

Come join us for the 27th annual VCA's

Vertical Caving Workshop

Sunday, January 25, 2026

9:00 am to 12:00 pm

Pizza & drinks will be provided for lunch

1:00 pm VCA meeting, 2026 Elections including Committees formations

Green Mountain Rock Climbing Center

223 Woodstock Ave, Rutland, VT

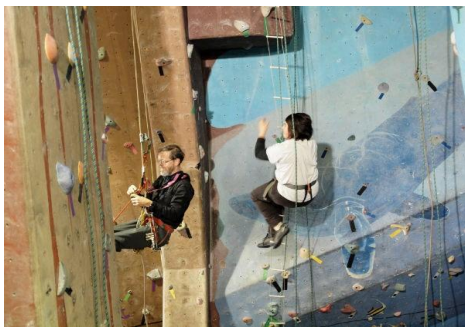
Cost: \$20 (meeting attendance has no fee)

The Vermont Cavers Association's (VCA) family friendly workshop is open to anyone who wants to learn vertical caving skills or brush up on your old skills. No experience necessary! Examples of skills being demonstrated and taught include basic rope climbing systems, cable ladders use,

change-overs, passing rebelay and knots. Ropes will be rigged for straight forward climbing and change-over practice, rebelay.

Experienced with vertical? Try out our ropes course. This year, "The Lip" *might* return – with a twist (or more accurately, a squeeze). Climbers not only have to get up and over the overhang, they have to squeeze through a narrow opening and passage to do so. Any "dangle factor" of extra gear hanging on the harness is sure to snag on something. And if climbing up wasn't hard enough, there was the challenge of rappelling through the squeeze as well.

If you have your own vertical system, please bring it (ropes not needed). If you don't have any gear, we will have systems that you can borrow to see what works for you.



Normally, shoes and boots are not allowed. The staff makes an exception for us to use sneakers, boots or other heavy-duty footwear instead of climbing shoes to give the support needed by our climbing systems.

Absolutely NO cave mud or dirty footwear allowed! The **\$20 facilities fee** for this workshop also gives you unlimited access to the climbing gym until 5pm. The gym walls have climbing routes ranging from very easy to absolutely insane, and are a great way to improve your rock-climbing skills. Shoes and harness rental is included in the facilities fee. The walls are very kids-friendly, so bring the family!

Please use the [event sign-up](#) on the VCA's webpage.