



Introduction to Rock Climbing, Rock Improver & Introduction to Leading



The Lake District is the traditional home of rock climbing. From the first ascent of Napes Needle by Haskett-Smith in 1886 through to the latest test pieces by Dave Birkett the cliffs and mountains provide a vast variety of stunning and memorable climbs. We offer three courses which can take you from a being a complete novice through to a self sufficient summer rock climber.

Participation Statement

Adventure Peaks recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.

Introduction to rock Climbing

This course is aimed at anyone who wants to learn how to rock climb. It will introduce you to the basics of rope work, the correct use of equipment and develop your climbing technique under the watchful eye of our expert instructors. Our base in Ambleside, in the Lake District, provides the opportunity to climb some classic routes in stunning locations.



The course will cover the following broad areas depending on your specific requirements.

- ✚ Basic Rope work
- ✚ Belay techniques
- ✚ Placement and removal of protection
- ✚ Use of guidebooks
- ✚ Coaching of technique (movement)
- ✚ Single & multi pitch climbing
- ✚ Linking multiple anchors and equalising the loads
- ✚ Locking off the belay plate
- ✚ Rigging retrievable abseils
- ✚ Safeguarding yourself on descent
- ✚ Safeguarding others abseiling

Rock Improver

This course is for those who are proficient at seconding or have climbed indoors and now want to venture outdoors. You might also want to learn to lead or improve your skills and confidence.



The course will cover the following broad areas depending on your specific requirements and the duration of the course.

Modern Rope work

- ✚ Use of natural gear nuts, cams
- ✚ Linking multiple anchors and equalising the leads
- ✚ Dynamics of belaying
- ✚ Locking off the belay plate
- ✚ Rigging abseils and the use of tat
- ✚ Safeguarding yourself on descent
- ✚ Safeguarding others abseiling
- ✚ Multiple abseils

Multipitch Climbing

- ✚ Runner placements
- ✚ Stance organisation
- ✚ Changeovers
- ✚ Use of double ropes

Coaching of movement techniques

- ✚ Footwork
- ✚ Balance
- ✚ Weight transfers, rock oversø
- ✚ Use of holds for hands e.g. undercuts, side pulls etc
- ✚ Resting positions

Learn to lead

This course is ideal for anyone with seconding experience who wants to lead their first climb outdoors, it covers everything from route selection to the placement of protection all under the watchful eye of our expert instructors. This course needs 2 people to run so that our instructor can work alongside you when you're out on the sharp end.



The course will cover the following broad areas depending on your specific requirements.

- ✚ Route choice
- ✚ Stance Organisation
- ✚ Placement and removal of protection - nuts, cams, slings
- ✚ Linking multiple anchors and equalising the loads
- ✚ Coaching of technique (movement)
- ✚ Descents
- ✚ Psychology of leading
- ✚ Coaching of lead climbing
- ✚ Confidence building on the lead
- ✚ Improvised rescue of crag problems

101 Lake Road, Ambleside, Cumbria, LA22 0DB Telephone: 015394 433794
www.adventurepeaks.com info@adventurepeaks.com

Course Base

The course will commence from the Adventure Peaks Shop in the centre of Ambleside at 9.15am. At this point any equipment required will be issued. You should have your rucksack packed ready to depart including a full packed lunch. Each day will finish at 5.00-5.30pm except on the final day when you will finish around 4pm to take account of onward travel.

Accommodation

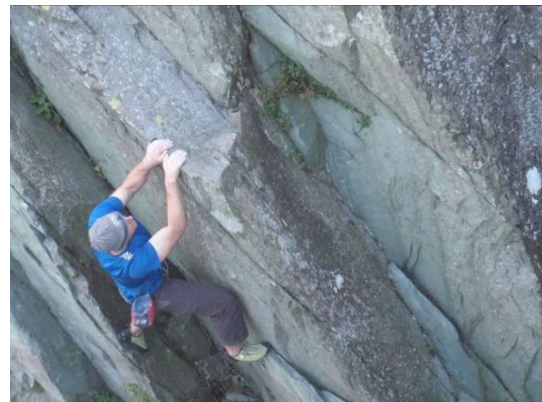
Courses are offered on a non residential or B&B basis. For residential courses, the accommodation is booked from the night of your arrival, with instruction starting the following morning. Check out is normally on the morning of your final day unless you have booked an additional night.

Weather

The course will be adapted to the prevailing conditions, good or bad. Don't worry about possible poor weather, we choose the best location to make the most of the local forecast.

Course Transport

During the course we normally ask clients to share transport. If you are without we ask that you contribute to the shared cost.



Leaders

The majority of our leaders are qualified Mountaineering Instructors many of whom are members of AMI (Association of Mountaineering Instructors)

www.ami.org.uk



Equipment

A detailed equipment list is provided below but you will require your normal clothing and equipment for summer hill walking. All specialist equipment is provided.

- ✚ General Outdoor clothing
- ✚ Extra layers, warm clothing
- ✚ Gloves, Hat
- ✚ Waterproof jacket & trousers
- ✚ Waterbottle or Thermos flask
- ✚ Packed lunch
- ✚ Rock shoes (hire available @ £10pd)
- ✚ Harness (supplied)
- ✚ Climbing Helmet (supplied)

If you have any queries about kit please don't hesitate to contact us. Adventure Peaks is happy to give 15% discount to clients from our shop



Meals

When booked, accommodation is included on a Bed & Breakfast basis. Please bring plenty of food and drink for your time out in the hills. Ambleside has plenty of restaurants from Thai, Indian, Chinese, Pizza and pub grub for you to enjoy in the evening.

Insurance

We recommend you have travel insurance to cover cancellation/curtailment. Search & rescue cover is not required as the Lakes has a dedicated voluntary Mountain Rescue Service. We can provide specialist insurance to cover you for all your courses and expeditions with Adventure Peaks.

Guidebooks

The best climbing guides for the Lake District are produced by the FRCC (Fell & Rock Climbing Club)

Their selected guides -Lake District Rockø is probably the best option for the occasional visitor. Definitive guides are also available for each area (Langdale, Borrowdale, Buttermere, Scafell, Duddon, Gable & Pillar and Eastern Crag)



Maps

Ordnance Survey maps **OL4, OL5, OL6 & OL7** cover the whole of the Lake District at a scale of 1:25,000.

Ordnance Survey maps **89 & 90** also cover the Lakes but at a less detailed scale of 1:50,000.

The British Mountaineering Council produce a Lake District map at a scale of 1:40,000 which is waterproof and tear resistant and which has been specially designed for walkers and climbers.

