Rock Climbing, Caving Skills, Mountaineering Training Courses in the UK

Ascent Training is a Lake District based specialist in Outdoor and Adventure Education courses and technical skill courses in rock climbing, caving and potholing and summer and winter mountaineering skills training courses and private guiding anywhere in the UK.

Ascent Training delivers high quality adventure education courses such as rock climbing and caving skills training courses in the UK for all abilities which are tailored to the individual. Though we are based in the Lake District, and many of our mountaineering rock climbing training courses run from Holly How YH and potholing training courses in the Yorkshire Dales. We are mobile and able to deliver rock climbing skills courses and other outdoor adventure education courses anywhere in the UK.

The company director, Paul Platt, and the freelance staff team that deliver the courses are

supportive, friendly and highly qualified. Please see about us for more details.

Ascent Training works with of a large spectrum of clients which includes: individuals using our private guiding in the mountains or underground and those joining our advertised courses. We offer tailor made multi activity programme for families, school and youth groups. For our business clients we provide corporate entertainment and team development programmes. Paul also acts as a technical advisor and undertakes film support work.

Apex Training which is a very well established provider of National Governing Body Awards (NGBs) is also directed by Paul Platt. The NGB tab above will take you to that site.

Please navigate around the site using the tabs above or pictures below and contact us with any questions.

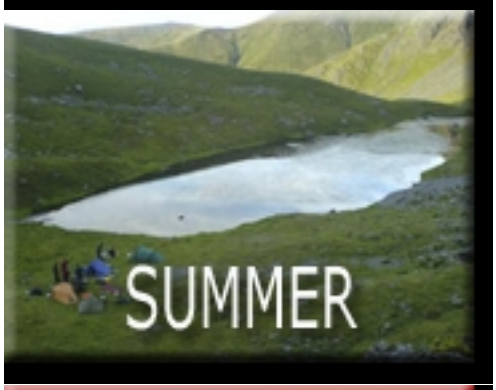
CAVING

MULTI-ACTIVITY

ROCKCLIMBING

GUIDING

WINTER


SUMMER

FILM & ADVICE

SCHOOLS

NGB AWARDS