

Course :: Outdoor Climbing Taster

Venue :: Peak District

Pre Requisites :: None

Keywords :: rock climbing, introduction, abseiling, single pitch, peak district, gritstone, stanage, burbage, millstone, lawrencefield, bamford, climbing, beginner, free climbing, top rope, belay



Outdoor Climbing

Introduction (1 Day)

An ideal starting point for those with little or no prior experience of rock climbing. Based on the highly accessible gritstone crags of the Peak District this course aims to get you climbing confidently while teaching the essential skills of rope work and belaying. In addition we would hope to take in some of the Peak



District's many and varied routes to build fundamental climbing skills for the future. Based at some of the most famous venues in the country there is a good chance you could find yourself at Stanage Edge, Froggatt Edge and Burbage Edge amongst many others.

Itinerary The day will be practically based and the focus will be on you getting some mileage on the rock. We will meet at 9am in a local café and we will be finished by 4pm.

Learning Objectives Along with some rock climbing mileage, throughout the day we will aim to get you tying in to the rope properly, learning to belay, hold a fall and to lower someone. We will look at gear removal and by the end of the day you should know the fundamentals to

be a competent second. Especially when we have covered the 'how to look cool seconding' module.

Gear All technical kit will be provided. If you do have some rock shoes, bring them. Weather is not always at its best so if you come with appropriate clothing to keep you warm and dry for a day in the hills you will be fine. Bring a packed lunch!

If you do own kit and really want to get stuck in using it, bring it along and you can use your own hardware if appropriate.

Progression A suitable progression to this course would be the Beginners Rock Climbing 2 day course or the 5 day learn to lead course based in the Peak District and North Wales.

Ratio Min 1:2 Max 1:4

