

# SERIOUS ADVENTURE ROCK

Tackle the Lake District's most spectacular climbs, scramble through towering gorges and leap into deep plunge pools – this is what Serious Adventure Rock is all about. At the same time you'll return home with a fantastic sense of achievement and a willingness to overcome new challenges that come your way.

This is an **example itinerary** for your programme, providing you with a **guideline** of the type of activities and level of challenge involved. Your actual programme will depend on weather conditions and your ability as a group.

**DAY 3:** Make your way to your climbing venue on foot or by canoe. Soak up the amazing scenery as you conquer new single pitch routes. You'll now begin to bond as a group and feel even more confident in social situations.

**DAY 2:** After breakfast, start the day with some energetic high challenge activities in the spectacular centre grounds of the Ullswater centre.

Venture out onto real rock and learn basic climbing techniques. You'll practise belaying – the skill needed to manage a rope for your climbing partner. This is a great opportunity to boost your communication skills.

**DAY 1:** Evening meal provided on arrival. Meet your instructor and your new team mates. Grab your kit and prepare for the week ahead. Enjoy some icebreaker activities to get to know your group.

**DAY 5-7:** Head off into the hills for a two-night expedition. You'll carry your rucksack and hike on foot deep into the mountains. You'll feel more determined and resilient than ever before.

Tackle one of the Lake District's renowned mountain scrambles, such as Striding Edge. Spend the night in a cabin or under canvas. As a final challenge, you'll multi-pitch climb at a remote mountain crag.

Return to the centre and review your experiences with your instructor.

**DAY 4:** Enjoy a day of gorge scrambling – traversing waterfalls, jumping into plunge pools and abseiling down rock faces. Without even knowing it, you'll start to build teamwork and leadership skills.

Pack up your kit and prepare for expedition!