



## ORION MOUNTAINEERING INTRODUCTION TO ROCK CLIMBING (PEAK DISTRICT)

The Peak District is renowned throughout the world for the quality of its rock climbing. The relatively short climbs found on the gritstone edges offer excellent practice for those starting out and are a great place to learn the basics. We use crags like Stanage, Burbage and Froggatt which are amongst the most popular in the country.

### Is this the right course for me?

This course is for anyone who wants a comprehensive, practical insight into the world of rock climbing. We do plenty of climbing and introduce you to some of the fundamental techniques that climbers use all the time. You don't need to be particularly fit. Our small instructor-student ratios allow us to carefully match the level of challenge to your aptitude. A positive approach will pay dividends and ensure that we have a load of fun during the weekend. We expect that you will leave with a sound knowledge of the principles of rock climbing and hope that you will be keen to take your climbing further.

### Itinerary

**Day 1** Meet at a café in Hathersage at 9:00 a.m. to get to know your instructor and fellow climbers. We load up the van and it's a short drive to the first climbing area. After spending some time on the ground looking at crag safety and learning some terminology we're ready to start climbing. We'll begin with friendly routes which are not too steep and have plenty of good hand and footholds. The morning will be spent working on technique and refining your safety skills. We'll have lunch at the crag and continue in the afternoon with the introduction of new techniques. We'll pack up around 4.30 p.m. and walk out before driving back to Hathersage.

**Day 2** We meet in Hathersage again at 9:00 a.m. and drive to a different crag. We'll review some skills from Day 1 before trying some different routes and perhaps doing some bouldering. We'll have lunch again at the crag and finish the day with a review in a local café. The course finishes at 5:00 p.m. on Day 2.

### Note on itinerary and weather

Although we do our best to adhere to this itinerary, the weather may dictate a change of plan. In the unlikely event that there is no dry rock to be found we may visit one of the excellent indoor climbing walls in Sheffield for a morning or afternoon. The course will run rain or shine!

### During the course we will look at:

- Climbing equipment
- Guidebooks and grading rock climbs
- Simple ropework (tying onto a climbing rope, a few essential knots)
- Belaying a climber (controlling the rope to protect the climber)
- Setting up a belay (securing yourself to the rock before belaying a climber)
- Communication between climbers
- Climbing technique
- Abseiling and safe descents
- Environmental issues, crag etiquette and access to crags
- Care and coiling of climbing ropes

### Price includes

Professional instruction and guiding; all technical climbing equipment i.e. climbing ropes plus additional hardware, climbing helmet, climbing harness, climbing shoes, transport from Hathersage to the crag and back on both days.

### Not included

Transport from your home to group meeting point; accommodation, travel insurance; lunches.

### What will I need?

Please bring the following:

- Walking boots or other outdoor footwear
- Warm outdoor clothing, hat and gloves (all times of year)
- Waterproof jacket and trousers
- Day rucksack (somewhere between 20 & 40 litres)
- Water bottle or flask
- Packed lunch

If you already have Rockboots, Harness, Helmet, Climbing rack then bring them along.

**Course dates and prices** can be found on the Orion Mountaineering website at [orionmountaineering.com](http://orionmountaineering.com).

For **more information** about this course and other UK rock climbing courses call Jules on 0773 098 1857 or email: [info@orionmountaineering.com](mailto:info@orionmountaineering.com).