

Canada's Largest Climbing Gym Opens In Mississauga

MISSISSAUGA: Climbers of every skill level, from novice to expert, can learn the sport and test their skills in the country's largest climbing gym has officially opened its doors in the heart of Mississauga.

Hub Climbing's 30,500-sq.-ft facility is its second in the GTA and is part of the organization's goal of growing the sport and the climbing community across the region and with all ages.

"Everyone at Hub Climbing is proud of our new facility and what it can do to grow our sport and support climbing in the community," said Hub Climbing co-owner Steven Brown.

"This facility is designed for every level of expertise. It's a welcoming place for people interested in climbing and bouldering to give it a try, for beginners to learn the sport, and for experts to challenge their skills."

Former Mississauga Mayor Hazel McCallion proved that climbing is for all ages at the opening, taking on the climbing walls just a week before her 98th birthday.

Other dignitaries on hand on the walls included Mayor Bonnie Crombie and Mississauga Centre MPP Natalia Kusendova.

"As a health care professional, I recognize the benefits that physical activity can bring not only to a person's physical health and well-being, but also their mental health and resilience building," said Mississauga Centre MPP Natalia Kusendova.

"What is wonderful about this facility and sport is that it provides a fun environment where people of any age and skill can try climbing and work on developing new skills.

"This helps in building a life-long relationship with the sport and leading a healthy lifestyle, while also bringing people in the



Former Mississauga Mayor Hazel McCallion proves that climbing is for all ages. She celebrates her 98th birthday this week.



Mayor Bonnie Crombie shows her skills.



community together," she said. Brown said the new facility was designed from top to bottom with a diverse range of people and skills in mind, and offer climbing as well as fitness and yoga. "No one should feel intimidated when they want to try out a new sport like climbing – and being a welcoming place for every age and skill level takes away that intimidation at Hub Climbing," Brown added. "We've got big plans for the coming year to expose more and more people to climbing and the

exciting community we're helping build." Hub Climbing Mississauga Key Facts: • More than 30,500 sq.-ft facility for climbing fitness yoga; the climbing walls are up to 49 ft high. • All three Olympic disciplines: speed walls, bouldering and roped climbing • 12,000 sq.-ft bouldering terrain with roughly 90 problems, and vertical to overhanging and cave areas, suitable for all levels. • More than 200 roped climbs

with lead routes interspersed. • 3 official 30-foot speedwall routes • Moon Board training wall with LEDs • 4,000 sq.-ft pit area for experienced climbers only with 48-foot walls • Moon Augmented Reality (video game) wall coming soon • Dedicated climbing training area with hangboards, campus boards, and a training board. • 35 autobelays for cardio / circuit training • Dedicated yoga and group fit-

ness rooms • 3 private teaching areas for classes and groups. Bouldering flooring is designed by Asana, a leading climbing gym flooring provider in U.S.A. and provides 16 inches of various types of foam underneath a cordura shell. The flooring is designed to be of a firmness that makes it possible to walk on the mats with less strain on ankles but with increasing absorption for higher velocity falls. • Location: 3636 Hawkestone Road, Mississauga

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