

Gritstone Adventure Activities

Tailor Made Activity Packages for young people:

Thank you for taking the time to look at this information about the multi activity packages we offer for young people and youth organisations; we are a Peak District based outdoor activity provider and holder of the HSE's AALA Licence (Adventurous Activities Licensing Authority).

We provide education led, exciting outdoor activities suitable for all abilities. Our focus is upon broadening the horizons of children and young people and have an emphasis on confidence building through adventurous activities, which we have a proven track record in. Our instructors are all from an educational background, I'm a former teacher myself, and know how to get the best from young people. Our instructors are not only expert in the activities they deliver, but are friendly, calm, approachable and love their jobs in the outdoors. We believe in challenge at the appropriate level and participants will be encouraged to push themselves, but we would never force anyone to do anything they weren't capable of doing; "challenge by choice." We don't take short cuts and all of our activities are very well staffed and very well equipped meaning that each activity will be just that - active. Activities are designed so that all participants are engaged and busy.

We are a local company with intimate knowledge of the crags, caves and moors and love nothing more than to inspire new generations in our beautiful landscape.

Why chose us:

- ✓ Well staffed activities
- ✓ Well equipped activities
- ✓ Safe Activities
- ✓ Appropriate level of challenge
- ✓ AALA License holders
- ✓ Educational bias
- ✓ Excellent instructors
- ✓ Intimate knowledge of the Peak District
- ✓ Tailor made packages
- ✓ Attentive customer service

Please see page 2 for a more detailed description of our activities...

We Offer:

Caving

Rock Climbing

Bridge

Abseiling

Weaselling

Gorge

Scrambling

Walking

*Team /
confidence
building*



Our Activities:

Rock Climbing

The Peak District is the best place to take beginners and youngsters climbing for many reasons; local crags offer high quality climbing at every level of difficulty, so there is a climbing route that everyone can do while still offering a great level of challenge. Crags are easily accessible meaning that valuable time is not taken up to get from the transport to the climbing. Climbing venues are set in beautiful, high locations with inspiring views, we feel these views are a vital tool in allowing young people to see that there is a wider world around them. Many activity providers will have most participants simply standing around while they have one participant climbing - we won't do this as we will have as many people climbing as is safe with other participants belaying. If there are participants unengaged, they will practice climbing on boulders. Climbing is perfect for confidence building allowing youngsters to gain along lasting sense of achievement, regardless of their starting point.



Caving



The caves of the Peak District some of the best in the UK and are perfect for youngsters as they offer great opportunities for "challenge by choice." Caves that we take participants into begin very easy, just walking through large passages, but they offer the opportunity to travel though tighter more challenging passage if needed. Our caves are full of small challenges such as short squeezes, obstacles and climbs. Again this is great to for confidence building. Caving is also a fantastic team effort as the whole group embark on this journey together and will need to

communicate and support each other through to gain success. Our instructors are vastly knowledgeable about the cave environment, their geology an history - so our cave trips have a strong educational value.

Bridge Abseiling

Our bridge abseiling takes place at a safety checked disused railway viaduct. We hold a licence from The Peak District National Park Authority to run activities from it. This 100ft abseil is a fantastic mental challenge which is perfect for confidence building. This is ideal for participants who might struggle with more physical activities such as climbing or walking. Participants go away from this buzzing from excitement, it's an activity that they will remember for the rest of their lives.



Gorge Scrambling:



This activity involves walking and scrambling up a moorland stream - a very unique and fun experience. On their way to the top, participants will encounter small waterfalls that they will need to climb, negotiate obstacles such as rocks and trees, slide down a small natural flume, jump into plunge pools and the activity culminates with a five metre waterfall climb which participants will be attached to a safety rope for. Participants will be wearing wetsuits to keep them warm so they can focus on enjoying the activity. This activity is very popular in is a lot of fun, participants will need to use teamwork and practice communication skills to achieve success. As with all our activities, no one will be forced to do anything they are not happy with, there is a footpath alongside the whole route, so participants can simply get out if they don't feel comfortable with it. This activity is subject to water levels.

Weaselling

Weaselling is another unique activity that can only be done in certain parts of the UK where rock formations permit. Weaselling is a little like caving but not underground! It involves scrambling over rocks, through gaps in rock formations and miniature caves that have formed where rocks have fallen against each other. This activity is always enjoyed and is very good for team building, trust development and communication skills. Team challenges can easily be incorporated into the activity and the activity takes place on a picturesque hill top overlooking the Hope Valley.



Walking

There's no better way to demonstrate that there is a wider world outside of a youngster's own community than to take them where there are endless views and stunning scenery. We are blessed with miles of very walkable paths here in the Peaks, all surrounded by pristine national park. The Peaks are full of historical and geological interest from Bronze age villages to ancient mining relics - our instructors are all highly knowledgeable local Mountain Leaders who can turn a half day walk into a mini mountain adventure: no electronic distractions and nothing to do but get to know each other and themselves.

Team development

We offer a range of team development activities to be done on sight. These activities are designed to bring youngsters out of their shells and encourage communication and team work. They are also designed to be fun and our instructors deliver these activities in a very inclusive and cheerful manner. Team development works well as evening activities.

Logistics

Accommodation

Gritstone Adventure Activities do not own accommodation but can hire it based on the needs of customers. Accommodation will be basic, functional and clean. Accommodation will be in the heart of the Peak District, close to all of our activities and close to key roads though the Peak District. Any accommodation hired will be suitable for children and young people with separated sleeping areas for male, female participants and staff.

Examples of accommodation we use

Thorpe Farm (Hope Valley, Derbyshire S32 1BU) <https://sites.google.com/site/thorpefarmbunkhouses/home>

Pindale Farm (Pindale Rd, Hope, Hope Valley S33 6RN) <http://www.pindalefarm.co.uk/>

Transport

We can hire mini busses up to 9 seats (8 passengers) at the request of customers.

Safety

We hold a current AALA license. This strict HSE regulated licence ensures that Gritstone Adventure Activities run safe activities and that participants are very well safeguarded. We adhere to strict procedures that ensure our instructors are qualified for each individual activity through National Governing Body qualifications. Our instructors hold their own specialist insurance and we as a company hold specialist outdoor activity insurance (public, professional and indemnity). Staff to participant ratios are high. All safety equipment is of a high standard of serviceability and is regularly checked and replaced. Detailed risk assessments have been made by industry professionals for each individual activity and activity venue, these are available on request.

We offer the highest standard of activities in the Peak District and take a flexible approach to delivers - we can devise any program to suit the need of your children and young people. Please email al@gritstoneadventures.co.uk or call 07812713153. www.gritstoneadventures.co.uk

Please take a look at our excellent reviews on Trip Advisor:



https://www.tripadvisor.co.uk/Attraction_Review-g186354-d8682176-Reviews-Gritstone_Adventure_Activities-Peak_District_National_Park_England.html

Example Activity Package Timetable:

Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Morning	Morning	Morning	Morning
	Weaselling	Abseiling from a disused rail bridge	Day Walk	Leave
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Arrive at accommodation.	Rock Climbing	Caving	Day Walk	
Evening	Evening	Evening	Evening	Evening
Nightline	Extraction	Roller ball	Minefield	

The timetable above is an example of what we are able to deliver. We pride ourselves in flexibility and are able to tailor any activity package based on your needs. To discuss and create your own activity package, please call 07812713153 or email al@gritstoneadventures.co.uk. www.gritstoneadventures.co.uk.