



**Powder Mills
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2016

Introduction to climbing

Spirit of Adventures location enables you to learn to climb in one of the UK's true wilderness areas.

Climbing is one of Britain's fastest growing activities. Many leisure centres are installing climbing walls and although these are an ideal way to keep fit or to increase your strength it does not provide all the skills or teach you to climb on rock or in mountainous areas. Rock climbing is a challenging and exhilarating activity where you are exposed to the elements and to nature. You can only climb where nature has put the hand holds!!

Our Introduction to Rock Climbing Courses are for the complete novice or for people who have done a little and wish to improve their knowledge and skill. This is a practical weekend, with plenty of actual climbing on good rock. We will normally use at least two venues which starts to build up your knowledge of local crags. You will be given the opportunity to learn good, correct and safe practice, belaying technique, relevant knots, and of course actual climbing skills and good technique. You will begin to understand what climbing is about and your instructor will help you decide where to go from here! Plenty of time is spent climbing to build on the initial skills you have learnt.

If you are staying at Powder Mills Bunkhouse you can use the bolted anchors to practice your knots and rope work before heading for the pub!





2016 Introduction to Climbing



All specialist equipment will be provided.

If you wish to bring your own harness or helmet if you have one, please do not be offended if our Instructor asks to check them for their suitability

You will need to provide the following:

- Lunch box
- Full waterproofs
- Small day rucksack
- Warm hat and Sun hat
- Warm jumper or fleece jacket
- Suitable trousers (not shorts)
- Trainers or climbing boots
- Long sleeve shirt / T-shirt
- Socks
- Sun protection cream
- Small first aid kit
- Camera
- Insect repellent
- Water bottle / thermos flask

Accommodation

There is a variety of accommodation close by on the moor. There is a beautiful 3 crowns hotel in the centre of the moor next to the River Dart. In Princetown, there is a very well run B & B and of course you always have the option of our own Powder Mills Bunkhouse or our Dewerstone Cottage. You are very welcome to choose the accommodation that suits you and we will book it for you. Please indicate on the booking form your choice of accommodation.

If you are staying in **Powder Mills Bunkhouse** you should also bring a sleeping bag (or a duvet and sheet) a pillow if required and your own food. (We have some sleeping bags for hire)

Fact-file;

Climbing Introduction

Activity

2 days rock climbing

Ref. No.	Dates
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Dartmoor	
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IC161	30 April -1 May
IC162	11-12 June
IC163	16-17 July
IC164	20-21 Aug
IC165	10-11 Sept

Experience Required

None

2016 Costs

2 days £99

Guaranteed to run with 4 people