



Rock Climbing Experience

Information Pack

ACTIVITY OVERVIEW

Rock climbing is a great activity and the Lake District is the perfect place for it with some of the best crags in country a stone's throw away (no pun intended!). This activity is all about getting as much climbing in as possible and having as much fun as you can. You'll climb several different climbs. Your instructor will talk you through everything you need to know on the day, from to put on your harness correctly to how best to climb.



WHAT WILL ADVENTURING SUPPLY?

- Fully qualified and experience instructor
- Pictures throughout the day (if safe to do so)
- A fitted harness and helmet
- All equipment for the session

WHERE DO I MEET THE INSTRUCTOR?

- ✓ [Click here](#) for google maps directions.
- ✓ (Please be aware that there is no mobile phone signal so please set off in plenty of time).

WHAT DO I NEED TO BRING?

- Clothing appropriate to the weather including warm layers and waterproof jacket
- Walking boots or stiff soled shoes
- Snacks and drink

WHAT TIME DO I MEET THE INSTRUCTOR?

- The morning session starts at 10am please arrive about 5mins before
- The afternoon session starts at 13:30 please arrive 5mins before.

Adventuring and the whole team hope you have an amazing time and look forward to seeing you soon.
If you do have any questions at all please feel free to contact the office at any time.

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Tripadvisor.com/ lakedistrictadventuring



Youtube.com/ lakedistrictadventuring

Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.