

How to get the most from a circuit session at The Climbing Works

- Warm up on an easy circuit first
- Be considerate and take a brush around with you to clean your chalk from the holds when you have finished a problem – whatever the grade of the circuit you're trying! Brushes are available in our shop.
- Climb the circuits in number order – this is how they are designed to be climbed
- Be very careful when climbing in the arches. Make sure those climbing around you ensure that other climbers don't wander underneath you when you are climbing.
- When you finish a problem, climb back down to the floor if you can – it will save wear and tear on your knees. Obviously, this isn't always possible, but it's a good habit to get into!
- All problems finish on the top hold. **DO NOT GRAB THE TOP OF THE WALL.** This area is out of bounds on all problems, and is not a climbing surface.
- When you have completed a circuit a few times and are familiar with the problems, try and see if you can complete it in under an hour!

CLIMBING WORKS CIRCUIT GUIDE.

There are currently 10 circuits of c.40 problems. All the problems in a circuit are within the indicated grade range.

Nearly all problems use the holds plus all other volumes, arêtes etc. Some problems have specific rules, they are described in the topo.

All problems on the circuits finish on the obvious last hold, do not grab the top of the wall

Symbols

☺ is for you to tick it when you have done it

- means the problem is mid range

↓ means the problem is low in the grade range

↑ means the problem is high in the grade range.

30 extra problems are on the Berghaus Competition wall – grades for these problems can be found on the grade card on the mats under this wall

Colour: Yellow **CWIF circuit** **Range:** Font grades given **Setters:** Jacky Godoffe, Tonde, Longy, Monkey, Big Pic and Percy
Common Rules: If it's a feature, volume or yellow thing; pull on it!
Starts: Right hand end of slab

| No | Diff | 😊 | Rules | No | Diff | 😊 | Rules |
|----|------|---|--|----|------|---|-------|
| 1 | 6c+ | | | 21 | 6c+ | | |
| 2 | 7a+ | | | 22 | 6b | | |
| 3 | 6a | | | 23 | 7a | | |
| 4 | 7a | | | 24 | 7b | | |
| 5 | 5 | | Jump! | 25 | 6c | | |
| 6 | 7a | | | 26 | 6c | | |
| 7 | 6b | | | 27 | 6a | | |
| 8 | 7b+ | | | 28 | 6a+ | | |
| 9 | 7a | | | 29 | 6a | | |
| 10 | 7a+ | | | 30 | 6a | | |
| 11 | 6c+ | | | 31 | 7b | | |
| 12 | 6b+ | | | | | | |
| 13 | 7a | | | | | | |
| 14 | 6b | | | | | | |
| 15 | 6a+ | | | | | | |
| 16 | 7a | | | | | | |
| 17 | 7b+ | | No arêtes, no crack, no nothing, just holds! | | | | |
| 18 | 7c | | | | | | |
| 19 | 6c | | | | | | |
| 20 | 7b+ | | | | | | |

Colour: PURPLE & PINK spots **Setters:** Neil & Percy
Range: Font 6b to 7a **Starts:** Opposite reception
Common Rules: Purple holds + all volumes, arêtes etc

| No | Diff | 😊 | Rules | No | Diff | 😊 | Rules |
|----|------|---|-------|----|------|---|-------|
| 1 | ↓ | | | 21 | ↓ | | |
| 2 | - | | | 22 | - | | |
| 3 | ↑ | | | 23 | ↓ | | |
| 4 | - | | | 24 | - | | |
| 5 | - | | | 25 | ↓ | | |
| 6 | - | | | 26 | - | | |
| 7 | ↑ | | | 27 | - | | |
| 8 | - | | | 28 | - | | |
| 9 | - | | | 29 | - | | |
| 10 | - | | | 30 | - | | |
| 11 | ↓ | | | 31 | - | | |
| 12 | ↓ | | | 32 | ↓ | | |
| 13 | ↑ | | | 33 | - | | |
| 14 | ↑ | | | 34 | ↓ | | |
| 15 | - | | | 35 | ↑ | | |
| 16 | ↑ | | | 36 | - | | |
| 17 | - | | | 37 | - | | |
| 18 | - | | | 38 | - | | |
| 19 | - | | | 39 | ↑ | | |
| 20 | - | | | 40 | - | | |

