

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

**INTERMEDIATE CAVING TRIPS:** (instructor ratio: Maximum 1:6)

**Approximately 4 to 5 hours.**

Using ladder and safety line techniques allows you to explore deeper into cave systems

#### Typical Day

The Barn Stainforth

9.30am or by arrangement

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

Before heading out to the caving venue you will practice climbing a caving ladder in the barn, free hanging and against a wall and safe use of the cowstails at pitch heads. This will give you more confidence 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

#### What we need from you:-

Any medical condition / medication you require

Names of participants and their sizes

Shoe size:- 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