



THE ORIGIN OF BOULDERING

FROM NATURE, CREATIVITY AND FREEDOM



NATURAL ROCK



NO ROPES
NO LIMITS



CREATIVITY
AND STYLE



A GLOBAL
COMMUNITY



FREEDOM AND
ADVENTURE

THE BEGINNING

Bouldering was born in the mountains, where climbers began to challenge themselves on low walls and boulders without the need for ropes.

It was a new way to connect with rock in a direct, creative and personal way.



WHAT MAKES IT UNIQUE?

- It can be practised almost anywhere.
- It develops strength, technique and problem-solving.
- It encourages creativity and personal expression.
- It builds a strong and supportive community.



EVOLUTION

From the 1960s and 70s, bouldering grew around the world, especially in places like Fontainbleau (France), Hueco Tanks (USA) and Rocklands (South Africa). It became a training method, a lifestyle and a sport.



Fontainbleau, France
1960s

TODAY

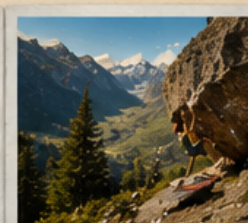
Bouldering is now an Olympic discipline and a global phenomenon. It continues to inspire millions of people to explore their limits and enjoy the outdoors.



Hueco Tanks, USA



Rocklands, South Africa



Climbing everywhere



A way of life