



GreenClimb

Empowering Women and
Promoting Sustainable Climbing



24.-26. April 2026



Hohe Wand, Austria



About GreenClimb



The **aim** of the GreenCLIMB project is to support more women in discovering climbing while promoting environmentally responsible ways of enjoying outdoor climbing.

What are the objectives of the project?

- Encourage more women to take part in climbing
 - Promote sustainable and nature-friendly approaches to outdoor climbing by creating guidelines with eco-friendly climbing practices
 - Create inclusive and supportive spaces for women in climbing
 - Organize climbing workshops and events that incorporate sustainability
 - Strengthen international cooperation between sport, climbing, and outdoor organizations across Europe
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Who is the event for?

The international training is designed for women with basic to advanced climbing experience, as well as climbing instructors.

How is it designed?

Participants will attend a 2-day training in the Austrian mountains, taking part in practical climbing activities while observing and discussing sustainable, inclusive, and environmentally responsible climbing practices. Over the course of the visit, the group will reflect on their experience through a sustainability lens, exploring how climbing can be practiced in a way that minimises environmental impact and supports women's participation.

What skills will you gain?



Sustainable climbing skills: Learning how to climb in an environmentally responsible way, including sustainable behaviour at climbing sites and waste reduction

Gender awareness & inclusion:

Understanding gender-specific challenges in climbing and learning how to support inclusive and welcoming spaces for women in the sport.



Responsible equipment use: Learning how to choose and use climbing gear in a more eco-friendly and conscious way.

Cultural exchange:
Experiencing and learning from participants from different countries through shared climbing activities and discussions..



Teamwork: Working together in a group during climbing activities, strengthening communication, cooperation, and mutual support in an outdoor setting.

Agenda



Friday 24. April – Arrival

- **14.20 latest arrival to Vienna HBF** (central train station)
- **17.00** Arrival to Gasthof Mohr
- **19.00** Common dinner at Gasthof Mohr (optional)



Saturday 25. April – Climbing day

- **9.00** Introduction, getting to know each other
- **9.30** Rock climbing introduction
- **10.15** Eco-friendly climbing practices (discussion & focus group)
- **11.00** Preparation and hike to climbing area
- **12.00** Rock climbing & clean up (lunch incl.)
- **19.00** Dinner



Sunday 26. April – Climbing day

- **9.00** Reflection & Morning yoga
- **9.30** Preparation and hike to climbing area
- **10.15** Rock climbing & focus groups (lunch incl.)
- **15.00** Final certification
- **16.00** Departure to Vienna with the train at **16.54** (Unterhöflein Bahnst)



Hohe Wand

The Hohe Wand is a striking limestone plateau located in Lower Austria, close to the Vienna Alps and easily accessible from Vienna. Rising to around 1,100 metres above sea level, it offers dramatic cliffs, panoramic views, and a unique natural landscape.

Climbing in Hohe Wand



Hohe Wand is one of Austria's most popular outdoor climbing areas, known for its wide range of climbing routes suitable for different experience levels. The area is also a protected natural landscape, making it an ideal setting to explore environmentally responsible climbing practices while enjoying high-quality climbing routes in a natural environment.

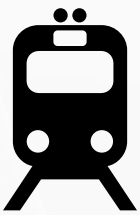
Accommodation

Participants will stay at **Gasthof Mohr**, a traditional Austrian guesthouse right at the foot of the Hohe Wand in Zweiersdorf. The family-run hotel has existed since 1962 and combines panoramic mountain views, cosy rooms, and regional cuisine in a nature-focused setting. Accommodation will be provided in double rooms en suite. Bed linen and towels are included. The hotel has a restaurant serving regional food and offers Wi-Fi.





How to reach Zweiersdorf?



The accommodation can be reached from Vienna by **ÖBB** train. Take train CJX9 from Vienna Central Station (Wien Hauptbahnhof) at 14:53 to Wiener Neustadt Hbf (arrival 15:28), then change to the regional train towards Puchberg am Schneeberg departing at 15:37. Due to railway works, this train runs only to Bad Fischau-Brunn, where you must transfer to the replacement bus towards Puchberg am Schneeberg and get off at Unterhöflein Fliederweg. From there, the accommodation Gasthof Mohr is a 35-minute walk.



