

From Wall to Rock



This two day course provides the indoor climber with the opportunity to experience climbing on real rock. Learn how to place protection and set up ropes in order to climb safely outdoors, and progress to seconding climbs.

The course will include:

- Crag etiquette,
- Environmental issues .
- Gear placement ,
- Bouldering and climbing techniques,
- Belaying and seconding climbs,
- Abseiling and rope techniques



This course is for climbers with indoor climbing experience who want to advance to outdoor rock climbing. Participants should be able to put on a harness and tie themselves onto a rope and belay safely.

Duration: 2 Days



Venue: The Peak District

Price: £200 (excluding food, accommodation and transport)

Our instructors are qualified and experienced climbers with an excellent knowledge of the sport. They have a depth of experience instructing novices, and will be keen to pass on that knowledge to you. Our low staff to student ratio allows you to progress at your own speed and get the most from the course.



Please telephone 01279 620270 for bookings and availability

www.essexoutdoors.org

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Essex Outdoors is committed to delivering high quality outdoor learning to the young people of Essex and the wider community.

For more information on all the courses and activities that Essex Outdoors offers across Essex and beyond, please contact us using the details above.

