



**Book an exclusive adventure day or weekend in Wales with qualified instructors who will offer you the best experience of multi pitch adventure climbing there is to offer. Take in the magnificent countryside and the wind swept hills around the Ogwen Valley and Idwal Slabs, perfect for the beginner to intermediate climber who wants to get away from the city.**

**One Day In Wales Trip** Book a unique adventure rock climbing day trip in North Wales, experiencing the magnificent rock valley's and breath taking scenery. A must for the beginner to intermediate crag climber who wants to branch out into more dramatic challenges. Ratios are restricted to 1:2 for safety and value here, prices are fixed and are competitive for the full day or weekend breaks.

**A Rock Weekend In Wales** This course is an introduction to multi pitch rock climbing with the enthuses being on fun adventure climbing with specific rock coaching and guided instruction on the walls. This is a fun enjoyable experience covering many of the essential crag safety skills and training to navigate up the Idwal Slabs. The ratios are again fixed to a 1:2 for safety and value with set prices per person, call for an adventure quote.

**Thrills In The Hills** Explore the mountainous terrain in North Wales crossing breath taking drops and magnificent view points, a real must for the avid walker or backpacker to indulge in. This single day or weekend break is a steady enjoyable hike at the clients chosen pace with stop offs and scenic picnic's along the way. Ratio's are flexible here up to ten clients per leader with fixed prices, larger groups have a discount rate.

**The Wilderness Walks** This adventure course offers a wide range of low level walking around the Ogwen Valley and Idwal area visiting many natural tributaries and lake sides. This is a pleasant low intensity trip where the client can take real advantage of the best that North Wales has to offer. Ratios are flexible up to ten in a party per leader, again prices are fixed per head dependent on a single day or weekend trip plus accommodation is extra.



### Scrambling & Rambling Adventure Trips

This adventure course offers the client the opportunity to experience the wilderness walking courses and the thrills in the hills trails plus the opportunity to embark on a real challenge of exploring the heights of The Snowden Horse Shoe and Mount Tryfen in the safe hands of an experienced guide who will assist you all the way to the top. Prices are fixed per person per day or weekend trip, ratios are fixed to 1:8 clients for safety and value.

### Security On Steep Ground Training Course

This high valued adventure course allows the client the chance to learn the necessary skills and safety elements to protect themselves whilst ascending steep ground on a ridge or face of rock, without attempting full traditional climbing styles. This will teach the client the foundation skills to progress from walker to scrambler and then on other courses progress to traditional rock climber if required. This is a popular trip for the keen explorer who wants that bit more attention and likes to learn new skills. Price are fixed here and so are ratios, 1:8 with an assistant.

### Rescue & Improvisation Training Courses

This adventure training course develops the intermediate climber or scrambler into a proficient rescuer and improviser who can assist and solve routine problems and basic rescues on the hill side. This is ideal for the walker or rambler who on occasions likes to stray of the beaten track onto some rock or ridges to test their wits. Prices are dependent on number of clients and duration of the course either a single day or weekend break linked to other trips mentioned previously.



#### Professional Accreditations



Safety equipment & insurance cover provided

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