

ROPE & KNOTS WORKSHOP

Book this workshop at the B-Active center
(Situating inside the Strand Fjordhotel)



In this workshop, an instructor will show the many ways to use a rope, making the easiest and more advanced knots



You can be very creative with rope and make nice souvenirs!



Learn to use rope for safety and securing during climbing



Every knot had its own specific use and purpose.
Learn which kind of knots you can use best for any situation



The amount of different knots is endless. We will teach you a few of these knots that are easy to learn

