



BOOK FOR ONE OR A GROUP

### GET OUTDOORS

Once you've had some experience indoors, why not get outdoors – summer or winter!  
From a couple of hours to a couple of days, from walker to climber we can take you to local crags or some of the best hills and mountains in Scotland, all within easy driving distance.  
Have a look at our website or contact us for more information.

### HAVE A GO! TASTER SESSIONS

These are all about having an incredible adventure in a safe and supportive environment – and lots of fun too. Our experienced instructors assess how far each individual can go and gently encourage them to rise to the challenge. You'll be amazed at what you can do!

**> CLIMBING TASTER**  
A 60 minute session starting on our nice, friendly beginner walls, where you'll get a sample of what indoor climbing is all about! We run bookable Arena Taster sessions throughout the week.

**> ABSEIL TASTER**  
A 60 minute session starting from the highest point in the atrium, and you work your way down five floors. Our instructors are there to supervise, reassure and help you improve your technique.

“ QUITE SIMPLY THE CLIMBING FACILITIES ARE THE BEST I HAVE EVER EXPERIENCED. ”

## WHY NOT MAKE A DAY OF IT?

YOU CAN CLIP 'N CLIMB, QUICKDROP, HAVE AN AMAZING AERIAL ASSAULT ADVENTURE AS WELL AS KEEP FIT IN OUR GYM AND FITNESS CLASSES. GIVE US A CALL TO BOOK MORE THAN ONE ADVENTURE.

WHY NOT TAKE A BREAK AT OUR FANTASTIC CAFÉ REFRESH OVERLOOKING THE AMAZING ARENA. TASTY TREATS, LOVELY LUNCHES AND TOP QUALITY COFFEE.

### FINDING US

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EICA: RATHO  
Edinburgh International Climbing Arena

GET CLIMBING  
18YRS+



# LIVE LIFE'S ADVENTURE

Edinburgh Leisure EDINBURGH YOUR COUNCIL - YOUR SERVICES

#LIVELIFESADVENTURE  
Charity No: SC027450

# WHAT YOU NEED TO KNOW



◀◀ THE OUTSTANDING STAFF ENSURE THAT EVERYTHING FROM TILL SERVICE TO ROUTE SETTING IS THE VERY BEST QUALITY POSSIBLE. ▶▶

Anyone can climb - for all ages and abilities. You can book for yourself or with friends. We even have a session for the whole family to climb together.

- We have sessions for those who have never climbed before, through to advanced climbers.
- We provide all the equipment you need, included in the cost of the sessions.
- All sessions have to be booked in advance and will be led by one of our incredible instructors.
- They'll make sure everyone has a brilliant climbing adventure, in a safe and supportive environment.

## OUR INSTRUCTED SESSIONS

- LEARN TO CLIMB
- YOU CAN CLIMB
- GET QUALIFIED
- GET OUTDOORS
- HAVE A GO

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## CLIMB WITHOUT AN INSTRUCTOR

If you can safely use the arena already, it's easy to become a registered climber with us so you can climb at any time. Have a look at our website or contact us to find out how to register.

## LEARN TO CLIMB

Whether you're new to climbing or have just been out of it for a while, we'll make sure you have the skills you need to be safe and confident on the walls without supervision. If you successfully complete these courses you will be registered with us so you can come and climb without an instructor.

### → START UP

This 3-hour course runs at set times during the week. It covers all of the skills you'll need to safely use the top roping and bouldering areas of the centre including tying knots, belaying, climbing and descending back down to solid ground.

### → FAMILY START UP

In two hours you can gain the skills to register with us so you can safely take your kids to practise climbing without an instructor. Minimum of two 18yrs+ and maximum of four children in the group per instructor. Children must be 4yrs+.

### → FAMILY TASTER

60 minutes of family fun starting on our friendly beginner walls with our fab instructors – you'll be amazed what you can do! Children must be 4yrs+ with at least one 18yrs+ in the group. Maximum of two per session.

### → FAMILY CLIMB

Want to try the climbing experience with your family? Then this 90 minute course is the one for you. Children must be 4yrs+ with up to two 18yrs+ in the group, maximum of four children per session.

### → REFRESHER

If you are a competent climber and just need to brush up then the refresher course is for you. Available on request.

## YOU CAN CLIMB

Not only are our instructors great climbers, they have a well-deserved reputation as coaches too. They'll work with you to develop your climbing skills and techniques as far as you want to go.

### → IMPROVERS COURSES

For anyone that has just finished a Start Up course, or who wishes to have a better understanding of the fundamental movement skills of climbing.

### → IMPROVERS LEVEL 2

Allows climbers to build on skills learned during Improvers 1 to take their climbing to the next level.

### → IMPROVERS LEVEL 3

For climbers who already have a solid understanding of climbing movement to explore more advanced tactics and techniques.

### → LEAD CLIMBING (2 PEOPLE)

If you've mastered climbing on the top rope walls to grade 5+, this course for 2 people covers all the techniques you need to become a confident lead climber and belayer.

### → PERSONAL COACHING

If you'd like to cover something specific or have a special requirement, you can book one of our fantastic instructors to work with you (max of 2 people that have the same ability) at any time. They'll make sure you have a great time whilst getting what you want out of your session. Just give us a call or email to enquire and book.

## GET QUALIFIED

We have a wide range of high quality, respected vocational and instructor courses.

### INSTRUCTOR

Accredited by Mountain Training Scotland we offer:

- all the Climbing Wall Awards (CWA, CWAA, CWLA)
- Single Pitch Award
- Lowland Leader Award, and
- Hill & Mountain Skills

### ROUTE SETTING

This Route Setting Association approved course is for those new to route setting, or those who wish to improve their skills. It's also appropriate for designated route setter rescuers.

### IRATA

We're a trainer member of IRATA International, the Industrial Rope Access Trade Association. Our certified IRATA Trainers provide training and certification for IRATA technicians at Levels 1, 2 and 3. Visit [eica-ratho.co.uk](http://eica-ratho.co.uk) for more information.

You have to be preregistered with Mountain Training Council of Scotland (excluding IRATA) <http://www.mcofs.org.uk/>

◀◀ GREAT CUSTOMER SERVICE... BRILLIANT ATMOSPHERE! ▶▶

FOR MORE INFORMATION  
PLEASE CALL OR EMAIL US.