

# ROCKFAX in 2012



El Picayo on the Costa Blanca

We are aiming to publish four books in 2012 in addition to Dorset which is almost finished.

**Dorset** - The 4th edition of this Rockfax-bestseller covering one of the country's most popular climbing areas. Swanage, Portland and Lulworth - sport and traditional routes.

**Peak Limestone** - Peak Limestone traditional and sport climbing following on from the popular Northern Limestone published in 2004. Stoney, Horseshoe, Chee Dale, Water-cum-Jolly, High Tor, Dovedale and many more.

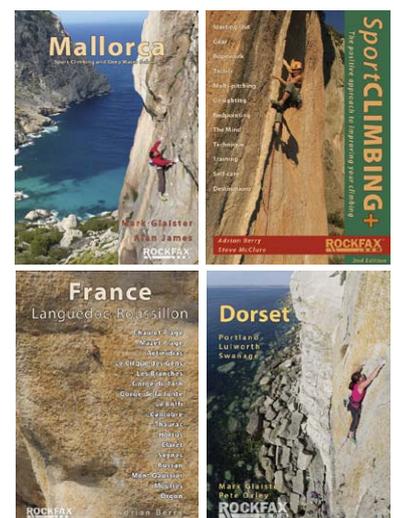
**Peak Bouldering** - A new edition of this popular old Rockfax classic, fully updated with full-colour topos and maps and focussing on low-grade bouldering in the Peak District.

**France : Ariège** - The fourth in our series of selected crag guidebooks to the brilliant climbing found in the South of France. This one covers the area to the north of the Pyrenees.

**Costa Blanca** - Our fifth publication to cover this magnificent and popular area building on the success of the previous editions and bringing the presentation and information bang up to date.

## Rockfax in 2011

During 2011 we have published 2 new books, done one updated second edition and have another 2 books close to publication. **Mallorca** has taken off where the last edition left off only with increased sales due to the addition of a full deep water soloing guide. The third part of our France series - **France : Languedoc Roussillon** - has also been well received with good initial sales, plus a knock-on boost to the sales for the rest of the France series. **Dorset** is very close to publication as is another book in our performance range aimed at young climbers at climbing walls - **The Beginners' Guide for Climbers** is fully endorsed by NICAS, the national award scheme, and is likely to be a big hit in the UK's climbing walls.



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# The Beginners' Guide for Climbers



Sophie Mitchell

## The Beginners' Guide for Climbers



Sophie Mitchell



A new book aimed at young climbers learning the National Indoor Climbing Achievement Scheme (NICAS). It features cartoon illustrations giving step-by-step instructions on the basic skills required for Levels 1 and 2 of the scheme and is fully endorsed by NICAS. It is also endorsed by the Mountaineering Council of Scotland.

The book comes with a robust hardback fold-out cover and is package with a short section of cord which enables readers to practice the knots they are learning in the book.

*"The NICAS trustees are delighted to recommend this book with its innovative approach to introducing the basic skills of climbing. Sophie's wonderful artwork will have special appeal to young readers and will help them develop a thorough grounding in these fundamentals. The knowledge, technical skills and attitude required to become a safe climber are clearly described whilst still conveying the fun and excitement of this challenging sport. Climbing develops fitness, movement skills, teamwork, and determination and this lively book is sure to enthuse many budding young climbers on their way."*

- Guy Jarvis, NICAS Chair

*"The MCoS supports the NICAS scheme as an excellent way to engage young children going to climbing walls, to learn the basics of safe climbing and to keep them motivated through their early years discovering our unique sport. A picture is worth a thousand words, but only if it is relevant, and despite there being many instructional handbooks available, this is the first book designed to appeal to children with its clear and often funny cartoon depictions of the best way to learn vital skills. It is a perfect resource for parents, climbing coaches and children themselves to help them through their NICAS achievement."*

- Kevin Howett, MCoS Development Officer

[www.rockfax.com](http://www.rockfax.com)

72 pages  
A5 hardback fold-out cover  
Knot practice cord included  
Publication - January 2012



**Now follow these three steps**

Holding the rope with your left hand, pinch the rope together to make a worm.

With your right hand, strangle it by wrapping the rope all the way around.

Then poke it in the eye.

Now pull the rope all the way through the loop until your knot has formed.

This end of the rope will run up to the top of the wall.

Your knot should look something like this.

