Rock Climbing

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Rock climbing is a physically and mentally challenging sport, one that often tests a person's strength, endurance and balance. Although at its cutting edge the sport can be considered "extreme", at a basic level, with a qualified coach who has knowledge of proper climbing techniques and use of correct safety equipment, it is a safe and fulfilling sport.

[1]This is a great activity to do in groups as it really breaks down barriers and gets people working well together. The great thing about climbing is that there is always another challenge whether you are a seasoned pro or a first timer.

All of our climbing coaches have decades of experience teaching all types of groups, throughout the UK, from pupil referrals to adult skills courses. Our sessions are run outdoors on real rock and generally take place over a weekend (Week days are available for schools). This enables participants to visit different parts of the country and really make sure all the safety skills are fine tuned and most importantly, remembered! From then on, and perhaps a bit in between, it's all about having fun!

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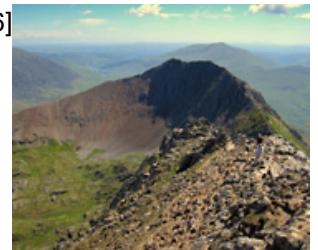
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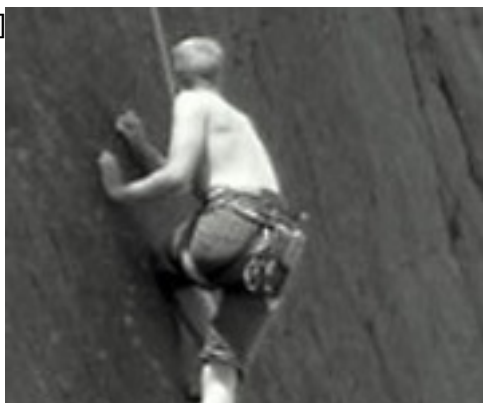**Links**
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https://www.thepiratecastle.org/pics/september-2010-337_big.jpg [4]
https://www.thepiratecastle.org/pics/september-2010-352_big.jpg [5]
https://www.thepiratecastle.org/pics/september-2010-568_big.jpg [6]
https://www.thepiratecastle.org/pics/september-2010-719_big.jpg [7]

https://www.thepiratecastle.org/pics/september-2010-912_big.jpg [8]
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https://www.thepiratecastle.org/pics/september-2010-966_big.jpg [10]
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