

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

[www.yorkshiredalesguides.co.uk](http://www.yorkshiredalesguides.co.uk)

*You can book and pay online for these sessions. If you prefer you can email or phone us with the date you require and pay by cheque or card over the telephone when details have been confirmed.*

## HOLIDAY EVENING CAVING TRIPS

**Introductory Trips** for those who have not been before or **Intermediate Trips** for those who would like to try something a bit more challenging and includes a Ladder.

Both these Caving Trips start at 5.00 pm and finish at approximately 8.00 pm

We will meet you at the parking place nearest the cave and directions will be given on booking.

Everyone will change into the caving kit at the road head and walk a short distance to the cave before going underground.

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

What to Wear: Each person should wear 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.

What to bring: A complete change of clothes and a towel - you will get WET  
A bin liner for your wet clothes

**What we will need from you:-** A contact number for when you are in the area.  
The name(s) of participants alongside their feet size, approximate height and build (S, M, L, XL, XXL etc.)

Tell the instructor of any medical conditions and/or medication you will need to carry.

A consent letter or form\* for any under 18s not accompanied by a parent/responsible adult.

**Cost £25.00. Price is per individual. All prices inclusive of vat. Minimum age 8 years old.**

\*Forms can be provided if requested.



VAT No: 856 3133 25

Registered to provide activities under the following headings:  
Caving, Hill Walking & Mountaineering, Gorge Scrambling.  
Abseiling & Rock Climbing.  
Registration number L9821/R0337

## DATES

24HC	Introductory Caving Session	Monday 9 <sup>TH</sup> April 2012	5.00 pm
25HC	Introductory Caving Session	Monday 16 <sup>th</sup> April 2012	5.00 pm
26HC	Introductory Caving Session	Monday 7 <sup>th</sup> May 2012	5.00 pm
27HC	Introductory Caving Session	Monday 4 <sup>th</sup> June 2012	5.00 pm
28HC	Introductory Caving Session	Monday 23 <sup>rd</sup> July 2012	5.00 pm
29HC	Intermediate Caving Session	Tuesday 24 <sup>th</sup> July 2012	5.00 pm
30HC	Introductory Caving Session	Monday 30 <sup>th</sup> July 2012	5.00 pm
31HC	Intermediate Caving Session	Tuesday 31 <sup>st</sup> July 2012	5.00 pm
32HC	Introductory Caving Session	Monday 6 <sup>th</sup> August 2012	5.00 pm
33HC	Intermediate Caving Session	Tuesday 7 <sup>th</sup> August 2012	5.00 pm
34HC	Introductory Caving Session	Monday 13 <sup>th</sup> August 2012	5.00 pm
35HC	Intermediate Caving Session	Tuesday 14 <sup>th</sup> August 2012	5.00 pm
36HC	Introductory Caving Session	Monday 20 <sup>th</sup> August 2012	5.00 pm
37HC	Intermediate Caving Session	Tuesday 21 <sup>st</sup> August 2012	5.00 pm
38HC	Introductory Caving Session	Monday 27 <sup>th</sup> August 2012	5.00 pm
39HC	Intermediate Caving Session	Tuesday 28 <sup>th</sup> August 2012	5.00 pm



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