

## Pontypridd

**Centre for Sport and Physical Rec.**, University of Glamorgan, Llantwit Rd, Treforest, Pontypridd, CF37 1DL. 01443 482681. [www.glam.ac.uk/sports](http://www.glam.ac.uk/sports)

10m high x 24m wide lead/TR wall. Traverse wall in corridor. Bouldering room. Term time: Mon-Fri 0800-2300, Sat-Sun 1000-2000. Varies slightly during vacations. £1.80 - £3.10. Very important to phone first.

## Port Talbot

**Port Talbot YMCA**, Talbot Rd, Port Talbot, SA13 1HU. 01639 887034. Up to 5.5m high wall. Mon-Fri 0900-1400 & 1800-2030, Sun 1800-2030. £2.25.

**The Rock**, Tonmawr 2K Sports & Fitness, Heol Hamdden, Port Talbot, SA12 9UU. 01639 639457. Rotating wall in fitness centre, phone for details.

## Prestatyn

**Prestatyn LC**, 2 Princes Ave, Prestatyn, LL19 8RS. 01745 855632. [sion.goldsmith@denbighshire.gov.uk](mailto:sion.goldsmith@denbighshire.gov.uk) Lead/TR wall with 12 lines plus bouldering. Mon-Fri 0900-2200, Sat-Sun 0900-1700. £3.00 Jnrs - £2.30.



## Swansea

**Dynamic Rock**, The Old Public Hall, 16-18 Hebron Rd, Clydach, Swansea, SA6 5EJ. 01792 845655.

[www.dynamicrock.co.uk](http://www.dynamicrock.co.uk) Up to 12m high lead/TR walls (430sqm) plus bouldering (120sqm). Mon-Fri/BH 1400-2200 Sat/Sun 1000-1800. £7.50.



**Clyne Farm Activity Centre**, Westport Ave, Mayals, Swansea, SA3 5AR. 01792 403333.

[www.clynefarm.com](http://www.clynefarm.com). Up to 12m high wall 60m long on outside of building with 12 lines. Mon-Sun 0800-2000.



**Swansea University SC**, Sketty Lane, Swansea, SA2 8PP. 01792 543563. Mon-Fri 0930-2130, Sat/Sun 1000-1630.

## Trelewis

**Rock UK Summit Centre**, The Old Drift Mine, Trelewis, Treharris, CF46 6RD. [www.rockuk.org](http://www.rockuk.org) 0844 8000 222. Very big dedicated centre. Up to 18m high lead/TR walls with lots of lines. Separate bouldering areas. 2000sqm. Artificial caving system. Mon/Fri 0900-2200, Sat/Sun 0900-1800.



## Wrexham

**Plas Madoc LC**, Llangollen Rd, Acrefair, Wrexham, LL14 3HL. 01978 821600.

[www.wrexham.gov.uk/english/leisure\\_tourism/plas\\_madoc/plas\\_madoc\\_cw\\_muga.htm](http://www.wrexham.gov.uk/english/leisure_tourism/plas_madoc/plas_madoc_cw_muga.htm)

Squash court conversion bouldering wall with some lead/TR areas. Mon-Fri 0900-2200, Sat/Sun 0930-1630. £4.00.



**Plas Power Adventure**, Old Plas Power Colliery, Southsea, Wrexham, LL11 6PW. 01978 754747.

[www.plaspoweradventure.co.uk](http://www.plaspoweradventure.co.uk)

Up to 10m high lead/TR walls with separate bouldering. Mon-Fri 1700-2200, Sat 1000-1800, Sun 1000-1600. £6.00.



## Scotland

### Aberdeen

**Transition Extreme Limited**, Links Road, Aberdeen, AB24 5NN. 01224 626279.

[www.transition-extreme.com](http://www.transition-extreme.com) Instructional wall, 15m main wall, bouldering and traverse wall.

Mon-Fri 1000-2200, Sat/Sun 1000-2000. Prices on the web.



**Beach LC**, The Beach Esplanade, Aberdeen, AB2 5NR.

01224 655 401. [BeachLeisureCentre@aberdeencity.gov.uk](mailto:BeachLeisureCentre@aberdeencity.gov.uk) Moulded concrete bouldering/TR rope wall in a dedicated room. 100sqm. Mon-Fri 0830-2230, Sat/Sun 0830-2030. £3.60.



**Robert Gordons College**, RGU: SPORT, Garthdee Campus, Garthdee Rd Aberdeen, AB9 1FR. 01224 263666.

[www.rgu.ac.uk/rgusport/facilities](http://www.rgu.ac.uk/rgusport/facilities)

Up to 12m lead/TR walls and bouldering room. Mon-Fri 0600-2200, Sat/Sun 0900-1900.



### Aviemore

**Glenmore Lodge**, National Training Centre, Aviemore, PH22 1QU. 01479 861256. [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

Up to 6m high lead/bouldering wall. 180sqm. Mon-Sun 1000-2200. £5.00.



**Extreme Dream Aviemore Climbing Centre**, Unit 8, Dalfaber Ind Est, Aviemore, PH22 1ST. 01479 812 466.

📍 [www.extreme-dream.com](http://www.extreme-dream.com) 42 ropes and over 150 routes of all grades and angles, top rope & lead. 13 metre horizontal lead roof, bouldering wall & cave, training area, campus board, bachar ladder, system board, slack line, dry-tooling. 0900-1900 every day, Tue & Thurs 0900-2200. Winter: 1400-2200 weekdays, 0900-1900 weekends. £5.00-£8.00.



**NICAS**

**Aviemore Indoor CW**, Dalfaber Ind Est, Aviemore. 01479 812466.

## Callander

**McLaren LC**, Mollands Rd, Callander, Perthshire, FK17 8JP.

01877 330000. 📍 [www.mclarenleisurecentre.co.uk](http://www.mclarenleisurecentre.co.uk) bob@mclarenleisure.co.uk. 7m high, 11 TR and 2 lead routes. 0900-2100 Mon, Wed, Fri, Sat 0730-2200 Tues & Thurs, Sunday 0830-2100. £4.30.



## Dundee

**Avertical World**, 7 Blinshall St, Dundee, DD1 5DF.

01382 201901. 📍 [www.averticalworld.co.uk](http://www.averticalworld.co.uk) Dedicated centre. Up to 11m high lead/TR walls with 52 lines, separate bouldering and training areas. 600sqm. Sept-May: Mon-Fri 1200-2200, Sat/Sun 1000-1900. June-Aug: Mon-Fri 1200-2200, Sat/Sun 1000-1700. £3.00-9.00.



## Edinburgh

**Alien Rock**, Old St Andrews Church, 8 Pier Place, Newhaven, Edinburgh, EH6 4LP. 0131 5527211.

📍 [www.alienrock.co.uk](http://www.alienrock.co.uk) Dedicated centre. 40 dedicated top roping lines. 14 dedicated lead lines. Over 200 routes. Bouldering cave. 1000+sqm. Mon-Fri 1200-2200. (2300 in winter), Sat-Sun 1000-1900. £7.50.



**NICAS**

**Alien Rock 2**, 23-53 West Bowling Green St, Edinburgh,

EH6. 0131 5527211. 📍 [www.alienrock.co.uk](http://www.alienrock.co.uk) Bouldering only. All angles covered, including a 5m roof section. 300sqm. Mon-Fri 1600-2200, Sat & Sun 1200-1900. Extending opening hours over the winter. £6.50.



**NICAS**

**Edinburgh International Climbing Arena**, South Platt Hill, Ratho, Edinburgh, EH28 8AA. 0131 333 6333.

📍 [www.eica-ratho.com](http://www.eica-ratho.com)

The National Rock Climbing Centre for Scotland located in the world's largest indoor climbing arena, 3000 sqm of indoor climbing with over 120 lead and tope rope lines up to 28 metres, three huge freestanding boulders and a dedicated bouldering room. UK's only permanent IFSC/World Cup standard Speed climbing wall, and International competition standard articulated lead wall. Around 100 real rock routes in the quarry outside the centre (no entrance charge to the quarry). Mon-Fri 1000-2200, Sat/Sun 1000-1900. £5.50-£8.75.



**Edinburgh University Climbing Wall**, Centre for Sport and Exercise, 46 Pleasance, Edinburgh, EH8 9TJ. 0131 6502464

📍 [www.sport.ed.ac.uk](http://www.sport.ed.ac.uk) 8m 25 lead/TR lines, bouldering wall is 130sqm. Mon-Fri 1200-2130, Sat/Sun 1200-1730. £3.50 members of CSE.



**Meadowbank SC**, 139 London Rd, Edinburgh.

0131 661 5351. 📍 [www.edinburghleisure.co.uk/list-87](http://www.edinburghleisure.co.uk/list-87) 40ft high old style wall. Mon-Sun 0800-2200. £6.00.



## Fort William

**Lochaber LC**, Belford Rd, Fort William, PH33 6BU.

01397 704359. 5m high bouldering wall. 138sqm. Mon-Fri 0900-2100, Sat 0900-1600, Sun 1200-1600. £2.70.



**West Coast Mountain Guides bouldering wall**, Alan Kimber, Calluna, Heathercroft, Fort William, Inverness-Shire, PH33 6RE. 01397 700451.

📍 [www.westcoast-mountainguides.co.uk](http://www.westcoast-mountainguides.co.uk)

Two areas 3.5m high, including cave. All year 0900-2200.