Colour: Green and Pink Spots Setters: Percy & Sam **Range: 5 – 6a.....**
Starts: Left of offwidth crack in middle room
Common Rules. Green spot holds + all volumes, arêtes etc.

| No | Diff | 😊 | Rules | No | Diff | 😊 | Rules |
|----|------|---|-------|----|------|---|-------|
| 1 | - | | | | | | |
| 2 | ↓ | | | | | | |
| 3 | - | | | | | | |
| 4 | - | | | | | | |
| 5 | ↑ | | | | | | |
| 6 | - | | | | | | |
| 7 | - | | | | | | |
| 8 | ↑ | | | | | | |
| 9 | - | | | | | | |
| 10 | - | | | | | | |
| 11 | - | | | | | | |
| 12 | ↑ | | | | | | |
| 13 | - | | | | | | |
| 14 | ↓ | | | | | | |
| 15 | - | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Colour: BROWN **Setter: Percy & Pickles** **Range: Font 6a to 6c**
Starts:.
Common Rules: Brown holds, arêtes, volumes, the lot!

| No | Diff | 😊 | Rules | No | Diff | 😊 | Rules |
|----|------|---|-------|----|------|---|-------|
| 1 | - | | | 21 | ↑ | | |
| 2 | - | | | 22 | - | | |
| 3 | - | | | 23 | ↑ | | |
| 4 | ↓ | | | 24 | - | | |
| 5 | ↑ | | | 25 | - | | |
| 6 | - | | | 26 | - | | |
| 7 | - | | | 27 | ↑ | | |
| 8 | - | | | 28 | - | | |
| 9 | ↑ | | | 29 | ↑ | | |
| 10 | ↑ | | | 30 | ↑ | | |
| 11 | - | | | 31 | ↑ | | |
| 12 | ↓ | | | 32 | ↑ | | |
| 13 | - | | | 33 | - | | |
| 14 | - | | | 34 | ↓ | | |
| 15 | - | | | 35 | ↑ | | |
| 16 | - | | | 36 | ↓ | | |
| 17 | ↓ | | | 37 | - | | |
| 18 | - | | | 38 | - | | |
| 19 | - | | | 39 | ↓ | | |
| 20 | ↑ | | | 40 | ↑ | | |

Colour: YELLOW & PURPLE SPOTTY Range: Font 4 to 5+
Setters: Percy Starts: Graffiti wall in first courtyard
Common Rules: Yellow spotty holds plus all volumes and arêtes

| | Diff | ☺ | Rules | No | Diff | ☺ | Rules |
|----|------|---|----------------|----|------|---|-------|
| 1 | - | | | 21 | - | | |
| 2 | ↑ | | | 22 | ↑ | | |
| 3 | - | | | 23 | - | | |
| 4 | - | | | 24 | - | | |
| 5 | - | | | 25 | - | | |
| 6 | ↑ | | | 26 | ↓ | | |
| 7 | - | | | 27 | - | | |
| 8 | ↓ | | | 28 | - | | |
| 9 | - | | | 29 | - | | |
| 10 | ↓ | | | 30 | - | | |
| 11 | - | | | 31 | ↓ | | |
| 12 | ↑ | | | 32 | - | | |
| 13 | - | | | 33 | ↓ | | |
| 14 | ↓ | | Use the volume | 34 | ↑ | | |
| 15 | - | | | 35 | ↓ | | |
| 16 | - | | | 36 | - | | |
| 17 | ↑ | | | 37 | - | | |
| 18 | ↑ | | | 38 | ↓ | | |
| 19 | ↓ | | | 39 | - | | |
| 20 | ↓ | | | 40 | ↓ | | |
| | | | | 41 | - | | |

