



## **Introduction to Outdoor Climbing Course**

### **Peak District, Hathersage**

### **25-26 July 2015**

#### **Course overview**

If you have had some experience of top roping in an indoor wall, know how to delay and tie in and want to experience touching real rock for the first time then this two day course is a perfect start. Within an all-female environment you will gain the confidence to climb outside. You don't need to be a gymnast, just be keen to have fun and do some climbing on real rock.

#### **Course Outline**

We will cover the following skills over the two days and is designed to build on skills which you will have gained at an indoor wall. The programme is flexible, but you will visit single pitch crags (less than one rope length high) on both days.

- Lots of climbing to suite your ability and experience
- Principles of anchors
- Bottom roping on a single pitch crag (Top roping)
- Good outdoor belay skills
- Use of guidebooks/ Route finding
- Access and conservation issues
- Good outdoor rope work
- Good outdoor group/pair work
- How to progress your outdoor skills and experience further

#### **Level of experience**

No outside experience is required, but you should be able to put on a harness and tie in to the end of a rope, and use a belay device. You will be able to progress at your own pace through carefully selected climbs that suit your aspirations and ability.

#### **Location**

The weekend will be based at the Peak District, Hathersage which is a popular venue for climbers. Each morning climbers will meet in Hathersage in front of **Outside climbing shop and café**, ([www.outside.co.uk](http://www.outside.co.uk)) Main Road, S32 1BB at 10am. Depending on the weather conditions a venue for the day will be decided at this point.



### **Accommodation and Transport**

All clients must arrange their own accommodation and transport. There will be driving involved to get to and from the climbing venues. Depending on your budget there are various options in relation to accommodation from hotel, B&Bs, hostels and camping. Driving from London can take between 4-5 hours and trains leave King Cross St Pancrases and take between 2-3 hours with a changeover in Sheffield. It is recommended that you arrive the evening before in preparation for the course starting the next morning.

#### *Camping*

*North Lees campsite*

[www.peakdistrict.gov.uk/visiting/getactive/camping/camping-northlees](http://www.peakdistrict.gov.uk/visiting/getactive/camping/camping-northlees)

*YHA*

[www.yha.org.uk/hostel/hathersage](http://www.yha.org.uk/hostel/hathersage)

*National Rail Enquires*

<http://www.nationalrail.co.uk/>

### **Equipment**

#### *Recommend kit list*

- Climbing shoes (can be provided if required and depending on shoe size)
- Sleeping bag (if camping)
- Towel (if camping/ staying In YHA)
- Personal toiletries (to include sun cream)
- Outdoor clothing (to include a waterproof jacket and warm clothing)
- Casual cloths
- Food for breakfast, lunch, dinner (free tea and cake in provided at the end of each day)

#### *Equipment provided by instructor:*

- Harnesses\*
- Helmets\*
- Ropes
- Anchors attachment
- Slings
- Bely devices\*

\*if you have your own please bring with you

### **Instructor**



Martina Spisiakova

Martina was born in Slovakia and has over 15 years of climbing and mountaineering experience. Her qualifications include the Mountaineering Instructor Award, Single Pitch Award, Mountain Leader Award, and I have been trained in master class coaching by Neil Gresham. She is a regular indoor climbing instructor across the London and South East area and travels across the country and the world coaching and instructing.

Martina hopes to help people enjoy themselves and come home feeling as inspired and passionate about the outdoor life as she does, giving them the chance to have fun and be challenged in safe hands as they learn. Further information can be found at <http://climbingtuition.co.uk/>

### **Price**

£60 per person for the weekend of instruction

Included:

- Instruction for two days at a ratio of 1-4 (Saturday & Sunday)
- Group equipment
- BMC goodie bag
- Tea and cake

Not included: accommodation, transport, meals, personal equipment,

### **Booking**

To secure your place please click book online via the BMC website, or follow the link on the course information page



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**General Itinerary**

**Day 1**

Meet 10:00

Transferring to crag

11:00 get to the crag, warm up, safety briefing, set up top ropes

12:00-13:00 climbing

13:00-13:30 lunch break

13:30 - 18:00 more climbing on different lines

18:00 finish and transfer to meeting point for tea and cake

**Day 2**

09:30 meet and transfer to crag (different location)

11:00 warm up, set up top ropes and climbing

13:00 - 13:30 lunch break

13:30- 17:30 climbing on different lines

17:30 finish transfer to meeting point for tea and cake