



ROCK CLIMBING & ABSEILING COURSES Snowy Mountains & Canberra

These courses are to assist gym climbers to make the transition to rock. For total beginners, additional instruction may be necessary.

TOP ROPING

CROSS OVER GYM TO ROCK / SPORTS CLIMBING ON BOLTED ROCK

TRAD CLIMBING

SINGLE PITCH ABSEILING

Length of Course	No of Climbers	Guide to Climber Ratio	Cost
One Day Course	1 person	1:1	\$280
	2 persons	1:2	\$200
	3 persons	1:3	\$160
Two Day Course	1 person	1:1	\$560
	2 persons	1:2	\$400
	3 persons	1:3	\$320

TOP ROPING

One Day Course.

This is for single pitch climbs.

How to rig a top rope and set anchors while protecting yourself with a safety line.

Selecting an appropriate climb.

Recognising hazards.

Care of equipment - ropes, carabiners.

X-OVER COURSE (Sports climbing)

One day course

Belaying and lowering a climber.

Correct clipping of quickdraws.

Stick clipping.

Chosing a suitable route.

Re-threading the climbing rope at the top anchors.

Holding a falling leader.

Hazard recognition.

Selection and care of equipment (and climbing partners!)



TRAD

Three Day Course

Route selection.
Hazard recognition.
Placing different types of pro (protection).
Belaying and holding a falling leader.
Avoiding rope drag.
Choice of equipment.
Lowering a leader.
Staying safe etc.

ABSEILING

Two Day Course

Choosing a suitable location.
Hazard recognition.
Thinking things through.
Different abseiling techniques and equipment.
Anchors.
Back-up safety.
Single and double rope abseiling.
Bottom belay.
Self Rescue

For total beginners in rock climbing or abseiling (i.e. no previous experience on rock or in the climbing gym) the courses may need to be extended for additional tuition.

ACCOMMODATION: Snowy Mountains Region

Climbers provide their own accommodation (K7 can advise).

EQUIPMENT

K7 provides all equipment, apart from climbing shoes (we have a limited number of basic rock shoes however cannot guarantee your size).

INFORMATION

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