Colour: Blue Range: Font 3-4 Setters: Sam
Common Rules: Use all arêtes, volumes, etc, etc!
Where Starts: Colour Wall – Right hand side of slab

| No | Diff | ☺ | Rules | No | Diff | ☺ | Rules |
|----|------|---|-------|----|------|---|-------|
| 1 | ↓ | | | 21 | ↑ | | |
| 2 | ↓ | | | 22 | ↑ | | |
| 3 | - | | | 23 | - | | |
| 4 | - | | | 24 | - | | |
| 5 | - | | | 25 | - | | |
| 6 | - | | | 26 | ↑ | | |
| 7 | ↑ | | | 27 | - | | |
| 8 | - | | | 28 | ↑ | | |
| 9 | - | | | 29 | - | | |
| 10 | - | | | 30 | ↑ | | |
| 11 | - | | | 31 | - | | |
| 12 | - | | | 32 | - | | |
| 13 | ↑ | | | 33 | - | | |
| 14 | - | | | 34 | - | | |
| 15 | - | | | 35 | - | | |
| 16 | - | | | 36 | | | |
| 17 | ↑ | | | 37 | | | |
| 18 | - | | | 38 | | | |
| 19 | ↓ | | | 39 | | | |
| 20 | ↓ | | | 40 | | | |

Colour: Black **Setters:** Percy and Brian **Range:** Font 5 - 6a
Starts: Opposite Fingerboards
Common Rules: All arêtes, volumes etc. Are in, unless stated in the rules

| No | Diff | ☺ | Rules | No | Diff | ☺ | Rules |
|----|------|---|------------------------------------|----|------|---|-----------------------------|
| 1 | ↓ | | | 21 | ↓ | | |
| 2 | - | | | 22 | - | | |
| 3 | - | | | 23 | ↓ | | |
| 4 | ↑ | | | 24 | ↑ | | |
| 5 | - | | | 25 | - | | |
| 6 | ↑ | | | 26 | - | | |
| 7 | - | | | 27 | - | | Finish on the skip |
| 8 | - | | Sit start | 28 | ↓ | | |
| 9 | ↑ | | | 29 | - | | |
| 10 | - | | | 30 | - | | |
| 11 | ↑ | | | 31 | - | | |
| 12 | - | | | 32 | ↓ | | |
| 13 | ↓ | | | 33 | - | | |
| 14 | ↓ | | | 34 | - | | |
| 15 | - | | Finish in pocket, not top of wall! | 35 | ↓ | | |
| 16 | - | | | 36 | - | | |
| 17 | - | | | 37 | - | | |
| 18 | ↓ | | | 38 | ↑ | | |
| 19 | - | | | 39 | - | | |
| 20 | - | | | 40 | - | | |
| | | | | 41 | ↑ | | Beta video on the web site! |

Colour: Red **Setters:** Percy and Leah **Range:..Font 6c to 7b**
Starts: Left hand side of Clinic Wall
Common Rules: All arêtes, volumes etc. Are in, unless stated in the rules

| No | Diff | ☺ | Rules | No | Diff | ☺ | Rules |
|----|------|---|---------------|----|------|---|--------------------------------------|
| 1 | ↓ | | | 21 | ↑ | | |
| 2 | - | | | 22 | ↓ | | |
| 3 | ↓ | | | 23 | - | | |
| 4 | - | | | 24 | ↓ | | |
| 5 | ↓ | | | 25 | ↓ | | |
| 6 | ↑ | | | 26 | ↓ | | |
| 7 | - | | | 27 | - | | Jump start, finish on top of diamond |
| 8 | ↓ | | | 28 | ↑ | | |
| 9 | - | | | 29 | - | | Reds on side wall are not in |
| 10 | ↑ | | | 30 | - | | Start in ball and go right |
| 11 | ↓ | | | 31 | - | | Start in ball and go left |
| 12 | ↓ | | | 32 | ↑ | | |
| 13 | - | | | 33 | ↑ | | |
| 14 | - | | | 34 | - | | |
| 15 | - | | No Volumes | 35 | ↓ | | |
| 16 | ↑ | | | 36 | ↓ | | |
| 17 | - | | No Left Arete | 37 | ↓ | | |
| 18 | - | | | 38 | ↓ | | |
| 19 | ↓ | | | 39 | - | | |
| 20 | ↓ | | | 40 | - | | |