



Ghyll scrambling – Church beck

Information Pack

ACTIVITY OVERVIEW

This Ghyll comes with its fair share of challenges and has a few surprises along the way including small jumps, slides and a waterfall climbing. Church beck is in the beautiful village of Coniston in the heart of the Lake right next to Coniston water. This Ghyll is 100% a wet one and that's what it's all about. The "Beck" has some incredible challenges and surprises along the way including big jumps, pool, waterfall climbing and slides that will get your heart racing with excitement.



WHERE TO MEET YOUR INSTRUCTOR?

- ✓ Old Furness Road, Coniston, LA21 8HU
- ✓ [Google maps link here](#)

WHAT TIME DO I MEET THE INSTRUCTOR?

- The morning session start at **10:00** please arrive about 10 mins before
- The afternoon session starts at **13:30** please arrive 10mins before.

WHAT WILL YOU SUPPLY?

- Fully qualified and experience instructor
- A fitted harness, wetsuit, buoyancy aid and helmet
- All equipment for the session

WHAT YOU NEED TO BRING -

All our leaders / Instructors will carry an emergency shelter, comprehensive first aid kit, phone, and navigational equipment as well as rescue equipment should we need it.

TO BRING WITH YOU

Item	NOTES	PACKED
Pair of shorts / trousers and t-shirt or jumper ***	These are to go over the top of your wetsuit this helps to protect your wetsuit and add an extra layer of warmth please remember it will get wet.	
Medication ***	Any medication that you might need – this must be declared on the medical form	
Spare socks ***	One pair to wear in the water.	
Spare Walking boots or trainers	A pair of shoes your happy to get wet in the water. They must not be water shoes, sandals or anything similar.	
Towel	To dry yourself after your adventure	
Medication and declaration form	Please either print these off and bring with you on the day or send them in advance.	

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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Tripadvisor.com/ lakedistrictadventuring



Youtube.com/ lakedistrictadventuring

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.