If your knot looks like a pretzel, you have done it correctly, it has just got a little twisted. Pull the top loop over the bottom and watch your figure-of-eight appear.

If your knot looks like this then you have not strangled the worm enough.

If your knot looks like this you have strangled the worm too much.

So try again.....

18 19

**The belay sequence**

Put one hand on the dead rope and the other hand on the live rope.

Make a 'V' and take the rope in while the climber climbs up - see top tip below.

Bring the hand holding the dead end down towards your knee.

One potato Move your hand down from the live end of the rope on to the dead end.

... two potato Move one hand above the other.

... three Move your hand back up to the live end and start again.

Top tip When making the 'V', pull up the dead end and push down the live end at the same time. This will help the rope run through the device.

Top tip Keep your hands away from the metal belay device, as your skin can get caught and it really hurts!

Belayer in action Pack through or little believe to see the belay action in motion!

38 39

**Dyno**

DYNO is short for 'dynamic'. When you hear this word it means that the climber will have to jump for the next hold, resulting in an explosion of energy to help the climber reach the next hold which is a long way away.

Be careful if you miss the hold you are aiming for when dynoing since you will probably fall off.

**Egyptian**

To perfect the **EGYPTIAN** move while climbing, you will need to drop your knee down and point it in towards the middle of the other leg. Be careful while performing this move as it can put a lot of stress on your knee. It is best used on steep walls since it helps to keep your body close to the wall.

**Elvis Leg**

The **ELVIS LEG** is also known as the **DISCO LEG** or **SEWING MACHINE LEG**.

At some point when you climb, you will notice your leg will start to wobble uncontrollably. The cause of this climbing phenomenon is due to the climber putting a lot of pressure on their toes, or from having tired leg muscles.

To stop this from happening, you will need to drop your heel down towards the floor.

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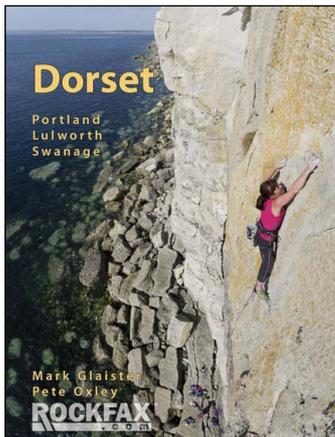
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**The Beginners' Guide for Climbers**  
Retail price £9.95  
ISBN - 978 1 873341 77 3  
Cordee Stock Code - CTC210

# Dorset

Portland Lulworth Swanage

Mark Glaister  
Pete Oxley



The 2012 edition of the Dorset Rockfax will be our fourth full publication to this wonderful climbing area.

The previous editions are classic examples of the developing style of Rockfax with each edition being bigger, more detailed and more

