



UIAA YOUTH COMMISSION
Russian Mountaineering Federation
Macedonian Mountain Sport Federation
Macedonian Sport Climbing Federation



MOUNTAIN FESTIVAL AND INTERNATIONAL COMPETITIONS
"ROCK CLIMBING CLASS"

Demir Kapija, Republic of Macedonia(FYROM)

24-31 August 2018

Is approved by:

President of the
Russian Mountaineering Federation

Andrey Volkov



Is approved by

UIAA YC representative of the
Russian Mountain Federation

Alexander Klenov

Idea

Popularization of rock climbing on natural rocks, promotion of active healthy lifestyle and sport, friendly connection of rock-climbing, mountaineering and mountain tourism.

Improving the basics of climbing techniques. Detection the strongest climbers on natural relief and transfer their experience to beginners. Presentation of a new form of climbing competitions on the rocks. Discovery the Demir Kapija and Macedonia as a unique and promising place for fans of outdoor sports – part of the program “Rock For Everybody” The festival is a sports and cultural event for young climbers from 13 years and older.

[Camping](#) is located close to nature, but no more than 15 minutes walk from the center of Demir Kapija. The people around are hospitable and friendly.

You will get acquainted with the nature, culture and life of Macedonia.

You can participate in international competitions on the rocks.

Find new friends.

Have the opportunity to introduce your clubs

You can participate in environmental events and to make your personal contribution to the protection of unique natural areas.

In addition to the competitions, for the participants will be offered a program that includes excursions, hikings, visits to the museum and the oldest wineries in the Balkans, bathing in local lakes, evenings with a guitar near the friendly fire, safety lessons on rocks and familiarity with the technique of the "Trad" climbing.

Also in the days of the meeting there will be a traditional fair in Demir Kapija "Panajur". And of course experienced participants those who do not participate in competitions can spend your time in self-training of the climbing in the area.

The Festival is organized by UIAA Youth Commission, Russian Mountaineering Federation Macedonian Mountain Sport Federation. Coordinator of the meeting [Aleksandr Klenov](#)

The meeting program is designed for different level of yours climbing experience.

The essence of the competition:

The team of two partners climb the routes proposed by the judges with elements of climbing and alpinist techniques (free climbing, pendulum, Aid climbing, TRAD, change of leader, descent with the rope). Also competition in multi-pitch marathon.

The exact route scheme and demonstration of its passage you will see before the competition.

Participants over the age of 22 must have a good experience in multi-pitch and "TRAD" climbing.

Competitions for participants under the age of 22 will be provided with Top rope belay. Experience in multi-pitch and "TRAD" climbing are recommended.

Macedonia and Demir Capija are waiting for you!

Welcome!

Highlights

Organizers	UIAA Youth Commission, Russian Mountaineering Federation Macedonian Mountain Sport Federation
Dates	24 August – 31 August 2018
Places	Demir Kapija, Republic of Macedonia (FYROM)
Participants	Ages 13 - 25+ years old. Participants younger than 18 should be accompanied by club team leader who is over 18.
Deadline	July 24, 2018 (the last day for registration of participants)
Highlights	Rock climbing, training, hiking, rock climbing competition, mountaineering, ecological activities, songs, excursions, meeting friends
Accommodation	In camping with your own tent www.campingmacedonia.com
Meals	Self-cooking in the campsite or the good and inexpensive restaurants of Demir Kapija. Welcome and final dinner will be from the organizers.
Transfers	Independently or can be ordered through the organizers
Meeting point	“Rock Land Camp “ Dame Gruev st. 36, Demir Kapija
Guides	Mountaineering instructors from Russia, mountain guides from Macedonia, local guides from Demir Kapija
Equipment	The list of equipment is attached
Prices	100 euro includes accommodation in camping and local transport
Additional expenses	The travel to Demir Kapija and back should be paid by participants or their federations. The cost of obtaining a visa (if necessary). Travel and medical insurance. Personal expenses.
Contact	Aleksandr Klenov e-mail: rockclimber.expert@gmail.com Tel: +38970343401

There may be some changes in the program depending on the participants experience, the number of teams, the weather and your wishes.

