

The London & South East Mountaineer

A mini-guide for climbers, hill walkers and mountaineers based in the London & South East area.

With over 100 walls and clubs at your fingertips, it is time to get active!

BMC Participation Statement

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.



BRITISH MOUNTAINEERING COUNCIL
177-179 BURTON ROAD, MANCHESTER M20 2BB



PRODUCED BY VERTICANT GRAPHICS, SHEFFIELD, GREAT BRITAIN

The London & South East Mountaineer

A mini-guide for climbers, hill walkers and mountaineers based in the London & South East area.

Taking your First Steps

Whilst London isn't known for its abundance of mountains and crags, it just so happens that you're probably in one of the best places for getting started in the whole country.

Getting out on rock and into the hills and mountains from London may require commitment, but the region boasts the highest concentration of artificial climbing facilities in the country, ranging from open access bouldering in Westminster to state-of-the-art indoor climbing facilities. Wherever you live within the London & South East area, you can jump on the train, travel by car or even cycle to some of the most famous climbing crags and walking destinations this country has to offer.

The London & South East Mountaineer mini-guide has been compiled to point you in the right direction when it comes to getting involved in climbing, hill walking and mountaineering, and contains information about mountaineering clubs, climbing walls, moving outdoors, local and regional training courses, example days out, and advice on where to go for more information.

The most important thing to remember whatever your outdoor adventure will be is to have fun and stay safe.

Elizabeth Holley – BMC Regional Development Officer (London & South East)
c/o The Castle Climbing Centre,
Green Lanes, London N4 2HA.

t 0208 211 1078

m 07779 124 980

e elizabeth@thebmc.co.uk

Copyright © 2015 British Mountaineering Council.



Contents

What is the BMC?	4
Join us	5
Join a club	7
Climbing indoors	12
Moving outdoors	20
Planning for adventure	21
Access & conservation	22
Further guidance	23
Example days out	23
The Chilterns	24
The South Downs	25
Southern Sandstone	26
Swanage	27
North Wales	28
The Lake District	29
The Cairngorms	31
Training, qualifications & funding	32
Climbing competitions & Further information	34

What is the BMC?

Since 1944 the British Mountaineering Council (BMC) has been working hard on behalf of climbers, hill walkers and mountaineers, promoting your interests and protecting your freedom to enjoy your activities. The BMC:

- promotes and advises on good practice, facilities, training and equipment;
- negotiates access improvements and promotes cliff and mountain conservation;
- supports events and specialist programmes including youth and excellence;
- provides services and information for members.

Regional Development

Since 2012 the BMC has appointed three Regional Development Officers in key areas of the country. Their role is to develop opportunities for people making the transition from indoor climbing to the outdoors, and support local clubs and climbing walls. You can find out what they have been up to and what they are planning in your local area by visiting: www.thebmc.co.uk/London-and-SE-mountaineer



ELIZABETH HOLLEY – BMC REGIONAL DEVELOPMENT OFFICER

Join us

As well as supporting the work we do on your behalf, if you join the BMC you also get a great range of personal benefits including:

- £10m Civil Liability Insurance and £10k Personal Accident Disability Insurance
- Access to BMC Travel and Activity Insurance
- Summit magazine delivered to your door quarterly
- Discounts at over 700 outdoor shops
- Discounts in the BMC online shop
- Discounted magazines subscriptions
- Discounted entry to BMC events
- Travel and accommodation discounts

Joining is easy, and if you join online by Direct Debit you can benefit from 50% off your first year's membership.

Visit www.thebmc.co.uk/membership or call the **Membership Services Team** on **0161 445 6111**

You could also become a member by joining a BMC affiliated club – to find out more see 'Join a club' (page 7).

Keeping in touch

Keep up to date with the latest climbing, walking and mountaineering news through the BMC website, our monthly email newsletter and our social media.

www.thebmc.co.uk/newsletters

www.facebook.com/BritishMountaineeringCouncil

www.twitter.com/Team_BMC

Get involved

Volunteers are vital to the BMC. To help us carry out our diverse work, we have a network of over 600 volunteers. Each BMC regional area has a committee who spearhead the work of the BMC. To find out more about what positions are available, how the BMC invests in its volunteers and the regional areas visit:

www.thebmc.co.uk/volunteering-for-the-bmc



CORNWALL - THE LONDON MOUNTAINEERING CLUB PHOTO: ELIZABETH HOLLEY

Join a club

Joining a club is a great way of getting involved in the outdoors, regardless of your skills and experience. They can help support the transition from indoor climbing to the outdoors, and you can get informal instruction, meet like-minded people, have a go at different things without having to invest in all the gear, gain access to club huts, and find a source of partners and information. See: www.thebmc.co.uk/why-join-a-club

There are more than 300 climbing, hill walking and mountaineering clubs affiliated to the BMC throughout England & Wales. A complete list of all BMC affiliated clubs can be downloaded from: www.thebmc.co.uk/club-list

BMC affiliated club members get access to most of the same membership benefits as individual members.

The BMC also runs club-specific training courses including First Aid, navigation, self-rescue, winter skills and child protection training. For more information, visit: www.thebmc.co.uk/club-training-courses-2015

Local clubs

Alton Mountaineering Club*

Aylesbury Climbing Club
www.acc.org.uk

Bart's & The London Alpine Club
www.blalpineclub.wordpress.com

Basingstoke Climbing Club
www.sportscentre.org.uk/clubs/climbing-wall.html

Battle Climbing Club
www.battlesportscentre.com/adult_clubs.html

Bedford Mountaineering Club
www.bedfordmc.org.uk

Brighton University Mountaineering Club*

Brunel University Climbing Club
www.brunelclimbing.com

Cambridge Climbing & Caving Club
www.thecccc.org.uk

Cambridge University Hillwalking Club
www.cuhwc.org.uk

Cambridge University Mountaineering Club
www.cumc.soc.srcf.net

Chelmsford Mountaineering Club
www.the-cmc.co.uk

Clare RATS (Clare College)
www-rats.clare.cam.ac.uk/

Join a club continued...

