

Our advent calendar – Christmas Gift suggestion #19

Know someone who is ready to head for the heights? Buy them a climbing session!



If 'proper' climbing seems too much then ask them about their Clip n Climb sessions which suit everyone from 4 – 84!

Climbing is a great way to exercise both body and mind, but you do need someone to show you the ropes.

Edinburgh Leisure's taster and starter courses at EICA: Ratho give you the chance to try climbing for the first time, and teach you all the basics of harnesses, knots, belaying, following a climbing route, and coming down again.

Their [Santa Claus Start Up Climbing Course](#) for 2 people as part of a group session, plus a further 2 x 1hr personal coaching sessions costs £125 (£25 discount). Call EICA:Ratho to book – 0131 333 6333