

Introduction to rock climbing (5 Days)

Though this course is ideal for the complete novice it is also designed for those with a little experience.

The five days will cover the basics of the sport in the first two days and then spend the next three days focussing on the aims of the students. This may involve students leading if appropriate. Like the 2 day course we have a high staff to student ratio. The course will be run in the Lake District and we will climb in the Langdale valley, Borrowdale and on higher mountain crags. Expect to do a lot of climbing!

[Download the course documents here.](#)

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

Cost £350 (course only).

Cost £495 with full board and accommodation