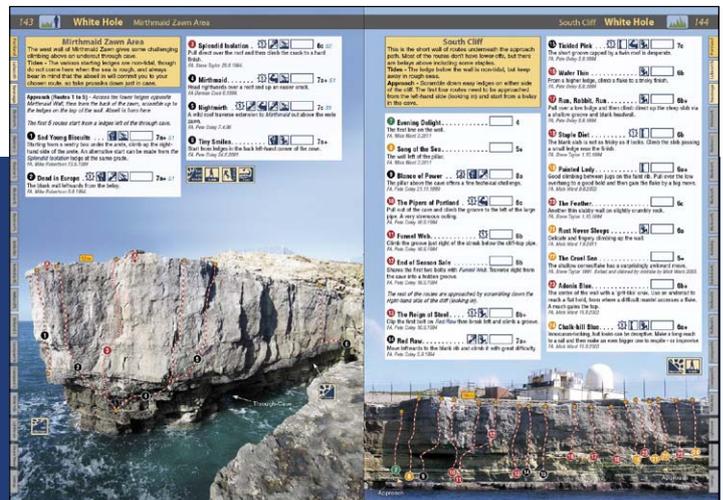
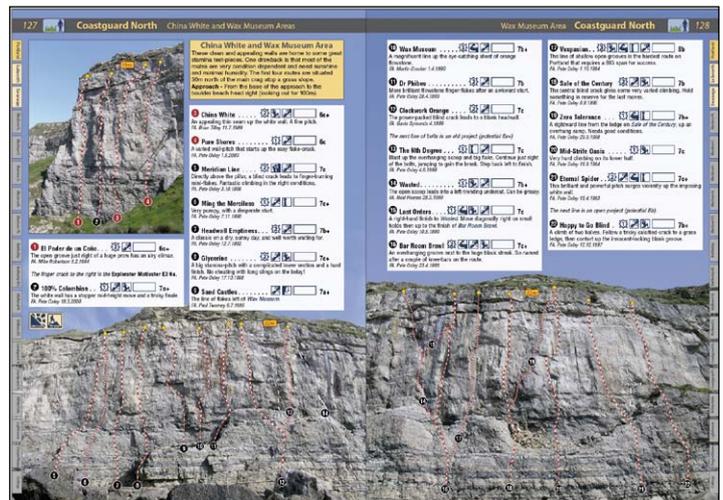
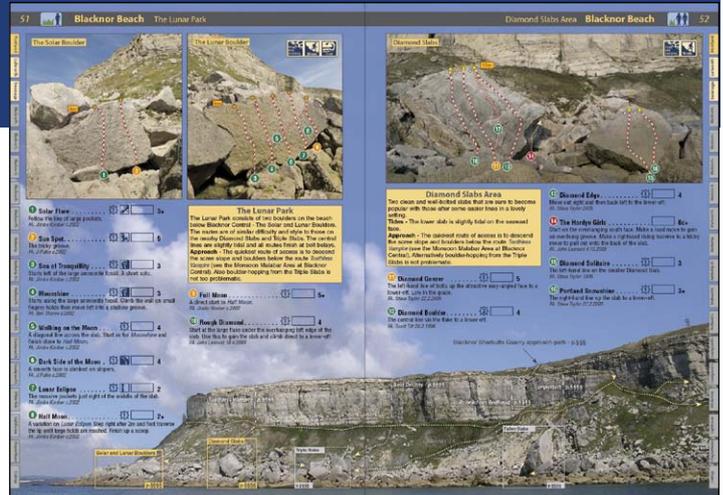
colourful than the previous. This new edition take the presentation another step forward featuring the widely-acclaimed full-page colour phototops and a complete new set of action photos.

The book will concentrate on Portland, Swanage and Lulworth, covering all the sport routes in these areas, and also all the best trad climbing at Swanage and Lulworth. The many new routes at Portland are documented and several new areas have been added to the Swanage repertoire.

More information [www.rockfax.com](http://www.rockfax.com)

420 pages  
A5 in size  
Publication - February 2012

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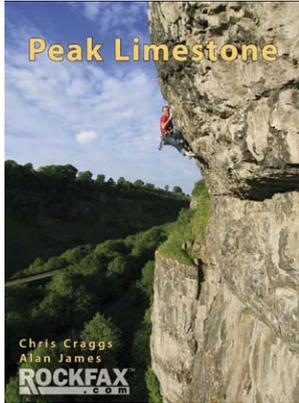
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**Dorset**  
Retail price £24.95  
ISBN - 978 1 873341 47 6  
Cordee Stock Code - CCS026

# Peak Limestone

Stoney, Horseshoe, Buxton Quarries, Harpur Hill, Staden Quarry, Chee Dale, Raven Tor, Water-cum-Jolly, Ravensdale, Aldery Cliff, Beeston Tor, Dovedale, Harborough, Southern Quarries, High Tor, Wild Cat, Willersley

Chris Craggs  
Alan James



Summer 2011 sees the publication of a new guidebook to the trad and sport routes of the many and varied cliffs scattered across **Peak Limestone**.

The book takes the coverage in the Peak section of the well received **Northern Limestone** Rockfax from 2004 (the

Yorkshire section will be published later) and expand this with better photographic coverage, more cliffs and more routes.

