

PATTERDALE HALL SKILLS DEVELOPMENT WEEK

Climbing & Mountaineering

Skills Development for 10 to 13 & 14 to 17 year olds

5 Nights Break - 9th – 14th August 2020

Climbing & Mountaineering.

Whether you have some climbing experience or are a complete novice this course will increase your skills level as well as give you a great experience.

Day 1 Sunday 9th August 2020

- Arrive at Patterdale Hall c 3.00pm
- Tea and cake available for students and parents from 3.00pm – 4.00pm
- 4.00pm induction talk and settle in to rooms
- Free time to explore the grounds and use the games room
- 5.30pm dinner
- 6.30pm evening walk
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 2 Monday 10th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm – (packed lunch to be taken with you) - meet your instructor and prepare for a full day climbing in the Ullswater valley using different venues, looking at moving on rock without a rope, moving on rock with a rope and how to set up safety systems to keep you safe.
- 5.30pm dinner
- 6.30pm evening technical session looking at rope work and knots.
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 3 Tuesday 11th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) - mountaineering day either on Hellvellyn ridges grade 1 scramble or Pinnacle ridge on St Sunday crag (grade 3 scramble)
- 5.30pm dinner
- 6.30pm evening group prep for next day
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

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Day 4 Wednesday 12th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) – away day at Borrowdale, big multi pitch or smaller intro to multi pitch, possible venues Corvus on Eagle Crag or Shepherds Crag Borrowdale. The site will be chosen dependent on the individuals level of skill development
- 5.30pm dinner
- 6.30pm film night
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 5 Thursday 13th August 2020

- Breakfast 8.00am
- 9.15am – 4.30pm (packed lunch to be taken with you) The final day will depend on the level of skill attained to date. Climb for example Eagles Crag, Grizedale, multi pitch or single pitch. Options include Oxford Crag or Thornhow to introduce leading.
- 5.30pm dinner
- 6.30pm games evening
- 8.30pm/9.00pm hot chocolate and age appropriate bedtime

Day 6 Friday 14th August 2020

- Breakfast 8.00am
- Vacate rooms by 10.00am
- 10.00am course summary & presentation
- 12.00am depart Patterdale Hall (with packed lunch)
- Parental pick up 12.00am to 1.00pm

Please note in the event of bad weather there will be an indoor climbing option