



## Rock Climbing and Abseiling Day!

**An inspirational workshop ideal for anyone looking to get out there and enjoy the buzz of our local climbing crags!**



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 Mourne's has to offer.

By the end of the day you will be hooked, guaranteed!

### **Who can take part?**

Beginners and those who have done a little rock climbing before  
14 years old + (under 18s must be accompanied by an adult)

### **Where?**

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

**£49.00 per person**

### **What should I bring with me?**

Warm Outdoor wear (Trousers, jacket, long sleeve top, hat and gloves) and rock Climbing Shoes or old trainers

Day rucksack

Packed lunch, nibbles for along the way and flask

Any personal medication you may have (for example asthmatic inhaler)

### ***Clearsky Adventure Centre will provide:***

Waterproof jackets and trousers

All rock climbing equipment including helmets and harnesses and hill walking boots (if required)

Friendly and fully qualified guides

Transportation from Newcastle to/from climb area

Contact Ellie 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.