



Rock Climbing Adventure

Llanberis is the birthplace of rock climbing, so where better to take your first steps in the sport? This sociable, exciting sport is accessible to all and continues to attract many newcomers. Here in the Snowdonia National Park we have many stunning outdoor venues and rock types, including friendly woodland crags, quarried faces and rugged, exposed mountain cliffs.

What's it about?

Using hand and foot holds, harnesses, ropes, problem solving and teamwork, you can experience the thrill and sense of achievement of getting to the top of a steep crag.

If you've never climbed before, a half day session is an ideal introduction – you'll take your first steps off the ground, experience the thrill of abseiling and learn some essential safety skills. In the care of our instructors you'll soon impress your friends with your confident moves on the rock.

Where do we go?

With plenty of easy climbing crags on our doorstep, we're spoilt for choice:

Lion Rock - our most popular beginners' venue, this beautiful woodland crag has a variety of rock faces and boulders to climb on. Situated a few hundred metres from the lake, the view from the top towards the summit of Snowdon is spectacular.

Dinorwic Quarries – steeped in history, these beautiful abandoned slate quarries are a superb climbing venue. This wonderful venue looks out over the Llanberis Pass and Snowdon.

Cromlech – situated in the heart of the Pass, this crag and adjoining boulders give a real mountain experience while still being roadside! Towering mountain cliffs flank the valley sides, with sweeping views to the sea.

Who is it for?

Anyone - this perfect mix of fun, adventure and new skills is suitable for young people, families and complete newcomers to the sport.

What kit do I need?

We provide all safety and technical equipment including a harness and helmet.

You need to bring:

- You can comfortably climb in an old pair of trainers or walking boots.
- Loose comfortable clothing, plus spare warm clothing and waterproofs.
- We can provide waterproofs if needed.
- A warm hat, gloves and sun cream – to cover all weather and venue possibilities!
- Snacks and a drink are a good idea.
- If you have a camera, bring it along to capture the moment!



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Timings:

Depending on what session you've booked, activities run on either of the following times. Please aim to arrive 15 minutes before the start of your chosen session.

- Morning sessions start at 9.30am and run till 12.30pm
- Afternoon sessions start at 1.30pm and run till 4.30pm

Fitness and Health:

There's no need to be super-fit – these activities are open to all ages and abilities. You should, however, have a reasonable basic level of fitness, and need to advise us of any medical conditions or injuries that might affect your ability to participate in the activity. We'll ask you to complete a health awareness form at the start of the course.

Our climbing courses are open to anyone age 8 or over – if anyone in your group is under that age but still wishes to join one of our courses, please contact us for further advice.

Insurance:

The Surf-Lines company has public and employers' liability insurance of £5 million. Your booking does not include personal travel or accident insurance – please contact your insurer for details of available cover.

Accommodation:

We are a non-residential activity centre – our website provides details of accommodation options in the Llanberis area. Go to www.surf-lines.co.uk for further information, or contact us for advice.