

North Wales Classic Rock Climbing Holiday

Join us on 5 day North Wales rock climbing holiday! The Snowdonia National Park offers a huge range of traditional rock climbing at all grades of difficulty. Add in stunning mountain back drops and you've got the perfect recipe for a brilliant UK climbing holiday. During the week we'll enjoy a great selection of North Wales' classic routes between V Diff and VS standard. If you also want to learn some new skills during the week, then this is a great opportunity to learn from a highly experienced mountain guide.

Trip Info

Five days of classic outdoor rock climbing in the Snowdonia National Park in North Wales, based around Capel Curig and visiting nearby climbing venues such as Tryfan, Cwm Idwal, Llanberis Pass, the Moelwyns and Tremadog. The focus is on climbing classic mid grade rock climbs in the V Diff to VS range on some of the region's best known crags. If you regularly climb indoors, then this is an ideal way to discover 'real' outdoor rock climbing and learn new skills from an experienced professional mountain guide. If you are already an outdoor climber, please tell us of any North Wales routes you have already climbed, so we can plan accordingly.

Any items of specialist safety equipment that you need are also included in the cost (eg helmet, harness, rock shoes etc) and afterwards, we'll send you plenty of great photos and video of your trip to share with family and friends.

- Fully qualified IFMGA British Mountain Guide
- 5 days guiding and instruction
- Equipment hire included
- Photos and videos of your trip

Sample Itinerary

Subject to weather and climbing conditions, the plan is as follows. Please note that this is a sample itinerary only - on trips like this, itineraries are always subject to change as the current weather and climbing conditions need to be taken into account. This is an essential part of safety planning for all mountaineering, so please be ready for changes as part of your trip.

Meet Up Point and Briefing

Your guide will liaise with you to arrange a meet up point on the first morning of the trip – this will either be near Capel Curig, or the venue for the first days' climbing. Here we will run through **safety routines** and **kit checks**, as well as hand out any rental equipment – before going on to discuss plans and the **current weather** and **mountain conditions**. We'll also have maps and guidebooks to show you, so if you've any further questions or last minute requests, then this is the ideal time to bring them up before we head out on the hill.

Climbing Days

Five days climbing classic rock routes around the Snowdonia National Park, North Wales. Crags and venues are chosen to make best use of the current weather and enjoyable routes for the team. Possible venues include:

Ogwen Valley

The Ogwen Valley is one of the most popular climbing areas in Snowdonia and home to a wide selection of excellent slabs, buttresses and faces – these vary from lower level venues close to the road, to high mountain crags boasting longer climbs:

- Milestone Buttress – a great warm up venue, with excellent 3-4 pitch climbs.
- East Face of Tryfan – a big face boasting many long and classic historical climbs: Grooved Arete, Bell Vue Bastion, Pinnacle Rib, Gashed Crag, Munich Climb.
- Cwm Idwal – home to the famous Classic Rock link up of Hope, Lazarus, The Arete and Grey Slab and many other excellent multipitch climbs on Idwal Slabs, Glyder Fach, Bochlywd Buttress, Clogwyn Du etc

Llanberis Pass

There are too many crags to mention in Llanberis Pass, with options for all grades and styles of climbing. Some classic venues and routes include:

- Dinas Cromlech – Spiral Stairs and Flying Buttress, two great multipitch V Diffs.
- Clogwyn y Grochan – Nea and Brant, two excellent VS's close to the road.

- Careg Wasted – The Wrinkle VDiff and Crackstone Rib S are both mid grade classics.
- Dinas Mot – great balance climbing on The Cracks HS and Direct Route VS.
- Cynr Las – a high mountain crag, home to the classic Main Wall HS.

Approaches to crags in the Llanberis Pass vary from a few minutes to an hour and it's often possible to follow the sun around the valley through the day.

Southern Snowdonia

Away from the highest peaks of Snowdonia, there are numerous other excellent climbing venues – these vary from remote mountain crags to lower level venues that are a safe option in unsettled weather. Examples include:

- The Moelwyns – Clogwyn Yr Oen; Kirkus's Climb Direct and Slack are two good multipitch Severs that make a fine day out in a quiet location.
- Tremadog – often dry when the high mountain crags are wet(!) There are lots of classics to go at here: Creagh Dhu Wall HS, Poor Man's Peutery S, Christmas Curry S, One Step in the Clouds VS, Merlin VS.

