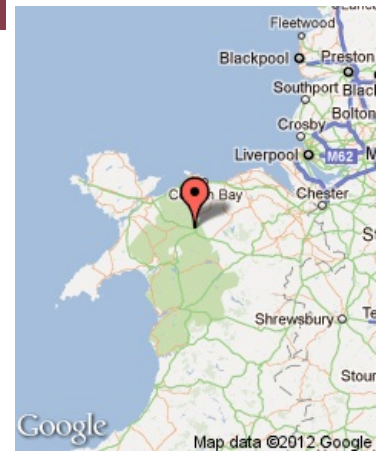


Rock Climbing Courses Snowdonia



Highlights

Learn to climb or just hone in on your skills on these personally tailored rock climbing courses in Snowdonia, Wales. With an instructor who is well trained in navigation, rope climbing and all aspects of climbing and mountaineering, you can mix and match skills that you want to work on develop as a climber.

Your instructor, Ryan, tailor makes these rock climbing and mountaineering courses, allowing you to hone in on your own skills in the beautiful Snowdonia National Park in North Wales. Snowdonia boasts a huge variety of rock and is considered to be the home of British rock climbing. Famous areas include Tremadog, Llanberis and the Ogwen Valley. With a range of single-pitch, mountain and coastal crags, you are not short of choice.

Rock climbing is a great outdoor sport which uniquely combines quick problem solving and kinesthetic finesse. The rock climbing courses are all led by Ryan, a mountaineering and climbing expert, who will tailor the activity to your ability and will ensure that you work at a pace that you are comfortable with. If you are a beginner, time will be spent talking you through the techniques, rope skills and equipment before having a chance at getting stuck in with the climbing. If you are more experienced, there are also courses covering learning to lead, anchors & top ropes and intro to multi pitch.

Is it for me?

Ryan tailor makes all of his courses and so people of all abilities with an interest in rock climbing should consider these tours. However, even elementary rock climbing is not particularly easy. It takes quite a bit of both upper arm and leg strength and you should be able to pull your weight up in some capacity. Also, although this activity in this environment is fairly safe, you should expect to get some minor scrapes and bruises from the rocks during the trip.

Accommodation

Accommodation and food is not provided in this tour. However, Ryan can provide recommendations for accommodation ranging from budget hostels, to quaint country homes, to luxurious hotels. Just ask!

Itinerary

All of the tours are tailor made, this is a sample trip report from a week in Wales;

Day 1: Trad climbing on Holyhead Mountain

The weather was a bit threatening in the mountains so we headed over to Anglesey and Holyhead Mountain where the sun was shining. We climbed some short multi-pitch routes from Diff to VS, covering some ropework, seconding skills and climbing technique.

Day 2: Learning to lead at Little Tryfan

Both clients were keen to learn to lead so we headed to Little Tryfan in the Ogwen Valley. After practicing gear placements, they led two multi-pitch routes with their instructor on a fixed line beside them.

Prices from

70 GBP (per day) per person

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Day 3: Bouldering and sport climbing in the Llanberis area

The morning was spent at the RAC boulders near Capel Curig. This was a great chance to improve climbing performance and consider tactics for training and development of technique. In the afternoon we headed to the Llanberis slate quarries to climb some newly bolted routes and use what we'd learned in the morning on the small edges of the slate. We also led some sport climbs, again with the instructor on a rope to one side. Finally, the clients tried to 'push their grade' on a much harder sport climb on top-rope.

Day 4: A mountain day in the Ogwen Valley

Today was a perfect sunny day and a great opportunity to use everything we'd learned on a long mountain day. Starting at the base of Idwal slabs and finishing on the classic C'neifion Arete we completed about 15 pitches with some scrambling in between. A grand day out.

Day 5: Tremadog cliffs

Today had a wet start so we headed to Tremadog where the routes often dry faster than in the mountains. First, we climbed the challenging Striptease (VS 5a) which was dry despite some rain due to its overhanging nature. The weather cleared up in the afternoon so the clients had the chance to lead Hail Bebe, a multi-pitch V Diff.

Details

Price includes

All instruction and guiding, technical equipment (ropes, harnesses, helmets, climbing hardware, travel to and from the crags)

Price details

Individual instruction is £130 per day

1 instructor: 2 clients is £70 per person per day

1 instructor: 3 clients is £60 per person per day

1 instructor: 4-6 clients is £50 per person per day

Available

Jan—Dec

Typical Duration

1 day - 6 days

Experience required

A reasonable level of fitness and interest is all that is needed