Cliffhangers Climbing Club

www.cliffhangers.org

Colchester Climbing Club

www.colchesterclimbingclub.org.uk

Cragraves Mountaineering Club

www.homestead.com

Croydon Mountaineering Club

www.thecmc.org.uk

Dacorum Adventure Group

www.dag4hills.org.uk

East Grinstead Climbing Club

www.eastgrinsteadclimbingclub.co.uk

Edge Outdoor Club*

ELC Hill Walking Club*

Gorphwysfa Club

www.gorphwysfa.org

Guildford Mountaineering Club

www.guildfordmountaineeringclub.org.uk

Hampshire Mountaineering Association

www.thehma.org.uk

Harpenden Expedition Club

www.harpendenexpeditionclub.com

Hastings Rock and Fell Club

www.hastingsrockandfell.co.uk

Heron Outdoor Pursuits*

Hertfordshire Mountaineering Club

www.thehmc.co.uk

Herts and Essex Climbing Club

www.hertsandessexcimbing.co.uk

Highdown Hillwalking & Mountaineering Club

www.highdownhmc.org.uk

Hillingdon Mountaineering Club

www.hmc-climbing.co.uk

Ibex Mountain & Hill Walking Club

www.ibexmc.co.uk

ICAS Climbing Club

www.facebook.com/ICASclimbingClub

Imperial College Union Outdoors Club

www.imperialcollegeunion.org/activities/a-to-z/116

Ipswich Mountaineering Club

www.ipswich-m-c.co.uk

Kings College London Mountaineering Club

www.kclmc.org

King's Mountaineering & Kayaking Association

www.kmka.co.uk

London Mountaineering Club

www.londonmountaineeringclub.com

London Rockhoppers MC

www.rockhoppers.org.uk

Loughton Mountaineering Club

www.loughtonmc.org

MACS (Royal Holloway University of London)

www.su.rhul.ac.uk/activities/club/6149/

Maidstone Mountaineering Club

www.maidstonemc.co.uk

Marylebone Mountaineering Club

www.themmc.org.uk

Milton Keynes Mountaineering Club

www.mkmountaineering.org

MPMC Ltd*

Newbury Mountain Club

www.newburymountainclub.org.uk

Nimrod Mountaineering Club*

Norfolk Hillwalking Club

www.norfolkhillwalkingclub.co.uk

North Kingston Hillwalking Club

www.nkhc.co.uk

North London Mountaineering Club

www.nlmc.co.uk

Norwich Climbing & Mountaineering Club

www.norwichclimbingclub.co.uk

Not So Trad – Southern Lesbian & Gay Climbers

www.notsotrad.org

Not the MLC Mountaineering Club*

Out There (Colchester)

www.out-there.org.uk

Oxford Mountaineering Club

www.oxfordmc.org.uk

Oxford University Mountaineering Club

<http://users.ox.ac.uk/~climbing/>

Oxford University Walking Club

www.ouwc.org

Peterborough Hospitals Walking Club*

Peterborough Mountaineering Club

www.peterboroughmc.co.uk

Plumpton College Mountaineering Club

www.plumpton.ac.uk

Reading Mountaineering Club

www.readingmountaineeringclub.org.uk

Reading University Mountaineering Club

www.rumc.co.uk

Romsey Climbers

www.romseyclimbers.org.uk

Royal Veterinary College Mountaineering Club

<http://su.rvc.ac.uk/student-life/club-listings/mountaineering-club>

Slough Mountaineering Group

www.slough-mountaineering.org.uk

Southampton Climbing Club*

Southampton Rats Climbing Club

www.southamptonrats.co.uk

Southampton Solent University Mountain Sport Club

www.solent.ac.uk/sport/team-solent/clubs/mountain-sports.aspx

Southampton University Mountaineering Club

www.sumountaineers.org

Join a club continued...

Southern Trekking & Mountaineering Club

www.st-mc.org.uk

Southfields Mountain Sports Club

www.southfieldsclimbers.wordpress.com

Surbiton and Kingston Mountaineering Club

www.sakmc.org

Team Solent Climbing*

Thames Valley Climbing Club

www.tvcc.org.uk

The Heights Climbing Club

<https://sites.google.com/site/heightscc/>

The LMC Mountaineering Club*

The Outcasts (Hampshire)

www.the-outcasts.org

The Tuesday Hillwalking and Climbing Club

www.tclub.co.uk

Tunbridge Wells Mountaineering Club

www.thetwmc.co.uk

UAL Climbing Club

www.suarts.org/groups/climbing

UCL Union Mountaineering Club

www.uclmc.org

UEA Rock Climbing Club

www.uocities.org/uearcc

Unemployed Climbers Club (Craggers)

www.craggers.org

University of East Anglia Fell & Mountaineering Club

www.ueastudent.com/groups/fell-and-mountaineering

University Of Greenwich Climbing Society

www.suug.co.uk/organisation/6802

University of Hertfordshire Climbing Club

www.uhsport.co.uk/sports-clubs/climbing

University of Kent Mountaineering Club

www.kentunion.co.uk/organisation/7477

University of London Mountaineering Club

www.ulmc.org

University of Surrey Mountaineering Club

www.ussu.co.uk/ClubsSocieties/Sport/mountaineering/SitePages/Home.aspx

University of Sussex Mountaineering Club

www.sussexstudent.com/mountain

Vertigirls

www.vertigirls.net

W.T.F.A.I Club*

Walking and Adventure Group (WAG)*

National clubs

ABMSAC – Association of British Members of the Swiss Alpine Club

www.abmsac.org.uk

Alpine Club

www.alpine-club.org.uk

Army Mountaineering Association – Climbing section

www.armymountaineer.org.uk

British Airways Mt Walking and Trekking Club*

Christian Rock and Mountain Club

www.crmc.org.uk

Climbers' Club

www.climbers-club.co.uk

G S Exiles Mountaineering Club*

Gentian Mountaineering Club

www.gentianclub.org.uk

Hill and Mountain Walking Club

www.hmwc.org.uk

Junior Mountaineering Club of Scotland

www.jmcs-london.org.uk

Lanchester Mountaineering Club

www.lanchestermc.co.uk

Midland Association of Mountaineers Ltd

www.themam.co.uk

Nor' West Sgurrablerns

www.sgurrablerns.org.uk

Open University Mountaineering Society

www.oums.co.uk

Pinnacle Club

www.pinnacleclub.co.uk

Red Rope Walking & Climbing Club

www.redrope.org.uk

Royal Air Force Mountaineering Association

www.raf.mod.uk/rafmountaineering

Royal Navy and Royal Marines Mountaineering Club

<http://climbnavy.com/>

Rucksack Club

www.rucksackclub.org

Sphinx Mountaineering Club*

<http://superdrooper.wikidot.com/>

The Chamois Mountaineering Club

www.chamois.org.uk

The Fell & Rock Climbing Club

www.frcc.co.uk

University of London Graduate Mountaineering Club

www.ulgmc.org

Wayfarers

www.wayfarersclub.org.uk

* Please refer to the club list on the BMC website for contact details.

www.thebmc.co.uk/clubs

Climbing indoors

Climbing walls are a great way to start climbing and to stay fit. The BMC Climbing Wall Directory contains information on public access climbing walls across the country. Printed copies are available from the BMC shop, and it can be downloaded free from www.thebmc.co.uk/find-a-climbing-wall

There are over 100 walls located in the London & South East area. For the most up to date information on walls in your area, visit the searchable map on the BMC website www.thebmc.co.uk/map#walls

Alton

High Sports Alton, GU34 1ST.
www.high-sports.co.uk

Amersham

The Climb, HP6 5AH.
www.theclimbamersham.co.uk

Aylesbury

Aylesbury College, HP21 8PB.
www.aylesbury.ac.uk

Banbury

Dewey Sports Centre, OX15 4PE.
www.bloxhamschool.com

Basildon

High Sports Basildon, SS14 3GR.
www.high-sports.co.uk

Basingstoke

Basingstoke Sports Centre, RG21 7LE.
www.sportscentre.org.uk/clubs/climbing-wall.html

Battle

Battle Sports Centre, TN33 0HT.
www.battlesportscentre.com

Bedford

Kempston Outdoor Centre, MK42 8QQ.
www.kempstonoutdoorcentre.co.uk/activities/climbing-wall

Alexander Sports Centre, MK40 2BQ.
www.beds.ac.uk/sportbeds/our-sports-facilities

Bexhill on Sea

Bexhill College, TN39 5HF.
www.bexhillcollege.ac.uk

Bognor Regis

The Arena, PO21 5JD.
www.arenasportscentre.co.uk/Facilities/Climbing-Wall

Bourne End

Bourne End Junior Sports Club, SL8 5BW.
www.bejsc.co.uk/theclimbingwall.html

Brighton

Boulder Brighton, BN41 1XQ.
www.boulderbrighton.com

High Sports Brighton, BN1 5JD.
www.high-sports.co.uk/sites/brighton

Yellowwave Beach Sports, BN2 1PS.
www.yellowwave.co.uk

The Rock Court, BN2 5PB.
www.aultd.org

Broadstairs

Revolution Climbing Centre, CT10 3JJ.
www.revolutionclimbingcentre.co.uk

Cambridge

Cambridge Climbing Centre, CB1 1NA.
www.kelseykerridge.co.uk

Cambridge Regional College, CB4 2QT.
www.thepark-cambridge.co.uk/index.php?page=SC-climbing

Swavesey Village College Sport Centre, CB24 4RS.
www.swaveseyvc.co.uk/page/?title=Climbing+wall&pid=107

Canterbury

Kings School Recreation Centre, CT2 7HU.
www.kingsrecreation.co.uk

University of Kent Sports Centre, CT2 7NL.
www.kent.ac.uk/sports/

Caversham

Queen Anne's School, RG4 6DX.
www.qas.org.uk/our-community/venue-hire/sport-and-leisure/

Cheshunt

Herts Young Mariners Centre, EM8 9AJ.
www.hymb.com

Chessington

Chessington Rocks, KT9 2JS.
www.chessingtonrocks.co.uk

Chichester

Chichester College, PO19 1SB.
www.chichester.ac.uk/About-Us/Open-to-the-public/Indoor-Climbing-Wall/
University of Chichester, PO19 6PE.
www.chi.ac.uk/about-us/campuses-and-venues/chichester-campus/sports-centre

Colchester

Essex University Sports Centre, CO4 3SQ.
www.essex.ac.uk/sport/facilities/colchester.aspx

Go Bananas Play Co. Ltd, CO1 1BX.
www.go-bananas.co.uk

Big Red Climbing Wall, CO5 0EJ.
www.colchesterleisureworld.co.uk/article/4150/The-Big-Red-Climbing-Wall

Crawley

High Sports Crawley, RH11 9BQ.
www.high-sports.co.uk

Crowborough

Evolution Indoor Climbing, TN6 1UX.
www.wellingtonfitness.co.uk/rock-climbing

Crowthorne

Wellington Health & Fitness Club, RG45 7PT.
www.wellingtonfitness.co.uk/rock-climbing

Deal

Kingsdown Scout Camp, CT14 8DU.
www.kingsdowncamping.co.uk

Climbing indoors continued...

