



Press Release

8th June 2017

For immediate release

Get into climbing

ClimbScotland Festival 2017 will help youngsters reach the heights

There's just over a week to go until the UK's biggest youth climbing festival takes place in Edinburgh.

ClimbScotland Festival 2017 will give young climbers and would-be climbers a day of awesome activities, packed with opportunities to learn to climb or improve their climbing and find out all the sport can offer.

And with sport climbing now an Olympic sport, the sky's the limit.

ClimbScotland Festival 2017 takes place at Edinburgh International Climbing Arena at Ratho, from 10am to 5pm on Saturday 17th June and is free to enter.

For those who would like to try climbing for the first time, there will be free have-a-go sessions at top-roped climbing and come-and-try paraclimbing sessions for people with disabilities (advance booking needed for paraclimbing).

There are also great value coaching sessions for beginners and a masterclass for improvers in the rope-free sport of bouldering, led by elite international climber Suzan Dudink.

Other low cost taster sessions include yoga for climbing, a movement workshop with parcour experts, and a strength and conditioning workshop all of which skills can make a huge difference to a young person's climbing technique. And, just for fun, there's also abseiling, slacklining and an outdoor assault course.

If you need a seat amidst all the activity, there are talks – with speakers including inspirational paraclimbers Anoushé Husain and Kev Shields – and a free mini film fest showcasing the best in adventure film.

On the other hand, if all the climbing activity inspires, there will be a fun team climbing competition with a range of 'wild and wacky' challenges.

Indoor climbing is one of the fastest growing recreational activities in Scotland. It is a great way for kids to growing confidence, coordination, tactical awareness, strength and fitness. And with the growth of para-climbing, disability needn't be a barrier. With world renowned mountain crags and coastal cliffs on our doorstep, many climbers who start indoors later make the move outdoors on to rock.

Find out more

Read more about the ClimbScotland Festival 2017: www.ClimbScotland.net/Festival2017

- Top tips for starting climbing with your kids:
www.ClimbScotland.net/get-started/next-steps

Ends

Notes for editors:

Images: Generic images of young people climbing can be downloaded here

http://www.mountaineering.scot/assets/contentfiles/media-upload/ClimbScot_Fest_2017_1.jpg

http://www.mountaineering.scot/assets/contentfiles/media-upload/ClimbScot_Fest_2017_media_2.jpg

http://www.mountaineering.scot/assets/contentfiles/media-upload/ClimbScot_Fest_2017_media_3.jpg

Further information contact:

Jamie Smith, Team Leader, ClimbScotland, at jamie@mountaineering.scot

Neil Reid, Communications Officer, on 01738 493941 or 07788871803 or

neil@mountaineering.scot

About Mountaineering Scotland:

- Mountaineering Scotland is the only recognised representative organisation for hill walkers, climbers and ski-tourers who live in Scotland or who enjoy Scotland's mountains.
- Mountaineering Scotland provides training and information to mountain users to promote safety, self-reliance and the enjoyment of our mountain environment.
- The Mountaineering Scotland is a membership organisation with over 14,000 members representing hill walkers, climbers and mountaineers, funded through a combination of membership subscriptions, non-governmental grants and investment from sportscotland, which supports public initiatives and services in mountain safety, mountain training and the development and promotion of mountaineering activities.
- Mountaineering Scotland also acts for 75,000 members of the BMC or British Mountaineering Council on matters related to Landscape and Access in Scotland.
- Mountaineering Scotland landscape and access work is supported financially by the Scottish Mountaineering Trust and the BMC
- Mountaineering Scotland has launched the ClimbScotland initiative to encourage young people to participate in climbing and support their progression. It offers a dedicated website and a development team, which will introduce young people to climbing at schools, climbing walls and via youth organisations with a range of activities and events, while developing kids clubs and providing specialist support to parents, volunteers and teachers.
- Mountaineering Scotland is the national governing body for sports climbing. It offers pathways to climbing coaching, organises and promotes a range of regional and

national climbing competitions, and manages the Scottish climbing and bouldering teams. It contributes to the management of the GB teams with the ultimate aim of seeing a Scottish athlete achieve a podium position in the Olympic Games.

- Mountaineering Scotland is the new name for the Mountaineering Council of Scotland (MCofS), which acts to represent, support and promote Scottish mountaineering.
- Mountaineering Council of Scotland remains the registered company name.
- The MCofS is a not for profit company limited by guarantee and incorporated in Scotland. Company number SC322717.
- Mountaineering Scotland, The Granary, West Mill Street, Perth PH1 5QP