



Climbing Development Course for women and non-binary people 2026

Funded by Sport Powys

Target group – Women and non-binary folk in South Powys

Project Aim – To build confidence, gain experience climbing indoors and outdoors and build a community of female and non-binary climbers in South Powys who may go on to attend training courses and/or further develop their skills. Women and other marginalised genders are underrepresented in climbing at participation level but even more so at instructor level. Kasia Piatek of Mountain Space, who is delivering this series of sessions, is one of the few women in the UK who hold their Mountaineering Instructor Certificate, a high-level qualification in climbing instruction.

3 Sessions:

Part 1 - 13 June - Half day indoors (AM) - Llangorse Climbing Centre - Focus on belaying and basic climbing technique. Suitable for complete beginners.

Part 2 - 14 June - Half day indoors 2 (AM) – Green Spider - For those confident with belaying, tying in, etc. to progress their skills and be able to climb independently indoors.

Part 3 - 18 July - Full day outdoors – Llangattock Escarpment - Intro to outdoor rock climbing. For anyone who is confident belaying and climbing indoors. Aim - to experience climbing outdoors and get used to climbing on real rock.



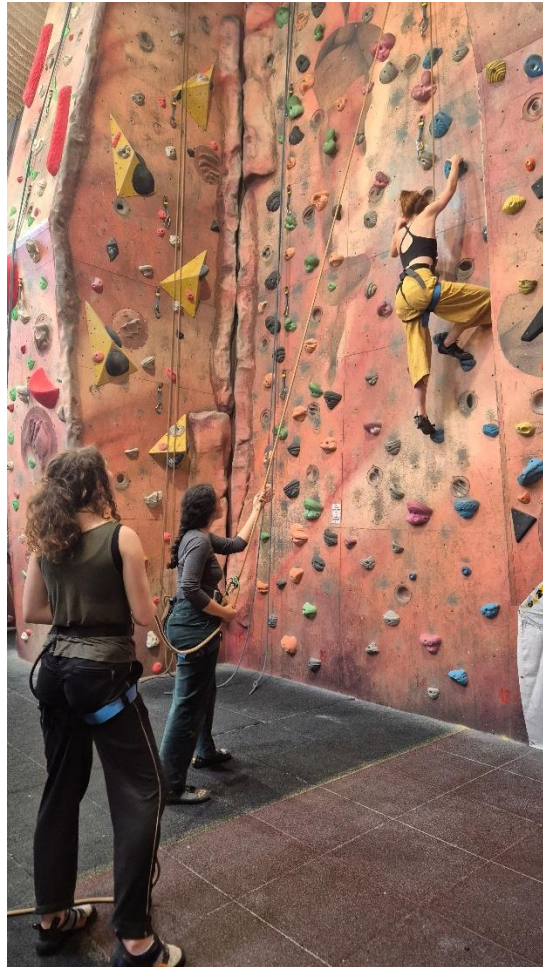
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Feedback

Emily – ‘Thank you so much Kasia for an amazing day! So great to meet all of you! Message if anyone wants to climb again, hopefully we can arrange something xxx’

Lizzie – ‘What a wonderful day! Thank you Kasia, for your fabulous instruction & energy! Such a pleasure meeting everyone of you! Thank you for your enthusiasm, patience and girl-powerness, Looking forward to meeting up for a climb again! Xxx’

Jess – ‘Morning ladies...what an amazing day yesterday! I’m buzzing from all my achievements (when I got there I really wasn’t sure I could get up that wall) and spending time with such uplifting cool ladies. I’m definitely up for more climbing. Have a lush day all and thanks for such a memorable day yesterday.’

Kate – ‘Thanks everyone for a brilliant day! I’m so glad I found you. Thanks for all the encouragement, I don’t think I would have got up there without that. Let’s deffo meet up to climb again!’

Samaa – ‘I loved the day, so so grateful for the grant funding and the work it took from the partnership and yourself Bethan! The world needs more empowered, fear-facing, fun-having



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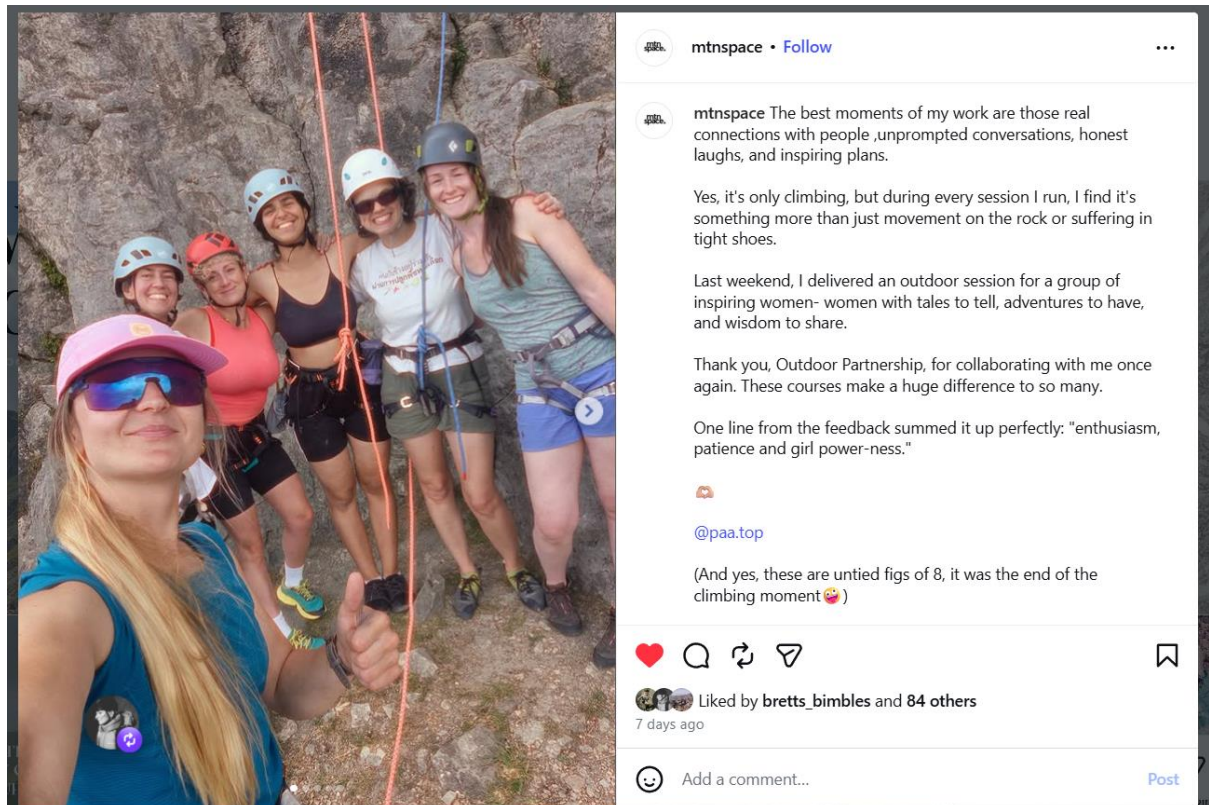


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women! Thank you Kasia and everyone, it was so great to meet you and very moving and touching to see everyone supporting one another. So excited for our next meet up.'

Kasia (instructor) – 'I went home on Saturday feeling super happy to see you all having a great time and motivated to climb more. What a group!'



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