East Grinstead

Blackland Farm, RH19 4HP.
www.blacklandfarm.org.uk

Eastbourne

University of Brighton, BN20 7SR.
www.brighton.ac.uk/sport

Ely

Mepal Outdoor Centre, CB6 2AZ.
www.mepal.co.uk

Godalming

Charterhouse Club, GU7 2RS.
www.charterhouseclub.co.uk

Guildford

Craggy Island, GU1 1RU.
www.craggy-island.com

High Sports Rock Box @ Guildford
Spectrum, GU11UP.

www.high-sports.co.uk/rockbox/

Surrey Sports Park, GU2 7AD

[www.surreysportspark.co.uk/facilities/
climbing](http://www.surreysportspark.co.uk/facilities/climbing)

Hampton

Hampton School, TW12 3HD.
www.hamptonschool.org.uk

Harlow

Harlow Outdoor Ed. Centre, CM20 2QS.
www.essexoutdoors.org/harlow.php

Harrow

Amphibia Harrow Leisure Centre, HA3 5BD.
www.amphibia-group.co.uk

Hatfield

Hertfordshire Sports Village, AL10 9EU.
www.hertssportsvillage.co.uk

Hayling Island

Hi ROCK, PO11 0NU.
www.hi-rock.co.uk

Hemel Hempstead

XC, HP2 4JS.
www.thexc.co.uk

Hockley

Clements Hall Leisure Centre, SS5 4LN.
www.clementshall.co.uk

Huntingdon

Grafham Water Centre, PE28 0GW.
www.grafham-water-centre.co.uk

Ipswich

The Leading Edge, IP4 5HD.
[www.copleston.suffolk.sch.uk/
the-leading-edge](http://www.copleston.suffolk.sch.uk/the-leading-edge)

Kempston

Kempston Outdoor Centre, MK42 8QQ.
www.kempstonoutdoorcentre.co.uk

King's Lynn

The Hangar Climbing Centre, PE30 2NB.
[www.facebook.com/TheHangar
ClimbingWall](http://www.facebook.com/TheHangarClimbingWall)

Kings Langley

Phasels Wood Scout Camp, WD4 9NA.
www.phaselswood.org.uk

Kingston

White Spider Climbing, KT6 7LD.
www.whitespiderclimbing.com

Lewes

Lewes Leisure Centre, BN7 2XG.
www.waveleisure.co.uk/lewes-leisure-centre

London

The Arch Climbing Wall & Building one,
SE16 4DG.

www.archclimbingwall.com

Castle Climbing Centre, N4 2HA.
www.castle-climbing.co.uk

Climb London Brixton, SW9 8QQ.
www.high-sports.co.uk

Climb London Crystal Palace, SE19 2BB.
www.high-sports.co.uk

Climb London East Ham, E6 2RT.
www.high-sports.co.uk

Climb London Hackney, N1 5JU.
www.high-sports.co.uk

Climb London Hendon, NW2 1XQ.
www.high-sports.co.uk

Climb London Swiss Cottage, NW3 3NF.
www.high-sports.co.uk

Climb London West 1, W1H 5TJ.
www.high-sports.co.uk

Clip 'n' Climb, SW6 2ER.
www.clipnclimbchelsea.co.uk

Craggy Island, SM5 4AN.
www.craggy-island.com

Downside Settlement Youth Club, SE1 2EZ.
www.downside-fisher.org

Ethos Climbing Wall, SW7 2AZ.
www.imperial.ac.uk/sports

Featherston Sports Centre, UB2 5HF.
www.featherstonesports.co.uk

High Sports Sutton, SM3 9PX.
www.high-sports.co.uk

Laburnum Boat Club (Outside Wall), E2 8BH.
<http://laburnumboatclub.com/>

Mile End Wall, E9 5BE.
www.mileendwall.org.uk

Oasis Adventure Playground, SW8 2PD.
[www.oasisplay.org.uk/come-and-play/
adventure-playground](http://www.oasisplay.org.uk/come-and-play/adventure-playground)

Reebok Sports Centre, E14 5ER.
www.reebokclub.co.uk/climbing

Salmon Youth Centre, SE16 4TE.
www.salmoncentre.co.uk

Sunbury Leisure Centre, TW16 6LG.
www.everyoneactive.com

Sobell Leisure Centre, N7 7NY.
[www.better.org.uk/leisure/sobell#/
Saab Ice Wall, WC2E 7HA.](http://www.better.org.uk/leisure/sobell#/)

www.vertical-chill.com

Stubbers Adventure Centre, RM14 2TY.
www.stubbers.co.uk

The Aspire Centre – Southfields
Community College, SW18 5JU.
www.aspirecentre.com/

Climbing indoors continued...

The Reach Climbing Wall, SE18 5NR.
www.thereach.org.uk

Trinity at Bowes, N22 8RA.
www.trinityatbowes.co.uk

Urban Ascent, SW6 4HH.
www.urbanascent.co.uk

Westway Sports Centre, W10 6RP.
www.westwaysportscentre.org.uk

Lowestoft

East Face Climbing Wall, NR32 2NH.
www.sentinel.onesuffolk.net/home/waterlane-leisure-centre

