



ASSOCIACIÓ KEEP CALM BARCELONA

# KEEP CALM CLIMBING

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Member Guide

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## WHAT KEEP CALM CLIMBING IS

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Keep Calm Climbing is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. We meet up for indoor bouldering and climbing around the city's gyms, with the occasional trip to real rock outside Barcelona for those with the experience for it.

Most sessions are bouldering, which needs no ropes, no partner and no experience to join in. All levels climb together, from complete first-timers to people who have been climbing for years. Every session and every group is 18+.

## HOW A SESSION WORKS

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Sessions are posted in the Keep Calm Climbing WhatsApp group with the gym, day, time and entry cost. If you want to come, reply to confirm so we know numbers, then just turn up at the gym at the stated time and look for the group.

There's a loose weekly rhythm, though exact days and gyms are confirmed session by session, so it's worth keeping an eye on the group:

- Smaller weekday-morning sessions tend to happen at Sharma BCN
- Saturday mornings usually bring a bigger group together at Sharma Gavà, with more of a rope-climbing focus, bouldering first to warm up

Climbing with us is social as much as it is physical. Expect plenty of resting, chatting and cheering each other on between problems, and sometimes drinks or food together afterwards.

### Where we climb

Sessions rotate between gyms depending on what the group fancies. The regulars are:

- **Sharma Gavà**, the bigger of the two Sharma locations, with both bouldering and rope walls. It's a bit of a trek from the city centre, but it's the group's usual spot for rope-focused Saturday sessions. Gear can be rented on site.
- **Sharma BCN** (Poblenou), smaller and more central, popular for quick weekday morning sessions
- **Climbat La Foixarda** (Montjuïc), bouldering and rope climbing in a former municipal site
- **Monobloc**, **Bloc District Marina** and **Indoor Wall**, other gyms the group uses from time to time
- Other city gyms, announced per session

Occasional outdoor trips head to crags around Catalonia, for example Montserrat, the Garraf, Vallirana or Sant Martí de Centelles, for those with the experience and gear. Outdoor sessions are always clearly marked in the group and need more preparation than an indoor one.

## Cost

There's no Keep Calm membership fee. You pay the gym entry directly, typically around 10 to 16 euros for a day pass depending on the venue, with shoe and (for ropes) harness rental a few euros on top if you don't own your own. The exact cost is always posted with the session announcement, and bringing your own gear saves on rental.

## NEW TO CLIMBING?

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You are very welcome, and bouldering is the easiest way in: no ropes, no partner and no experience needed. The walls are low, with thick mats below, and routes (called "problems") are colour-graded from easy to hard, so you pick a level that suits you. Someone in the group will happily show you how it all works.

Just turn up to a bouldering session, rent shoes at the desk if you don't have your own, and give it a go.

### What to bring:

- For bouldering: comfortable, stretchy clothing you can move in, climbing shoes if you own them (otherwise rent at the gym), water, and a small towel and chalk if you have them
- For rope climbing: a harness and belay device if you own them, plus a belay certificate if the gym asks for one. Otherwise rent at the gym and let an experienced member know you're new to ropes
- For outdoor sessions: proper outdoor gear is essential. Only join an outdoor trip if you have the experience yourself, or are explicitly partnered with someone who does. Details come with each outdoor announcement.

## HOW TO JOIN

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Join the Keep Calm Climbing WhatsApp group at [keepcalm.fit/whatsapp/climbing](https://keepcalm.fit/whatsapp/climbing), then watch for session announcements and reply to confirm your spot. Turn up at the gym at the stated time, rent shoes at the desk if you need to, and look for the group.

## SAFETY AND INCLUSIVITY

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Climbing carries real physical risk, indoors and especially outdoors, and everyone climbs at their own responsibility and within their own limits. A few concrete things that make that workable:

- **Nobody starts on rope without being shown how.** Never belay unless you know how to, and always double-check knots, harnesses and devices, your own and your partner's, before you climb.
- **Falling is taught, not assumed.** For bouldering, an experienced member will show you how to fall and land safely if you're not sure, and the group watches the area below a problem so nobody lands on someone else.

- **Newcomers are shown the basics, never pressured.** People who have climbed before will walk you through reading routes, falling safely and gym etiquette, and nobody is pushed to climb above their comfort level.
- **Gym rules and staff instructions come first,** on top of anything the group does its own way.
- **Outdoor climbing is opt-in only for those ready for it.** It carries more risk than an indoor wall, so it's only for members with the right experience and gear, or explicitly partnered with someone who has both.

For the full safety, data and conduct policies that apply across every Keep Calm activity, see [keepcalm.fit/policies](https://keepcalm.fit/policies).

## RULES AND ETIQUETTE

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- **If you say you're coming, try to be there.** Some sessions have limited spots or group bookings, so a no-show can cost the group. Let the group know as early as you can if your plans change.
- **Pay your own gym entry,** and respect the venue, its staff and the other climbers sharing the walls.
- **Share the wall.** Don't sit under a problem someone else is about to climb, take turns on popular routes, and keep bags, shoes and chalk out of the fall zone.
- **Look after newcomers.** We get a lot of first-timers, so be patient, offer to show people the basics, and never pressure anyone to climb above their comfort level.
- **On outdoor trips, follow the organiser's guidance at all times.**
- **Be sound:** cheer people on, celebrate the small wins, help tidy up rental gear and shared chalk, and stick around for a drink after if you can. The social side is half the fun.

These add to, rather than replace, Keep Calm's community-wide rules on [WhatsApp conduct](#), [event participation and cancellations](#) and [safety and liability](#).

## FAQ

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**Do I need my own gear?** No. Shoes, and for rope climbing a harness and belay device, can all be rented at the gym. Bringing your own saves a little on rental if you climb regularly.

**Do I need a climbing partner to come along?** Not for bouldering, which is climbed solo with no rope. Rope sessions usually pair people up within the group, so you don't need to arrive with a partner already sorted.

**Is this only bouldering, or does the group climb with ropes too?** Both. Most weekday sessions are bouldering, and Saturday sessions at Sharma Gavà usually bring a rope-climbing focus, with bouldering first to warm up. Each session announcement makes clear what's planned.

**I've never climbed before. Is that a problem?** Not at all. Bouldering is the easiest way in: no ropes, no partner, low walls with thick mats, and colour-graded problems so you can pick an easy one to start. Someone in the group will show you the basics.

**Can I join an outdoor trip as a beginner?** Only if you're explicitly partnered with someone experienced, or already have the experience and gear yourself. Outdoor sessions are always marked clearly in the group with what's needed.

## LINKS

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- [Group rules](#)
- [Community policies](#)
- Join the group: [keepcalm.fit/whatsapp/climbing](https://keepcalm.fit/whatsapp/climbing)

See you on the wall!