

ADVENTUER DAY ACTIVITY DESCRIPTIONS

MULTI ACTIVITY DAY

Day offsite filled with a variety of exciting outdoor activities, at the nearby Great Tower scout campsite. This includes high ropes activities, a low ropes course, rifle shooting, archery and orienteering. During the day you will move around in smaller groups and have the opportunity to spend some quality time teambuilding with others from your subcamp. This choice is for all abilities and fitness. No prior experience needed.

WALKING (LOW LEVEL)

Spend the day enjoying the mountains in Cumbria walking on tracks, fine paths or grassy ascents and descents with some cross-country walking. Will stay below 500 metres altitude but will feel remote and with good views of the surrounding countryside. Intended for those wanting a chilled day out in the hills, enjoying the slower pace of life. For all abilities. Walking boots and waterproof clothing are essential.

WALKING (HIGH LEVEL)

Spend the day hiking in the Cumbrian fells, mostly but not necessarily on mountain paths. Some steep ascents or descents, may include some ridge-walking. Will be walking at higher levels to see some of the beautiful views over the lakes and mountains. No experience necessary but moderate level of fitness and stamina is needed. Walking boots and waterproof clothing are essential.

WALKING (ADVANCED)

Spend the day hiking in the Cumbrian mountains to see some of the beautiful views over the lakes from more remote locations. Will be walking at higher levels and covering greater distances. Some rough terrain including steep ascents or descents, may include short, easy scrambling sections, occasional boulder field or scree and some ridge-walking. Must have some hillwalking experience and a good level of fitness and stamina. Walking boots and waterproof clothing are essential.

WALKING WITH SCRAMBLING

Spend the day enjoying the rugged side of Cumbria. Will be walking at higher levels to see some of the beautiful views over the lakes as well having the chance to push yourself scrambling over more tricky terrain. Must have a good head for heights and previous mountain walking experience - some

climbing experience would be beneficial. Walking boots and waterproof clothing are essential.

CAVING

Spend the day exploring the wonders of the caves in the Yorkshire dales. This will involve some crawling through tight spaces and getting wet and muddy. For young people with a reasonable fitness. All equipment including helmet, light and outer clothing is provided.

MOUNTAIN BIKING

Spend the day rushing up and down the mountains in Cumbria on mountain bikes getting your adrenaline pumping. Routes will be both high and low level rides depending on the ability of the groups. **Must be able to ride a bike.** For young people with a reasonable fitness. Helmet and bikes are both provided.

CLIMBING

Day out single pitch rock climbing on some of The Lake District's finest limestone. The crag has everything from introductory to hardcore graded climbs to suit all abilities. You'll be able to push yourself further whether you're an experienced climber or want to try it for the 1st time - For all abilities.

Requires sensible footwear and comfortable clothes, but not jeans. You will also need a spare sweater and/or fleece and a full set of waterproofs. A small rucksack, to put your gear and lunch in. All safety equipment will be provided, however feel free to bring your own rock boots and harness if you have them and want to!

VIA FERRATA AND GYLL SCRAMBLING

A half day at Honister Slate Mine climbing across the side of the old slate mine, looking down at the valley below. The 2nd half of the day will be gyll scrambling, this is climbing down a river. A perfect day for any adrenaline junky day out. - For young people with a reasonable fitness. - Requires sensible footwear.

DRY SLOPE SKIING

Full day outdoors skiing. In the English heat you can still enjoy skiing on dry slopes without any snow to be seen. Ideal for anyone that has never had the chance to go skiing but wants a taster at a sport they've tried. For young people with a reasonable fitness. - no experience required