



Ghyll scrambling – The Esk
Information Pack

ACTIVITY OVERVIEW

Esk Ghyll is in the South of the Lake District in the stunning Eskdale Valley. It is a very remote location reached most probably (depending on travel direction) via the Hard knot Pass. You must be a confident driver to navigate this pass as the road is steep, winding, narrow and can be busy later in the day. It is an ascent of the mighty mountain gorge known as Esk Ghyll – “The BIG One”. It is the most aquatic outing we have, with the cliff jumping considered to be its main attraction.

It not only has more jumping than any other ghyll scramble, but the jumps are the biggest the Lake District has to offer. In-between the jumping you will be scrambling your way up the gorge, swimming through its deep emerald pools and climbing up its milky-white waterfalls. After handing out the kit (list below) everyone will pack and carry all their kit to the changing/start location.

This is accessed via a 40-minute hike on relatively flat terrain. Everyone will be required to take charge of and carry their own kit to the start point and back to the cars at the end. The beautiful mountain setting, and the epic jumps will more than make up for the walk-in/out.



WHERE TO MEET YOUR INSTRUCTOR?

- ✓ Post code - **CA19 1TH**
- ✓ Google maps link – [click here](#)

WHAT TIME DO I MEET THE INSTRUCTOR?

- We only run these sessions once a day – Please meet your instructor at 9.30 am.
- There is **NO phone signal** in the area please arrive in good time we will only wait 15mins before starting the walk to the ghyll

EQUIPMENT

All our leaders / Instructors will carry an emergency shelter, comprehensive first aid kit, phone, sleeping bag, and navigational equipment.

You will just need your personal equipment as below:

Item	Notes	✓ Packed
<u>WHAT TO BRING</u>		
30 +liter ruck sack ***	To carry your wetsuit, Buoyancy aid and other equipment in that we will give you before setting off everyone needs a good size bag.	
Pair of shorts and t-shirt ***	These are to go over your wetsuit and will get wet.	
Walking boots or trainers x2 ***	One pair to wear in the ghyll and one pair that will stay dry for you to walk in to and from the ghyll	
Spare socks	One pair to get wet in and one pair that will stay dry	
Warm jacket	In case your cold walking in or out the ghyll – this will not get wet.	
Towel	To dry yourself	
Medication ***	Any medication that you might need – this must be declared on the medical form	
Snacks and drink	It's a long day so it's worth having plenty of food for the trip as well as something to drink	
Completed Medical form	Please either bring with your send in advanced the medical disclaimer form.	
*** Are essential items and must bring with you		

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.