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Experience Adventure and Have No Regrets! Local Mum Launches New Rock Climbing Courses For Adult Beginners

Sarah Cullen is a qualified instructor who has been climbing since she was fifteen. She is also a mother at home to two young daughters aged four and six and is realising her dream of running her own climbing courses at Harrison Rocks in Groombridge.

Sarah has always led an active life, running three marathons, climbing all over the world and is a keen cyclist as well as being a full time mum at home. She was dismayed by the fact that an ever-increasing number of adults, young and old, including her own friends and family, have regrets about never having tried any 'adventurous' sports. Concerned by the fact they were never going to try anything new, writing themselves off as too old or unfit, she decided to do something about it.

Driven by her passion for climbing and by the knowledge that within five miles of Tunbridge Wells lie the sandstone outcrops of Harrison's Rocks, High Rocks and Bowles Rocks she decided to start her own climbing courses to encourage those who crave a bit of adventure to give rock climbing a go.

Sarah has been passionate about climbing all her life, and she has climbed with and learned from some of the UK's most experienced climbers including Terry Tullis, Jim Curran and Chris Bonington. Her new short rock climbing course is designed for adult beginners. The course will take its members through belaying, scrambling, rock climbing and abseiling. It will also teach the basics of rope work and knots.

Commenting on her new classes Sarah Cullen said, "Many people find the gym too tedious or like many top climbers are not good at ball games and find organised sports too offputting. Rock climbing is fun, exciting and great keep fit. My course provides the basic skills which will equip someone with enough experience to go to the rocks with friends and family with all the knowledge they need to progress at their own pace. I guarantee everyone that comes on my course will be tired, ache in places they never knew they had, but feel totally elated!"

For those who go on the beginners class and get really hooked, Sarah is planning some weekend courses further afield in Wales and Derbyshire. She is also co-ordinating some public lectures in Groombridge village hall. People will be able to learn more about climbing, meet well known climbers and hear stories about how they cut their teeth at Harrison's Rocks.

People interested in finding out more about the rock climbing classes can call Sarah Cullen on Tel: 01892 860670 or visit sarah@rockclimbingclasses.co.uk.

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For more information contact Sarah Cullen Tel: 01892 860670, email: sarah@rockclimbing.co.uk.