

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

*Dates for all these courses can be found at the end of this page. You can book and pay online. If you prefer you can email or phone us with the course you require and pay by cheque or card over the telephone. New dates will be added so watch the website for news. If you have a group of 3 or more people wishing to do any of our courses we can arrange a date specifically for you.*

## **INTRODUCTION TO CAVING COURSE:** (instructor ratio: Maximum 1:6)

**This day is suitable for people with little or no experience of caving.**

Meet at The Barn Stainforth 9.30 am

The first part of the day will take place in the Barn where 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. You will also learn how to abseil all in a safe indoor environment. This will give you more confidence underground.

You will then go on an extended trip underground.

We provide - 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 thermal top, hat, gloves and a scarf are also advisable. Also any personal medication required and a packed lunch.

### **DATES of DAYS** **NEW LOWER PRICE**

	Introduction to Caving Day for up to 4 people.	Date by arrangement	£220.00
08CIN	Introduction to Caving Day	Saturday 21 <sup>st</sup> January 2012	£60.00
09CIN	Introduction to Caving Day	Saturday 10 <sup>th</sup> March 2012	£60.00
10CIN	Introduction to Caving Day	Saturday 14 <sup>th</sup> April 2012	£60.00
12CIN	Introduction to Caving Day	Sunday 17 <sup>th</sup> June 2012	£60.00

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 L9821/R0337