



Press Release

12 June 2019

For immediate release

Paraclimbers on film

Club for climbers with disabilities gets boost from Everesteer

For many, the loss of a limb might seem to rule out the sport of climbing.

But the Scottish Paraclimbing Club is giving the lie to that notion with an increasing number of people with additional support needs and disabilities taking up and excelling on climbing routes up vertical and overhanging walls.

Every Thursday evening paraclimbers – climbers who have a disability or additional support needs – gather at the Edinburgh International Climbing Arena at Ratho and take on daunting challenges on the indoor climbing walls there.

Now leading adventure cameraman Keith Partridge, an Everest summiteer and veteran of many extreme climbing expeditions, has come together with the club to produce a video for them, showing the opportunities and achievements members enjoy.

The Scottish Paraclimbing Club is the first of its kind in the UK providing opportunities for those who may be blind, or be without one or more limbs to get involved in climbing and progress in the sport.

The club was developed by GB Paraclimber Keith Lynch to create a paraclimbing community based out of Edinburgh International Climbing Arena. It is supported by Mountaineering Scotland and Lothian Disability Sports, and recently received a specialist equipment grant of £2000 from the Scottish Mountaineering Trust.

The club meets on a Thursday evening from 7pm and is supported by a network of volunteers and qualified climbing coaches who are on hand to provide assistance to its members in and around the climbing activities.

The club runs a free 'Come and Try Paraclimbing' session for those interested in joining.

Keith said: "We welcome new members. If you are interested in coming along, then contact us first to ensure that we are able to cater for your needs and that there are volunteers available to support your participation."

The club will also speak with any parents, guardians or carers to advise on how the club operates and discuss any requirements for them to support or be involved in the sessions if interested in joining.

The Scottish Paraclimbing Club video can be viewed here.

<https://www.youtube.com/watch?v=KPLrQhbnCZM&feature=youtu.be>

The Scottish Paraclimbing Club webpage can be seen at <http://www.climbscotland.net/club-spot/club-spot-near-you/scottish-paraclimbing-club>

Ends

Notes for editors:

Issued by Mountaineering Scotland on behalf of the Scottish Paraclimbing Club

Image:

http://www.mountaineering.scot/assets/contentfiles/media-upload/Paraclimb_1.jpg

http://www.mountaineering.scot/assets/contentfiles/media-upload/Paraclimb_2.jpg

http://www.mountaineering.scot/assets/contentfiles/media-upload/Paraclimb_3.jpg

Caption 1: A visually impaired club member gets ready to climb

Caption 2: Climber in action

Caption 3: Club members at the EICA Ratho climbing wall.