

# Rock Climbing

## **Rumney Rocks**

Rumney, NH off of Rt. 25.

Rumney Rocks, widely considered the best sport climbing in New England, is also the perfect place for beginners to learn the fundamentals of rock climbing. Our introductory course will focus on teaching basic skills, equipment terminology, rope handling, belaying, knots, and movement on the rock, including proper footwork and hand placements. Rumney is located in the beautiful Baker River valley in the foothills of the scenic White Mountains.

Turn right at Main Street, then take the first left onto Buffalo road. The parking lot is on the right (cost \$3 for the day - self pay...or you can buy a White Mtn Forest pass for \$5/week or \$20/year at the local Forest Service Ranger office located in Plymouth) and the hiking is on marked trails to each of the crags. Distance is from 1 min to about 45 min up steep trails.

## **Mooney Mountain Guides**

603-744-5853

638 Old Bristol Rd.

New Hampton, NH 03256

[www.mooneymountainguides.com](http://www.mooneymountainguides.com)

Mooney Mountain Guides LLC is a New Hampshire based year round mountain guide service and climbing school. Our climbing instructors specialize in guiding, small groups and personal instruction. Offered are enjoyable private climbs, lessons and courses for all ages and abilities. In addition to guided rock & ice climbs, we offer Mount Washington climbs and ski mountaineering tours.

## **The Rock Barn (indoor)**

Tenney Mountain Highway (right past Wal-Mart)

Plymouth, New Hampshire 03264

(603) 520-5696

<http://www.rhinoguides.com/rockbarninsert.html>

> Literally a barn converted to indoor climbing gym. All the walls filled with holds. Has 2 caves and a bouldering wall. About 35' high walls