



Rock Climbing Course 1 – Introduction to Climbing Skills

Course Location and Meeting Point

All courses will take place in the Peak District National Park.

Course participants should meet behind the Spar (beside the Outside shop, Main Road, Hathersage S32 1BB) at **9.30am** on the first morning of the course (unless told otherwise). The course should finish by 3.00pm on the second day.

Transport

If you don't have your own transport, let us know and possibly we'll find you a lift from someone else. Similarly if you are driving up from London and can offer a lift from say St Albans (just off the M25 and M1) then please also let us know asap – it will be a great help and save you some petrol money!

Public transport

There is a station in Hathersage on the Hope Valley line.

Taxis will need to be pre-booked – try these numbers:

Ryders Taxis	07805 029226
SOS Taxis	01433 650975
Paul's Hire	07972 583586
Penny's	07917 710771
Nice	07977 402060

What to wear & Equipment to Bring

Work on the basis of expectation for getting wet, sun burned and bitten by insects, and you won't go far wrong! If you have any of your own climbing kit (harness and helmet etc) then you should bring this along. However we can provide all technical kit but you should bring:

- Waterproofs
- Loose clothing to climb in
- Trainers
- Insect repellent
- Sun cream
- Packed lunch & snacks
- Plenty of fluids to drink
- Camera
- Day sack

Bring two pairs of socks – one thick pair, one thin pair. This will help get a better fit with any rock shoes we need to lend you.

Wet weather plan

It is bound to rain at some point in the year. If the weekend looks like it will be a washout – we will contact you the day before and let you know not to come and try to rearrange for another time. In the event of light showers, we will see what we can do outside, or go to an indoor wall (at no extra cost to you).

Food

As you please – but you will need to bring good food for both days – make sure you pack sandwiches and snacks such as dried fruit and nuts ([better than chocolate](#)).

Recommended Accommodation

While accommodation is not included in the price we will happily help you find something comfortable and to the liking of your budget – from campsites and barns to youth hostels and B&B's. [Check out some suggestions here](#). And there's always [AirBnB!](#)

Payment of balance

The cost of this course is £125. If you have yet to pay, here are the details:

- By cheque posted to Will4Adventure Ltd, 13 Spring Hill, Sheffield, S10 1ET
- By BACS to: Will4Adventure Ltd
Sort code: 05-08-18
Account number: 33259456

Please pay at least one month before the course/event and let us know when you do so. Many thanks!

Consent form

Before you can join us on this course [we need you to complete this consent form](#). If you haven't done this yet, please do so now. Unless you have completed this consent form we are not insured and so won't be able to allow you to join us.

Questions

Ok, that's it I think – please fire away if you have any questions.