



Instruction - Guiding - Coaching
JB Mountain Skills
Climbing - Mountaineering - Qualifications

Climbing Development Course

This course is for people who have some climbing experience but want to take it to the next level. Whether that's turning Severe routes into VS routes, or VS routes into E1s this course will give you the chance to learn new skills and consolidate your climbing. Over the two weeks (two blocks of five days) your confidence will come on leaps and bounds as you climb a lot of routes.

North Wales is the perfect place for this course as it offers easily accessible, brilliant rock climbing. We have everything from mountain crags in the Llanberis Pass to sea cliff crags at Gogarth and we can normally find something dry.

WARNING!

This course could lead to day dreaming of how to give up your job!

We will cover subjects such as:

- Route choice including guidebooks
- Route finding and reading
- Movement techniques

- Kit choice
- Placing trad gear efficiently
- Advanced belay building
- Abseiling efficiently
- Sport climbing tactics
- Bouldering for training
- The head game....
- Good decision making
- Emergency procedures
- A lot of climbing

The course is based in Llanberis and is non residential. We meet in Pete's Eats 0900 on day 1.

Course cost: £800

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