

australian
CLIMBING
consultants

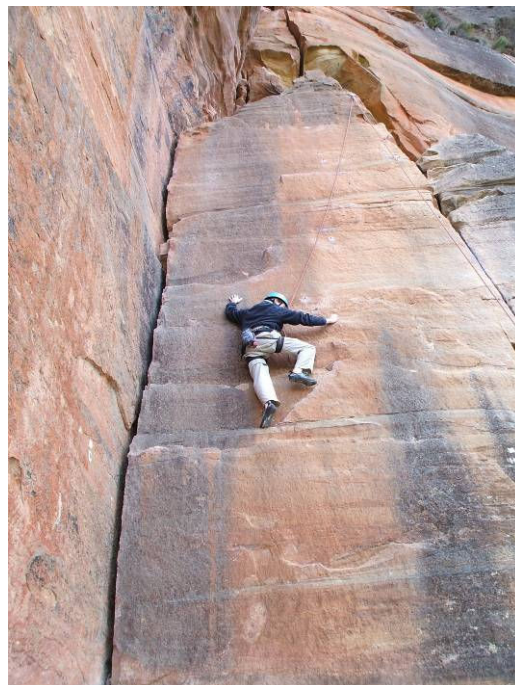
LEVEL 1 ROCK COURSE

This two day course is designed to teach you the skills to progress as quickly as possible into the world of rock climbing. This course is perfect for climbers who want to make the transition from the gym environment to the real rock.

We will take you to some of the best cliffs in the mountains.

On the first day we teach you the skills of:

- **Climbing technique** – Footwork, resting, body positions. All the fundamental skills to have you moving over stone.
- **Climbing Styles** – How to climb on Overhangs (steep climbs), Slabs (less than vertical walls), face climbing, and crack climbing.
- **Cliff Safety** – How not to get hurt.
- **Rope handling and knot tying** –How to tie-in, and manage the ropes.
- **Belay techniques** – How to safeguard your friends while they climb with you.



The second day is about re-enforcing the skills you've already learned, correcting you style and techniques – before you develop any nasty habits, and enjoying moving over the rock. We aim to take you on as many different climbs as possible.

Where do we run this course?

We have a number of sites throughout the Blue Mountains where we run this program. The guides will make the decision based on the size of the group, the skill level of the participants, and the weather – Shade in Summer, Sun in Winter.

What is included?

All the safety equipment – We supply all the ropes and hardware, and will kit 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.

www.australianclimbing.com