

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 VERTICAL CAVING (SRT) COURSE:

(Instructor ratio: Maximum 1:4)

This indoor course is for people with little or no experience of using SRT (Single Rope Technique).

Approximately 7 hours. Meet at The Barn Stainforth at 9.30am

All kit provided. This is a very practical Day. Bring a packed lunch with you

These courses will be run by CIC qualified cavers who are active members of the local cave rescue team and with many years experience.

- Familiarisation with the kit
- Learning Good Habits
- Basic Techniques using the low and high platforms, traversing bar and rigging bar
- Abseiling ~ Prusiking
- Rebelays ~ Change Over's ~ Deviations
- Basic rigging techniques
- Traversing

DATES of DAYS

	Introduction to Vertical Caving for up to 4 people.	Date by arrangement	£220.00
11VC	Introduction to Vertical Caving Day	Saturday 10 th December 2011	£73.00
12VC	Introduction to Vertical Caving Day	Sunday 22 nd January 2012	£73.00
13VC	Introduction to Vertical Caving Day	Sunday 11 th March 2012	£73.00
14VC	Introduction to Vertical Caving Day	Sunday 15 th April 2012	£73.00
15VC	Introduction to Vertical Caving Day	Sunday 17 th June 2012	£73.00

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 L8365/R0337