

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 & FAMILY GROUPS

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

**Half Day or Evening Trips Approximately 3 hours.**

Ideal for those with limited or no previous experience of caving, involving waterfall climbs, large stream ways, small hand line climbs and optional crawling sections.

#### Typical Trip

Meet at The Barn, Stainforth or at the venue

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

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 a 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 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