

# Trip: Ghyll Scrambling, Lake District

October 12th - 14th, 2018

**THIS REALLY IS THE BEST TRIP WE HAVE EVER RUN!!!**



**“EPIC!”**

The last time we ran it, an 11 year old member described it as **EPIC!!**

It really is. It is a day of Ghyll Scrambling in the beautiful River Esk in the Lake District with a day on the mountains the next day - an epic weekend!

Read on.....

# Ghyll Scrambling, Lake District



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# Introduction



As you know from previous announcements we are running a Ghyll Scrambling and mountain weekend on the weekend of October 12th - 14th and it is open to anyone!

This is an amazing opportunity to do something you probably haven't done before, but it is amazeballs. Indeed, normally it is a half day adventure but for the River Esk in Eskdale, Lake District, we have booked a whole day as it is sooo special.

The next day we will be walking out of the front door of our internal accommodation to do the first part of what is one of the best scrambles and walks in the Lake District: the Fairfield Horseshoe

We will provide all major equipment and food, all you need to do is bring yourselves, a sleeping bag and some clothes. (If you have a wetsuit that will be a massive bonus!)

**This is an absolutely brilliant trip, read on!!!!**

## Activities

### Ghyll Scrambling



If you don't know what Ghyll Scrambling is:

Ghyll Scrambling (or "Canyoning") involves getting very wet. It is a full-on activity. It involves scrambling up or down the ghyll, jumping in pools, sliding down rocky slides traversing rock pools, climbing waterfalls and generally having fun in the water.

## Mountain Adventure Training

We'll go out and about from the front door of our accommodation in the heart of the Lake District and head up to the Fairfield Horseshoe: a classic Lake District walk and deserves its popularity, rewarding with fine views overlooking much of Lakeland, especially the area we will be staying in. It can be tricky and demanding but we'll just go at the pace of the slowest person, take our time and enjoy it.

## Accommodation

We are staying at Rydal Hall in their Youth Centre. Situated next to Rydal Beck, the Youth Centre is a self-contained bunk house which can sleep up to 29 people, ideal for our group. The Youth Centre is self-contained and allows us to cater for ourselves and has a cosy wood-burning stove with a complimentary bag of logs. As well as en suite facilities to two of the dormitories there are showers and toilets on the ground floor. Pillows and pillowcases are provided, but guests are asked to bring their own towels, tea towels and sleeping bags or bed linen and duvets.



## Location and Local Area

We will be staying in the heart of the Lake District at Rydal Mount, just outside the historic town of Ambleside, situated at the head of Windermere, England's largest water. The town is within the Lake District National Park.



Ambleside is a base for hiking, mountaineering and mountain biking. It has a number of hotels, guest houses, pubs and restaurants as well as shops. In particular, there are a number of shops selling equipment for walkers and climbers in the town. Ambleside is a popular starting point for the Fairfield horseshoe.

## Weather

The usual weather in October is normally quite good but it can be very wet and cool. Temperatures average with lows of 7 degrees and highs of 13 degrees, but it is the month for the highest rainfall of the year. This doesn't matter at all though as we will be wrapped up and getting wet anyway.

All you need to do to ignore the weather and have a great time is make sure you bring the right clothing and kit as shown in the kit list on the last page of this document.

## Transport

We will be using cars to transport everyone with kit to the Lake District – all you have to do is turn up to Bickers on the Friday night and get in. We'll get you there and back.

# Activities & Schedule



The program for the trip is as follows:

Date	Activity / Event
Friday October 12th	<ul style="list-style-type: none"><li>• Meet at Bickers at 5.30pm PROMPTLY for a quick getaway.</li><li>• Travel to Lake District – snacks for the journey there will be required - we will stop for potty breaks</li><li>• A late dinner</li><li>• Bed</li></ul>
Saturday October 13th	<ul style="list-style-type: none"><li>• Up, breakfast</li><li>• Pack up your kit and get ready for the day</li><li>• Into cars to the River Esk</li><li>• Full day of getting to the Ghyll Scramble, Ghyll Scrambling (EPIC!!) and returning home</li></ul>
Sunday October 14 <sup>th</sup>	<ul style="list-style-type: none"><li>• Up, breakfast</li><li>• Pack up your kit and get it into the cars ready for the journey home</li><li>• out the front door and up to the Fairfield Horseshoe for the morning and early afternoon</li><li>• Back in cars to drive home</li><li>• Return home to Bickers for 5.30pm - ish.</li></ul>

## Equipment

Apart from your own personal kit that is listed on the kit list, if you have a wet suit, bring it! Otherwise, all the technical kit is provided.