The short introduction of the area

Demir Kapija's community locates in the southern part of Macedonia on the highway Skopje – Athens.

To see on the [map](#)

The distance from Skopje is 117 km, which takes about an hour by car or two hours by train 'Skopje – Gevgelija'. Distance to the border with Greece is about 50 km.

The nearest international airports are: in Skopje, in Thessaloniki (121 Km). From one point to another you can get by bus or by taxi. Also we can order for you a transfer from an airport.

Now there are 14 sectors for sport climbing (more than 170 routes have varying category of difficulty from 4 to 8c) and infinite potential for old and new TRAD routes.

The rocks are located near the roads and infrastructures, that gives fast access to the climbing sectors; most of it are suitable for the beginners and groups with children.

Most of the rocks are limestone. Location of walls allows you to find a place for climbing at any time of the year. In the summertime everyone tries to hide in the shadow. In winter people can get joy from climbing in the sun light areas where rocks give their warmth.

It is one of the best places in Macedonia for climbing, mountaineering, trekking, fishing and other outdoor activities.

Mountains, cliffs, rivers, lakes, caves, delicious food, great local wine, good weather and hospitable people - will make your visit to Demir Kapija unforgettable.

The first climbing rout in canyon Demir Kapija was climbed (by our information) in 1974, and rocks have attracted sportsman for a long time, but the most actively this area has been developing just in the last five years. The count of routes and sectors have grown so fast and now, for climbers, tourists and backpackers, there are hostel and place for camping "[Rock land Camp](#)".

Rock Land Camp has a great location. Around is orchards and vineyards .The campsite is located on the border of the forest and the city. Removed from the crowds, but close to the infrastructure. From Rock Land Camp just 5 minutes walk to the nearest shop and 15 minutes walk to the center of Demir Kapija. Nearest climbing sector is also about 20 minutes walk.

Please check for yourself the need for a visa to Macedonia. If it necessary, we can send you an invitation.

Rock Land Camp





Festival Program

24 August	Arrival, registration and accommodation of participants of the meeting. From 20-00 Welcome dinner
25 August	10-00 Festival's opening ceremony 10-30 to 18-00 registration for participants of competitions and work of the Admission Commission, seminar for judges. 12-00 to 14- 00 Walk surround of Demir Kapija 15-00 to 17- 00 Demonstration of competitions routes 17-30 to18 -30 Meeting of the Jury with team representatives
26 August	8-00 to18 -00 Rockclimbing competitions . Climbing lessons for beginners, hiking to the top of Prosek
27 August	08.00 to18.00 Rockclimbing competitions. Climbing yourself or hiking / excursion ¹
28 August	08.00 to18.00 Rockclimbing competitions Climbing lessons for beginners about the use of TRAD equipment Climbing yourself or hiking / excursion ¹
29 August	07.00 to 19.00 Rockclimbing competitions Climbing yourself or hiking / excursion ¹
30 August	10-00 to12-00 Summing up the results of the competition, analysis of appeals 12.00 to14.00 Meeting of judges together with representatives of teams. 10-00 to 13-30 Excursion to the museum and visiting the oldest winery in the Balkans from 14-00 Awarding of winners, closing of competitions, final dinner
31 August	Departure

¹ In accordance with your abilities and free time, hiking and excursions will be available:

Top "Prosek"

The cave "Bela Voda"

Granite lakes "Tepli Virovi"

cactus valley and the old traditional Macedonian church

Lake "Tikvesh"

There may be some changes in the program depending on the participants experience, the number of teams, the weather and your wishes.



