

# Rockclimbing

Rockclimbing - it's not as hard as it looks !. It's all about working your way up a rock face. It is sort of a physical puzzle. Ropes and the equipment used have been carefully designed and tested and if used properly will ensure you have a safe carefree climbing experience.

Sure it will be scary, particularly when you're in an exposed situation on a rock face, but with a calm and clear headed approach you should be able to climb most of the moderately difficult climbs in your local area.

You will need expert assistance and tuition. This can be obtained in a local mountaineering club perhaps or via an adventure centre. Don't attempt to climb without expert assistance.

Knowing the knots and spending some time stretching and keeping fit will help the ease at which you climb. Indoor climbing wall and towers bear no relationship to climbing on real rock. In a real rock situation there are no nice holds available in the right places and the exposure to wind and height add an extra dimension to the experience.



## Things you need to learn

- How to use climbing ropes
- How to use safety equipment
- How to move on the rock
- How to be safety aware
- How to tie knots
- How to keep fit

Internet Link 1