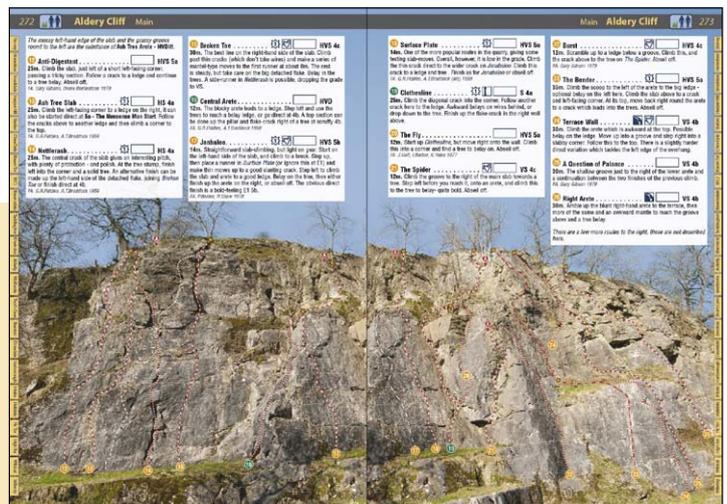
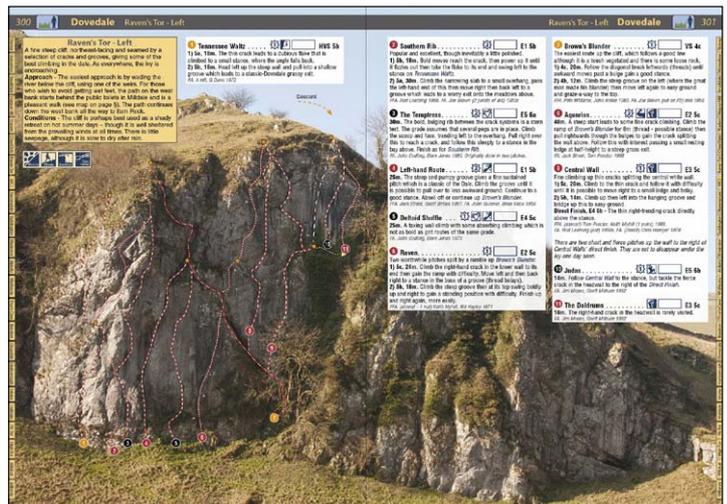
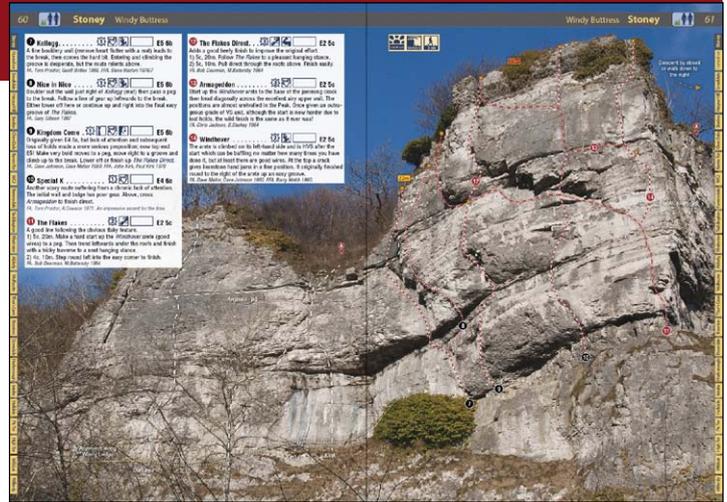
From the sylvan delight of the Staffordshire Dovedale and Manifold valleys, through the impressive cliffs of the Matlock area all the way to the extensive and well developed crags of Cheedale and Water-cum-Jolly. Plus the ever-popular haunts of Stoney Middleton and Horseshoe Quarry.

A number of the limestone cliffs in the Peak have rather have fallen out of favour in recent years, this new guidebook will bring them back into the limelight. Recent developments with many newly bolted climbs will be covered in detail and the photographic coverage will show the cliffs in all their glory.

[www.rockfax.com](http://www.rockfax.com)

400+ pages  
Over 2800 routes  
A5 paperback  
Publication - March 2012

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**Peak Limestone**  
Retail price £24.95  
ISBN - 978 1 873341 52 0  
Cordee Stock Code - CCP023

# Peak Bouldering

Wimberry, Hobson Moor, Derwent, Kinder, Bell Hagg, Stange, Burbage North, Burbage South, Burbage Valley, Millstone, Froggatt, Curbar, Baslow, Gardoms, Stoney, Rubicon, Raven Tor, Rheinstor, Cratcliffe Tor, Robin Hood's Stride, Newstones, Baldstones, Gibb Tor, The Roaches

*Adrian Berry*

Twelve years ago Rockfax unveiled its original Peak Bouldering guidebook. This was one of the first guidebooks to comprehensively cover bouldering in the Peak District, and such was its popularity that you still see well-loved copies being used today. Since 2000 bouldering has undergone a massive growth in popularity, and the Peak District is now generally considered to be the most popular bouldering destination in the UK.

