

Barrel Sykes ~ Langcliffe ~ Settle ~ North Yorkshire ~ BD24 9LP ~ 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 COURSE: (instructor ratio: Maximum 1:4)

Typical Day

Meet at The Barn Stainforth

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.

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

DATES of DAYS

	Introduction to Vertical Caving for up to 4 people.	Date by arrangement	£210.00
01VC	Introduction to Vertical Caving Day	Saturday 10 th April 2010	£70.00
02VC	Introduction to Vertical Caving Day	Saturday 8 th May 2010	£70.00

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