

**ROBIN BEADLE Mountain Guide - tel. (015395) 31598 - email [robin.beadle@gmail.com](mailto:robin.beadle@gmail.com)**

## **MOUNTAINEERING AND ROCK CLIMBING COURSES**

*Course aim: for you to develop your skills as a safe and proficient climber or mountaineer.*

We offer a range of courses and holidays for people at any level of ability. Courses are run to order for individuals and small groups. Some examples are listed on the next page. You should ideally attend your course with your intended climbing or mountaineering partner(s) so that you will learn to work together as a team, under close supervision, to gain the skills and experience you need to tackle graded climbs or scrambles. You should come as a pair for Rock Climbing Leader courses and as a group of two to three people if you do not wish to learn to lead.

Topics will be chosen to suit the course and particular individuals. They may include: choice and use of equipment; guidebooks, grades and choice of route; procedures and rope work for scrambling, single-pitch and multi-pitch climbing; technique and training; abseiling; placing protection; setting up belays and belaying techniques; dealing with problems, getting out of "situations" and self rescue. We will use scrambles and graded rock climbs at an appropriate level, and will need to address mountaineering problems such as navigation to our selected objective.

I lead the courses myself, on dates to suit you, and courses will be tailored to your experience and requirements. Courses will normally be held in the Lake District during the spring, summer and autumn months. The instructional fee is from £180 per day, and this may be split between group members if applicable. A 25% deposit is required on booking. If you are coming alone and wish to lead, I can usually find an assistant instructor at no extra cost. This means there is someone else to belay you whilst I concentrate on supervising your gear placement etc.

Regarding accommodation, you can camp or there is B&B and self-catering accommodation available locally. The B&B's generally also do packed lunches and evening meals if required. Sometimes it is possible to arrange accommodation in a climbing "club hut". I can make all the arrangements for you and confirm the price.

*Please enquire regarding availability of dates.*

*A summary of our courses follows on the next page.*

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## **SUMMARY OF ROCK CLIMBING AND MOUNTAINEERING COURSES**

### **Introductory rock climbing and abseiling.**

This can be just a weekend, or you can take a week or course of 3 weekends to progress to leading.

### **Coaching for improvers.**

Equipment. I would see what gear you are using and make suggestions as appropriate.

Protection. I would look at your rope work and belaying, starting from basics (e.g. linking anchors) through techniques for multi-pitch climbing to more advanced techniques. We can cover double rope technique if appropriate. We will look at placing of protection including all sorts of modern gear, and cover finding the placements and getting the best available placement in various situations.

Climbing technique and training-

Getting out of "situations", and self-rescue.

### **Learning to lead.**

A weekend option for people with basic experience.

### **Advanced rope work techniques and self-rescue.**

Learn how to get out of difficulties you might face when climbing.

### **Scrambling and mountain craft.**

People come for either a weekend or a week (5/6 days), to sample some ridge and ghyll scrambling, rock climbing and general mountaineering.

### **Classic climbs in the Lake District**

... and not just in the Lakes! We can offer guided ascents anywhere. I have climbed extensively throughout the country, and for example, have organised "classic climbing holidays" to the sea cliffs of the South West (where I used to live) and to the other end of the country - the Old Man of Hoy.

Of course, we also run **Skye Mountaineering Courses** and **Alpine Preparation Courses** as part of our summer programme in Britain.