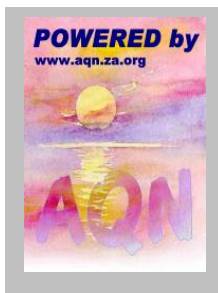


Mountaineering Training Courses Fact Sheet: **Introduction to Traditional Climbing course**



Recreational Courses

Introduction to Traditional Climbing course

Traditional climbing refers to the climbing of routes using removable protection (such as “cams”, “nuts” etc.) to protect the climbers. This course is designed to teach students all that is required to be a competent “second”, to allow you to climb following a more experienced leader. The course is run at accessible traditional climbing venues and ends with an ascent of a classic multi-pitch route.

Who should do this course?

Any climber wishing to progress from sport climbing to the adventurous world of traditional climbing.

Topics covered include: multi-pitch climbing, double rope technique, gear placement and removal, self-rescue, rope ascending, communication and mountain safety.

We'll supply all the equipment you need and give you plenty of toys to try out during the course so that you can make informed choices when you do decide to buy your own kit.

Participant requirements: The course is open to any reasonably healthy and physically capable person over the age of 16. Courses for younger participants can be arranged on request.

Course duration & times: 2 days
Usually run on consecutive days over a weekend.
Usually from 08:00 until approximately 16:00 depending on group size.

Group size & ratios: Minimum of three students required for course to run.
Maximum of 8 students per course.
Maximum of 1 Instructor : 4 Students

Equipment: Venture Forth provides all equipment for this course. Students must only bring appropriate clothing, water and food for the day. We do encourage students to have their own personal equipment (harness, climbing shoes, helmet, belay device and HMS karabiner).

Recommended follow-up programs:

- [MDT Top-Rope Supervisor Course](#)
- [MDT Abseil Supervisor Course](#)
- [Traditional Climbing Leaders Course](#)
- [Full day guided traditional rock climbing](#)