



Climbing: One to One

Tailor Made for You

Whatever your level – from complete beginner to quite advanced, or a-little-bit-rusty, our one-to-one climbing coaching will help you make the most of your time on the gritstone rockfaces of the Peak District.

This course will be very accessible and you've no need to feel worried or intimidated, the course will be expertly tailored to suit your needs. You will be coached by highly knowledgeable, local, qualified instructors who will put you at ease. Our business was built upon taking brand new climbers or those who have climbed indoors to real rock. As a result we have created hundreds of new rock climbers. Whatever your ability we can teach you how to climb.

All courses take place in the beautiful and dramatic gritstone edges of the Peak District National Park, and close to many places to stay, eat and drink.

The course will include:

- Foot / friction techniques
- Body position and balance
- Movement
- Basic knots and belaying / safety
- Climbing confidence
- Overview of the climbing environment
- Climb as much rock as possible!
- Ongoing coaching
- Anything else you would like to learn regarding climbing



This course can be booked privately where no one else will join you, or a cheaper option is to book as part of a group where you may not know the other participants. Up to a maximum of 6 people.

Location:

This course will take place on the Eastern Gritstone Edges of the Peak District unless you request otherwise. It's most likely you will meet us in Hathersage, S321BB.

Equipment:

All equipment is included in the price. We can loan you rock climbing shoes but we can't always promise a perfect fit as rock climbing boots have very specific fit. You should wear trainers to this activity and not boots.

What to bring:

Lots of warm clothes and waterproof clothes if you have them. Even if you are booking for summer, you need to bring warm clothes as the weather here can be changeable and we will be working higher up where it's colder. Bring food and a drink. Bring suncream.

What to expect from our instructors

Above all, our instructors are lifelong enthusiasts of their chosen discipline. Regardless of how focussed you are about learning and improving, outdoor activities are ultimately about having fun and de-stressing from life. Our instructors are well aware of this and will deliver your sessions in a fun, engaging and relaxed way. Our instructors are the best in the business and are selected not only for their vast experience, but also for their calm, approachable manner and ability to relate well to people. You will not be shouted at, bossed around or made to feel small – you will be supported and encouraged all the way.

Transport:

We cannot offer transport and you will need to use your own transport. Unfortunately public transport in the Peak District National Park on all but the biggest few roads is almost non-existent, so you will need a car to get around.

Environmental

- Try to car share
- Don't drop litter
- Never make fires
- Close gates
- Keep dogs on leads at all times

All of our used and out of date equipment is given to a craft company who make the equipment into clothing, bag and accessories here <https://madebyscavenger.com/>



For more information please email al@gritstoneadventures.co.uk

