



Rock Climbing In The Lake District

Trad climbing on single & multi pitch routes plus learning to lead & improvised rescue techniques.

Five days of wonderful climbing on brilliant volcanic rock with just two clients to one instructor.

Five nights in a luxury farmhouse with a warm welcome and wholesome homemade food.

All based in the beautiful Great Langdale valley and carefully tailored to your aims.

Call Paul on 0300 030 1045 or email climb@mountainmagic.org to book.

Great value at £695 including all of your food and accommodation.

18th - 22nd July 15th - 19th August 12th - 16th September



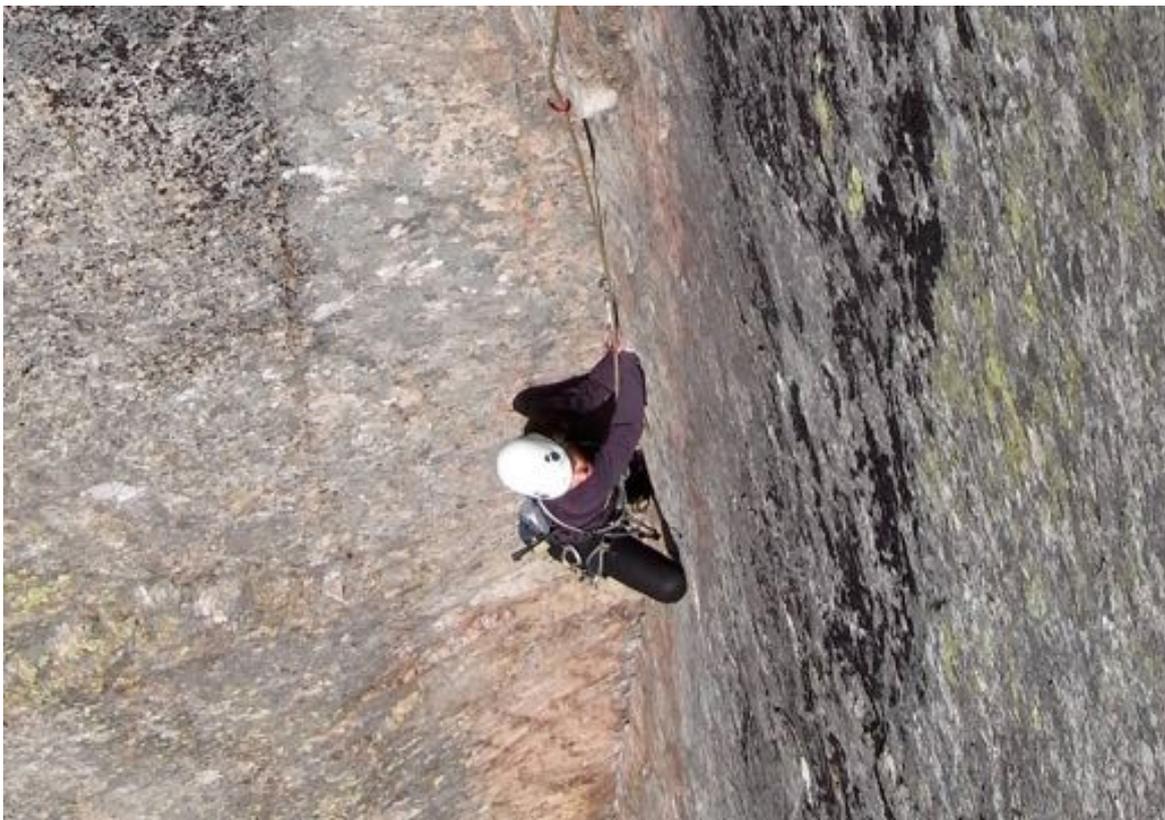
Tammy relaxed and calm on the classic Route 1, Upper Scout Crag, Langdale

“I am amazed at how far I have progressed... a very worthwhile investment!” - Gavin





- Instructors We are professional members of the Association of Mountaineering Instructors and we have all been climbing for 20 years or more. Enthusiastic guides, patient instructors and experienced coaches, we have an excellent safety record.
- Skills
- Choosing the right equipment and clothing for your safety and comfort.
 - Using the weather forecasts and your guide book to plan for a successful day.
 - Locating your chosen crag, following your route and finding your way back down.
 - Seeing, placing and assessing traditional gear placements that you can rely on.
 - Building bombproof belays at the top of your pitch and protecting your partner.
 - Slick rope work and self rescue techniques for confidence on multi pitch climbs.
 - Risk assessing fall potential so you know when to push on and when to back off.
- Group Just two clients to one instructor, so you can maximize your climbing time and receive quality coaching and feedback throughout.



