

Indoor Rock Climbing

Written by Neil Banks

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Indoor rock climbing is a fun and safe sport for all ages. Climbing facilities provide a controlled, supervised environment where novice through to professional climbers can exercise in an enjoyable way.



Outdoor adventure Warehouse can offer climbing to people with varying levels of experience. We can start with the basics for novices and move on to more complicated systems for people wanting to progress on to lead wall climbing. We use several Climbing facilities around Sussex and Surrey, the walls comprise of shaped climbing holds that are attached to the surface both randomly and in specific routes. Before starting, a climber is secured with a safety harness to a climbing rope. The rope then travels to the second person using various different systems to the person on the ground called a belayer. The belayer ensures the safety of the climber by controlling the tension, giving or taking as the climber ascends to the top.

Indoor Wall Climbing Fundamentals

This 1/2 day course is ideal for anyone wanting to learn the fundamental

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skills to climb on indoor walls. You will learn the basic belaying skills, safety and climbing techniques. This course teaches the solid set of skills needed to get started and enjoy this great sport.

Please contact us to arrange details and pricing.

If you would like to apply to do these activities please call:

0845 0946295 (local rate) or e-mail info@warehouse-group.co.uk

Alternately, fill out and return our expression of interest form:

[Expression of interest form...](#)