Maidstone

Maidstone Leisure Centre, ME15 7RN.
www.maidstoneleisure.com

Kent Scouts Activity Centre, ME14 3DA.
www.lowergrangefarm.co.uk

Midhurst

Midhurst Rother College, GU29 9DT.
www.mrc-academy.org/About-Us/Lettings

Milton Keynes

Ellis Brigham Climbing Wall, MK9 3XA.
www.vertical-chill.com

Big Rock Climbing Centre, MK10 0AG.
www.bigrockclimbing.co.uk

Caldecotte Xperience, MK6 3AG.
www.caldecottexperience.org.uk

Newbury

Waterside Centre Adventure Dolphin, RG14 1DS.
www.adventuredolphin.co.uk

Norwich

The Peak at Sportspark, NR4 7TJ.
www.sportspark.co.uk

Highball Climbing Centre, NR6 6NG.
www.highballclimbingnorwich.com

Oxford

Oxford University Sports Centre, OX4 1EQ.
www.sport.ox.ac.uk/facilities/iffley-road/indoor-sports/

Oxford Brookes University, OX3 0BP.
www.brookes.ac.uk/brookes-sport/brookes-sport-headington/climbing-wall/

Peterborough

Peterborough Climbing Wall, PE3 9GZ.
www.peterboroughclimbingwall.co.uk

Portsmouth

Fort Purbrook, Peter Ashley Activity Centre, P06 1BJ.
www.peterashleyactivitycentres.co.uk

Reading

Amphibia Climbing Wall, RG6 4GD.
www.amphibia-group.co.uk

Adventure Dolphin Pangbourne, RG8 7DA.
www.adventuredolphin.co.uk

Reading Climbing Centre, RG2 0AU.
www.readingclimbingcentre.com

The Drake Centre Climbing Wall, RG8 8LA.
www.pangbournecollege.com

Richmond

Thames Young Mariners Outdoor Education Centre, TW10 7RX.
www.surreycc.gov.uk

Rochester

Arethusa Venture Centre, ME2 4XB.
www.arethusa.org.uk

Romford

Romford YMCA, RM7 0PH.
www.romfordymca.org/climbing

Sherborne

Oxley Sports Centre, DT9 3DA.
www.oxleysc.com

Shoreham-by-Sea

Adur Outdoor Activities Centre, BN43 5LT.
www.aoc.org.uk

Southampton

Calshot Activity Centre, SO45 1BR.
www.calshot.com

Southampton Climbing Wall, SO14 0BL.
www.southamptonclimbingwall.co.uk

Stevenage

Fairlands Valley Park, SG2 0BL.
www.stevenage-leisure.co.uk

Stowmarket

The Cragg, IP14 1LH.
www.everyoneactive.com/thecragg

St Albans

High Sports St Albans, AL1 2DL.
www.high-sports.co.uk



GLASGOW WOMEN'S CLIMBING SYMPOSIUM - THE CLIMBING ACADEMY. PHOTO BY ELIZABETH HOLLEY

Climbing indoors continued...

St. Leonards on Sea

Robsack Centre, TN37 6AS.

www.fsncharity.co.uk/robsackcentre.htm

The St Leonards Academy, TN38 8HH.

www.hasla.org.uk/lettings/climbingwall.php

Sudbury

Great Cornard Sports Centre, CO10 0JU.

www.gcsportscentre.co.uk/climbingwall.html

Sunbury

Sunbury Leisure Centre, TW16 6LG.

www.everyoneactive.com/Centre/Sunbury-Leisure-Centre/56/Home

Sutton

Craggy Island, SM5 4AN.

www.craggy-island.com

High Sports Sutton, SM3 9PX.

www.high-sports.co.uk

Tidworth

Tidworth Leisure Centre, SP9 7QN.

www.wiltshire.gov.uk/

leisureand recreation/leisureandsportscentres/lsc/tidworth.htm

Tunbridge Wells

Bowles Outdoor Climbing Centre, TN3 9LW.

www.bowles.ac/outdoor-activities/rock-climbing

Upminster

Stubbers Adventure Centre, RM14 2TY.

www.stubbers.co.uk

Uxbridge

Brunel University Sports Hall, UB8 3PH.

www.brunel.ac.uk/services/sport/indoor-facilities/climbing-wall

Walton

High Sports Elmbridge, KT12 2JG.

www.high-sports.co.uk

Watersfield

Lodge Hill Centre, RH20 1LZ.

www.lodgehill.org.uk/activities/climbing-tower/

Watford

Watford Leisure Centre, WD17 3HA.

www.everyoneactive.com/Centre/Watford-Leisure-Centre-Central/62/Home

Whitchurch

Testbourne Community School, RG28 7JF.

www.testbourne.hants.sch.uk

Witham

Fairplay House Outdoor

Education Centre, CM8 3JL.

www.fairplayhouse.org

Worthing

Worthing Leisure Centre, BN12 4ET.

www.worthingleisure.co.uk/

Wych Cross

Hindleap Warren, RH18 5JH.

www.hindleapwarren.org/

Wymondham

Wymondham Leisure Centre, NR18 0NT.

www.south-norfolk.gov.uk/leisure/639.asp

Open Access Boulders

Open access boulders are located in open spaces and parks. They are a great way to try bouldering for the first time, or to practice technique for free.

Brighton

Hove Park Boulder, BN3.

www.brighton-hove.gov.uk/content/leisure-and-libraries/parks-and-greenspaces/hove-park

Tarner Park Boulder, BN2.

www.activeforlife.org.uk/bigresults.php?orgID=242

London

Camden Square Activity Park

Camden Town, London, NW1.

Fairlop Water Boulder Park

Fairlop, IG6 3HN.

www.vision-rcl.org.uk/fairlop_home.html

Landseer Gardens

Islington, N7.

www.islington.gov.uk/services/parks-environment/parks/your_parks/greenspace_az/greenspace_/Pages/landseer_gardens.aspx

Mabley Green Park

Hackney, E9 5RN.

www.hackney.gov.uk/mabley-green.htm

Newham Boulder

London City Airport, E16.

