

**4 DAY CLIMBING COURSE – APRIL 2009****INTRODUCTION**

The limestone mountains, seacliffs and crags of the Costa Blanca are well known amongst climbers from northern Europe as one of the best places to climb during the winter months. Our location is to the south of Valencia and to the North of Alicante, and just inland from the famous resort of Benidorm. Despite the coastal development, the mountains behind the coast style retain plenty of charm and in places are rugged and spectacular, occasionally compared to the Dolomites for their towering spires (although somewhat smaller in scale). The climate is mild and there are long hours of sunshine and little rainfall.

There is a huge variety of climbing areas catering for all types of climbers; from long multi-pitch mountain ascents in the mountains, to the spectacular sea cliffs at Calpe, and for us, the excellent crags near the village of Sella - most of the week will be spent here. The routes vary from short to long, from easy to technical. Most pitches are bolted, which means safer ascents leaving you to concentrate more on the climbing moves.

**Programme Summary.**

The programme includes 4 climbing days and aims to develop all the basic skills necessary to lead routes on bolted climbs and as well as aspects of gear placement, necessary for climbing in Britain. The programme also includes necessary ropework and belay settings. Having completed this programme you should have the skills to progress in the sport both in the UK and in Europe.

**Programme Content:**

- Basic rope work (knots, ascending and descending).
- Climbing techniques and communication.
- Use and maintenance of climbing equipment.
- Safety of you and your climbing partner (belaying and self-belaying).
- Belays: gear, triangular forces.
- How to interpret route descriptions.
- Climbing and the environment.
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**ITINERARY**

**Introduction:** A personal introduction and a general briefing about the programme (location - The Casa Blava)

**Day 1 - Climbing styles and abseiling techniques.**

Transport to the Sella crag (10 min).

Practice 1: *Basic bouldering.*

Practice 2: *Abseiling.*

Practice 3 *top-roping and belaying on III<sup>o</sup> and IV<sup>o</sup> sport routes.*

**Day 2 - Sport climbing: equipment, techniques, routes, communication**

Transfer to the crag (Sella)

Practice 4: *top-roping IV and V<sup>o</sup> on sport routes. Belaying.*

Practice 5: *Leading and belaying single pitch sport routes (IV up to V<sup>o</sup> +)*

**Day 3 - Traditional Climbing: Organising the equipment and placing gear.**

Transport to Sierra de Toix, Calpe (1 hour) on minibus.

Practice 6: *Leading mixed routes (semi-bolted) placing some gear (grade III+).*

Practice 7: *placing gear.*

Practice 8: *Leading and belaying single-pitch sport routes (IV+ up to V<sup>o</sup>+).*

**Day 4 - Self-rescue techniques.**

Transport to the crag (Sella).

Practice 10: *Self-rescue techniques.*

Practice 11: *Leading mixed routes (IV+ up to V+).*

Practice 12: *Setting up belays.*

Practice 13: *Leading trad routes (for those capable and allowed) on IV+ and V°.*