Participants travelling from Cyprus and Slovakia will need to arrive to Vienna Central Station (Hbf) until 14:20 on Friday. Airport transport is provided by train or bus with VAL1 line, with possibility to purchase tickets online or at the airport, reaching Vienna Central Station in under 30 min.

Participants returning to Vienna on Sunday, 26 April should walk to Unterhöflein Fliederweg and take the rail replacement bus at 16:39 towards Bad Fischau-Brunn. From there, walk to Bad Fischau-Brunn Bahnhof, where trains run to Wiener Neustadt Hbf, with a further change to continue to Wien Hauptbahnhof.

How to reach Zweiersdorf?

- 14:53 Vienna Central Station
 - 🚆 CJX 9 Payerbach-Reichenau an der Rax Bahnhof
 - 🕒 35 min 🚉 4 stops
- 15:28 Wiener Neustadt Central Station
- 15:37 Wiener Neustadt Central Station
 - 🚆 R98 -> Puchberg am Schneeberg
 - 🕒 8 min 🚉 2 stops
- 15:45 Bad Fischau-Brunn/Schneebergbahn Bahnhof
- 15:50 Bad Fischau-Brunn Bahnhof (Vorplatz)
 - 🚌 Rail Replacement Bus
 - 🕒 29 min 🚉 6 stops
- 16:19 Unterhöflein Fliederweg

From Unterhöflein Fliederweg, the accommodation (Gasthof Mohr) can be reached on foot. The walk is approximately 2.4 km, takes around 35 minutes, and includes a moderate 70 m elevation gain. **While the walk is manageable, participants are advised not to travel with rolling luggage and instead use a backpack** to make the walk more comfortable.

To reach Zweiersdorf, participants should travel by train from Vienna Central Station (Wien Hauptbahnhof). For check-in on 24 April, take the 14:53 train, arriving at Wiener Neustadt Hbf at 15:28, and change to the regional train towards Puchberg am Schneeberg departing at 15:37. Due to railway works, this train continues only to Bad Fischau-Brunn, where passengers transfer to the rail replacement bus and get off at **Unterhöflein Fliederweg**.



What to bring?

Clothing

- Hiking backpack
- Long-sleeved tops
- Short-sleeved tops
- Long pants, leggings are also suitable for climbing
- Hiking boots - worn out (for a short hike to the climbing area)
- Long socks with extra pairs
- Buff or bandanna (optional)
- Hat (optional)
- Slippers to wear in the accommodation
- **Participants are encouraged to bring their own climbing equipment if available!**



First aid kit

Climbing instructors from ACTIVE Austria will carry first aid kits for the whole group.

What to bring?

Optional Accesories

- Reusable water bottle
- Insect repellent
- Ear plugs - sleeping eye mask
- Rolled toilet paper or tissues
- can also be left in nature
- Power bank

Please pack with the 40-minute walk in mind; rolling luggage is not recommended, and a backpack is advised.

Before coming to the event, please check the weather forecast as there is a possibility of low temperatures as well as rain and snow in April.

In case of bad weather forecast there is a chance of the training being relocated to Vienna.

Do not forget to arrange an **insurance for mountain sports**. Climbing travel insurance coverage should include mountain climbing & rescue insurance, as well as emergency medical evacuation.



Who are we?

ACTIVE Austria is Vienna based NGO with the mission of promoting active lifestyle for people of all ages and fitness levels, intercultural understanding and active citizenship. ACTIVE volunteers regularly organise hiking events in and around Vienna and educate the community through sport and non-formal education. Members of ACTIVE are sport experts, educators, youth workers and mountain guides.



ACTIVE
AUSTRIA

Erasmus+ Sport

Erasmus+ programme in the field of sport contributes to the development of the European dimension in sport, especially amateur sport. The new generation of the Erasmus+ programme (2021-2027) promotes mobility for the purpose of teaching sports staff, cooperation, quality, inclusion, creativity and innovation at the level of sports organizations and sports policies.



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