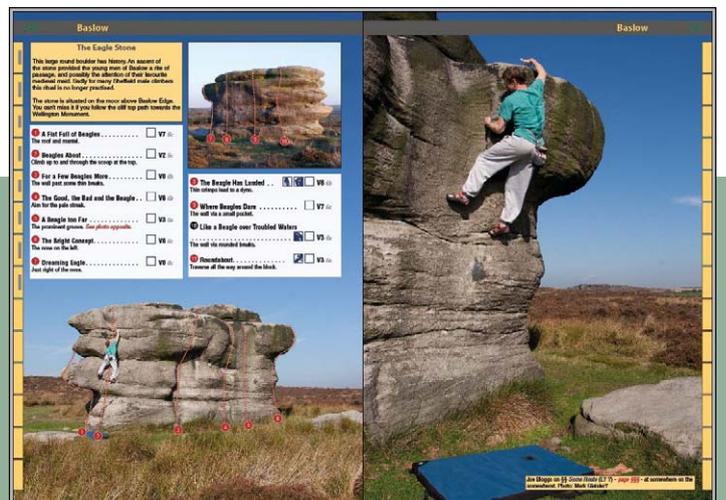
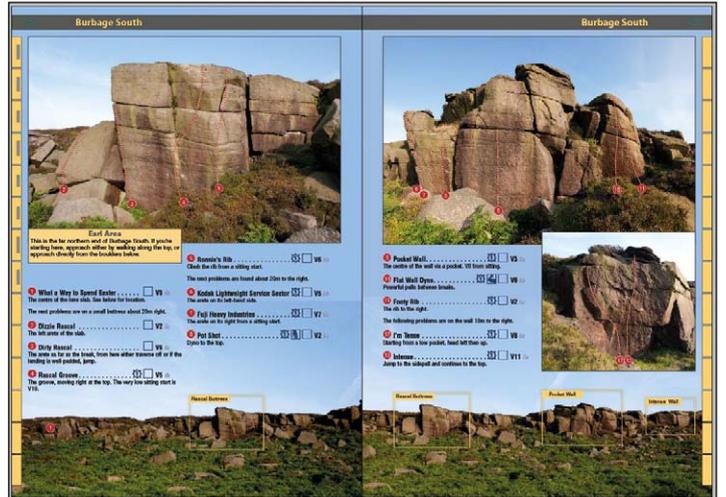
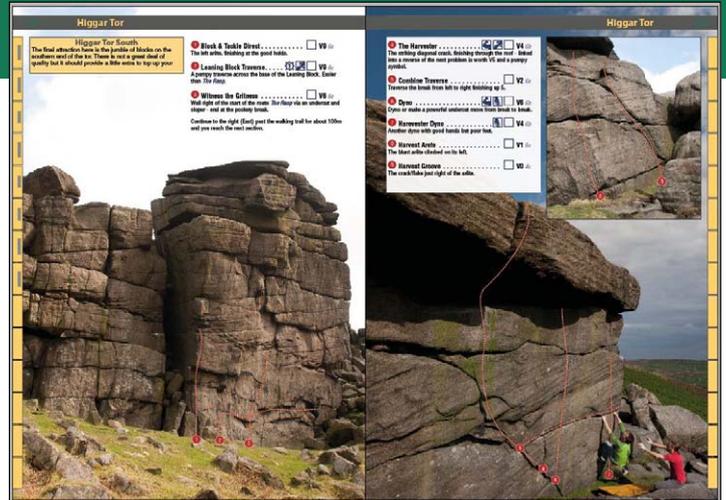
The second edition of the Rockfax Peak Bouldering guidebook will maintain the clarity of the original, and combine this with the highly acclaimed Rockfax photographic style of presentation. The book will uniquely cover all the bouldering venues of the Peak District in one book, with many more low-grade problems than featured elsewhere, and will also include bouldering circuits that have proved popular in recent years. The book will present grades in both 'V' grades and Font grades, and UK technical grades which many British rock climbers are often more familiar with.

The book will contain many quality action photos, and, for the first time action photos will be incorporated into the photo-tops in order to bring the tops to life and give a sense of scale.

