



## Off The Beaten Track – Rock Climbing Skills for beginners

### What is involved?

This inspirational workshop is ideal for all you folk who are looking to get out there and enjoy the buzz of our local climbing crags. We will be based in the Mountains of Mourne for the day

Our talented and easy going guides will get you up to speed in some of the key skills needed to climb safely whilst enjoying some of the best rock climbing the Mournes has to offer.  
By the end of the day you will be hooked, guaranteed!

### Who can take part?

Beginners and also folks who have done a little hill walking before  
Teenagers and Adults  
14 years + (under 18's must be accompanied by an adult)

### Where, When & How Much?

We will meet at our activity base in Newcastle and from here travel out to our walk starting point using our mini-bus.

17<sup>th</sup> May 2009 (09:30am – 4:30pm)

£49.00 per person

### What should I bring with me?

Warm trousers  
Warm long sleeve tops  
Hat and gloves  
Day rucksack  
Packed lunch, nibbles for along the way and flask  
Sturdy flat walking boots  
Any personal medication you may have (for example asthmatic inhaler)

### *Clearsky Adventure Centre will provide:*

Waterproof jackets and waterproof trousers  
Hill walking boots and day rucksack (if required)  
All rock climbing equipment including helmets and harnesses  
Friendly and fully qualified guides  
Transportation from Newcastle to/from climb area  
A well deserved mug of tea or coffee at the end of the day!

### How do I sign up?

Contact Esme on 028 4372 3933 or email [fun@clearsky-adventure.com](mailto:fun@clearsky-adventure.com) to book your place.

**Places are limited** so please book early to avoid disappointment.