## Leaders

The leaders on this trip are as follows:

### Leader A little about them, in case you didn't already know

#### Simon Thomas

**Likes:** Aston Villa, Curry, Muse concerts, offshore yachting & Water Skiing.

**Dislikes:** Fishing, Darts, Snooker Birmingham City, Bear Grylls, Westlife, queues, Halifax bank adverts

**Age:** about 12

Simon has been planning and running trips for youth groups for over 20 years. Simon has many years in the mountains, especially the Lake District, and gained his Mountain Leader award in November 2017. Simon has run this trip before, many years ago, and also ran the more recent smaller brother of this at Stoney Croft Ghyll in the Lake District 2 years ago.

**Interesting Fact:** Simon can actually levitate and is fighting global warming by using his own built in bio-digester to provide plentiful amounts of renewable natural gas.



## Richard Ackroyd

**Likes:** Aston Villa of course, pulling teeth and sunshine

**Dislikes:** Birmingham City, Jerry Allen, being 2nd

**Age:** 24

Richard is a former member of CAG and a fully fledged leader with a huge interest in following Simon around the hills and on the water. Richard is a keen mountaineer and loves getting out and about doing most things. Richard is also CAG's second best skier, after Simon. Richard has never been in the River Esk, but has walked past it many times on his way to Sca Fell and Sca Fell Pike.

**Interesting Fact:** Richard is a fully qualified blancmange chef but dissolves on contact with cream.

## Lindsey Underwood

**Likes:** A good giggle, maps, skiing, pate and penguins

**Dislikes:** Tin cans without ring pulls, old boilers, pink flowery wallpaper and those knitted covers you can get to cover toilet rolls

**Age:** 21

Lindsay is fast turning in to CAG's very own Beares Grylls, although not quite as annoying and full of.... She is CAG's best female skier (second worst too, it's a small club) and has recently danced the whole of Swan Lake on the summit of Ben Nevis (Pony track approach) wearing only a tutu, ballet shoes and crampons. She recently returned from her trip to South Africa to wrestle Lions and Wildebeest all with a glass of local wine in hand spilling none!

**Interesting Fact:** She likes penguins so much, Lindsay is planning her next holiday to the Antarctic in the southern winter!

## Ruth Billingham

**Likes:** Gin, curry and Celebrity Love Island

**Dislikes:** Everything not gin, mussels, cheap tonic and Caterpillars (the machines)

**Age:** 74

Ruth grows her own vegetables and previously won a gold medal for growing the biggest cabbage in the history of the world - which then went mouldy and, never one to give in to disaster, created the Worlds Biggest Growth Awards and gave herself the Gold medal: congratulations Ruth.

**Interesting Fact:** Ruth is actually a former World of Sport wrestling champion but likes to keep it quiet - who knew??? It's all about the costume apparently.

## Jamie Walker

**Likes:** Boyzone, Marching, Ironing and Aston Villa

**Dislikes:** The Navy, RAF and part timers

**Age:** guess!!

Jamie is the newest, most timid, member of the CAG leadership team so please be nice to him. He comes with limited experience of outdoor affairs, most of which is wrong and will need to be retrained from scratch. This is Jamie's first CAG trip, nothing like getting in at the deep end - of a waterfall.

**Interesting Fact:** Jamie has previously applied to be on Love Island, X Factor, Bruce's Play your Cards Right, Fifteen To One, Homes Under the Hammer and the Ten O'Clock News!

# Home Contact Details

During to be confirmed.

# Trip Cost

The trip is £145. We appreciate this is a big cost, it's about four good car washes, so easily attainable if you get out and wash!

If this is a barrier to participation please let us know. We want as many people as possible to take part so if you have a question about affordability, please let us know, **we can help**.