Queen Elizabeth Olympic Park

Stratford, E20.

www.queenelizabetholympicpark.co.uk/the-park/attractions/parklands

Shoreditch Park

Hoxton, N1 6TA.

Westminster Boating Base

SW1V 3JY.

St Luke's Garden's

Chelsea, SW3 6NH.

Norwich

The Norfolk Boulder

Norwich, NR3.

Oxford

Standlake Boulder

Fry's Hill Park, OX4 7WG.

Woking

Woking Park Boulders, GU22 9BA.

www.woking.gov.uk/community/children/young/out

Moving outdoors

Whether you are a climber, hill walker or mountaineer taking your first steps into the outdoors can be a daunting prospect. In the UK we are blessed with a huge variety of outdoor locations ranging from rolling hills in the South Downs, vast mountain ranges in North Wales and secluded climbing crags across the country varying in rock type from boulders and outcrops to sea cliffs and stacks, each one lending itself to different styles of climbing.

Having the necessary skills, experience and fitness are all aspects which help you have a fun, safe and enjoyable outdoor experience.

Training

Taking a training course can give you the confidence you need to head outdoors for the first time. They are a great way to learn new skills, meet new people and get advice on what your next steps will be.

The BMC have teamed up with the National Mountain Sports Centre (Plas y Brenin) in North Wales, and local

outdoor providers and climbing walls around the country to offer affordable climbing, hill walking and mountaineering skills courses. All courses are subsidised by Sport England.

For more information about training, see page 32.

BMC Courses at Plas y Brenin

The following courses are offered:

- Ready to Rock** (climbing outdoors)
- Scrambling Essentials** (scrambling)
- Head for the Hills** (hill walking)
- Winter Skills** (winter walking)

The above are available as 2-day and 5-day courses for adults, young people and families, and are suitable for all abilities.

BMC Local Courses

The BMC has teamed up with local providers and climbing walls to offer **Rock Out** subsidised indoor to outdoor climbing courses. For more information visit www.thebmc.co.uk/activeoutdoors

Planning for adventure

Preparation is an essential component of every day on the hill, and includes not only carrying the correct equipment – and knowing how to use it – but getting the latest weather forecast and checking the status of hazards like avalanche risk. It's essential also to assess whether the chosen activity is within the ability of all the party as well as the time available.

Effective navigation, knowing when your limits have been reached and whether to turn back, are also extremely important. Remember that turning back must not be considered a failure.

Use this information to help plan your adventures and don't forget to always tell someone your plans.

Planning check list

- Check travel/parking arrangements
- Book accommodation in advance
- Ensure you have the necessary equipment/clothing suited to the activity
- If you're going to a remote area ensure you have the right skills and training (First Aid, navigation, etc.)
- Get a clear picture of what the weather has been doing, and what it will be like for the duration of your trip.
- Always have a plan B
- Have enough food and water for your party
- Know your limitations
- Know the Countryside Code and check the BMC Regional Access Database

If the worst does happen and you are involved in a mountain incident you will need to contact Mountain Rescue. Dial **999** and ask for the **Police**, then **Mountain Rescue**.

Provide the following information:

- C** – **Casualties** – number, names and type of injuries.
- H** – **Hazards to the rescuers** – strong winds, avalanche, rock fall, dangerous animals.
- A** – **Access** – the name of the area and description of the terrain.
- L** – **Location of the incident** – a grid reference and a description is ideal.
- E** – **Equipment at the scene** – torches, mobile phones, medical personnel.
- T** – **Type of incident** – a brief description of the time and cause of the incident.

Source: *Call out Mountain Rescue?* which is available from the BMC shop.

Access & conservation

Access and conservation work is one of the most important functions of the BMC. Crags are a finite resource and the BMC is heavily involved in securing access to them for climbers and mountaineers. If you're heading outside you'll need to be aware of seasonal or permanent restrictions that are in place to protect nesting birds and other animal and plant species.

Access in England & Wales

All land belongs to someone, even common land and open country, so it is important when out in the countryside to act in a considerate and responsible manner. The Countryside Rights of Way Act designated areas of mountain moor, heath, down and common land as open access land. For more information visit www.gov.uk/right-of-way-open-access-land

Access in Scotland

Different legislation applies to Scotland, where there is freedom of access across almost all land. For guidance see the *Scottish Outdoor Access Code* at www.outdooraccess-scotland.com

The BMC Regional Access Database (RAD)

The BMC Regional Access Database (RAD) is a 'one stop shop' for all the access and conservation information you need from nesting restrictions to conservation advice or preferred parking spots. Check the RAD before you travel and look out for on-site notices.

www.thebmc.co.uk/rad

To make it even easier for you, there's also now a RAD smartphone app for checking restrictions whilst on the go. The RAD app is available to download from Google Play for Android devices, and from iTunes for iPhones.

Further guidance

The BMC publishes guidance booklets and DVDs which are either free as downloads from the BMC website or can be bought from the BMC online shop at: www.bmcshop.co.uk

These include:

- New Hill Walkers
- New Rock Climbers
- Climbing Outside
- Safety on Mountains
- The Green Guide to the Uplands
- Young People: a Parent's Guide
- Walking for All: Disability Awareness
- Climbing for All: Disability Awareness
- Climbing Wall Essentials DVD
- Rock Climbing Essentials DVD
- Hill Walking Essentials DVD
- Winter Essentials DVD
- Alpine Essentials DVD
- Off Piste Essentials DVD

There are also a range of skills clips available to watch free of charge on the BMC's video platform, BMC TV at www.thebmc.tv/channel/skills

The BMC runs a popular series of alpine and winter skills lectures as well as climbing movement masterclasses. We also run a variety of seminars and courses nationwide throughout the year. For a full list of upcoming events, see www.thebmc.co.uk/events

If you are a parent, or a young person, our Young People booklet sets out what is involved in climbing, hill walking and mountaineering, in order to help parents gain a better understanding of these activities. Download a free copy from the BMC website or order a printed copy from the BMC online shop.

