



**Wilderness Development
Outdoor Pursuits Instruction**

www.wilderness-development.com

Whitewater Paddling :: Mountain Sports :: Skills Training :: Challenge Events

Rock Climbing and Abseiling in the Peak District

Combined Rock Climbing and Abseiling sessions take place year round. Our professional and experienced staff are passionate about the outdoor environment and take great pleasure in sharing their enthusiasm.

Rock Climbing

If you've always wanted to give rock climbing a go, or are looking for an exciting way to fill your weekend, then this taster session is a great way to pick up the basics. Accompanied by an experienced, qualified instructor, you will head to a Peak District crag where we will provide you with all the equipment you need and full safety instruction. Then it's up to you to climb as high as you like, and take your turn learning to belay (that is, keeping your partner safe whilst they climb). By the end of the session, you will know why we love to climb, have learnt a little, and (hopefully) whet your appetite to climb more.

Abseiling

Abseiling can get you out of some tricky situations and be a lot of fun, but it can also feel scary, and you'll need to overcome your fears if you're going to lower yourself off the edge of a cliff and safely down to the bottom. This session is ideal for those who enjoy the mountains and want to try something new, or those looking to overcome their fear of heights and test their mental strength.

Pre-requisites

None – all specialist equipment and instruction is provided. Taster sessions are suitable for most, but you should be relatively fit and healthy to participate as climbing is an active and moderately athletic activity.

Access for disabilities

Open scheduled sessions are unfortunately inherently unsuitable for those with severe physical disabilities and need significant adjustment to be made accessible. Those with significant physical access needs are invited to book a private session where your needs can be better met.

Venue

Venues are chosen to be mutually convenient, so if you have a specific request, please let us know. On multi-day courses we'll visit several different venues.



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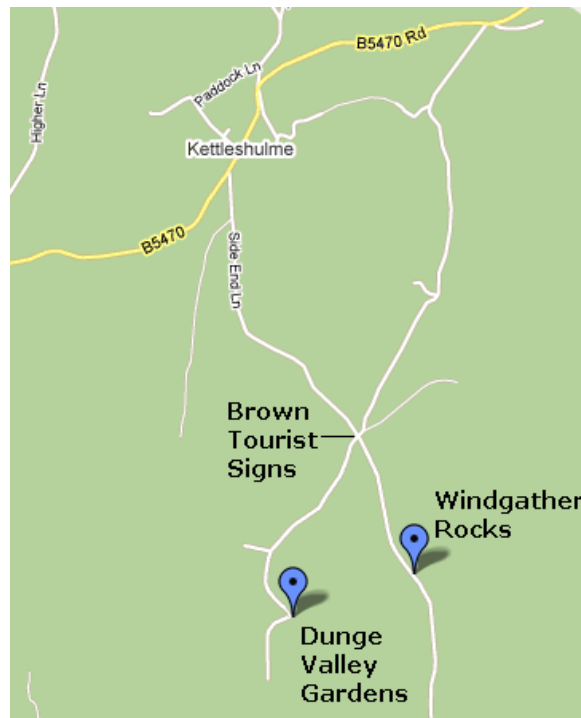
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Sessions that run to the south of Manchester typically take place at a Peak District crag, no more than 45 minutes drive from south Manchester. A typical venue is Windgather Rocks.

Directions to Windgather Rocks

Download [directions to Windgather rocks from Google](#).



As you get close to the crag, you should start to follow the brown tourist signs to "Goyt Valley". The Brown Tourist Signs marked on the map above look like this:





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The nearest postcode for Sat Navs is SK23 7RF, but we strongly recommend that you don't rely on this to get you all the way to the crag – your sat nav will usually take you to Dunge Valley Gardens, which are close, but not where you want to be!

The crag is clearly visible on the left hand side of the road to Goyt Valley. It's about 1 minute's drive past the crossroads with the Brown Tourist Signs, next to a layby. Please park considerately on either side of the road, as the crag can get busy:



What do I need to bring?