# Payment Instalments



In order to spread the cost we will operate the following payment plan:

1. Initial payment with application AS SOON AS POSSIBLE and by August 21st: £50
2. Second payment to be received by September 9th: £50
3. Final payment to be received by October 1st: £45

Please set up these payments on your bank account using the schedule for payment feature which will allow you to set the date which these payments are sent without you having to remember to do it. All payments are to be sent online (no cash or cheques please) to:

- Sort code: 402622
- Account: 41271806
- **Payment reference: PLEASE** use the payment references shown on the check list on page 10

If you wish to pay in one instalment in advance, please do so, we won't stop you - **use payment reference " 'Last Name' Ghyll"**.

## Application To Take Part

To apply to go on the trip please return your forms ("Intention to Participate" & "Permission & Health Form" - together!!) to:

**Simon Thomas**  
**75 St Johns Close**  
**Knowle**  
**Solihull**  
**West Midlands**  
**B93 0NN**

Please return your form to the address **AS SOON AS POSSIBLE** and certainly by August 21st!! If you want to bring your forms to a meeting night please do so.

If you can't return your forms by that time please email [simon@challengeadventure.org](mailto:simon@challengeadventure.org) to notify him of your intention to take part.

## Acceptance on the trip

Places are limited on this trip - past trips have oversubscribed the amount of places we have in a very short time. If you want a place do not delay!

We will award places on the trip when the initial deposit payment (or full payment if you wish) and BOTH required forms have ALL been submitted and received - places will not be awarded to an application until all of these are returned to us - **to ensure you get a place on this limited places trip please return your forms and payment without delay.**

In the event of oversubscription we will hold a reserve list in the order in which payments and forms are received which will be returned if a place doesn't become available.

# Intention to Participate



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## Member Name:

### Parents:

I understand the trip will run from the dates of October 12th - 14th. I understand the cost of the trip will be £145 and have paid either the first instalment of £50 or whole trip cost of £145 online:

I have paid first instalment of £50 online

I have paid whole trip cost of £145 online

I understand subsequent payment deadlines are:

- September 9th: £50
- October 1st: £45

I understand the deadline for application and payment of any fees will be Tuesday August 21st 2018. If I don't complete the payment and submission of forms and subsequent payments by the dates as shown I understand my son's place may be offered to another CAG member.

I understand that acceptance on the trip will only be when both trip forms ("Intention to Participate" & "Permission & Health Form") and payment have been received by the organiser.

I understand I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

### Wetsuit for Ghyll Scrambling:

Please choose **one** of the following

I have a full length wetsuit (not shorty) and will bring it with me, **or:**

I need to rent a wetsuit for above named member whose height in centimetres is: \_\_\_\_\_

### Signed:

### Date:



# Permission and Health Form



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## Members Name:

To be signed by a parent / guardian. Please complete legibly in black ink.

The trip will take place at: Rydal Hall, Ambleside, Cumbria, LA22 9LX on October 12th - 14th, 2018.

We are leaving from Bickenhill on October 12th at 5.30pm and will return at 5.30pm on October 14th. The cost of the trip is **£145**.

<p>I give permission for above named member (date of birth: __/__/__) to attend the CAG Ghyll Scrambling trip.</p> <p><b>Has the member been in contact with any infectious diseases within the last three weeks:</b></p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>_____</p> <p><b>Date of last tetanus immunisation:</b></p> <p>_____</p> <p><b>Medicines currently being taken:</b></p> <p>_____</p> <p><b>Does the member have any allergies to food, medicines or other? Please provide details.</b></p> <p>_____</p> <p><b>Does the member have any special dietary needs? Please provide details.</b></p> <p>_____</p> <p><b>Does the member have any special needs? Please continue overleaf if necessary.</b></p> <p>_____</p> <p><b>Any other information:</b></p> <p>_____</p>	<p><b>Does the member have any conditions that may prevent him / her from taking part in the programmed activities?</b></p> <p><input type="checkbox"/> Yes      <input type="checkbox"/> No</p> <p>_____</p> <p>If so, please provide details below. Please continue overleaf if necessary.</p> <p>_____</p> <p><b>Name and address of own doctor:</b></p> <p>_____</p> <p><b>Emergency Contact Details:</b></p> <p><b>During the term I can be contacted in an emergency at:</b></p> <p><b>Address:</b></p> <p>_____</p> <p><b>Tel / Mobile Numbers:</b></p> <p>_____</p> <p><b>Email:</b></p> <p>_____</p> <p><b>Other emergency contacts:</b></p> <p>_____</p>
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I understand that the Leader reserves the right to send any participants home if necessary and that I may be requested to pick up my child from any location on the trip. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

