



QUARRY TRAILS METRO PARK

via ferrata

FAQ

What is a via ferrata?

A via ferrata utilizes metal rungs, ladders and permanently fixed cables as a means of crossing rocky cliff faces and steep terrain. This is the country's first urban via ferrata!

How long does the route take?

The exact time it takes to finish the route depends on the group, but on average it takes 90 minutes from start to finish.

What does the route consist of?

You can expect beautiful views of Quarry Trails Metro Park as you traverse across 1,040 feet from fixed metal rungs and cables. The route features a 90-foot-long suspension bridge situated 105 feet above a pond. The majority of the route features horizontal climbing with one larger vertical section.

Who should climb the via ferrata?

Participants must be at least 14 years old, weigh between 88 and 265 pounds, and be at least 5 feet in height. Anyone under 18 must be accompanied by an adult. Good upper body strength is recommended to hold onto the rungs while moving carabiners along the cables. It is not recommended for anyone who experiences vertigo, fear of heights or has physical injuries or joint pain.

What should I wear?

Participants should wear hiking boots or tennis shoes with a good tread and comfortable, flexible clothing. It is strongly recommended that participants wear gloves with good grip to protect your hands and to help you grip the rungs as you climb.

Can I bring my own equipment?

All equipment, including a climbing harness, helmet and via ferrata lanyard, will be provided during the program by Metro Parks.

Should I take my phone with me?

We encourage participants to leave valuables in a secure location. There is no way to retrieve items that fall while on the via ferrata.

Use of the via ferrata is by guided Metro Parks tour only.



For more information visit us at metroparks.net