Ida cruising up the Corner of Laugh Not, White Ghyll, Langdale

“I had an amazing time on some of the most exhilarating routes I’ve ever climbed!” - Kate





Daytime We usually start around 9am and return around 5pm. The climbing plan for the day will be tailored to your objectives and make the most of the great climbing venues in the Langdale Valley. Here are some of our favourites:

Raven Crag	Top quality single and multi pitch climbs a short walk from the pub.
Gimmer Crag	A sunny, south facing mountain crag of immaculate volcanic rock.
Black Crag	Great single pitch climbing on excellent rock in a beautiful setting.
Pavey Ark	An adventurous mountain crag above the water of Stickle Tarn.
White Ghyll	Packed with brilliant rock climbs in steep and exciting situations.

Ability The course is also tailored to your level of experience and is suitable for all abilities from beginner to improver. No prior experience of climbing on rock is necessary.

Transport Take a train to Windermere or lift share if you can. You can catch a bus from Windermere to Langdale and we might be able to pick you from the station.



The Langdale Pikes With Gimmer Crag, Raven Crag & Pavey Ark

“Paul is a superb instructor. I gained confidence, improved technique and learned so much!” - Karen





- B&B** You'll receive a warm welcome from Eric and Sue Taylforth at [Millbeck Farm](#), a renowned supplier of Herdwick Lamb and Angus Beef. Sue cooks an excellent full English breakfast with vegetarian or lighter alternatives and tailors your packed lunch to you. The farmhouse dates from 1621 with oak beams and log fires.
- Evenings** Dinner is in the [Sticklebarn](#), a National Trust pub with local dishes packed full of fresh ingredients, a roaring fire, relaxed atmosphere and fine local ales. The water is from the fells, the wood fuel is from the local land, the electricity is from the Stickle Ghyll hydro-electric scheme and every penny made goes into the up-keep of the valley.
- Equipment** We supply all of the ropes, climbing rack, helmets and harnesses. Feel free to bring any of your own climbing gear too. You will need to bring your own walking boots or approach shoes, climbing shoes, waterproofs, warm clothing and a rucksack. See the kit list below for more advice...



Jim eyeing up the crux of Cub's Wall, Lower Scout Crag, Langdale

"I would highly recommend you to anyone wishing to improve their skills and confidence." - Jim





Equipment We supply ropes and climbing rack. Please bring the following...

Walking boots or approach shoes – sturdy enough for a rugged walk to the crag.
Comfortable wool-rich socks – to help your feet breathe and avoid blisters.
Shorts and lightweight trousers – depending on the temperature on the day.
Lightweight thermals – to wick away moisture and keep you warm in cold weather.
Lightweight fleece – to keep you warm on the climb and in the belay.
Lightweight windproof – not essential but a nice luxury item on a breezy climb.
Thick fleece or belay jacket – just in case of cold weather for the time of year.
Lightweight waterproofs – just in case of rain or wind on a high mountain day.
Warm hat and gloves – just in case of cold temperatures or high wind chill.
30 litre rucksack – big enough to carry your kit and small enough to climb with.
Harness and helmet – we can provide these for you if you don't have your own.
Rock climbing shoes – a comfortable pair for longer routes and pitches.
Sunglasses and suncream – for bright sun, hot rays and sensitive skin.
Waterbottle – 1 to 1.5 litres with a reliable, watertight seal.



Zilla belaying at the top of Ash Tree Slabs, Gimmer Crag, Langdale

“I had such an awesome time and it's definitely improved my climbing confidence.” - Zilla

