



**Abseil and Tunnel explore experience**

*Information Pack*

## ACTIVITY OVERVIEW

Cathedral quarry is situated in an incredible location just next to the beautiful village of Little Langdale. In an impressive disused slate mine. It offers an amazing range of abseils from 15 meters all the way to 65 meters into some breath-taking tunnels which are open for us to explore and enjoy.



### WHERE TO MEET YOUR INSTRUCTOR?

- ✓ 3 Shires Inn pub, Little Langdale – Post code LA22 9NZ

### WHAT DO I NEED TO BRING?

- Clothing appropriate to the weather including warm layers and waterproof jacket
- Walking boots or stiff soled shoes
- Snacks and drink
- Your Medical disclaimer form for all participants

### WHAT WILL YOU SUPPLY ?

- Fully qualified and experience instructor
- Pictures throughout the day,
- A fitted harness and helmet
- All equipment for the session

### WHAT DO I MEET THE INSTRUCTOR?

- The morning session start at 10am please arrive about 5mins before
- The afternoon session starts at 13:30 please arrive 5mins before.

Adventuring and the whole team hope you have an amazing time and look forward to seeing you soon.  
If you do have any questions all please feel free to contact the office at any time.

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### Participation Statement

Adventuring recognizes that climbing, hill walking and mountaineering are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement.