

## **BMC Pembroke Festival of Climbing: 26-28 May 2017**

### **SKILLS WORKSHOPS PROGRAMME**

#### **Saturday 27 May**

“Climb Pembroke” will be running a series of short (2-hour) workshops:

- Building well equalised anchors
- Prusiking up a fixed rope
- Assisted hoists

Each workshop costs £10 per person.

**To book:** contact Henry Castle: [henrycastle@hotmail.co.uk](mailto:henrycastle@hotmail.co.uk) or visit [www.climbpembroke.com](http://www.climbpembroke.com)

#### **Sunday 28 May**

“The Climbing Company” will be running a series of short (2-hour) workshops:

- Safe abseiling skills and abseiling into a hanging belay
- Ascending a fixed rope
- Escaping the system

Each workshop costs £10 per person.

**To book:** contact Stuart McInnes: [stu@climbingcompany.co.uk](mailto:stu@climbingcompany.co.uk) or visit [www.climbingcompany.co.uk](http://www.climbingcompany.co.uk)

#### **BMC Participation Statement**

The BMC recognises that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.