



# Rock Climbing

## Climbing Options:

- Group leadership and instruction
- Personal skills training and coaching
- National Awards and qualifications
- Indoor wall climbing optional for inclement weather

Duration: 3 to 7 hours





- Experience – No previous experience required
- Age Limit: 6 years and above
- Fitness Levels: Matched to the ability of group members
- Groups Size: Any
- Private guiding and skills sessions available.
- All equipment provided
- Accessibility – let's talk
- Duration 3 to 7 hours