



Introduction to Climbing (Peak District)

This course is for people with little or no prior experience of rock climbing, who would like to progress to climbing outside. In most cases it is aimed at people who have climbing wall experience, as well as those who are new to the activity. Based on the highly accessible gritstone edges of the Peak District this course aims to get you climbing confidently at a level you feel comfortable, while teaching the many essential skills.

Learning Objectives

Over the period of your course you will learn how to belay, tie onto the rope, lower and hold falls, whilst understanding the potential dangers involved. We intend to build up gradually with the aim of passing on the essential skills for you to become a competent 'second'. With this in mind, you will be encouraged to go at your own pace and climb routes within your ability, whilst improving skills under the guidance of experienced staff. Specific course areas:

- Introduction to the course
- BMC participation statement & safety briefing
- Access and Environment
- Warming up and injury avoidance
- Bouldering (optional)
- Harness and Helmet
- Basic skills, knots, hitches
- Tying into the rope
- Setting up top ropes
- Belaying the leader and the second
- Holding falls and lowering
- Communication and climbing calls
- Choosing a route and guidebook use
- Grading system
- Improving technique and moving up a grade

Course Format

The course will run over two days from 0900 to 1700. On the first day we will meet at a location agreed e.g. your accommodation or a local café. Following this we will make arrangements with you in discussion potentially allowing us

to meet at the crag if appropriate. No accommodation is provided.

Venues Used

We will aim to pick venues that are appropriate for the learning objectives of the day and the prevailing weather conditions. James Thacker Mountaineering instructors are experts at finding the best locations, despite the weather. In all cases we will endeavour to discuss these choices with you so that you are aware of our thought processes and we can try a choose places you are keen to visit.

The Peak District is world famous for the quality of its gritstone rock climbing. The single pitch crags we normally use will include some of the most popular in the country including, Stanage, Froggatt, Burbage and Curbar edges.

What do I need to bring?

We will supply all the technical equipment required for your course including ropes, climbing hardware, helmets etc. If you have your own harness, helmet or other equipment please feel free to bring it along.

If you wish to purchase personal climbing equipment we are always more than happy to make time/advise during the period of your course. We understand that selecting appropriate equipment can be challenging in itself, given the vast array on the market.

Please note that all participants on James Thacker Mountaineering courses receive a 15% discount at the 'welovemountains' web shop
<http://www.welovemountains.com>

A full kit list for all courses can be downloaded from
<http://www.jamesthacker.co.uk/internetkitlist.pdf>

Specifically, we would suggest that you bring the following:

- Walking boots
- Warm clothing
- Waterproof jacket and trousers
- Rucksack (somewhere between 20 and 40 litres capacity)
- Water bottle or flask
- Packed Lunch

What happens now?

We will look forward to meeting you on the first day of your course. However, in the mean time if you have any queries or require further advice please feel free to contact us. Details of Peak District accommodation can be found at
<http://www.jamesthacker.co.uk/accommodationpeak.htm>

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