

# Indoor Rock Climbing Venues in Sydney

Are your little daredevils climbing your furniture at home? Why not take them indoor rock climbing.

Indoor rock climbing has been increasing in popularity in recent years, and venues have been popping up all over Sydney. Not just for adults, rock climbing has many benefits for kids, too. Aside from the fun, it develops communication skills, motor planning, endurance, and core strength. Climbing is also a low-impact sport and with so many options to choose from, there's no need to travel too far from home.

## Sky Zone

Sky Zone has a variety of different climbing walls, with varying levels of difficulty. There is also The Leap of Faith and Sky Drop for the more adventurous child. Their auto-belay braking system also means kids can climb on their own, and they can even time themselves or race a friend on the Speed Walls. Climbers must be at least five years old or at least 110 cm tall, so if you have children who are not big enough to climb, there is also Sky Jump and a toddler play area. Sessions are run on the half hour every hour. Bookings are recommended during peak times.

**Website:** [www.skyzone.com.au/climbing](http://www.skyzone.com.au/climbing)

**Miranda:** Westfield Miranda  
G121 Westfield Miranda  
600 The Kingsway, Miranda

**Open:** Sunday to Thursday - 10am until 8pm  
Friday to Saturday - 10am to 10pm

**Alexandria :** 75 O'Riordan Street, Alexandria  
**Open:** Monday to Friday - 10am until late  
Saturday to Sunday - 9am until late

## Turbo Climb

Located at Bankstown Sports Club, next to Monkey Mania, this venue features 26 indoor climbing walls, suitable for ages 4 years and up. Kids can race each other on the Speed Walls, race to the top of a magical beanstalk or climb a roaring volcano. Their walls feature an auto belay braking system, so no climbing buddy is needed. Climbers also need to be at least 15kgs to participate. Turbo Climb caters to casual climbers, birthday parties, school groups, and vacation care groups. With free onsite parking and a cafe, this is a perfect venue for a family outing. Sessions are run on the hour every hour. Bookings are recommended.

**Website:** [www.turboclimb.com.au](http://www.turboclimb.com.au)

**Address:** 8 Greenfield Parade, Bankstown

**Open:** 7 days a week from 10am

## Sydney Indoor Climbing Gym

With around 3,700 square metres of climbing walls, this venue has plenty of climbing routes to suit all abilities. They also have a slightly smaller venue in Villawood. There are boulder courses for kids over 15 years. They also cater for birthday parties, school groups and school holiday camps. Onsite parking is available.

**Website:** [www.indoorclimbing.com.au](http://www.indoorclimbing.com.au)

**St Peters:** 4c/1-7 Unwins Bridge Road, St Peters

**Open:** Monday to Wednesday – 9:30am until 10pm  
Tuesday – 6pm until 10pm  
Thursday – 9:30am until 11pm  
Friday – 9:30am until 10pm  
Public Holidays – 9:30am until 7pm

**Villawood:** 5/150 Woodville Road, Villawood  
**Open:** Monday to Friday - Midday until 10pm  
(Open at 9:30am during school holidays)  
Saturday – 9:30am until 8pm  
Sundays and Public Holidays – 9:30am until 6pm

## **The Edge Rock Climbing Centre**

At the Edge Rock Climbing Centre you will find 120 climbs of varying grades, (4 with auto-belays), indoor caves, and much more. Although they welcome participants aged from 5 to 85 years, climbers must be over 15kgs to climb. They also host birthday parties, school groups, and youth workshops.

**Address:** 9/10 Hudson Avenue, Castle Hill  
**Website:** [www.edgerockclimbing.com.au](http://www.edgerockclimbing.com.au)  
**Open:** Monday to Friday – 12pm to 10pm  
Saturday / Sunday / Public Holidays – 9am to 6pm  
School Holiday Weekdays – 9am to 10pm

## **Climb Fit**

Catering for ages 4 years and up, Climbfit is the largest indoor climbing facility in Sydney, with another one opening soon in Kirrawee. Facilities include a tamer wall for kids (and the climb-wary), and the Groove Tube (a 25 metre long cave tunnel). They also host birthday parties, holiday kids camps (for kids aged 10-14 years), and a Kids Club.

**Address:** Unit 4/12 Frederick Street, St Leonards  
**Website:** [www.climbfit.com.au/kids/](http://www.climbfit.com.au/kids/)  
**Open:** Monday & Friday 6am – 10pm  
Tuesday to Thursday – 6am -11pm  
Saturday & Sunday 8am – 8pm

## **The Climbing Centre**

The Climbing Centre caters for all abilities from beginners to experts. Climb for as long as you want. No time limits! No bookings are required for climbing, but bookings are essential for tables. They do cater for birthday parties, and there's even a snack bar and espresso coffee available. They also have a Junior Climbing Club every Monday and Thursday afternoon.

**Address:** 3/16 Borec Road, Penrith  
**Website:** [www.climbingcentre.com.au](http://www.climbingcentre.com.au)  
**Open:** Monday to Friday: 10am till 9pm  
Thursday: 10am till 10pm  
Saturday: 10am till 8pm  
Sunday: 10am till 6pm

## **Northern Beaches Rockhouse**

The Rockhouse welcomes anyone aged from 3 to 75 years. Facilities include over 40 metres of caving tunnels and chambers that change shape and direction. Prices are for a full-day pass, so you can stay all day. They also cater for schools groups, disability groups and birthday parties. Kids under 13 years do need to be accompanied by an adult. The Rockhouse is extremely family friendly, with a special weekly Mother's climbing group.

**Address:** 4E/9-13 Winbourne Road, Brookvale  
**Website:** [www.rockhouse.com.au](http://www.rockhouse.com.au)  
**Open:** Monday: 4pm to 10pm  
Tuesday to Friday: 12pm to 10pm  
Saturday and Sundays: 10am to 9pm  
Public and School holidays: 10am to 10pm

## Peak Pursuits

Peak Pursuits has 10 high ropes course activities and 13 vertical activities, as well as the Leap of Faith, Kung Fu Poles, or the Big Drop Giant Slide for the more adventurous child. They cater for birthday parties, school groups, and youth organisations. Sessions run on the hour every hour. Bookings are essential.

**Address:** Unit 49/5 Gladstone Road, Castle Hill  
**Website:** [www.peakpursuits.com.au](http://www.peakpursuits.com.au)  
**Open:** Saturday & Sunday – 10am – 4pm (general public)  
Monday to Friday – Prebooked school groups only