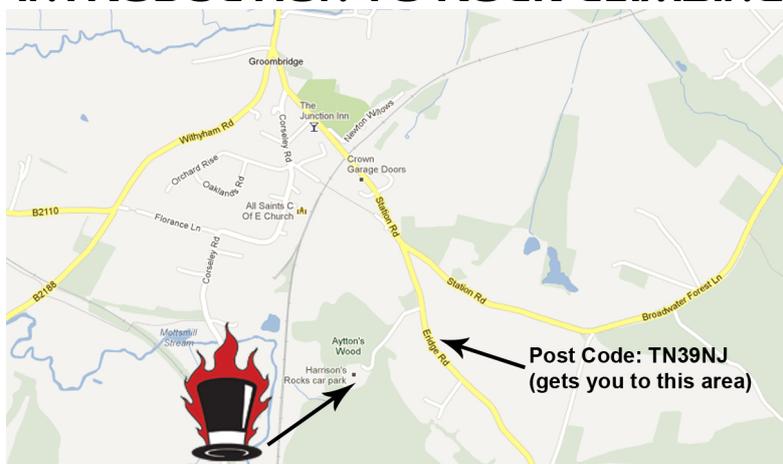
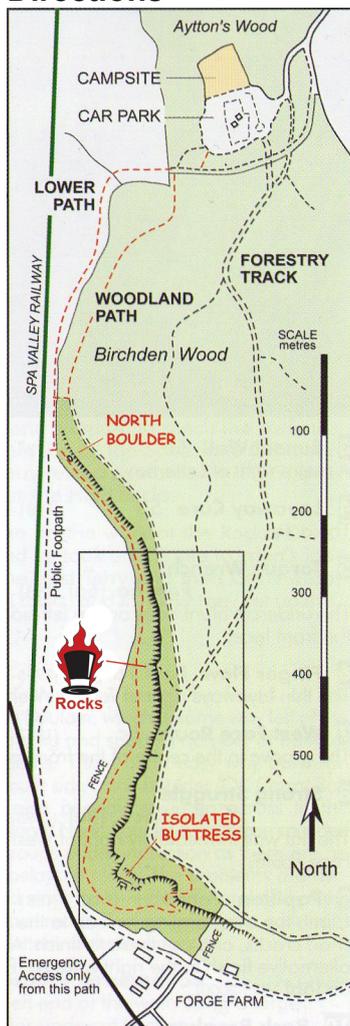


## INTRODUCTION TO ROCK CLIMBING



### Directions



#### Course Times

These can be found on your booking confirmation email.

#### Meeting place

In the main car park. Please arrive 10 minutes early. **Please note:** The car park costs £4 for the day, and the money goes towards the upkeep of the toilets and campsite.

#### By Car

**Post Code: TN3 9NJ** (this is not the post code for the car park at Harrison's Rocks but for the houses at the entrance).

#### From Groombridge

Take the road south from Groombridge, past the old station on the left. Take the Right fork; 200m further turn right again down a narrow lane (signposted - Birchen Wood and Harrison's Rocks).

#### From A26

Take the road signposted to Eridge train station, the road bends left after the station carry on for approximately 1. miles and take a left down a narrow lane (signposted - Birchen Wood and Harrison's Rocks).

#### By Train

From Eridge Station turn left immediately and follow the road for approximately 1¼ miles and take a left down a narrow lane (signposted - Birchen Wood and Harrison's Rocks).

#### Late / Lost

Unfortunately the phone reception in the area is very poor, if you are running late please contact us sooner rather than later. Please call **01273 358 359**, listen to the options and select the one to be diverted to your instructor. Please note that instructors can't pick up answer machine messages, so if you don't get through to them please try again (they may be running a course).

**Please Note:** If you are more than 10mins late we will have to start the course without you as the rocks are a further 10min walk from the car park. Please follow the map and walk along the lower path to the rocks to find the group. We will not always be in the same place but our usual area is marked.



## INTRODUCTION TO ROCK CLIMBING KIT LIST

### Administration

- Medical form
- £4 Parking fees

### Clothing

- Comfortable clothing, suitable for the time of year\*
- Trainers\*\*
- Waterproof jacket and trousers
- Extra jumper
- Warm hat / sun hat
- Warm gloves (not for climbing in)

### Equipment

- Rucksack

The above list is just a guide and appropriate clothing for the time of year should be worn.

\*Clothing should comprise of several layers to trap the warmth. Please do not wear denim as it restricts movement, is cold when wet and is slow to dry.

\*\*Please wear soft soled shoes such as trainers; you are not permitted to wear walking boots etc. as these damage the rocks.

Please remember that the rocks are a short distance from the car park so it important to put all of your kit in a suitable size rucksack leaving space for climbing equipment.

### The Weather

The weather will not affect this activity, so please ensure that you are prepared.

