



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.



WHAT WILL YOU SUPPLY?

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

WHERE TO MEET YOUR INSTRUCTOR?

- ✓ Old Furness road, Coniston, LA21 8HU - There is limited parking so getting there early is advised during peak months this can fill quick

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 you're happy to get wet (**not swim shoes**)
- Shorts or trousers to put over your wetsuit

WHAT TIME DO I MEET THE INSTRUCTOR?

- The morning session starts 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.