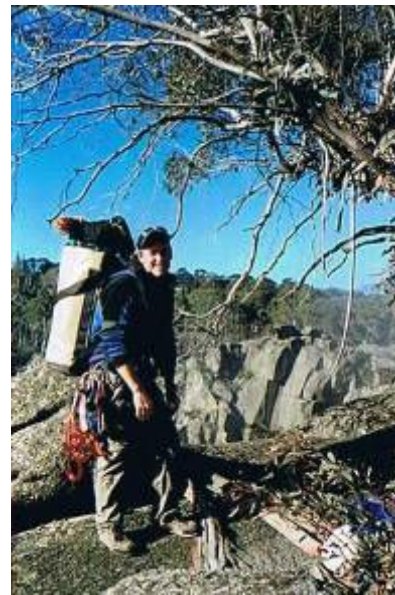


AID CLIMBING COURSE

If you want to climb “Ozymandias” or even “The Nose”, this course is for you. This course is designed for climbers who have a reasonable understanding of sport and traditional climbing, and want to broaden their horizons into aid climbing, and big walls. This course is run over two days, and will have you scaling the walls – slowly !

What do we cover?

- Introduction to aid climbing
- Gear for aid climbing
- Abseiling with loads
- Aiding technique/sequence
- Anchors
- Belaying
- Hauling
- Seconding/cleaning.
- Organization
- Big wall living
- Pendulums/traverses
- Fixing ropes
- Retreating
- Tips and tricks
- Solo and team principles
- Moving Fast



What is included?

All the safety equipment – We supply all the ropes and hardware, and will sit you out with harnesses, helmets, rock climbing shoes, and anything else you may need. We supply a wholesome lunch, and drinks to keep you going all day.

What do you need to bring ? Comfortable clothing, drink bottle, and your camera. If you wish to use your own climbing gear such as shoes and harness you can.