

How High Can You Go Up?

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Rock climbing in Seongdong

Do you like climbing and playing? If you do, you will like this place. This is the Seongdong Rock Park. This is a place for the people. Though there are some indoor rock climbing centers, Eungbong Rock Climbing Park is the only outdoor rock climbing park.

Health benefits

Since rock climbing uses muscles that are not usually used, we can burn high calories compared to activity time. It also helps to improve ability to concentrate on studying. It's good for both adults and children to have fun by learning rock climbing.

Rock climbing in Seongdong

Because Seongdong Rock Park includes an indoor rock wall and an outdoor wall, we can choose among safe and various courses. The benefit of Seongdong Rock Park is that we can rock climb in city. And Seongdong Rock Park's rock wall is made by people. So it is safer than nature rock wall. "When I stand in front of the rock wall, I thought 'Can I climb?' But when I climbed the rock wall, I felt very happy. And I think 'I want to go there with my friends,'" according to Do sun high school student, Jee Eun Lee.

Why should someone rock climb?

If you rock climb, you can exercise and relieve stress, too. If you go there, you can be happy and make fun memories with your family or friends.

References

Lee Jee Eun. (2019, August 10). Personal interview.

Image:

cafe.naver.com/solo2040/142421

