



## Introduction to Rock Climbing (Snowdonia)

### Is this the right course for me?

This course is for anyone who wants a comprehensive, practical insight into single-pitch and mountain rock climbing. We do plenty of climbing and introduce you to some of the fundamental techniques that climbers use all the time. You might have done no climbing whatsoever or have climbed indoors a few times. 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.

### What do we cover on the course?

The first day of the course will take place on a single-pitch crag (less than 30 metres high). Here we introduce the fundamentals of climbing, the equipment and some key safety techniques. On the second day, if appropriate, you, your climbing partner and instructor will go tackle a multi-pitch mountain route. Over the weekend we will cover the following topics:

- 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
- Crag etiquette and access to crags
- Care and coiling of climbing ropes

### What is the format of the course?

The course runs over two days from 9:00 am to 5:00 pm. We meet in a café at 9:00 am on the first day and at the crag on the second day.

### Venues used

Snowdonia is one of the main centres for mountain rock climbing in the UK. Orion Mountaineering instructors are well practiced at finding the best conditions to be had no matter what the weather. We use the crags around Llanberis Pass and Ogwen for the first day of the course and then typically climb in Ogwen, Tremadog or the Merionydd area for the second day depending on the weather.

### What will I need?

Orion Mountaineering will supply all technical equipment (rockboots, helmet, harness, climbing hardware and ropes). We suggest that you bring the following along:

- Walking boots
- Warm outdoor clothing, hat and gloves (all times of year)
- Waterproof jacket and trousers
- Change of clothing for evening meal etc.
- Day rucksack (somewhere between 20 and 40 litres)
- Notebook and pen
- Water bottle or flask
- Packed lunch

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



**What happens between booking and the start of the course?**

After booking, you will be sent your course information by post or email. This will contain further information about the course including meeting arrangements on the first day, useful accommodation information and some handy climbing shop discount vouchers.