



# Climbing: Multi Pitch

## Tailor Made for You

This progressive course is recommended for people who have either completed a Gritstone Learn to Lead Climb course and would like to take it to the next level. The Gritstone Multi Pitch Climbing course is also suitable for those with previous experience of lead climbing, who would like to take their crag climbing to the mountain rock climbing environment.

This course will train you how to be a multi-pitch lead climber, giving you the confidence and know-how to take your climbing to the mountain environments of the UK. This course will set you on your way to being a more complete climber, with the skills to tackle a variety of challenging terrain, while polishing your existing skills.

You will be trained by expert instructors who hold at least the Mountaineering Instructors Award (MIA – the highest rock climbing instructor qualification in the UK). All our instructors are members of the Mountain Training Association or the Association of Mountaineering Instructors.

Learn the skills required to operate safely in a mountain environment: Including weather, venue choice, emergency procedures, equipment choice and other related issues.

- Understand climbing grade systems for multi-pitch climbs
- Appropriate equipment selection for multi-pitch climbs
- Learn to build effective belay stances on multi-pitch climbs
- Rope management on multi pitch routes
- Route finding on multi-pitch climbs
- multi-pitch problem solving and trouble shooting
- Descend safely on foot or by abseil
- Crag etiquette and best practice for multi pitching



- Lots of High quality climbing

## **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\*\*](mailto:al@gritstoneadventures.co.uk)

