

## **CLIMBING & ABSEILING**

Half Day (approx. 4 hours) £175.00 This is an outdoor session. If the weather is not suitable for climbing outdoors the group can have a 3 hour session on the indoor wall at Ingleton subject to availability. This price will include entry to the wall for 6 people.

Full Day (approx. 6 hours) £ 220.00 This is an outdoor session. If the weather is not suitable for climbing outdoors the group can have their session on the indoor wall at Ingleton subject to availability . This price will include entry to the wall for 6 people.

Apart from food and drink you will need to bring clothes you can move freely in (track suit bottoms/stretch runners), old trainers and/or boots and plenty of layers for your top. The temperature can change especially as some times you will be really active and then at others you maybe sitting on the top of the crag top roping someone. Waterproofs (Just in case) and any other kit as appropriate for the weather, even suntan cream hopefully. The safety kit will be provided by us.

The instructor will meet you and lead your group to the crag for the climbing. You will watch and assist where possible with the setting up of the climb before receiving your instruction.

Half Day (3 hour) £150.00 Indoor Climbing Session. This would be run at Inglesports Climbing Wall in Ingleton. The price does not include the wall but you will be able to get group rates. Clothing is similar to outdoors but you need to have clean trainers to keep the mats protected from dirt. The other alternative is to hire rock boots from Inglesports.

VAT No: 856 3133 25



Registered to provide activities under the following headings:  
Caving, Hill Walking & Mountaineering, Gorge Scrambling,  
Abseiling, & Rock Climbing.  
Registration number L8365/R0337