More information at  
[www.rockfax.com](http://www.rockfax.com)

**300+ pages**  
**A5 paperback**  
**Publication - Summer 2012**

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**Peak Bouldering**  
Retail price Undecided  
ISBN - 978 1 873341 72 8

# France : Ariège

La Roche Ronde, Le Roc a Steph, Calames, Le Roc de Sedour, Alliat  
Genat, Sibada, Baychon, Niaux, Auzat, Sinsat, Appy  
Aix Les Thermes, Dent d'Orlu, Roquefixada, Le Carol

Chris Craggs

Unlike the other volumes in the Rockfax France series, the Ariege guidebook will cover a relatively small area - a patch not much more than 30 by 40 kms, tucked away in the foothills of the French Pyrenees, where the Ariege river cut through the mountains.

Despite its compact size there is a huge amount of climbing in the area, plus top quality hillwalking and mountaineering and lots of skiing too. The variation in altitude means that it is almost always possible to get something done, summer or winter.

The climbing is varied on both limestone and granite; all angles from slabby to steep, and single pitch up to massive! From the near-roadside granite of Auzat to the huge limestone cliffs of Sinsat; from the super-steep test pieces of the caves at Alliat to the bolted 20+ pitch climbs on the Dent d'Orlu, there is something here for everyone.

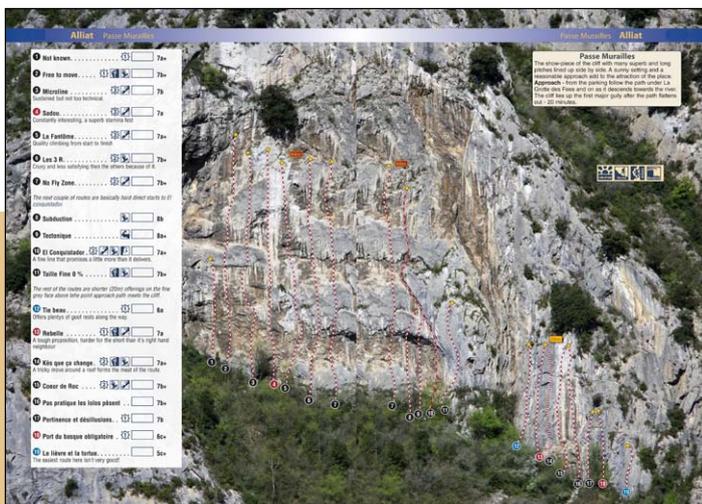
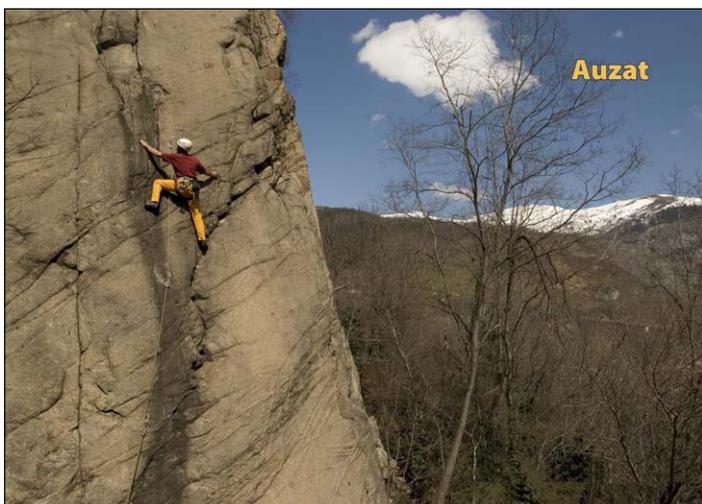
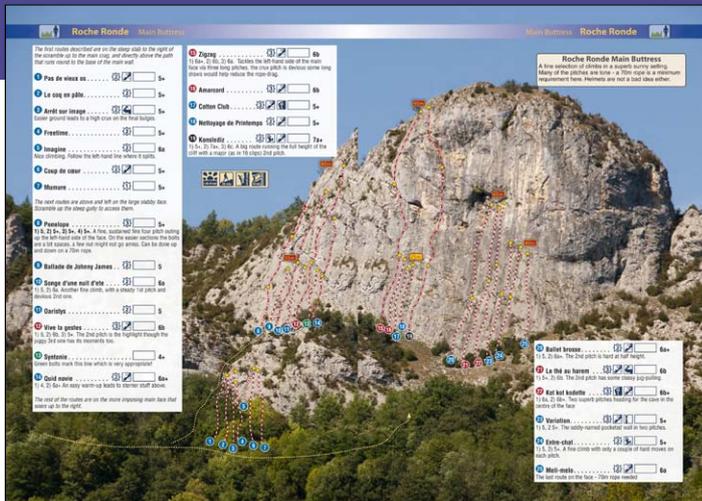
The area is only a short drive from Carcassonne, which has several low cost operators flying in from northern Europe. It is a day's drive from the Channel ports or Carcassonne can be reached on the TGV.

