

Zone A

Zone B

08:30 - 09:00

Registration

09:00 - 09:15

Welcome to the 2026 Women's Climbing Symposium (WCS26)

09:15 - 10:00

The North Face presents:
Solenne Piret

10:00 - 10:15

Break

10:15 - 11:15

Coaching Workshops 1

Nutrition for female climbers

Healing through climbing:
Ourselves, community and nature

11:15 - 11:30

Break

11:30 - 12:30

Coaching Workshops 2

Nutrition for female climbers

Roundtable: Climbing, pregnancy
and the bit after that!

12:30 - 14:00

Lunch

14:00 - 14:45

Hannah Morris

14:45 - 15:00

Break

15:00 - 16:00

Coaching Workshops 3

In short: Mindset, motivation and
making moves up high

Taking up space: Climbing, disability
and becoming unapologetic

16:00 - 16:15

Break

16:15 - 17:15

Coaching Workshops 4

Finger health for climbers

Navigating menopause

17:15 - 17:30

Break

17:30 - 18:00

Wrap up and goodbyes with Molly Thompson-Smith