

# ITINERARY

## ROCK SKILLS INTRODUCTION TO MULTI-PITCH

[info@lakedistrictmountaineering.co.uk](mailto:info@lakedistrictmountaineering.co.uk)

  
- LAKE DISTRICT -  
**MOUNTAINEERING**



### Meeting Location:

Booths Cafe  
Tithebarn Street  
Keswick  
Cumbria  
CA12 5EA

### Meeting:

Your instructor will be waiting for you in the location detailed above  
We will provide you with their vehicle details so you can identify them easily

It will be best to head inside the cafe and meet your instructor here  
This a good meeting location as we can make a decision on venues and its very central  
for travel to the crags we use

On arrival, there will be a briefing where the instructor will discuss the plan for the day &  
introduce the itinerary.

The instructor will clarify any medical conditions and make sure everybody has the  
appropriate kit - please adhere to kit lists as without the correct equipment we may not  
be able to take you into the mountains for safety reasons.



## Outline:

This course is for trad climbers looking to move into multi-pitch climbs and includes building belays, runner placement, stance management, rope work skills and safe descent.

Day 1:

You will be guided on a multi pitch climb to begin with, and here we will demonstrate the following:

- Runner placement and management
- Rope work (half vs single ropes)
- Belay stances and management
- Reducing twists at belays
- Protecting a second (traverse)
- Descent and personal abseiling

Day 2:

- Complete a multi pitch climb
- Climb routes 'in series' or independently
- Build your own belays
- Belay a climber from above
- Manage your own stances
- Gain independence
- Discuss problem solving/avoidance where appropriate

AT THE END OF THIS COURSE YOU CAN EXPECT TO:

- Have covered the course content in a safe and enjoyable outdoor environment
- Have climbed outside for a good proportion of each day on an appropriate crag
- Be in a stronger position to second and climb multi-pitch routes on rock, using appropriate techniques and safe practice.



## Kit List:

Kit lists can be found here: <https://www.lakedistrictmountaineering.co.uk/kit-lists>

Please come prepared for adverse mountain weather - this includes bringing and wearing the following:

- Waterproof Jacket
- Waterproof Trousers Fleece
- Mid Layer
- Insulation (spare warm top)
- Hat & Gloves
- Lunch & Snacks
- 1 litre water
- Personal Medication
- Camera
- Approach Shoes/Walking Boots

Rock shoes - we do not provide these and they need to be comfortable. We recommend models like the Boreal Joker or La Sportiva Tarantula if buying for the first time.

30-40L Rucksack - your rucksack needs to be big enough to comfortably fit all of your equipment inside for the day.

LDM can provide harnesses and helmets but feel free to bring your own if you wish to use them.

We also provide all ropes and hardware but feel free to bring any equipment you may have if you want to use it for the day.

---

Please get in touch if you have any questions.  
LDM are looking forward to meeting you soon!

### Contact Details:

Email: [info@lakedistrictmountaineering.co.uk](mailto:info@lakedistrictmountaineering.co.uk)  
WhatsApp: 07458353048  
Website: [www.lakedistrictmountaineering.co.uk](http://www.lakedistrictmountaineering.co.uk)

**Thank you for your booking**