table Tennis

If you're looking for somewhere to play table tennis then you've come to the right place. Often referred to as ping pong, it's a sport that is perfect for all ages and all abilities. With indoor tables you can play all year round.

Whether you're an experienced table tennis player or just starting out, the sport has numerous health benefits. Playing regular games of table tennis will, over time, greatly improve your reflexes and reaction times.



Other useful information

Crimpanzee Climbing Center has a café on site offering full catering options with plenty of seating overlooking the climbing areas. Our café offers a great selection of hot and cold drinks, snacks and meals available throughout the day. We can also organize and provide catering for your whole group.

Changing areas with showers, toilets and lockers are available for all Crimpanzee users.