



Vertical Caving

Tailor Made for You

These trips can be more adventurous but at the same time more committing. By this we mean these trips are more involved, take more time and are not quick to get out of if you find the trip is too adventurous for you. Longer trips can also be more physically demanding, but perhaps this is what you are looking for? You won't need any technical skills for a vertical trip but you should be prepared to abseil and climb ladders while on a safety rope. These trips are also a more expensive due to the extra equipment needed and higher level of qualified instructor. It's probably not worth booking a vertical caving day for a half day as vertical caving is more time consuming.

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All of our used and out of date equipment is given to a craft company who make the equipment into clothing, bag and accessories here 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**](mailto:al@gritstoneadventures.co.uk)

