

# Intro to Rock Climbing & Abseiling



Discover what rock climbing and abseiling is all about with our fantastic introductory courses for all levels. Get a taste for heights and just have some fun. You'll learn some basic rock climbing and abseiling skills and techniques, rope work, movement skills and the ability to b-lay someone safely.

The introductory course is not a qualification to instruct or lead people in rock climbing and abseiling. It is suitable for beginners to those with considerable experience.

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|----------------------|------------------------|
| 1. Equipment         | 5. Movement techniques |
| 2. Safety management | 6. Abseiling skills    |
| 3. Route defining    | 7. Rope work           |
| 4. B-laying          | 8. Leave no trace      |

**Course Duration:** 1 day – 10am to 5pm (lunch from 1pm-2pm)

**Previous Experience:** None required

**Course Size:** The group size is a maximum of 1 instructor to 6 students (1:6 ratio)

**Course Structure:** This is a one day course and the vast majority of the time will be spent practicing skills and techniques.

## Course Includes:

- Professional & Experienced Instructors
- Training course notes
- All Safety Equipment e.g. helmet, harness
- Personalised feedback
- Tea/Coffee

**€75  
per person**

**Group Booking  
Rates Available**



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