**MOUNTAIN FESTIVAL AND INTERNATIONAL COMPETITIONS
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Application form

Mountaineering Association

Name of the Association			
Address			
Tel.		Fax	
Email			
Contact person			

Participant

Full name			
Date of Birth		Sex	
Address			
Telephone		Fax	
Mobile telephone		Email	
Passport number		Period of validity	
Date of issuing and city where visa has been issued			
Place of work or study		Tel/fax	
Mother language			
Spoken languages			
Do you need a special diets (vegetarian, eat variety, allergies and intolerances, special diet etc)? Specify:			
Do you have any special medical needs or allergies that we should be aware of?			
Place, time of arrival and means of transport you plan to use. If flying include your flight number and time, needing of transfer:			
Type of insurance cover which you have e.g. travel and personal accident (proof has to be brought with to the Meet), including rescue and name federation or company that the insurance is with:			

Addendum to the Application form

Please describe your mountaineering experience until now (courses, climbed mountains, peaks and altitude, climbing grade, hiking):

I'm interested in:	Competitions <input type="checkbox"/>	Hiking / excursion <input type="checkbox"/>	Climbing by my self <input type="checkbox"/>	(Mark one or more)
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Your Questions:

I acknowledge that mountaineering is de facto an activity which carries certain risks and that the Russian Mountaineering Federation nor any of its members accept responsibility for any deaths, injury or illness sustained or suffered by any person or for any theft, loss or damage to any property that result from participation in the activities planned for this event, no matter in what manner caused and whether allegedly due to negligence or not.

I do have or undertake to get insurance for accident, rescue, third party liability and travel

Full name:

Date:

Signature:

Parental consent (for participants aged under 18 on day of event):

I hereby give my consent for the young person named above to participate in the Festival. I am responsible as the parent or guardian of that young person. I understand that climbing can be hazardous and parents, guardians and participants should be aware that climbing is an activity with a danger of personal injury & should be aware of this risk.

Parent / Legal Guardian full name:

Date:

Signature:

We are asking you all:

- To check your personal and technical mountaineering climbing equipment, which you will take to the camp, put it in order and make sure that it is in good condition!
- Go climbing or walking before the camp to improve your psychophysical condition, so that the camp activities will be a pleasure.

Please return the Application Form as well any questions to:

Aleksandr Klenov

Coordinator in Macedonia

Jane Sandanski Street 53, Demir Kapija 1442

Tel +38970343401

E-mail: rockclimber.expert@gmail.com

Equipment List

Common and camp needs

1. Tent (Individual or for your team).
2. Kitchen equipment for the group. Available in the camping may not be enough for a large number of guests (small gas cartridges for "piercing" connection are available at local stores).
3. Backpack for all things.
4. Sleeping bag (up to 0.-10 degree) and Kari or other insulating mat.
5. Headlamp with extra battery pack.
6. Passport.
7. Purse and money.
8. Valid alpine club membership card.
9. International insurances for health costs, personal accident, personal liability and travel. Bring a copy of the certificate with you.
10. Summer clothes.
11. Clothes for rainy, windy and cold weather.
12. Suitable set of socks.
13. Spare clothes, underwear.
14. Swimming suit.
15. Personal wash kit and towel.
16. Personal first aid.
17. Personal medication.
18. Books, personal material, exercise-book, pencil, camera, musical instruments and etc.

Climbing, mountaineering and trekking equipment

19. Dynamic standard rope (1 UIAA) for rock climbing 60 m (one rope per 2 persons).
20. Climbing harness.
21. 3 screw karabiners.
22. Any rope breaker or "Gri-Gri".
23. 10 quick draws with 2 karabiners (one kit per 2 persons).
24. 2-3 slings for self belay and anchor point
25. Chalk bag and chalk.
26. Prussik loops.
27. Climbing shoes.
28. Climbing trousers (long and short).
29. Small backpack for one-day need.
30. Helmet.
31. Trekking boots.
32. Trekking sticks.
33. Water bottle (plastic or special; 1,5 l).
34. Sun glasses with UV-protection.