

Introduction to rock climbing (2 Days)

This course is designed for the complete novice who wishes to learn the basics of the sport.

The course will look at basic ropework, use of a climbing wall, equipment selection and personal climbing skills. Under excellent instruction and a high staff to student ratio we will spend time bouldering, single and multi pitch climbing. The course will be run in the Lake District and we will climb in areas such as the Langdale valley and Borrowdale.

[Download the course documents here.](#)

[View a list of our pre-programmed rock climbing course dates here.](#)

Cost £160 per person (course only). Please contact us for accommodation options

A package is available which includes accommodation at Holly How YHA in Coniston. Food is available at very reasonable prices and is extremely good.

The cost for this is £225