



# Tailor Made Caving

## A Trip to Suit You

*Our most popular caving trip. We go on a trip based upon your preferences, your fitness and what you are up for.*

These trips are the way to go as our expert instructors dynamically judge your capacity for caving and get to know what you'd like from the trip. Very often people are nervous about caving and opt for a horizontal trip. However, if you are unwilling to get onto a rope you may not get to the more interesting parts of the cave. So our instructors take equipment for vertical caving and, if you find you are up for it once in the cave, we can get out the ropes and descend. Our instructors are extremely supportive, and we can often gently encourage people to push their limits and go further than they thought. Doing more than you think you were capable of is really where the satisfaction lies. Flexibility is key to a great trip. Get in touch to discuss things further. [al@gritstoenadventures.co.uk](mailto:al@gritstoenadventures.co.uk)

### **Location:**

Your caving will take place in Either the Castleton S33 8WN or Stoney Middleton (S32 3XH) areas of the Peak District based upon your booking preferences.

### **Equipment:**

All equipment is included in the price. This includes, helmets, lights, cave suits, wellies, gloves, knee pads, harnesses and a whole range of technical and safety equipment.

### **What to bring:**

For caving you need to wear clothes that you don't mind getting wet and potentially very dirty. Don't wear Jeans. Don't wear anything that you don't want to get destroyed. Tracksuits / with hoodies and sweaters are best. Bring a snack and a drink. Energy bars or flapjacks are best as sandwiches or pastries will get wet and squashed.



## What to expect from our instructors

Above all, our instructors are lifelong enthusiasts of their chosen discipline. Regardless of how focused you are about learning and improving, outdoor activities are ultimately about having fun and de-stressing from life. Our instructors are well aware of this and will deliver your sessions in a fun, engaging and relaxed way. Our instructors are the best in the business and are selected not only for their vast experience, but also for their calm, approachable manner and ability to relate well to people. You will not be shouted at, bossed around or made to feel small – you will be supported and encouraged all the way.

## Transport:

We cannot offer transport and you will need to use your own transport. Unfortunately public transport in the Peak District National Park on all but the biggest few roads is almost non-existent, so you will need a car to get around.

## Environmental

- Try to car share
- Don't drop litter
- Never make fires
- Close gates
- Keep dogs on leads at all times

All of our used and out of date equipment is given to a craft company who make the equipment into clothing, bag and accessories here <https://madebyscavenger.com/>

For more information please email [al@gritstoneadventures.co.uk](mailto:al@gritstoneadventures.co.uk)

