

An Adventure On Your Doorstep



Here are two interesting facts. First, there are an ever-increasing number of adults who regret that they have never tried any "adventure" sports and assume they are too old or unfit. Second, within five miles of Tunbridge Wells lie the sandstone outcrops of Harrison's Rocks, High Rocks and Bowles Rocks which have long provided rock climbers in the South East virtually their only 'real' climbing without the travel and expense of going to North Wales, Derbyshire or The Lake District. Many world class mountaineers served their apprenticeship on these rocks, including perhaps the best known of all, Chris Bonington.

Now, a short course of rock climbing for adult beginners has been set up for those of you with a taste for something different. Maybe you find the gym too tedious or organised sports too off-putting (interestingly a large proportion of top climbers' were hopeless at ball games !). Rock Climbing Classes cater specifically for people like you. Run by Sarah Cullen, a qualified instructor who has climbed on these rocks since she was fifteen, you are taken through the basics: rope work, knots (only two or three !), belaying, scrambling, rock climbing and abseiling. It is fun, exciting, and informative, and from these courses you will be able to go to the rocks with a friend or friends with all the knowledge you need to progress at your own pace. Sarah offers discounts on group bookings, so get colleagues at work or some friends together. Maybe your boss can send groups for a team bonding exercise or you could use the course to raise money for charity.

For those of you who get hooked (and most of you will), Sarah plans weekend courses further afield in Wales and Derbyshire, as well as public lectures in Groombridge where you will have the chance to meet well known climbers who cut their teeth at Harrisons. After the course you will be tired and elated, aching in places you never knew you had ! Above all you will have been given a taste of real adventure - who knows where it may lead you ?

Contact Sarah Cullen 01892 860670 email: sarah@rockclimbingclasses.co.uk
Or visit our website at www.rockclimbingclasses.co.uk