



Group Caving

All abilities, ages, shapes and sizes

We cater for all types of groups from family groups, youth groups and groups of friends right up to large events, Stag and Hen and anything else.

We can devise a caving trip to suit your group's needs based on your requirements. If some of your group are nervous and some are bold, we can have groups enter a cave together but do different challenges once inside. We can have some groups on ropes, some not and we can just take it as it comes, having a lot of fun on the way.

We have over 10 years of taking new cavers caving and we can deliver a trip which will leave everyone in the group, satisfied and exhilarated. All equipment is included and we'll make sure no one is excluded from the fun and from the adventure.

We use a range of caves around the Peak District which will suit any type of group.

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 focussed 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

