

Styles of Rock Climbing

Have you seen people rock climbing and want to know what they are doing?

We are going to explain the difference between the 3 most popular styles of climbing in the UK; Bouldering, Sport Climbing and Traditional Climbing.



- **There are lots of different styles of climbing but the most popular ones in the UK are Bouldering, Sport and Trad.**
- **Bouldering is when you climb on shorter rocks or artificial walls with a crash pad bellow you. There are no ropes in Bouldering.**
- **Sport climbing is when you climb higher rock faces with pre placed bolts drilled into the rock or artificial walls that you clip your rope into as you climb.**
- **Traditional Climbing is also known as Trad. Trad climbing is when you climb a rock face that has no bolts and you have to place your own protection to clip to as you climb.**