

WHY CLIMB

Rock climbing is a great way to strengthen your legs, core, and fingers. It develops coordination and motor planning skills as you must find a path to climb to the top. By hanging onto climbing holds of various sizes and shapes, you will be equipped to climb out in the real world.



Join
Castle Rock
Climbing Gym
to Reach New
Heights



Mon-Fri: 11AM-9PM
Sat-Sun: 9AM-10PM



(555) 555-5555



CASTLE ROCK

Castle Rock Climbing Gym is an indoor rock-climbing gym located in South Lake Tahoe, California. Our gym provides the Tahoe community the opportunity to rock climb no matter the time of day or condition of weather. From our advanced climbing gyms to our workout classes, Castle Rock gym has something for everyone. Our mission is to “inspire climbers to defy gravity and reach new heights in a safe, yet thrilling environment.”

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FEATURES

- ⚙ Rock walls ranging from 10ft-100ft
- ⚙ Bouldering
- ⚙ Climbing equipment rental
- ⚙ Yoga room
- ⚙ Cycling class
- ⚙ Sauna
- ⚙ Trained staff
- ⚙ Padded floors

SAFETY

Our gym provides a thrilling climbing experience in a safe environment. We have trained staff who will provide a spot and guide for a successful climb. All climbing areas are protected by padded floors that absorb impact from falls. If you are new to climbing, make sure to start slow and don't be afraid to ask for help. Make sure to be aware of climbers on the walls around you.

