

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

www.yorkshiredalesguides.co.uk

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

HOLIDAY EVENING CAVING TRIPS

These Caving Trips start at 5.00 pm and finish at approximately 8.00 pm

We will meet you at the parking place nearest the cave and directions will be given on booking.

Everyone will change into the caving kit at the road head and walk a short distance to the cave before going underground.

What we supply.

Caving oversuits, helmets, lamps, belts, wellies, and all safety gear.

What to Wear:

Each person should wear warm clothing i.e. trousers (NOT JEANS) Socks x2 pair, underwear, two layers of upper-body wear (e.g. sweatshirt/pullover/fleece/fibre pile etc), at least one of which should have full length arms. At certain times of the year hat, gloves and a scarf are also advisable.

What to bring:

A complete change of clothes and a towel - you will get WET

A bin liner for your wet clothes

What we will need from you:-

A contact number for when you are in the area.

The name(s) of participants alongside their feet size, approximate height and build (S, M, L, XL, XXL etc.)

Tell the instructor of any medical conditions and/or medication you will need to carry.

A consent letter or form* for any under 18s not accompanied by a parent/responsible adult.

Cost £20.00. Price is per individual. All prices inclusive of vat. Minimum age 8 years old.

*Forms can be provided if requested.



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

DATES

03HC	Introductory Caving Session	Tuesday 1st June 2010	5.00 pm
04HC	Introductory Caving Session	Tuesday 27th July 2010	5.00 pm
05HC	Introductory Caving Session	Tuesday 3rd August 2010	5.00 pm
06HC	Introductory Caving Session	Tuesday 10th August 2010	5.00 pm
07HC	Introductory Caving Session	Tuesday 17th August 2010	5.00 pm
08HC	Introductory Caving Session	Tuesday 24th August 2010	5.00 pm
09HC	Introductory Caving Session	Tuesday 31st August 2010	5.00 pm



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