

Hornby Laithe ~ Stainforth ~ Settle ~ North Yorkshire ~ BD24 9PB ~ 01729 824455

You can book and pay online for these sessions. If you prefer you can email or phone us with the trip you require and pay by cheque or card over the telephone when details have been confirmed.

CAVING TRIPS

ADULT GROUPS

ADVANCED CAVING TRIPS. (Instructor ratio: maximum 1:4)

Using Vertical caving techniques (SRT)

Approximately 7 hours.

The use of Single Rope Techniques (SRT) is the best general method for shaft/pitch exploration allowing the descending and ascending of a single fixed rope. (Abseiling & Prusiking).

Typical Day

The Barn Stainforth

9.30am or by arrangement

Change into caving kit, Caving under/oversuits, harnesses, helmets, lamps, belts, wellies, and safety gear.

Before heading out to the caving venue you will practice abseiling & prusiking in the barn and safe use of the cowstails at pitch heads. This will give you more confidence underground. After lunch you will put into practice what you have learned underground

All you need to bring with you is a towel and two pair of long thick socks and a change of underwear. At certain times of the year thermal top, hat, gloves and a scarf are also advisable. Also any personal medication required and a packed lunch.

What we need from you:-

Any medical condition / medication you require

Names of participants and their shoe sizes UK..... Euro..... Height:- Feet..... Metric.....

Build:- Small. Medium. Large. X – Large. XX / Large.

Dates by arrangement. Price is for the group not per individual. All prices inclusive of vat.



VAT No: 856 3133 25

Registered to provide activities under the following headings:
Caving, Hill Walking & Mountaineering, Gorge Scrambling.
Abseiling & Rock Climbing.
Registration number L8365/R0337