**Signed:**

**Date:**

# Kit List



## Ghyll Scrambling, Lake District- October 12th - 14th, 2018

**For the Ghyll Scrambling:** you will wear a wetsuit with some shorts and a fleece and full (old) waterproofs on top - this will keep you warm even in a cold wind. If you have a full length wetsuit please bring it, if you don't please let us know so we can rent one for you, we need your height for this.

**For the mountain day:** you will need plenty of thin polyester layers, waterproofs and walking boots.

You will need a set of clothes to travel to and from the Lakes in.

**PLEASE NOTE:** Stores that sell "Fleece" clothing sometimes use the name but are selling an item that is mainly cotton, such as joggers, sweat pants, sweat shirts etc. Real fleece has **no** cotton in it. Where we list Fleece items below we refer to 100% polyester products - please check your items **do not contain cotton** as they will pick up moisture very quickly and won't dry in the conditions we will be in. (If they say Superdry or Hollister on them best to leave them at home).

The following list is a minimum that you must bring.

### For the Ghyll Scrambling

- A full length wet suit if you have one - otherwise please tell us your height so we can rent one for you
- Swim shorts
- Over shorts
- Fleece Sweater
- Old waterproof jacket and trousers
- Old trainers or closed toe watershoes
- Travel towel if you have one, otherwise normal towel

### For the Mountain Day:

- Walking boots
- Walking trousers - no cotton: sweats, jean, joggers etc.
- Base layer & wicking shirts
- Fleece sweaters x 2
- Woolie hat
- Gloves
- Walking socks

### Other required items:

- Underwear x 2
- Socks x 2
- T shirts x 2 (non cotton if poss)
- Shorts / trousers - can travel in them
- Warm Jacket
- Spare plastic bags for dirty / wet clothes
- Towel
- Washkit - if will it be used? Don't bother if it won't
- Sleeping bag

### Optional

- Camera
- Playing cards etc

### Do NOT bring:

- A knife of any kind – you won't need it and we'll take it off you!
- PSP / Game Boy, etc this will get in the way of what we are doing.

**Phones:** Phones are a great tool for communicating but also a barrier to participation in the group activity. We will allow participants time with their phones to make phone calls etc. each evening and during the journey to and from the Lake District but the remainder of the time we will remove them to allow everyone to take part and enjoy the activities. CAG won't be responsible for any losses / damage to phones of any kind so please leave them at home if you don't want to risk them at all.

**Spending money:** There will be opportunities to spend money, both on the trips there and back and also on Saturday evening. There are the usual gift shops in Ambleside full of mostly nonsense but also a bit of reasonable stuff, if you want some nonsense in your life bring as much money as you want. We will look after it for you if you wish, but we can't be responsible for any losses.

**Naming Items:** Please make sure all of your items are suitably marked or named so that you can reclaim them at the end of the trip - we **always** have items of clothing left over.

# Checklist



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Please pin this checklist to somewhere extremely noticeable to help you.

ITEM	DUE BY	Done (tick)
<b>1</b> Make deposit payment: £50 using reference “ ‘Last Name’ Ghyll1” - pay now.	August 21st	<input type="checkbox"/>
<b>2</b> Complete and return “Intention to Participate” form	August 21st	<input type="checkbox"/>
<b>3</b> Complete and return “Permission and Health” form	August 21st	<input type="checkbox"/>
<b>4</b> Make payment 2: £50 using reference “ ‘Last Name’ Ghyll2” - set up as a scheduled payment to avoid forgetting	September 9th	<input type="checkbox"/>
<b>5</b> Make final payment: £45 using reference “ ‘Last Name’ Ghyll3” - set up as a scheduled payment to avoid forgetting	October 1st	<input type="checkbox"/>
<b>6</b> Go on trip, have outrageously good time	October 12th	<input type="checkbox"/>
<b>7</b> Come back from trip with amazing memories and lots of washing!	October 14th	<input type="checkbox"/>