

# BEGINNER MOUNTAINEERING COURSE

LEARN THE SKILLS TO CLIMB BIG MOUNTAINS



## WHO NEEDS IT?

- Recreational climbers
- Guided clients going to the greater ranges

## FACTS

- Abseiling
- Rock climbing skills
- Roping Skills
- Simul climbing
- Roping together
- Jumming on fixed ropes

## WHAT IT TAKES

- No prior climbing experience
- Good fitness
- A head for heights

## INFO

- 2 days rock climbing and roping work (Monteseel KZN or Eagle Rock, Harrismith)
- 1 day climbing Sentinel Peak in northern Drakensberg.
- Price includes a night at Witsieshoek Mountain Lodge

CONTACT: ☎ 082 990 5876 ✉ GAVIN@PEAKHIGH.CO.ZA