



BMC Improve your Trad Climbing Skills Course

Symonds Yat, Wye Valley

2 – 3 July 2016

COURSE INFORMATION

Course Overview

Trad climbing is generally seen as a scary type of climbing, but it needn't be. By understanding the process and feeling confident about the techniques and tactics involved, you can open yourself up to some of the very best adventures to be had, regardless of grade.

This weekend course will be an opportunity to go through the building blocks that will give you a solid base so you can feel confident pushing to new levels.

Course Outline

We will cover the following skills over the two days:

- Equipment review . The tools you will need to take with you climbing
- Understanding the climbing environment
- Gear placement and equalising techniques
- Ascending and descending a fixed line
- Abseiling and lowering past a knot
- Assisted and un-assisted hoists
- Escaping the system (ropes in reach/out of reach)
- Review of techniques practised



Level of experience

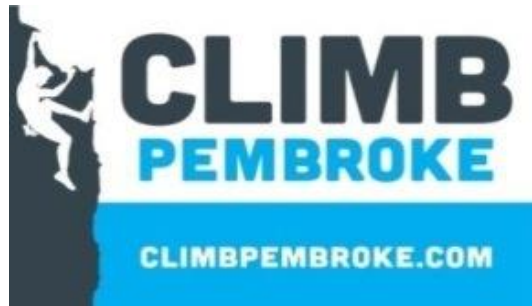
Candidates should be experienced at leading traditional rock climbs. There will be very little climbing done during the course. Any climbing done will be short sections of easy ground to allow for clear communication and to maximise learning opportunities.

Location

We will be based in the YHA Wye Valley, in self-catering accommodation, both Friday and Saturday night

Instructors

The instructor/s delivering the course will be representing www.climbpembroke.com and fully qualified mountaineering instructors (Association of Mountaineering Instructors).



Price

£99 per person for the whole weekend

Included: shared self-catering accommodation (Friday & Saturday night), instruction (Saturday & Sunday, ratio 1:4), group equipment

Not included: meals, personal equipment, transport

To secure your place please click to [book online](#) via the BMC website, or follow the link on the course information page . www.thebmc.co.uk/clubs/courses

However if you have any questions regarding the course content or your suitability then please get in contact with Henry Castle at enquires@climbpembroke.com