

Hornby Laithe ~ Stainforth ~ Settle ~ North Yorkshire ~ BD24 9PB ~ 01729 824455

## Activities and Costs from January 2011 including Vat

The costs are per instructor and if you wish to bring more young people we can bring in another instructor. You can mix and match half day activities to allow 2 groups to experience 2 activities in a day.

### Introductory Caving for up to 8 young people + 2 Staff places

Ideal for those with limited or no previous experience of caving, involving waterfall climbs, large stream ways, small hand line climbs and optional crawling sections.

Half Day (approx. 3 hours) £150.00

Full Day with the instructor booked for a day to take a group in the morning and a group in the afternoon £ 220.00

Evening Caving. £120.00

### What we supply.

Caving oversuits, helmets, lamps, belts, wellies, and all safety gear.

### Which means your group will need to bring the following:-

Each member of the group to provide their own warm clothing i.e. trousers (NOT JEANS) Socks x2 pair, underwear, two layers of upper-body wear (e.g. sweatshirt/pullover/fleece/fibre pile etc), at least one of which should have full length arms. At certain times of the year hat, gloves and a scarf are also advisable.

### INTERMEDIATE CAVING TRIPS: (instructor ratio: 6 young people + 1 staff)

Approximately 5 to 6 hours £ 175.00.

Using ladder and safety line techniques allows you to explore deeper into cave systems

### **Typical Day**

The Barn Stainforth

9.30am or by arrangement

Change into caving kit, Caving under/oversuits, harnesses, helmets, lamps, belts, wellies, and safety gear.

Before heading out to the caving venue the group will practice climbing a caving ladder in the barn, free hanging and against a wall and safe use of the cowstails at pitch heads. This will give them more confidence underground.



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

All the participants need to bring is a towel and two pair of long thick socks and a change of underwear. At certain times of the year thermal top, hat, gloves and a scarf are also advisable. Also any personal medication required

### **ADVANCED CAVING TECHNIQUES (SRT). (Instructor ratio: maximum 1:4 + 1 Staff)**

Approximately 5 to 6 hours £175.00

**This indoor day** is a very practical day and helps to build confidence in a safe and controlled environment before a more advanced caving trip.

The use of Single Rope Techniques (SRT) is the best general method for shaft/pitch exploration allowing the descending and ascending of a single fixed rope. (Abseiling & Prusiking).

#### **Typical Day**

The Barn Stainforth.

9.30am or by arrangement

All kit provided

This is a very practical Day

Bring a packed lunch with you

These courses will be run by CIC qualified cavers who are active members of the local cave rescue team and with many years experience.

Introduction to SRT

Familiarisation with the kit

Learning Good Habits

Basic Techniques using the low and high platforms, traversing bar and rigging bar

Abseiling

Prusiking

Change Over's

Deviations

Basic rigging techniques

Traversing

All you need to bring with you is a towel and two pair of long thick socks and underwear. At certain times of the year thermal top, hat, gloves and a scarf are also advisable. Also any personal medication required

### **Climbing & Abseiling up-to 6 Young people + 2 Staff places**

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. This price will include the young people's entry to the wall.

Full Day (approx. 6 hours) £ 220.00 An instructor booked for a day can take a group in the morning and a group in the afternoon. If the groups need to more indoors this price does not include the cost of the wall.



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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. 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.

### **Challenge Day up to 10 to 12 young people depending on activities + 2 Staff**

£220.00 Challenge Days lasts approximately five hours with a break for lunch. Please provide your own food and drink.

There are a variety of tasks you maybe completing as some will depend on the prevailing weather conditions on the day. The activities could include some problem solving tasks, the log challenge, orienteering and/or a simple caving trip.

For the colder periods we can run Challenge Days based in and around the Barn at Stainforth. There is a small Bouldering Wall, Ringing the Bell and other low level tasks. This means that we can provide all year activity days for your group as we can either run the day at the Barn or use the Barn as a wet weather alternative.

#### What we supply.

Caving Type oversuits, helmets, wellies, and all safety gear.

#### Which means your group will need to bring the following:-

Each member of the group to provide their own warm clothing i.e. trousers (NOT JEANS) Socks x2 pair, underwear, two layers of upper-body wear (e.g. sweatshirt/pullover/fleece/fibre pile etc), at least one of which should have full length arms. At certain times of the year hat, gloves and a scarf are also advisable.

**FOR ALL THE ABOVE ACTIVITIES YOU NEED TO PROVIDE US WITH THE NAME OF EACH PARTICIPANT, THEIR SHOE SIZE, APPROXIMATE HEIGHT & BUILD (S,M,L,XL,XXL)**

### **Guided Walks for up to 16 young people + accompanying Staff**

£168.00 a day (approx. 6 hours) There are a variety of walks to choose from in the Yorkshire Three Peaks area. They range from low level to tackling one of the Peaks. All the walks are designed to be of interest to all ages and abilities.

### **Map & Compass Day for up to 10 young people + accompanying staff**

£220.00 The days will be tailored to the individual groups' abilities. Learn how to navigate using a map and compass. Understanding of grid references and bearings.

### **GPS Day for up to 8 young people + accompanying staff**

£175.00 a day. The days will be tailored to the individual groups' abilities. GPS (Global Positioning System) are being used more and more in schools and recreationally. Learn how to go geocaching and follow a GPS Trail.

*Recorded Outcomes can be produced for any of these activities on request.*



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*Parental Consent Forms must be carried by the group leader and the instructor must be informed of any medical or behavioural issues that may affect a young person's or staff members ability to participate in the activity.*

*YDG can provide consent forms on request if the groups do not have their own.*



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