

Frequently asked questions

New to Climbing?

Are you a first time climber? If so, welcome! We think climbing is the best sport in the world and anyone can take part. Adults find it a great alternative to the gym and kids are just natural climbers. It's a super fun and exciting way to get some exercise.

What is Climbing?

Indoor climbing is a really fun way to exercise; it tests your strength, endurance, agility and balance along with mental control.

Nowadays most people begin climbing at an indoor climbing wall. Indoor walls offers lots of individual climbing routes created from artificial handholds, footholds and volumes that are bolted to vertical and overhanging walls.

The aim is to climb up using only designated coloured holds. Choosing the correct sequence of holds and reaching the top provides an unbeatable physical, mental workout that is exciting and fun.

The Tower offers a combination of top roped and lead routes, and boulder problems to suit climbers of all ages, abilities and interests.

Frequently Asked Questions

Q. How do I get involved in climbing?

If you have a friend who is an experienced climber they can bring you, but please note members can only bring a maximum of 2 guests per visit. If this is not the case you can book a private lesson or join one of our Taster sessions, you could even book onto one of our beginner courses. Our instructors will guide you through your first experience of rock climbing and let you know where to go from there.

Q. Do I have to book? Can I just turn up?

Yes and No! If you wish to have a go at Bouldering (more info below) you can just turn up any time during our opening hours. However if you would like to take part in one of our Taster sessions or courses you must pre-book. Please note payment must be made at the time of booking.

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Q. How old do you have to be to use the climbing wall?

Climbing is more about ability than age but would not recommend climbing for those younger than three. However all juniors must be supervised by a registered member or qualified instructor. Don't forget there is also no upper age limit for getting involved in climbing!

Q. What is Bouldering?

Bouldering is low level climbing without ropes above crash mats to help reduce the risk of injury from falling.

A bouldering problem consists of linking colour coded holds between a start and finishing point. Every problem has its own solution which isn't necessarily the same for everyone depending on your height, shape, strength, flexibility etc. different colour coded at a level of difficulty to suit your ability.

Bouldering can be a very social activity working on problems with a group of old or new found friends, but also has the distinct advantage of not needing a climbing partner, allowing you to climb whenever you want. The best thing about bouldering is that you need no prior experience to give it a go. Any one over the age of 18 can turn up any time to use the boulder wall and can also supervise up to two juniors who are not members. Registration and induction is required on your first visit available anytime during our opening hours

Q. What is a taster session and how to book?

Adults £13.50 each, juniors £11.40 each

If you want to give rock climbing a try, our indoor climbing taster sessions are ideal. The session lasts between 45-60 minutes depending on session size. Each session can have up to a maximum of 6 people and will be fully supervised by one of our instructors. It's often people's first-ever experience that leads to the start of a lifetime of climbing. All you need to do is contact our climbing team to book.

Q. If I want to learn to climb do you run courses?

Yes! We run courses for adults and juniors, check out our courses page to find out more!

Q. I'd love to have a go but I'm scared of heights.

Fear of heights is very natural and it is what makes climbing so safe. Climbing is all about controlling this fear and our instructors will be sensitive to this. With the help of our instructor, take things step by step and you will be surprised at what you can achieve.

Q. What clothing and footwear should I wear?

Climbing is much easier if you are wearing loose fitting comfortable clothing that allows freedom of movement. Sportswear e.g. combat trousers, tracksuit bottoms, shorts or leggings, combined with a short sleeved t-shirt or vest are ideal. It is also a good idea to bring a jumper for wearing when resting. Avoid wearing jewellery around your arms or hands. Climbing shoes are available to use/rent. (Shoes are included in instructed sessions, except large parties, shoe hire charges apply to adults using the wall casually).

Q. Is there somewhere I can sit and watch whilst my family/friends climb?

Spectators can watch for free but need to sit back in the designated seating areas or watch from the viewing windows.