

# CLIMBING

Our climbing wall means we can climb whenever we want to, for as long as is needed. We have a range of routes on our wall, offering climbs on slabs, vertical walls and overhangs, as well as bouldering throughout. Climbing sessions can be done with ropes or without, focused on skills or games, and always offers the opportunity for progression.

Climbing is an indoor and outdoor recreational sport that is one of the world's fastest growing mainstream sporting activities. It's even become an Olympic sport for 2021!



A session on the wall at Trewern might start with a warmup, before doing some bouldering (low-level climbing without rope) to learn movement skills, then putting on harnesses to rope up and get climbing. The ultimate team sport, teamwork comes in when you support a bouldering partner (called spotting), and in roped climbing, it's your team that secures the rope as you climb up (called belaying). Without a good team behind you, climbing would be ineffective, unsafe, and nerve-wracking! We make sure that each member of the team knows their job, and practises before anyone sets foot on the wall, with systems in place to make sure everyone is safe.

We have also rigged some climbs in a massive beech tree outside, so if things are going well, the session might end up there, for some climbing with a difference!



Each climbing route is like a puzzle, which takes patience and planning, forcing the climber to make decisions as one gets to a spot and strategizes where to go from there. Climbing requires for you to make spot decisions as you go, commit and follow through. Your ability to assess a problem, look for a solution, and then execute a plan is required. As ever, Trewern staff have a wealth of climbing experience and qualifications, whether indoors or out-, to make for a safe, fun, and inspiring climbing session.

Outdoor climbing in one of the quarries in the Brecon Beacons or the cliffs of South Wales is also possible, although that takes longer and is often more of a full day. This provides another level of challenge,

especially in finding your route, with no set holds to work with



and outdoor conditions to contend with. The exposure is also greater, which only increases the thrill level and wow factor at the top.

Wherever we climb, the sense of achievement when you reach your goal is something that stays with you. That may not always be the top, but wherever it is, it's often higher and harder than you might think you could manage.

## What kit do we need for climbing?

We provide:

- helmet
- harness
- suitable climbing footwear
- waterproofs (if we're climbing outdoors)

You need to bring:

- comfortable clothing that allows you to be flexible (not shorts)
- warm clothing (even for indoor climbing sometimes)

