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Rock climbing routes are found close to the New River Gorge Bridge.

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Rock Climbing Enthusiasm Has Skyrocketed in the New River Gorge; Adventures on the Gorge Calls it a Lasting Trend

FAYETTEVILLE, W. Va., March 18, 2022 - Primarily known as a world-class whitewater rafting destination and home to the country's newest national park, [Southern West Virginia's New River Gorge](#) has seen a huge surge in enthusiasm for another adventurous outdoor pastime: rock climbing.

[Adventures on the Gorge](#), an adventure resort situated on the edge of the New River Gorge, first started seeing bookings for the rock climbing increase significantly a few years ago, and during the first pandemic summer of 2020, the numbers spiked even higher. Last year, they skyrocketed.



Rock climbing does not require a lot of experience.



This activity has grown in popularity the past two years.

Why now, and why this particular sport? Roger Wilson, CEO of [Adventures on the Gorge](#), has some theories.

“Outdoor recreation in general has been trending upward for years, with travelers more focused than ever on active, outdoorsy, family-friendly experiences,” said Wilson. “During the height of the pandemic, our visitors wanted to be outside and to keep a reasonable distance from travelers outside their cohorts. Rock climbing, like rafting, allows them to do that.”

But that’s just the beginning. Wilson said that the sport itself has been doing a good job educating the public about just how easy it is to climb. “If you can climb a ladder, you can climb a cliff,” he said. “Even young kids can experience the thrill of climbing, and just like adults, they feel a huge sense of accomplishment once they reach the top.”

The Cliffs of Southern West Virginia

Designated a national park in December 2020, the [New River Gorge National Park and Preserve](#) is home to more than 1,400 established rock climbs, and there are more than 1,600 other climbs in the nearby Gauley River National Recreation Area and beyond. Soaring up to 150 feet, cliffs are made of Nuttall Sandstone, some of the oldest and hardest sedimentary rock in the world.

While the region is full of highly technical climbing routes for experienced climbers, there are plenty of options for newbies as well. One of the most popular all-level climbs is Bridge Butress, one of the first technical climbing routes in the New River Gorge and a local favorite for those who want a quick climbing fix. Another all-level climb is Beauty Mountain, which features a collection of crags at the end of the popular Endless Wall hiking trail - named by USA Today as the [best national park hike](#) in the U.S.

Although rock climbing is generally a three-season sport in the New River Gorge, most climbers prefer to avoid hot summer season temperatures and climb during the milder spring and fall seasons from about late April through mid-June and again from early September to late October.

Rock Climbing with Adventures on the Gorge

Adventures on the Gorge offers guided [half-day](#) and [full-day](#) guided rock climbing adventures as well as a [two-hour rappelling adventure](#). Participants must be at least eight years old for the half-day trips and 10 years old for the full-day trips. Maximum weight for all rock climbing adventures is 260 pounds, and participants must be in moderately good physical condition. The maximum group size is 12 participants with one guide for each for four guests. Each trip includes instruction and safety gear including helmet, harness and sticky-rubber rock climbing shoes. Participants are encouraged to bring a daypack with water, snacks, sunscreen and weather-appropriate layers such as hats, and rain or wind jackets. A climbing video can be viewed [here](#). Visitors who book rock climbing adventures online receive a 10 percent discount on the rate.

The [full-day rock climbing adventure](#) includes lunch at the climbing site or Adventures on the Gorge campus. The rate for adults 13 and older is \$139 and youths 10 ages 10-12 is \$129. The [half-day rock climbing adventure](#) is \$89 for adults and \$84 for youths ages eight to 12. The [two-hour rappelling adventure](#) is \$59 for adults and \$54 for youths ages eight to 12.

The resort also offers [adventure packages](#) that combine rock climbing, rafting and other adventures.

More About Adventures on the Gorge

In addition to [rafting](#) and rock climbing, Adventures on the Gorge offers a variety of other [aerial](#), [lake](#) and [land](#) adventures. The resort also features

a variety of [lodging and camping](#) options, [restaurants and bars](#), [shops](#) and an [outdoor pool](#) overlooking the gorge. Reservations can be made [online](#) or by calling 1-855-379-8738.

For more information on these and other activities, visit the website or connect with the resort on [Facebook](#), [Twitter](#), [Instagram](#), [TripAdvisor](#), [YouTube](#), and [Vimeo](#) and by signing up for AOTG [e-newsletter](#).

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About Adventures on the Gorge

Named one of the top six adventure resorts in the country by [U.S. News & World Report](#), Adventures on the Gorge is located on more than 350 acres along the rim of the majestic New River Gorge near Fayetteville, W.Va. The resort provides an array of outdoor experiences including whitewater rafting on the New and Gauley Rivers, aerial adventures, rock climbing, rappelling, kayaking, stand up paddle boarding, fishing, mountain biking and hiking. There are also restaurants, bars and shops as well as a small-group conference center. Visitors can choose from a variety of [accommodations](#) and [vacation packages](#).

Media Links (please credit Adventures on the Gorge)

Video:

[Scenic spring summer](#)

[Scenic fall winter](#)

[Rafting](#)

[Adventures on the Gorge](#)

[New River Gorge Bridge](#)

Photos:

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