



In celebration of the re-location and re-launch of TORR Mountain Training, Tim and Sinead are running a number of free workshops for past clients and friends from over the many years.

The first of these workshops will be run over the weekend of Saturday 9th and Sunday 10th July, and will be based from our new location in the Pap mountains on the Cork / Kerry border. (see www.torr.ie for location and directions)

This will be an informal weekend of shared experience and passion for the outdoors, uplands and the wilds of nature.

Workshops for this first weekend will include:

- Trail walking, with a look to the future of the Trail Walking Guide (TWG) Award
 - Introduction to multi-pitch climbing
 - Rope work for the single-pitch climber
- Preparing for your Mountain Leader Assessment
 - Refreshing your Mountain Skills Navigation
 - Introduction to Graded Mountain Scrambles
- Further appreciation of nature - for those leading in the hills
 - Mountain Leader rope work and emergency procedures
- Basic outdoor photography – framing and capturing the atmosphere

How the weekend will run:

The above workshops are free and will be run through an informal participation from those involved.

Each workshop will be facilitated and organised by an experienced, passionate tutor.

Some of the workshops will have strict minimum and maximum ratios. For this reason we ask you to contact us early with your particular interest, to secure a place on your preferred workshop. Other workshops may be available on request.

You will be welcome to participate for the full weekend or what ever time you can free up. We can offer some limited (free) camping spaces, indoor Bivi shed, and bathroom facilities. We would also be happy to pass on details of local possible accommodation in this most beautiful area of Ireland including B+B, hostel and hotels.

If you would like further information, or to secure a place on any workshop, contact Tim or Sinead

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