You should wear warm sports clothing and whatever the weather forecast bring full waterproofs, ideally including waterproof trousers ([here's a budget pair of waterproof trousers to consider](#)). The weather can change during your activity so clothes that can safely get wet and maybe muddy will be ideal – don't wear your best stuff! Trainers are ideal to climb in. You may also like to hire climbing shoes to maximise your climbing potential: The cost is just £5 per pair. If you'd like to take advantage of this [please get in touch](#) with your booking reference number and European shoe size after booking.

Don't forget lunch and water. You must also bring along any emergency personal medication, including asthma inhalers, epipens, diabetes medication and similar. Under 18s must bring along a completed [parental consent form](#).



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Facilities

The peak district climbing and abseiling venues are typically in remote countryside, so there are no facilities there. Parking is usually free, but you'll need to bring everything with you that you'll need during the day. It's always a good idea to avoid leaving valuables on sight within your car.

Group formation and minimum ages

The maximum group size is 6 participants per instructor and the minimum age is 10. Under-14s must be accompanied by an adult willing to take parental responsibility for them, although the adult can spectate if they don't want to participate themselves. Under 18s can only be accepted without their parents on group (not private) bookings, and must bring along a completed [parental consent form](#).

Course Duration & Cost

Taster sessions are available for either a half or a full day. 2(+) day "Variety" and "Skills" courses are available with durations from 2-5 days. Discounts are available for group bookings.

Scheduled ("Open") session prices	Individual	2+ people booking together	6+ people	Private instructor for up to 6 people
Half day session	£46 standard £26 on discounted dates	£26 per person	£22.50 per person	£135 in total
Whole day or longer courses, price per day	£66 standard £46 on discounted dates	£46 per person	£41 per person for groups of 4 or more	£180 in total

What's not included in the price?

Transport to the activities, lunch, rock climbing shoes ([can be hired separately](#))



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Lunch

On full day sessions, we'll have a picnic lunch break. This will be out in the countryside, so please remember a packed lunch. You can purchase a packed lunch from Wilderness Development, containing fresh sandwich, fruit, chocolate and drink for £6 per person. If you'd like to take advantage of this offer, [please get in touch](#) with your booking reference number after booking.

Timings

Please come to the prearranged meeting point in time for a 10am start (for morning and day courses), 2pm for afternoon courses or 6pm for evening courses. Each session lasts for 3 hours. The full course fee remains payable even in the case of your late arrival or absence from any session.

Provisional Course Outline for a full day course

(Half day courses cover the same program, but with a smaller selection of climbing routes)

10am Meet instructor, introductions, learn how to put on the equipment.

Your instructor teaches you the technique for belaying your friends in safety.

Try a selection of different climbing routes, getting progressively harder. The aim is to find a route that's the right level for everyone.

1pm Lunch

2pm A new selection of climbing routes, with some games and challenges for those that want to test themselves.

An abseil for everyone: Use your new found head for heights to overcome your fears and descend the crag under your own control.

4pm Departure.



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Availability and Booking

Sessions take place year-round on demand. All the available dates and details of any discounted sessions are published through the online booking system at <http://www.wilderness-development.com/booking-information/online-booking>

If you can't find a session that suits you, just let Will know on 07941 645 520 and we'll do our best to find a date that will work for you. We can also [email you course dates](#) as they become available if you like.

What will happen if the weather's bad?

Generally we try to go ahead with the planned activity in all cases apart from very strong winds, lightening, or persistent very heavy rain. If the weather is very bad (to the point it's unsuitable for your chosen activity), you will be offered an alternate activity. So we could offer for example abseil or kayak. On climbing sessions, you may also be offered the chance to relocate to a local indoor wall, but an additional entry fee would be payable directly to the wall owners. If we can't find a suitable activity that you'd like to switch to, we will rearrange for free to a different date, but we won't issue refunds.

Gratuities

If your course has exceeded your expectations, tips will be gratefully received.

More Questions?

If you're lost, confused, or just want a chat, don't hesitate to get in touch. Email will@wilderness-development.com, or call 07941 645 520.