



ROCK CLIMBING COURSES COMPARISON CHART

COURSE	PREVIOUS EXPERIENCE NEEDED	FITNESS LEVEL NEEDED	MAX RATIO
Intro Rock Climbing	Previous rock climbing experience is not needed for this course. Some mountain walking or indoor climbing experience is useful but not essential.	1: you exercise regularly through the week for short periods, and regularly do more, eg a half day walk in the hills at the weekend	1:6 single pitch 1:3 multi pitch
Rock Improvers	You've done some leading – trad, sport or indoor – and you want to move on to harder routes or multi pitch routes.	1 (see above)	1:2
Learn to Lead	You've done some climbing as a second, and you want to know how to look after yourself and your partner. Or maybe you've climbed indoors and want to progress to climbing outside on the rock.	1 (see above)	1:4
Advanced Rock Climbing	You've done quite a bit of outdoor climbing, and you are solid at VS or above.	2: you exercise regularly through the week – running, walking, cycling or playing sports. You can sustain a raised heart rate for a 45 minute run or a 2 hour bike ride. You can walk in the mountains or climb all day, but feel tired at the end	1:2
Rock Climbing Coaching	This course is for any climber, indoor or outdoor, who wants to improve and progress.	2 (see above)	1:4
Wall to Rock Progression	You've been climbing regularly at your local wall, and you're ready for the progression to trad outdoor climbing. Or maybe you've got your Climbing Wall Award or Climbing Wall Instructor, and you'd like to work towards becoming a Rock Climbing Instructor.	1 (see above)	1:4
Classic Rock Challenge	You are very comfortable seconding VS, and you are able to do long mountain days.	3: you exercise regularly at a higher level, and you are able to push hard for extended periods. You can do a long 15-mile day in the mountains, and you can do this over consecutive days	1:2
Guided Rock Climbing	If you've looked at all our other courses and none of them is a perfect fit for you, then bespoke guiding is what you need.	1, 2, or 3 depending on your goals (see above)	1:3