

Learning to Lead (Peak District)

Is this the right course for me?

This course is ideal for people who have some climbing experience and want to start leading their own routes outdoors. It is important that you have seconding experience, are able to put on a climbing harness, tie into a climbing rope, remove gear and belay a climber from above and below. The transition from seconding to leading your own climbs is a significant one and this course is all about making that transition as safe and informative as possible.



What do we cover on the course?

We feel that it is important that you build towards leading routes gradually. There are many skills involved in leading routes and your first experience on the sharp end is not the place to learn them. We build your skills over the weekend, reducing the amount of input from your instructor as your confidence and capabilities grow. Our high staff to student ratio allows us to concentrate on individual needs and tailor the weekend accordingly.

We visit two different crags over the weekend and cover the following topics:

- Personal equipment and racking it
- Placing gear (nuts, hexes, cams, slings etc.)
- The process of leading
- Different types of belay device and suitability
- Lead belaying
- Building a belay
- Bringing up a second
- Stance organisation
- Organising abseil descents (using prussic for backup)
- Climbing technique
- Simple emergency procedures

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. No accommodation is provided.

Venues used

The Peak District is renowned throughout the world for the quality of its rock climbing. The single-pitch crags that we use for this course offer a particularly memorable climbing experience. We use crags like Stanage, Burbage and Froggat which are amongst the most popular in the country.

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.



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.