



**Wilderness Development  
Outdoor Pursuits Instruction**

[www.wilderness-development.com](http://www.wilderness-development.com)

Whitewater Paddling :: Mountain Sports :: Dinghy Sailing :: First Aid Courses

## **Rock Climbing and Abseiling at Cadshaw Castle Rocks**

Climbing and Abseiling sessions can take place year round on demand. Our professional and experienced staff are passionate about the outdoor environment and take great pride and pleasure in sharing their enthusiasm with you.

### **Rock Climbing**

If you've always wanted to give rock climbing a go, or are looking for an exciting way to fill your weekend, then this taster session is a great way to pick up the basics. Accompanied by an experienced, qualified instructor, you will head to a peak district crag where we will provide you with all the equipment you need and full safety instruction. Then it's up to you to climb as high as you like, and take your turn learning to belay (that is, keeping your partner safe whilst they climb). By the end of the session, you will know why we love to climb, have learnt a little, and (hopefully) whet your appetite to climb more.

### **Abseiling**

Abseiling can get you out of some tricky situations and be a lot of fun, but it can also feel scary, and you'll need to overcome your fears if you're going to lower yourself off the edge of a cliff and safely down to the bottom. This session is ideal for those who enjoy the mountains and want to try something new, or those looking to overcome their fear of heights and test their mental strength.

### **Group Formation**

The maximum group size is 6. Under-18s should be accompanied by a parent, although the parent need not necessarily take part themselves.

### **Venue**

Venues are chosen to be mutually convenient, so if you have a specific request, please let us know, and if you book several different sessions, we'll visit several different venues!

Sessions that run to the north of Manchester typically take place at a Lancashire quarry, no more than 45 minutes drive from north Manchester. A typical venue is Cadshaw Castle Rocks.



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## **Directions to Cadshaw Castle Rocks**

Download [directions to Cadshaw Castle Rocks](#) from Google.

From Bolton, take the A666 North. After about 1 mile are the houses of Cadshaw. Turn right onto the B6391, signed "Turton Tower". There is a layby on the left immediately after the turning, where we will meet.

## **Facilities**

The climbing and abseiling venues are in remote countryside, so there are no public facilities there, and you'll need to bring everything with you that you'll need during the day.

## **Pre-requisites**

None – all specialist equipment and instruction is provided. Taster sessions are suitable for everyone. You will get more from the day if you are relatively fit, and buckets of enthusiasm will help you overcome your fears, but we need YOU to provide that!

## **What do I need to bring?**

You should bring warm sports clothing, and full waterproofs, including trousers. Clothes that can safely get wet and maybe muddy will be ideal – don't wear your best stuff! If you need to order any items, try [Gearzone](#) or [Millet Sports](#). Trainers are fine to climb in. You can also [hire climbing shoes](#) if you'd like to maximise your climbing potential.

## **Timings**

Please come to the prearranged meeting point in time for a 10am start (for morning and day courses), 2pm for afternoon courses or 6pm for evening courses. Each session lasts for 3 hours. The full course fee remains payable even in the case of your late arrival or absence from any session.

## **Course Duration & Cost**

Sessions can last either a half or a full day. Discounts are available for group bookings.



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Whole Day (£ per person)			Half Day (£ per person)		
Adult	Child (10-17)	Private Guide	Adult	Child (10-17)	Private Guide
65	45	200	45	30	130

### **Provisional Course Outline for a full day course**

(Half day courses cover the same program, but with a smaller selection of climbing routes)

10am Meet instructor, introductions, learn how to put on the equipment.

Your instructor teaches you the technique for belaying your friends in safety.

Try a selection of different climbing routes, getting progressively harder. The aim is to find a route that's the right level for everyone.

1pm Lunch

2pm A new selection of climbing routes, with some games and challenges for those that want to test themselves.

An abseil for everyone: Use your new found head for heights to overcome your fears and descend the crag under your own control.

4pm Departure.

### **What's not included in the price?**

Transport to the activities, lunch.

### **Lunch**

On full day sessions, we'll have an hour's lunch break. This will be out in the countryside, so please remember a packed picnic lunch. You can purchase a packed lunch from Wilderness Development, containing fresh sandwich, fruit, chocolate and drink for £6 per person. If you'd like to take advantage of this offer, [order your picnic now.](#)



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## **Dates and availability**

For more information call 07941 645 520. Alternatively, you can see a full list of course dates and availability at <http://www.wilderness-development.com/booking-information/availability>

## **What if none of the dates I want are available?**

[Contact us](#), as we sometimes get cancellations and extra availability. You won't be charged anything until we've agreed a suitable date. We can also [email you course dates](#) as they become available if you like.

## **What will happen if the weather's bad?**

If the weather is unsuitable for your chosen activity, you will be offered an alternate activity. So if it's raining, we can't climb, but we could abseil or kayak. On climbing sessions, you may also be offered the chance to relocate to a local indoor wall, but an additional entry fee would be payable directly to the wall-owners. If we can't find a suitable activity that you'd like to switch to, we will rearrange for free to a different date, but we won't issue refunds.

## **Can I send my kids on their own?**

Sorry, we only take unaccompanied kids on [Kids Summer Camps](#). On other activities, they must be accompanied by their own parent.

## **What's the minimum age for activities?**

Kids need to be over 10.

## **Gratuities**

If your course has exceeded your expectations, tips will be gratefully received.

## **More Questions?**

If you're lost, confused, or just want a chat, don't hesitate to get in touch. Email [will@wilderness-development.com](mailto:will@wilderness-development.com), or call 07941 645 520. On the day of your activity, you can also try the Emergency Phone on 07785 936 075.