

Advanced Rock – Sea Cliff (North Wales)

Rock climbing on the UK's sea cliffs can be a daunting but very exciting and rewarding experience. For this course you should have experience of climbing up to 'Severe' grade standard (as a leader or second). This course is based on a three day programme, allowing us to revise essential skills at a single pitch venue, before making the most of two further days sea cliff climbing.

Learning Objectives

Over the period of your course you will experience multi pitch sea cliff routes, 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 varying routes relative to 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
- Belaying the leader and the second
- Placing and removing protection
- Building belays for multi pitch climbing
- Stance management
- Communication and climbing calls
- Choosing a route and guidebook interpretation
- Route choice
- Grading system
- Improving technique and moving up a grade
- Abseil approach/retreat
- Problem solving
- Prussiking
- Understanding tide times.

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.

North Wales is world famous for the quality of its sea cliff rock climbing. The crags we normally use will include some of the most popular in the country including those of Gogarth, Rhoscolyn and Holyhead mountain to name a few.

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 webshop.

<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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