

FAQ

Trad and Aid Climbing

What prerequisites do I need to take this course?

You will have to have taken the Advanced Rappel and Ascend course. These skills will not be reviewed during this course.

What is the fitness requirement for this course?

A hiking fitness is generally recommended.

How high are the cliffs?

The cliffs range from 70 feet to 90 feet.

How many people will be on the course?

The maximum group size per instructor is 3 people. This is a very intensive course so more than 3 people would compromise the quality of instruction.

What type of footwear do I need?

It is a good idea to wear running shoes or hiking shoes/boots. We do provide the rock climbing shoes, however, you will have to hike in to the cliff so appropriate shoes are recommended.

How long is the hike into the cliffs?

It is a short (10 minute) hike from the parking lot. You are able to go back to the car if you need to.

Are there washrooms?

There is an outhouse situated beside the parking area.

Can I bring a cooler to put my lunch in?

We recommend that you bring your food in a backpack so that you can hike with your hands free.

How much is the park fee?

The park charges an entrance fee of \$6.25 per person.

Can my wife/husband/daughter/son/brother/sister/friend/neighbour/dog come and watch the course without participating?

We do not provide helmets for non-participants. Spectators can watch at their own risk.

What happens if I arrive late?

If you arrive late, you should be able to find the group putting on their helmets and harnesses. If you are over 30 minutes late, an instructor may come back in one hour to find you. You may want to hike down the stairs and try to find your group. Call the instructor's cell number which is given to you in your reminder/confirmation email.

What should I do if I am lost?

Prevention is the best advice. The map on our website has an interactive link to Google maps where you can type in your home address and Google maps will give you a recommended driving route and estimated drive time. Please print out this map/directions and bring it with you. Call the cell number of the instructor which is given to you in your reminder/confirmation email.

Can I get a copy of the photos the instructor took?

The photos taken by the instructors are for use in the brochure or website. Due to the high volume of requests we are not able to email them to each individual. If you are really nice to us and take us out for dinner, we may consider sending you some shots.

TESTIMOLIALS

"The 4 day Trad and Aid Course through One Axe was great. The 2 to one student teacher ratio is the closest you can get to a private lesson for this type of course. It allows for a strong understanding of the mechanics of the gear. Hands on training with plenty of practice and review makes the use of the gear become more second nature. This is a plus when you are hanging in the balance and your safety depends on bomber placements. Do and redo was the name of the game and with a thorough check of our placements following each of our trad ascents the instructor was able to assess each placement, give us the pros and cons or suggest the optimum alternative. I appreciated the focus on safety and the explanation on why, how and when each technique and piece of gear was used. From start to finish the course provided a well organized flow starting with general placements, aid climbing, moving on to trad and multipitch techniques. I would recommend this course to anyone wanting to enhance their skills moving beyond the limitations of top roping. I had a blast on this course and with the solo set up it felt like I was climbing free on my own trad route."

Michelle Peter, Markham Ontario

"Once again Fred Schuett has exceeded my expectations on a course! I started the Trad/Aid course as a timid top-roper, and finished feeling confident of my ability to place and trust my own pro and anchors. By giving a wide range of examples and keeping safety as his main priority, Fred has taught me to be both safe and efficient in my trad and aid climbing. Thanks again One Axe!"

Martin Baier, Kitchener Ontario