



adventure in nature  
for all the family

# Climbing

Just a short walk from our centre in Hessa, we have a great climbing crag on the banks of the Mandal River. There is a selection of bolted climbs with top ropes and several free climbs. We are further developing the climbing area this season with several multi pitch routes. The climbing is suitable for people with no previous experience. We meet at the rafting centre in Hessa and have a 15 minute briefing. Then we fit harnesses and walk 400m to the crag. After a safety brief we start by learning the fig8 knot and how to belay (protect the person climbing). Once all the safety is complete we spend time climbing and practising different technique.

**Time:** You can have a one hour introduction to climbing or have the 3 hour package which includes climbing, abseiling and the wire over the river.

**Equipment:** You require loose fitting clothes and jogging shoes. We supply; harness, helmet and all climbing equipment.

**Season:** From early May to late September.

**Min number:** 2 people.

**Age limit:** As long as they fit in a harness they can climb, we take kindergarten groups from 4 years old.

For experienced climbers with your own equipment you are very welcome to come and use the crag, or you can hire equipment. There is great climbing in the Mandal region with a good selection of bolted crags both inland and on the coast.

**We can offer advice and guiding in all these areas so please get in touch for further information.**

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