

Climbing Course



Climbing in the Langdale valley

General

This is a one or multi-day course, each day being approximately 8 hours in duration. During the climbing activity we will build on any previous experience you may have and introduce different climbing styles. Our aim will be to use crags in the South Lakes. It's a great adventure and it doesn't matter whether or not you've done it before.

Cost

Is based on numbers in group, please ask

Course outline

We usually start on single pitch crags (from 8 – 50 metres high). Ropes will be put in place to ensure your safety and enjoyment of the day. You will be able to learn the art of movement on the rock whilst bouldering, then move on to roped climbing. This will enable you to improve technique as well as learn some of the technical aspects related to climbing outdoors. The day will be tailored to suit your requirements ensuring you gain lots from your time with us. 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

We have a walk of up to 20 minutes to reach some of the crags, 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

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