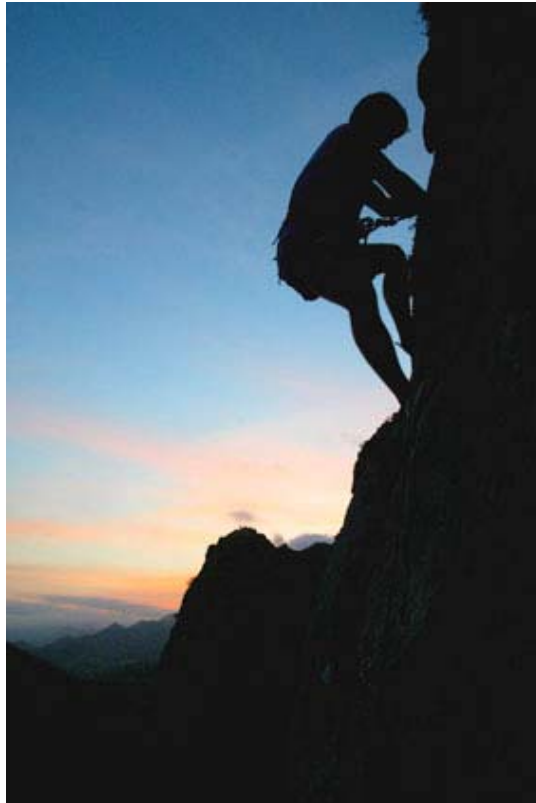


Spanish Climbing Adventure

2010

For online booking
www.spirit-of-adventure.com



***If climbing is a new game or perhaps you are
looking to improve your leading skills.
Or maybe, just want to enjoy climbing in the sun
Then this trip is for you!!!***



World-wide Activity and Adventure Holidays

Spirit of Adventure - Powder Mills - Princetown - Yelverton - Devon
PL20 6SP

www.spirit-of-adventure.com - martin@spirit-of-adventure.com

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If you want good solid rock, sunshine (mostly!), excellent instruction and a relaxed atmosphere, with your safety always 'top of the list'. This beautiful area of inland Costa Blanca boasts excellent rock in fantastic locations, suitable for all grades of climbers. The climbing scene in this part of Spain is developing rapidly with new areas being worked on and recorded every year. This trip will give you a good introduction exploring different crags invaluable for your future visits and also a great way to get in shape before the English summer season.

Accommodation and food

Home for this course is a lovely old converted farmhouse situated in an unspoilt valley one hours drive from the coast. A swim in the natural spring-water pool and a chance to relax in these lovely surroundings before dinner. Delicious home cooked food is served, providing both quality and quantity.

Just what's needed after a good day on the crag!!

A full continental breakfast and packed lunch is also provided to maintain those energy levels!



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The Climbing Programme

This course provides 5 days climbing with an instructor, with 1 free day to relax and explore the local area or practice your new rope handling skills.

We have found that most people need a break at some time during the week. The course includes basic instruction on rope techniques, safety, abseiling techniques, traditional climbing and bolted routes. Some self rescue ideas are also covered during the course.

Climbing on fixed bolted top rope climbs until confidence allows us to move onto harder routes. Most people will move on to lead climbing on easy grades. The week will include an abseiling session and sessions devoted to traditional climbing and gear placement. Students should leave the course with a good basic knowledge and skill in climbing techniques, abseiling and safety,

The day normally starts with breakfast at 8.30 and ends at around 5 o'clock. with a drink in the village or at the climbing refuge. After dinner climbing videos are available if you need inspiration for the next days climbing!! Spirit of Adventure will supply all equipment excluding the rock boots which you need to bring.

Insurance

You will need Personal and Travel Insurance which includes air repatriation. We can arrange this for you through the British Activity Holiday Insurance Services. If you do not take out insurance through us we require documentary evidence of your insurance policy.

Activity

6 days, Climbing course

Accommodation

7 nights full board

Ref. No. - - - Dates

This adventure can be arranged for any week from February to May and September to November

Experience Required

Some basic experience

2010 Costs

Land only £575

Guaranteed to run with 2 people

Price includes:

Full board accommodation
Specialist equipment
Qualified instructor.

Price does not include

International air flights
Passports
Personal spending money.

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We normally try and visit a different venue each day, this gives an opportunity to 'get a feel ' for the various types of climbing in this area. Also by travelling around to the different venues it gives us a chance to enjoy this lovely rural part of Spain. Stopping in some of the small local villages for refreshment and provisions is a golden opportunity to practise our Spanish (usually much to the amusement of the local inhabitants)!



Suggested Kit List

We will provide the following:

Ropes and climbing equipment, harness, helmet. Please state on booking if you are bringing any of your personal climbing kit.

You will need to provide the following:

Rock boots
Day sack - 45 litre approx.
Full lightweight waterproofs
Warm jumper or fleece jacket
T-shirts
Walking / climbing trousers
Shorts
Woollen hat / Sun hat
Light weight walking boots and/or trainers
Socks
Torch and spare batteries / bulb
Wash kit / Towel
Small first aid kit / Sun protection Cream
Insect repellent
Water bottle
Lunch box
Camera / film



Outdoor Equipment Specialists

Spirit of Adventure's preferred
Outdoor retailer

www.trailventure.co.uk



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