



Rock Climbing courses at BF Adventure!

We now offer courses for **BEGINNERS** and **INTERMEDIATES**.

The 6 week course covers:

- A practical insight into basic rock climbing
- Health & safety rules
- Rope management and techniques
- Belaying alternatives
- Climbing styles and rigging



WHEN

6 weekly sessions starting Saturday 13th March 2010

Beginners: 10am – 12pm

Intermediate: 12.30pm – 2.30pm

WHERE

Goodygrane Activity Centre (between Falmouth and Helston)
Halvasso, Penryn, TR10 9BX

COST

£120 per person

To book, phone us on **01326 340 912** or visit www.bfadventure.org