

## ***ABTRACT***

### ***DESIGNING A MOUNTAIN CLIMBING GUIDEBOOK FOR TEENAGERS***

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*Climbing is a travel activity that is carried out in places that have a certain height and have a beautiful environment. Usually this climb is done in the hills to the mountain. Climbing has many health benefits, but due to the trend of climbing mountains on social media many young people who climb who do not know anything about climbing so that it makes them difficult both when climbing and when descending the mountains, thus making cases during climbing increase. The purpose of this study is to help beginner climbers in climbing about what needs to be done before climbing. The method used in this research is descriptive qualitative. Data collection is done by means of literature studies and interviews. With all these problems, researchers are interested in making a mountain climbing guidebook, to help beginner climbers to determine the right climbing path, both physical condition and climbing material.*

**Key words:** Climbing, Guide, Book, Teens

**References :**

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