

## **Classic Rock - Guided**



**Classic climbing on Dow Crag**

### **General**

This is a one or multi-day course, each day being approximately 8 hours in duration. During the day we will build on any previous experience you may have and introduce different climbing styles. These days are tailored, so if there's a particular Lakeland route you have in mind, just let us know and we'll help make it happen.

### **Cost**

£120 per day for up to 2 participants

## **Course outline**

A classic guided rock climbing day is exactly that. You chose the route, let us know what it is and we help make it happen. Maybe you've always wanted to climb on the big crags such as Dow or Gimmer, but don't want the hassle & stress associated with leading on such big mountain crags. We can guide you up routes on these and many more Lakeland crags.

Some people are 'ticking' the classic rock routes and prefer to have a guide for this, we can help here too. Think Needle Ridge on Great Gable, topping out on the summit of the mountain in the late afternoon and watching the sun cast shadows over Wasdale, simply amazing.

Or you may be looking at clocking up plenty of mileage on rock whilst here on holiday. Raven crag in Langdale and Wallowbarrow crag in Duddon are excellent multi-pitch venues offering plenty of routes throughout the grade range, providing easy access and magnificent views. Ideal for a rock mileage intensive day.

We provide all equipment (not rock shoes) so you don't need to pack tons of climbing hardware to enjoy rock routes.

We will also cover harness / helmet selection & fitting, equipment selection & retrieval, knots, tying in, guidebook interpretation and belaying, amongst other things.

## **Kit list**

We will provide helmets, harnesses, ropes and passive protection equipment. For your own safety a helmet must be worn at all times whilst at the crag & whilst scrambling. You will need to bring trainers or walking boots, unless you have rock shoes. Warm & waterproof clothing is also required, as it can sometimes feel chilly in the mountains. Bring at least 1 litre of water per person and a packed lunch.

## **Fitness requirements**

Walk in to the crags will be between 10 minutes – 1 hour, so you need a reasonable level of fitness. As a guideline, I anticipate the half days to be no more 4 hours & full days up to 8 hours in duration.

## **Disclaimer**

This trip involves travel to mountainous areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit participants, the weather or for any other reason deemed necessary. Climbing and mountaineering are dangerous activities where serious injury or death may occur. Please be aware that although we take precautions to ensure your safety, there will always be an element of risk and uncertainty.

## **And finally....**

If you have any questions regarding the above, please don't hesitate to contact me

## **Contact details**

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