

SAMPLE ITINERARY



ADVANCED SCRAMBLING (2 DAY)

SATURDAY

- Informal welcome chat with our staff and your course members
- Head to stores to get kitted out
- Drive to a bouldering venue (climbing on small rocks above crash mats) and get stuck in to some climbing and movement coaching
- Continue on to a bigger crag and learn to put a harness on, tie onto the rope, and belay (keeping someone safe by using the rope)
- Climb some fun routes
- Return to PYB for tea and cake!

SUNDAY

- Travel to a different crag and spend the day climbing
- Have a go at a variety of climbs and styles
- Consolidate movement and ropework skills
- Look at the basics of how the ropes are anchored at the top
- Try abseiling
- Return to PYB for more tea and cake, and a fond farewell.