Day 2 PM – roundup of the trip, feedback, advice for the future and farewells.

Fitness and Experience

This is an intermediate level 2 trip. Previous single or multi-pitch rock climbing experience is required, seconding at V Diff to VS standard and good all round fitness for UK hill walking. Or if you have indoor or sport climbing experience at 5+ or higher and are able to belay safely, then this is also suitable experience for the trip – we'll teach you the rest! **Please see our website Fitness Levels and Tech Levels as a further reference point (detailed on this trips course page > Fitness and Experience section)** - you should be at **Fitness Level 2 and Tech Level 1** to enjoy this course. If you need to top up your fitness before the trip and need some help, then please contact us, or check out the training advice page on our Knowledge Base:

<https://www.alpine-guides.com/climb/insider-knowledge-climb/>

Guiding Team

All our UK programmes are staffed by IFMGA British Mountain Guides working at a maximum ratio of 1:2 on the North Wales Classic Rock Climbing Holiday. We work with a small team of regular guides who's profiles can be found on our website, but we occasionally employ other guides during peak season.

Course Briefing

Your guide will liaise with you to arrange a meet up point on the first morning of the trip – this will either be near Capel Curig, or the venue for the first days' scrambling.

Included in the Price

- 2 days of guiding and instruction
- Local travel in the guides vehicle to complete the course itinerary
- Communal safety equipment (ropes etc)
- Hire of personal equipment including harness, helmet, belay equipment and rock shoes

Not included in the Price (see below for further info)

- Food and accommodation
- Travel to venue
- Insurance

Lunches and Drinks

Food that is typically carried in the mountains includes high energy and convenient to eat snacks, such as cereal/energy bars, nuts, trail mix etc, plus a sandwich for your main lunch stop. There is usually time to buy a sandwich in the morning on the way to the days climbing venue, but it's best to stock up on the other hill snacks/ energy bars that you may need for the week.

Accommodation

You are responsible for organising your own accommodation within meeting range of Capel Curig – we are happy to make some recommendations to suit your budget. Top recommendations depending on budget:

- Betws Y Coed, Capel Curig and Llanberis for a huge range of hotels, B&B's, bunk barns and self catering options.
- There are numerous good campsites throughout the area; check Google for reviews and info.

We are happy to coordinate accommodation with the team and offer a pickup each morning, or if you prefer to travel in your own vehicle we can meet at the days' venue.

Travel to North Wales

Snowdonia can easily be reached by car via the A55, which runs along the North coast of Wales – use Google Maps or the RAC or AA online route planners for the best route to your accommodation. The area can also be reached by train to Betws Y Coed (change at Llandudno junction) and Bangor (connecting bus service to Llanberis). Bus services are also available to and throughout the Snowdonia National Park. Your guide will have a car for transport during your trip, or you can use your own.

Further travel information can be found on the Travel Planning page of our website:

<https://www.alpine-guides.com/climb/planning-your-climbing-trip/travel-planning/>

Insurance

Although not compulsory, we recommend you buy holiday insurance covering cancellation and curtailment risks.

****Once we have confirmed that your trip is running, we strongly advise that you arrange your insurance immediately, so that you're covered for loss of course fees and other travel related costs if you need to cancel your holiday due to personal circumstances. Once you are insured, please email us the policy details, and carry a hard copy with you during the trip****

More information, including advice for non-UK residents, can be found on the Insurance page of our website here

<https://www.alpine-guides.com/climb/planning-your-climbing-trip/insurance/>

Equipment

A full kit list is enclosed. We will provide all climbing and communal safety equipment (ropes etc), although we recommend people use their own harness/helmet if they have them. You are responsible for providing your own mountain boots or approach shoes. Clients are expected to supply their own personal clothing, waterproofs and a rucksack. If you need to purchase boots - then please check out the advice articles on our Knowledge Base <https://www.alpine-guides.com/climb/insider-knowlege-climb/> Boots should be suitable for the planned activity and should ideally be well broken in beforehand, in order to prevent sore feet and blisters from spoiling your trip.

If you need to hire any of the following items of specialist climbing equipment: helmet or harness - this can be done through us or via local equipment shops. If you'd like to hire any of the above items please visit our Equipment Hire page for more info:

<https://www.alpine-guides.com/climb/planning-your-climbing-trip/equipment-hire/>

Mountain clothing needs to be versatile, so a typical layering system for summer mountaineering consists of a pair of windproof midweight or lightweight softshell trousers on the bottom half, paired with a long sleeved base layer top or t shirt and a softshell jacket on the top half (plus a light insulated jacket, or fleece carried as a spare warm layer). Outer wet weather gear should be of good quality and both fully waterproof and breathable. Key features are a helmet compatible hood and side zips allowing trousers to be pulled on over your mountain boots. See our alpine climbing clothing advice page for more info:

<https://www.alpine-guides.com/alpine-climbing-clothing-advice/>

Weather and Conditions

It's Wales, so the weather can do anything at any time of year! – ie please check the forecast and come suitably prepared, with full waterproofs and/or sun cream. We will be out on the hill all day whatever the weather - though if it's particularly inclement, we may locate to a lower level/more sheltered location.

Maps and Guidebooks

If you want to buy a map or guidebook, then suitable ones to get are:

- Rockfax - North Wales Climbs, or North Wales Classics
- OS 1:25,000 Series – OL17 Snowdon
- OS 1:50,000 Series – 115 Snowdon & surrounding area

Checklist

Please make sure you have all of the following before leaving home!

- All Climbing Gear (Check kit list)
- Personal Medications
- Compeed &/or tape to stop blisters

What Next?

- Bookings can be made online via our website. A deposit of £300 per person is required to secure your place, with the balance due 8 weeks before the course start date - we will email you a balance reminder including your invoice and possible payment methods.
- Once we have the minimum required number of bookings we will email you to confirm the course is running (confirmed trips will also be visible on our website). Once confirmed, you should arrange your travel insurance and travel to resort.
- We will email you 2 weeks before the course start date with any final info including your guides contact details, hotel details/directions and any other final info.

More Info

Please contact us for more info regarding any aspect of the trip – info@alpine-guides.com or 0113 8151904 (we might be out skiing or climbing – if so please leave a message and we'll get back to you asap, thanks!).

Uk Rock Climbing Equipment List

Above all, mountain kit needs to do the job, but be as light as possible. We work with various manufacturers including Arc'teryx, whose products we can thoroughly recommend.

Technical Clothing

- **Thermal tops/t-shirts** - made of synthetic material (ie not cotton!)
- **Softshell Jacket** – mid weight, wind resistant, light insulating layer (or a mid weight fleece jacket)
- **Spare warm layer**– fleece or lightweight synthetic jacket
- **Waterproof jacket** - lightweight breathable model
- **Mountain trousers** - light/mid-weight trekking or climbing trousers (leggings are Ok in good weather)
- **Waterproof Overtrousers** - with long side zips
- **Socks** - warm pair, plus lighter pair and spares
- **Thin gloves** - windproof 'hardfleece' model is good
- **Hat or Buff** - must fit under a helmet

Personal Items

- **Water Container** - at least 1 litre
- **Headtorch** and batteries
- **Map, compass and whistle** (optional, but a good idea)
- **Personal medications and blister kit** - zinc oxide tape, compeed, painkillers etc
- **Sunglasses**
- **Sun cream**
- **Sun hat**
- **Shorts**

Overnight Items

- **Personal kit**
- **Camping equipment** if necc, etc.

Technical Equipment

- **Rucksac** - 30/40l is perfect for general use, or superlight 15/20l model for taking on long multi-pitch rock routes
- **Approach shoes or trainers** – sticky rubber models are excellent
- **Rock climbing shoes** – must be comfortable enough to wear for several hours
- **Harness, locking karabiner and belay device**
- **120cm sling + locking karabiner**
- **2 prussick loops and karabiner**
- **Climbing helmet**
- **Trekking poles** – useful but not essential

Your guide will have ropes, climbing safety equipment, first aid and survival equipment.

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