



Horizontal Caving

Tailor Made for You

Horizontal caving means you will not be suspended from a rope but will be going into mainly level systems. These trips are better if you are not fond of heights and can be less demanding. These trips still offer a lot of exploration and adventure and can get you to some special places to explore. Difficulty and challenge levels will be up to you and the difficulty of the trip and be adjusted once the trip has begun. Horizontal trips are often shorter in the Peaks as you would get to a point where ropes become involved and if you've not booked a vertical trip you would turn back at that point. The advantage of these slightly shorter trips is that we could fit in two different caves in a day. All of the caves we would use would be a short drive apart from each other. These trips are better if there is a group of you as we can more easily keep everyone moving and active.

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