Visit www.thebmc.co.uk/youngpeople

Example days out

Making a decision about where to go is sometimes the hardest part of planning a day, weekend or longer getaway. Over the following few pages are a few suggestions of climbing, hill walking and mountaineering trips. Guidebook and website information may change over time so ensure you have up to date information before you set off on your journey.

The Chilterns

Where: Buckinghamshire.

Train stations: Wendover, Princes Risborough, and Great Missenden.

Guidebook

Walking in the Thames Valley (Cicerone). A selection of walks can also be found on www.chilternsaonb.org

Maps

OS Explorer: Chiltern Hills West (171); East (172); and North (181).

General information

The Chilterns Area of Outstanding Natural Beauty (AONB) covers 324 square miles. The chalk rock underlying the Chilterns gives rise to hillsides of chalk down land. With an array of hill walking options available along with plenty of lunch time stops at a convenient watering hole there are routes to suit all types, all within easy reach of London.



THE CHILTERN'S RED HOPE WALKING AND CLIMBING CLUB. PHOTO BY ELIZABETH HOLLIER

The South Downs

Where: West Sussex.

Train stations: South Ease, Petersfield, Amberley, Liss, Arundel, Shawford, Cooksbridge, Lewes, The Old Railway Station, and The Runaway.

Guidebooks

Walks in the South Downs National Park (Cicerone). *Day Walks on the South Downs* (Vertebrate Publishing).

Maps

OS Explorer: Chichester (120); Arundel and Pulborough (121); Brighton and Hove (122); Eastbourne and Beachy Head (123).

General information

In 2010 The South Downs became Britain's 15th National Park making the South Downs Way the only National Trail to be entirely within a single National Park. The park covers over 1648 square kilometres of which woodland covers 20%, approximately half of which is ancient woodland.

Find more information

www.southdowns.gov.uk



Southern Sandstone

Where: Kent.

Train stations: Ashurst (Kent).

Guidebook

Southern Sandstone (Climbers' Club, 2008).

Map

OS Explorer: High Weald (136).

General information

The Sandstone outcrops of the Central Weald provide a relaxed and popular playground for climbers in the South-East. The outcrops range from the most popular and extensive BMC-owned Harrison's Rocks and the organised Bowles Rocks Outdoor Centre to Bull's Hollow and Stone Farm, providing a stark



HIGH ROCK, SOUTHERN SANDSTONE. PHOTO BY ELIZABETH HOLLEY

contrast. Southern Sandstone is unusual in that top roping is the normal and accepted style of ascent. There are also set guidelines and ethics to follow in relation to top roping and abseiling.

For further information please visit: www.southernsandstoneclimbs.co.uk

Sandstone Volunteers Group

The **Sandstone Volunteers Group** is a group of climbers and others who have an interest in maintaining the rock and environment of the sandstone crags in Kent and East Sussex by disseminating the objects of 'The Sandstone Code' and encouraging good practice', carrying out work to clear overgrowth and brush, repairing damaged rock, recognizing and protecting unique areas of rock, encouraging participation in projects, and creating sustainable use of this unique climbing area through maintaining good relationships with the owners and custodians of the crags.

For more information and to get involved visit www.sandstonevolunteers.org.uk or find them on Facebook at www.facebook.com/SandstoneVolunteersGroup

Swanage

Where: Dorset.

Train stations: Swanage.

Guidebooks

Swanage (Climbers' Club, 2015).

Dorset (Rockfax, 2012).

The South West Coast Path

(Frances Lincoln).

South West England Coastal Walks (Crimson Publishing).

Map

OS Explorer: Purbeck and South Dorset (OL15).

General information

Officially Britain's sunniest town, there is extensive climbing on the sea cliffs and quarries. The limestone cliffs offer both traditional and sport climbing along with superb deep-water soloing. Certain parts of the cliffs across the Dorset coast are subject to restrictions during bird nesting season, so check the BMC Regional Access Database (RAD) before travelling, and don't forget the tidal timetable, available at www.tidetimes.org.uk



Walkers can head off on the South West Coastal Path for stunning views of the Jurassic coast.

North Wales

Where: Snowdonia.

Guidebooks

The Climbers' Club produces definitive rock climbing guidebooks to North Wales, all of which are available from the BMC shop. The series includes: *Llanberis; Ogwen; Tremadog* (Climbers' Club). *North Wales Classics* (Rockfax). *Scrambles in Snowdonia*; *Hill walking in Snowdonia* (Cicerone).

Maps

British Mountain Map: Snowdonia (North and South)
OS Explorer: Snowdon (OL17, 1:25,000);
OS Landranger: Snowdon (115, 1:50,000).

General information

There is great mountaineering to be had in Snowdonia, such as Lliwedd, the east face of Tryfan, and Cneifion Arete. From Nant Peris you can tackle a variety of great climbs, scrambles and walks. Visit: www.eryri-npa.gov.uk/home



LLANBERIS, NORTH WALES – NORTH LONDON MOUNTAINEERING CLUB. PHOTO BY: ELIZABETH HOLLEY

Plas y Brenin

Plas y Brenin in Capel Curig is the National Mountain Sports Centre for England and Wales. It offers a variety of mountain and water-based courses, as well as B&B accommodation. www.pyb.co.uk

Lake District

Where: Cumbria.

Train stations: Oxenholme, Windermere.

