

Naked Rock Climbing

A new form of extreme rock climbing is naked rock climbing. These climbers don't use ropes. They don't use safety gear. They also don't wear clothes. They like feeling naked. They say it captures the "true **essence** of the climbing spirit." Essence means meaning. They feel closer to nature. Being naked makes climbing harder. It means climbers have no protection. There are more risks.

People play other naked sports. An example is the World Naked Bike Ride. The motto is "bare as you dare."



Naked rock climbing can be uncomfortable.