## Gairloch

**Gairloch LC**, Gairloch, Highland. 01445 712345.

gairloch.leisurecentre@highland.gov.uk

Up to 8m high lead/TR wall.

Mon-Sun 1700-2200 (term-time).

Mon-Sun 1200-2100 (school hols). £3.20.



## Glasgow

**Glasgow CC**, Ibrox Church, 534 Paisley Rd West, Glasgow, G51 1RN. 0141 4279550.

📍 [www.glasgowclimbingcentre.co.uk](http://www.glasgowclimbingcentre.co.uk)

info@glasgowclimbingcentre.co.uk. 70 10-15m high lead/TR walls. 200sqm bouldering, training room with campus board. Mon-Fri 1100-2200, Sat/Sun 1000-1800. £7.10.



**Climbzone**, Xscape Braehead, Kings Inch Road, Glasgow.

0141 8865453. 📍 [www.climbzone.co.uk](http://www.climbzone.co.uk),

info@climbzone.co.uk. 25 auto belay top rope lines / 4 lead lines, Sky Park, Fan Drops. Mon-Wed 1200-2100, Thurs/Fri 1200-2200, Sat/Sun 1000-2200. £7.10



**Kelvin Hall Sports Arena**, Argyle St, Glasgow, G3 8AW.

0141 3572525. Moulded concrete bouldering wall on a balcony. 60sqm. Sun-Fri 0900-2130 except Wed open 1000. Sat 0900-1700. £2.99.



**Tiso Glasgow Outdoor Experience**, Couper St, Glasgow, G4 0DL. 0141 5595450. 📍 [www.tiso.com](http://www.tiso.com)

15m high wall and 2 belay walls and ice wall in shop. Free to customers, expensive otherwise. Shop opening times.



**The Climbing Academy Glasgow**, Portman St. Glasgow,

G41 1EJ. 0141 429 6331 📍 [www.tca-glasgow.com](http://www.tca-glasgow.com)

glasgow@theclimbingacademy.com

1000+ sqm of dedicated bouldering. Font style circuits, competition wall, large endurance boards and campus/woody facilities. Mon-Fri 1200-2200, Sat-Sun 1000-1800. £8.00.



## Inverness

**Climb@Inverness Leisure**, Inverness Aquadome, Glenurghart Rd, Inverness, IV3 5SS. 01463 667505.

📍 [www.invernessleisure.com](http://www.invernessleisure.com)

Up to 13m high lead/TR walls, 26 lines. Leader placed pro. Separate bouldering area. Mon-Fri 1000-2200, Sat/Sun 0900-1800. £4.60.



## Kinlochleven

**The Ice Factor**, Leven Rd, Kinlochleven, Argyll, PH50 4SF.

01855 831100. 📍 [www.ice-factor.co.uk](http://www.ice-factor.co.uk)

Indoor rock: £9.00 day user all day rock or £17.50 2 hour ice (£20.00 rock and ice).



## Kirkwall

**Kirkwall SC**, Kirkwall Grammar School, Kirkwall, Orkney Isles. 01856 872364.

8.5m high TR wall with 6 lines. Phone for details.

## Oban

**Climb Cube**, Atlantis Leisure, Dalriach Road, Oban, PA34

5JE. 01631 566800. 📍 [www.atlantisleisure.co.uk](http://www.atlantisleisure.co.uk)

4m bouldering wall, routes were set by Dave McLeod.

Mon-Fri 0700-2200, Sat-Sun 0900-1800

Contact for price.

## Peterhead

**Peterhead Community Centre**, Balmoor Terrace,

Peterhead, Aberdeenshire, AB42 1EP. 01779 477277.

Natural stone wall. Leisure centre opening hours.

## Stirling

**The Peak**, Forthside Way, Stirling, FK7 7UJ. 01786 273555.

[www.the-peak-stirling.org.uk](http://www.the-peak-stirling.org.uk). 11m TR/lead wall with 19 lines.

Mon-Fri 0600-2200, Sat 0700-2000, Sun 0800-2200.



## Stornoway

**Lewis SC**, Spring-field Rd, Stornoway, Isle of Lewis.

01851 709191. 12 routes. Check with centre for details.

## Ullapool

**Lochbroom LC**, Quay St, Ullapool, IV26 2UE. 01854 612884.

Up to 7m high lead/TR rope wall. 76sqm.

Mon-Fri 1700-2200, Sat/Sun 1000-1800. £3.00.



## Northern Ireland

### Belcoo

**Corralea Activity Centre Ltd**, Corralea, Belcoo, Co Fermanagh, BT93 5DZ. 02866 386123.

📍 [www.activityireland.com](http://www.activityireland.com) info@activityireland.com.

8m high lead/TR outdoor wall, 8 lines plus abseiling ledge. Mon-Sun 1000-1700 during winter, 1000-2100 during summer. No formal use for individuals.