

OUTDOOR ED VENTURE

Rock Climbing & Abseiling

What is it?

Rock climbing is the ascent of a rock face, often a quarry, sea cliff or sometimes a mountain, using ropes to provide safety. Abseiling sometimes called rappelling, is the descent of a rock face using a rope. Climbing and abseiling can also take place indoors at a climbing wall.

What can I expect to experience?

You will experience the thrill of being high above the ground, although how high you go is up to you. Most climbing venues are surrounded by spectacular scenery.

What will Outdoor Ed Venture provide?

Outdoor Ed Venture will supply a fully qualified and experienced instructor in addition to the following:

- Helmet
- Climbing harness
- Any specialist climbing and abseiling equipment (ropes, etc)

What will I need to bring?

- Suitable footwear such as trainers or walking boots
- Warm and comfortable clothing such as tracksuit bottoms, fleece tops or sweatshirts - No Denims please
- Waterproofs (dependant on weather conditions)
- Sun Screen
- Lunch and a drink (unless you have requested lunch from Outdoor Ed Venture)
- Any personal medication that you need to have with you (eg. Asthma inhalers)
- A sense of adventure!

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