



## **Ghyll scrambling - Sticklebarn**

*Information Pack*

## ACTIVITY OVERVIEW

Stickle barn Ghyll is located in the stunning Great Langdale valley and offers some of the most incredible views in good or bad weather. The Ghyll location means that it can be run as a wet or as dry as you like and it can be done in just about any conditions. The Ghyll comes with its fair share of challenges and has a few surprises along the way including small jumps, slides and a waterfall climbing.



### WHAT WILL YOU SUPPLY?

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

### WHERE TO MEET YOUR INSTRUCTOR?

- ✓ [National trust car park Great Langdale](#), Ambleside LA22 9JU – This is the National trust car park – if you have gone past a camp site on the left you have gone past it – we will meet you at the top of this car park.

### WHAT DO I NEED TO BRING?

- Your Medical disclaimer form for all participants
- Dry change of clothing & shoes
- Towel to dry yourself after
- Trainers - that your happy to get wet (**not swim shoes**)
- Short or trousers to put over your wetsuit

### WHAT DO I NEED TO 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.

Info@lakedistrictadventuring.co.uk

www.lakedistrictadventuring.co.uk

07502604166



Facebook.com/ lakedistrictadventuring



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.