



**Adventure Out.**  
AUSTRALIA

# Rock Climbing Adventure - Full Day

## Enter The Vertical World!

Ever wondered how to Frog Step, Cross Over, Bump, Elvis Leg or Rock On? You won't be dancing these moves but you will be rock climbing.

Adventure Out's Rock Climbing program, is designed for those with little or no rock climbing experience and wish to either start or extend their rock climbing abilities in the outdoors. Compared to indoor climbing, outdoor rock climbing requires you to choose your own route, thereby increasing the difficulty and complexity of the activity. As such, outdoor rock climbing gives you a greater sense of personal challenge and achievement.



The day begins with a training session on safety equipment, communication and climbing protocol, tying onto a rope, and belaying the climber. You will also be instructed on various moves and techniques to improve your climbing style and to aid you in climbing difficult walls. Climbs are set up throughout the crag to allow you to experience various pitches and difficulties throughout the day. Instructors are on hand to assist and advise while you climb.

Our Rock Climbing Adventure is a great introduction to rock climbing in the outdoors and is a great lead up to Adventure Out's Introductory Rock Climbing program.

**Location:** Stathams Quarry (Gooseberry Hill, Perth) - map supplied when you book

**Time:** 8.00 am - 3.30 pm (Winter: 1<sup>st</sup> April - November 30<sup>th</sup>)  
7:00 am – 2:30pm (Summer: 1<sup>st</sup> December – 31<sup>st</sup> March)

**Price:**

- \$160.00 per person (adult)
- \$148.00 per person (child under 16)
- \$154.00 per person (3-5 people)
- \$148.00 per person (6-11 people)
- \$135.00 per person (12-16 people)

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**Adventure Out** · Your outdoor adventure learning specialists, since 1984.

Unit 5 · 324 Orrong Road · Welshpool · Western Australia 6106

**Telephone: (08) 9472 3919** · Facsimile: (08) 9472 3904

website: [www.adventureout.com.au](http://www.adventureout.com.au)



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**2012 Dates:**

February 12, 25

May 5, 26

August 12, 25

November 11, 24

March 17

June 17

September 15

December 9

April 1, 21

July 1, 21

October 7, 27

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*If you organise a group of 8 or more people we can run the program on a date of your choice.*

**Children under 16 years:**

A parent/ guardian will need to accompany any participant under 16 years and be present at all times during the day (you do not have to participate in the activity yourself.) Adventure Out does, and will always manage safety to a high standard. However we feel it fair to ask for the assistance of a parent/ guardian to manage this safety and ensure the child is following instructions correctly, as we note under 16 year old may not accept, comprehend or understand the importance of safety in these environments and need more attention to ensure their wellbeing. Without your assistance and support the outcome would be unfair on other clients as more time would be needed to manage the under 16's. Adult supervisors may be required to belay. We require one adult supervisor per two children.

**Photos:**

Adventure Out instructors will take photos throughout the day and they will be available for download shortly after the program. You are more than welcome to bring your own camera too if you wish.

**Adventure Out will provide:**

- Experienced instructors
- All necessary equipment for a safe and exciting adventure
- First aid kits
- Vehicle for instructor, equipment and emergency response as required
- \$10 million Public Liability Insurance
- 10% discount voucher for your next adventure (to be used within 3months)
- Morning tea (coffee, tea, Milo, fresh fruit, cake and biscuits)
- A group photo of the day

**We suggest you bring:**

- Packed lunch, snacks and at least 2 litres of water
- Day pack for personal gear
- Hat, sunscreen and insect repellent
- Rubber band to tie back long hair
- Comfortable loose clothing (tracksuit pants, knee length shorts, t-shirt) please note bare midribs are unsafe due to risk of rope burn
- Comfortable footwear (runners, boots)
- Rain jacket
- Camera (optional)
- A retainer strap for all glasses and sunglasses. Should you depend on glasses or contact lenses for comfort and survival we strongly advise bringing a second pair.

Please feel free to bring any items of personal climbing gear that you have.

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## Testimonials

Just a great day! (Instructor) was great, everything was smooth sailing. Will definitely look into do more with you guys. – *Imogen, WA*

The adventure was great, one day rock climbing Perth. The guides were very friendly and helped when needed. They offered great encouragement and were quite happy to be the photographers for the day. – *Kirsten, WA*

We had an awesome time rock climbing with Adventure Out Australia! Was sweet!! Definitely want to try abseiling now!!! Thanks heaps guys:)!!!! – *Natalie, WA*

***This course requires a minimum of 6 participants to go ahead. Adventure Out reserves the right to cancel any program. In this event a full refund may be given (conditions apply).***

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