

## Instructing, Coaching, Guiding and Technical Advice

Outdoor Activity Guides is an excellent way to discover adventure activities and develop skills within the outdoors. Gareth Haldenby is the lead instructor and is based in the Yorkshire area. Having over ten years' experience in outdoor education, Gareth will ensure you have an outstanding experience, tailoring delivery to meet personal aspirations.

### Rock Climbing

Rock climbing for beginners: experience bouldering and top rope climbing on real rock.

**Course dates:** 20/9/16, 08/5/16, 05/06/16

**Time:** 10am-4pm

**Venue:** Brimham rocks, Yorkshire

**Cost:** £45.00 pp (Including equipment and instruction)

### Rock rigging and rope work skills

Learn how to set up top ropes, use hardware and be safe at the top of the crag. This is ideal if you want to improve your skill and knowledge before attending a climbing instructor's course or just going climbing with friends.

**Course dates:** 19/03/16, 28/04/16

**Venue:** Brimham rocks, Yorkshire (Gritstone)

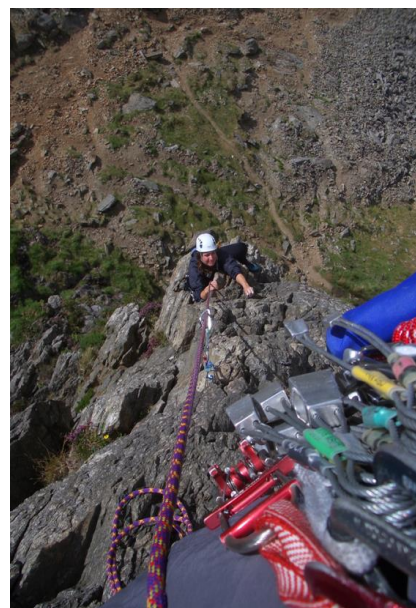
**Time:** 10am – 4pm

**Course date:** 29/04/16

**Venue:** Armscliff, Yorkshire (Gritstone)

**Time:** 10am – 4pm

**Cost:** £40.00 pp



## Introduction to Traditional Lead Climbing

Develop climbing techniques and knowledge of how to use equipment. Learn how to efficiently place gear while lead climbing, set up anchors & belay from the top of the crag.

**Course dates:** 16/3/16, 23/05/16, 26/06/14, 10/07/16

**Venue:** Armscliff, Yorkshire (Gritstone)

**Time:** 10am -4pm

**Course date:** 07/05/14

**Venue:** Twistleton, Yorkshire Dales (limestone)

**Time:** 10am-4pm

**Course dates:** 17/04/16, 17/07/16

**Venue:** Stanage Egde, Peak district (Gritstone)

**Time:** 10am – 4pm

**Cost:** £60.00 pp

### Sport Climbing

Learn top tips, skill and techniques for climbing outside. Must be able to climb 5+ / 6a indoors

**Course date:** 02/05/16

**Venue:** Giggleswick, Yorkshire Dales (Limestone)

**Time:** 10am – 4pm

**Cost:** £50.00 pp

### Indoor Courses

We deliver the following course

Taster sessions  
Improvers course  
Lead Climbing  
Coaching / Personal training  
GCSE / Edexcel

Indoor Site Specific Staff Training



### Multi Pitch Climbing

Experience multi pitch climbing and develop your skills and Techniques.

**Course dates:** 2<sup>nd</sup> & 3<sup>rd</sup> July or 23<sup>st</sup> & 24<sup>th</sup> July 2016.

**Venues:** Lake District or North Wales.

More dates available by request.

**Cost:** £150 pp (Two people only)

### Outdoor Bouldering

Coaching / guided days can be organized for all ability's. Venues: Brimham rocks, Armscliff, Caley and more.

Please contact us for more information.



Outdoor Activity Guides  
– Gareth Haldenby



Transport is not provided, however there is often the opportunity to car share.

For more information or to book please email Gareth at [outdooractivityguides@gmail.com](mailto:outdooractivityguides@gmail.com) or phone 07751578007.