

# INDOOR CLIMBING

## Skills for climbing wall users and instructors

### INFORMATION

The introduction of the Climbing Wall Award (CWA) scheme in 2008 confirmed that indoor climbing has now become a highly popular sport in its own right. This is the first guidebook to focus on it exclusively and is designed for indoor climbers of both sorts – those who use walls as training venues for their next day out on the rock and those who never climb anywhere else.

Most people have their first experience of climbing at a wall, in a controlled situation and perhaps with a group of friends, learning about equipment and movement. This book is also for them and for those who instruct them. It should help them learn the basics and then progress to more challenging climbing, indoors and out.

The author, one of the UK's top climbing instructors, shares his experience and advice on topics such as equipment, warm-up, basic techniques, top and bottom roping, leading, abseiling and bouldering and working with groups. The book is illustrated with colour photographs throughout and uses 'Tips' and 'Notes' boxes to highlight important points.

Other areas covered include:

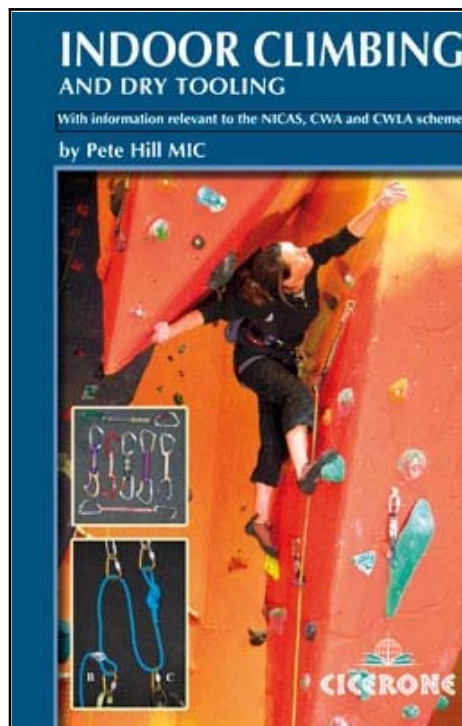
- Climbing walls and structures
- Technical skills
- Belaying
- Abseil ledges
- Group abseiling
- Games and challenges
- Dry tooling
- Ice walls
- Associations and award schemes

### THE AUTHOR

Writer and rock and mountain sport instructor Pete Hill has completed climbs across the world, including first ascents in the Himalayas, many in extreme conditions. He is holder of the MIC award, the highest UK instructional qualification, and author of 'Sport Climbing' and 'Rock Climbing', both for Cicerone Press.

### OTHER TITLES

9781852843939 The Hillwalker's Guide to Mountaineering  
9781852845285 Sport Climbing  
9781852845292 Rock Climbing



## INDOOR CLIMBING

### Skills for climbing wall users and instructors

**PRICE:** £12.95

**ISBN:** 978 1 85284 584 1

**CODE:** 584

**PUBLICATION:** October 2009

**AUTHOR:** Pete Hill

**CONTENTS:** 21.6cm by 13.8cm. 192pp.  
Paperback Gloss Laminated

#### KEY MARKETING POINTS

- A useful reference covering the key aspects of indoor climbing
- Ideal for instructors
- Highly respected author

### CICERONE

**Cicerone publish over 250 guidebooks to walking, trekking, climbing, exploring and mountaineering in Britain, Europe and Worldwide.**

2 Police Square, Milnthorpe, Cumbria, LA7 7PY  
Tel: 01539 562069 Email: [info@cicerone.co.uk](mailto:info@cicerone.co.uk)  
Fax: 01539 563417 Web: [www.cicerone.co.uk](http://www.cicerone.co.uk)