Guidebooks

The Fell & Rock Climbing Club (FRCC) produces climbing guides covering the Lake District, the following of which are available from the BMC shop: *Scafell & Wasdale*; *Lake District Rock: selected climbs*; *Buttermere & St Bees*; *Eastern Craggs*; *Eden Valley & South Lakes Limestone*; *Gable & Pillar*; *Langdale*; *Winter Climbs* (with Cicerone). *Scrambles & Easy Climbs in the Lake District* (Grey Stone Books). *The Lakes* (Pocket Mountains). *Great Mountain Days in the Lake District* (Cicerone).

Maps

British Mountain Maps: Lake District OS Explorer: Lake District: South-eastern area (OL7); North-western area (OL4); South-western area (OL6); North-eastern area (OL5).



ENNERDALE LAKE DISTRICT – LONDON MOUNTAINEERING CLUB. PHOTO BY: CHRIS WATT

General information

The national park is a land of dramatic contrasts with rugged peaks, and rolling hills. It is home to the highest peak and the most extensive lakes in England. The area is popular with all outdoor enthusiasts, catering for all who wish to visit. Steeped in history, culture and still one of the most tranquil and beautiful areas in the British Isles.

Visit the Lakes District National Park website at www.lakedistrict.gov.uk



COLENTINSKICHIDA, GLENMORE – THE CAIRNGORMS PHOTO: ELIZABETH HOLLEY

The Cairngorms

Where: Cairngorms National Park.

Train stations: Aviemore, Kingussie.

Guidebooks

The Cairngorms (SMC) – *Rock and ice climbing.*

The Cairngorms (SMC) – *Hill walking.*

The Cairngorms (Pocket Mountains).

Walking in the Cairngorms (Cicerone).

Maps

British Mountain Maps: Cairngorms & Lochnagar.

OS Explorer: Cairn Gorm & Aviemore (403); Braemar, Tomintoul & Glen Avon (404).

General information

Scotland is home to the greatest range of mountain glens, lochs, and rivers in the UK. It is a true wilderness area within Britain. With its wild and unspoilt landscape the Cairngorm area is a place you must visit in your lifetime. The area forms the largest nature reserve in Europe covering a vast area of around 770 square km and caters for all types of mountaineering, hill walking and climbing.

Visit the Cairngorms National Park website at www.visitcairngorms.com

Glenmore Lodge

Glenmore Lodge in Aviemore is the National Outdoor Training Centre for Scotland. It offers a variety of mountain-based courses, as well as B&B accommodation. www.glenmorelodge.org.uk

Training, qualifications & funding

Gaining an award or undertaking training is a great way to develop your skills, meet people, and open doors to new opportunities. Below are the different organisations which offer these opportunities. There is also funding available to help you along the way.

Training & qualifications

Whether you want to learn how to navigate on the South Downs or lead groups in the Northern Highlands, there is a training scheme for you! Mountain Training administers a host of hill walking, climbing and mountaineering awards for leaders, coaches and instructors, as well as a Hill & Mountain Skills scheme that trains people to be more independent in the hills. Over 2,500 people gain an award every year, and many go on to join the Mountain Training Association, which provides ongoing support and development opportunities.

Find training for you at www.mountain-training.org

Funding

Future Leaders Fund

Plas y Brenin's Future Leaders Fund provides subsidies for volunteers living in England seeking to gain an award www.pyb.co.uk/futureleaders

Plas y Brenin bursaries

Plas y Brenin administer a range of bursaries, including the long standing Jonathan Conville Memorial Trust courses in Scotland and the Alps. A must for aspiring young mountaineers. www.pyb.co.uk/bursaries
www.pyb.co.uk/conville

BMC BME funding

To help break down barriers to participation, potential walking and climbing leaders from black or minority ethnic (BME) communities can apply for funding to support their development. www.thebmc.co.uk/bme-funding

BMC expedition funding

The BMC and other organisations award grants each year for groups planning expeditions abroad. www.thebmc.co.uk/expeditionfunding

National Indoor Climbing Award Schemes (NICAS)

NICAS is a UK-wide scheme designed to promote climbing development and accredit individual achievements at

climbing walls. It can be a starting point for people wishing to take up climbing and mountaineering. It is open to anyone aged 7 and upwards.

www.nicas.co.uk



THE BEACH CLIMBING WALL. PHOTO: ELIZABETH HOLELEY

Climbing competitions

Competitions are a great way to challenge yourself and set personal goals. Climbing competitions and leagues are run by climbing walls across the country, for up to date information visit the BMC events page www.thebmc.co.uk/events (use the filter to find competition events)

The BMC runs several national competitions each year. These range from youth-only events to national championships. For further information on climbing competitions, see www.thebmc.co.uk/about-the-bmc-and-competitions

Where to shop

If you're a member of the BMC most outdoor retailers will give a discount of 10–20% on production of a valid membership card. Discounts apply in-store and sometimes by telephone mail order and online. Discounts may not apply to all products, or sale items. A list of retailers offering discount can be found on the BMC website: www.thebmc.co.uk/retaildiscounts
To find retailers near you visit www.thebmc.co.uk/map#shops

Further information

A list of websites you might like to visit for planning future adventures:

Areas of Outstanding Natural Beauty
www.aonb.org.uk

England Heritage
www.english-heritage.org.uk

National Parks
www.nationalparks.gov.uk

Natural England
www.naturalengland.org.uk

National Trust
www.nationaltrust.org.uk

Royal Geographical Society
www.rgs.org

The Forestry Commission
www.forestry.gov.uk

The Ramblers
www.ramblers.org.uk

YHA
www.yha.org.uk

Shop online at
www.bmcshop.co.uk
MEMBERS SAVE 10% OFF THE RRP

BMC DVDs

A series of six essential skills DVDs covering a range of activities. Watch trailers for each DVD in the BMC online shop.



BMC PUBLICATIONS

MOUNTAIN TRAINING PUBLICATIONS

