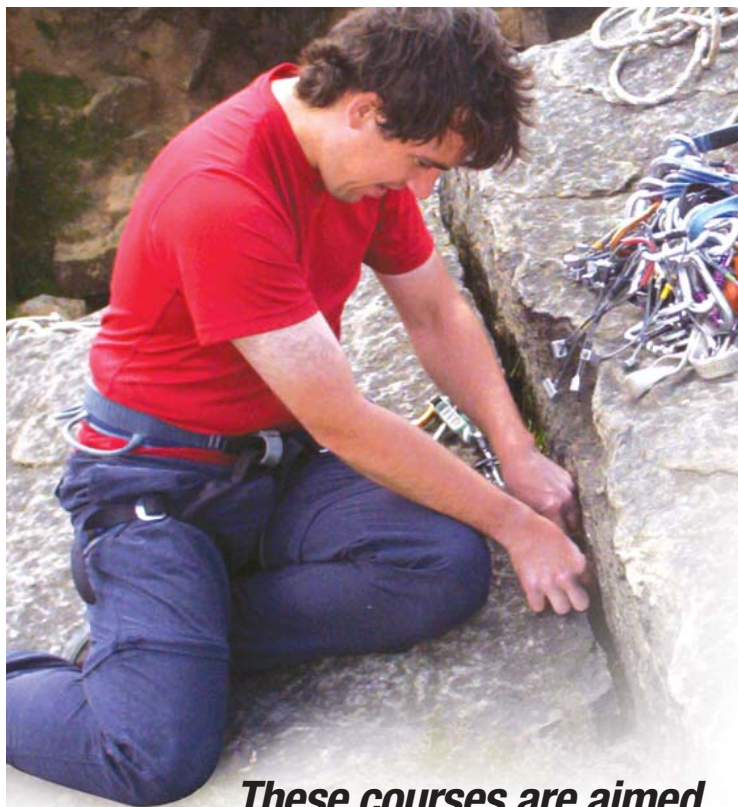


DATA SHEET 2 Adult Outdoor Adventure Packages



These courses are aimed at adults who want to get away and try out adventure climbing outdoors, there are numerous levels to suit everyone, come on take up the challenge, adventure has rewards!

Rock Experience A fun total package aimed at the first time beginner who wants to try the fast adrenaline sport of rock climbing. This course is a must, it combines all the basic rope skills and allows the client the chance to climb gritstone at Stanage Edge and Burbage Valley. The course is a day long and at the end you will know if climbing's for you.

Rock Intro Weekend This is the next stage up from the rock experience trip, this is where the adventure grows with two days of challenges and training techniques to master. Where specific skills are learned and practised with coaching workshops and in depth knowledge on our sport and safety issues covered. This is the course aimed at those who want to eventually climb on their own unsupervised outdoors. Book the weekend to gain a discount rather than the single day trip, you will love it.

Advanced Rock Course This course is for people who have climbed before and are proficient and safe who want to learn more advanced rope skills and further their knowledge of the rescue and teaching techniques needed to progress onto bigger challenges outdoors. This adventure course can be tailor made to your needs and will cover specific BMC MLTB contents although certification is not available. This is a challenging and detailed course.

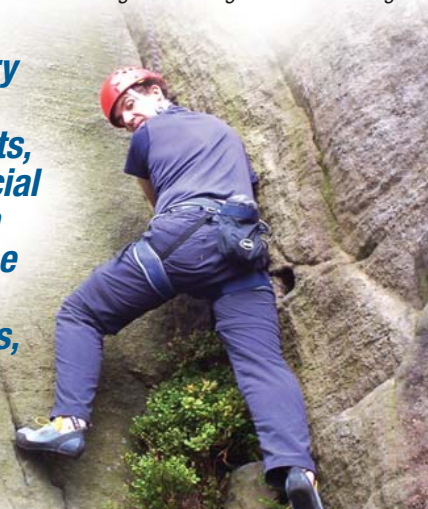


Push Your Grade A tailor made programme of tuition focussing on training and personal performance coaching needed to tackle higher grades of climbs outdoors. A fun fitness course where the instructor will climb with you to demonstrate the all important skills for success. Min of two half days required to benefit.

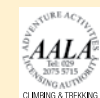
Rock Leading Course A programmed leading course aimed at good rock climbers either indoors or out, who are stuck at a limit and need specific coaching to reach higher grades outdoors either sport or traditional climbing is available here. This is where you need a smaller ratio for high value and maximum quality to achieve the most out of the day or half day session. This is where the adventure begins, stir your fears!

Rock Master Class An intense course aimed at climbers who are sound already but require enhanced guidance and training techniques needed to push to the next grades outdoors, either leading or bouldering related. All areas of skill acquisition and performance coaching will be covered with practical workshops with the instructor demonstrating and leading the course throughout.

This is a summary of the courses available to clients, if you have a special requirement then please contact me to arrange your tailor made needs, your needs are my interests.



Professional Accreditations



Safety equipment & insurance cover provided

Adventures are US LTD. Tel. 07939 743263
www.AdventuresAreUs.com
Email: info@AdventuresAreUs.com
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