



# rock climbing

It's an adaptable activity with both indoor and outdoor locations. Brisbane has many accessible locations, where beginners to the more experienced can climb in a safe and enjoyable environment.

Stan Ellerm from Adrenaline Filled Adventure, has had over 30 years experience in the adventure



sports industry. In 2006 he started [adventureseekers.com.au](http://adventureseekers.com.au) a company dedicated to enabling adventure sports to be enjoyed by everyone, offering a range of activities including rock climbing, abseiling and bushwalking. Stan takes a variety of groups out and about the Brisbane landscape ranging from couples, children with their parents or corporate groups for that all important team building exercise.

“Rock climbing is moderately physical and all novice climbers are matched to climbs appropriate to their level” says Stan. *Kangaroo Point climbs* are the safest and Stan employs the “top rope climbing” version as it’s the safest way to climb. The climber is tied to the “belayer” (belaying is the technique of controlling the rope) who feeds the rope from the ground to ensure no slack in the rope, which minimizes the risk of falling.

Rock climbing is a great way to build the bond between you and your partner, like giving encouragement and assisting you with your next foot hole or hand hold and the reliance

to belay. It is through this form of trust and communication that couples strengthen their relationship.

Climbing and abseiling are also great physical workouts, while keeping the mind sharp as you have to be aware of your surroundings. Stan also runs wilderness adventure treks through Tasmania for small groups. In fact Stan has only just returned from one such trek, guiding a group through the untouched wild of Tasmania for 9 days, covering what is known as the South Coast track at the bottom South-West of the Apple Island.

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People looking to bushwalk as part of a group with Stan through Tasmania should be open minded, looking for

Over the past decade Rock Climbing has gone from an extreme sport only seen on TV to a mainstream activity whose participants range from the young to the old.

fun, be prepared for the unexpected and have a sense of adventure. The Tasmanian treks range from 3, 5 and 9 days in small groups with a minimum of 6 and maximum of 8 people including 2 guides.

► Stan Ellerm takes groups, teams and individuals on treks, abseiling and rock climbing adventures all over Australia. His tours are an on-demand basis and he can be contacted via [adventureseekers.com.au](http://adventureseekers.com.au) or by phone on 1300 855 859 or 0400 882 742. 