The Ariege area is destined to become a major venue on the travelling climber's circuit.

More information at  
[www.rockfax.com](http://www.rockfax.com)

230 pages  
A5 paperback  
Publication - Late 2012

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France : Ariège  
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ISBN - 978 1 873341 87 2

# Costa Blanca

Leyva, La Panocha, Orihuela, Marin, Salinas, Sax, Magdalena, Peña del Corb, Peña Rubia, Foradà, Reconco, Agujas Rojas, Cabezon de Oro, Sella, Puig Campana, Ponoch, Echo Valley, Guadalest, Bernia, Bollula, Altea, Mascarat, Castellet de Calp, Sierra de Toix, Olta, Peñón de Ifach, Los Pinos, Peña Roja, Murla/Alcalalí, L'Ocaive, Font d'Axia, Pego, Segaria, Gandía, Salem, Aventador, Montesa, Bellús, El Picayo

## Chris Craggs

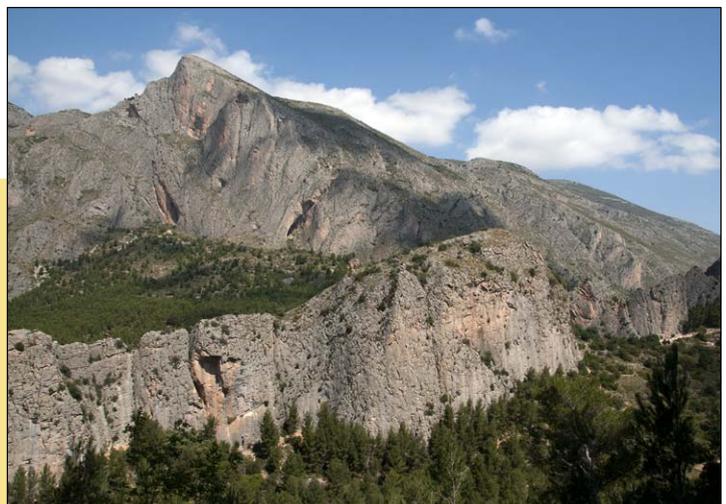
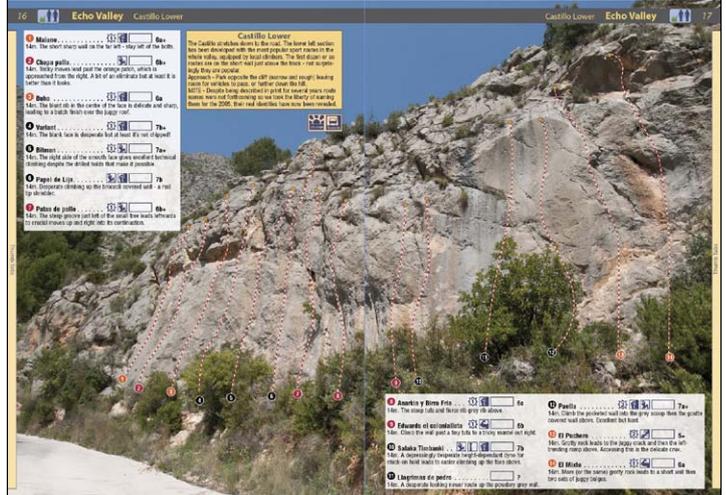
The Costa Blanca has long been the best known Hot Rock winter sun venue for climbers wanting a break from the grim northern winter. The reasons the place became popular in the first place are same reasons that this popularity has endured; easy access, loads of quality accommodation, a benign winter climate and of course amazing amounts of fantastic climbing on everything from roadside boulders to magnificent mountains.

The new guide will be the fifth edition that Rockfax have produced to the 'White Coast', with over 22,000 copies already sold over the years. This completely revised and updated volume will build on the success of the earlier ones with increased coverage of the most popular areas and the addition of several new crags. A complete new set of crag shots and action pictures will ensure the book stays fresh for years to come.

More information at  
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