



General Outline

These are the joining instructions for our 1:1 Overcome Fear of Heights courses. On the afternoon of the first day you will spend 2 to 3 hours with a qualified therapist (Brian) who has been working with us on these courses since their inception in 2006. On the second day you will come out to the Peak District and meet Will for some work outdoors at height. The second day aims to demonstrate the progress you have made, but also to further improve your confidence using Cognitive Behaviour Therapy.

Location and Meeting Point

Please join Brian on the first day at Glossop Labour Club, 11-13 Chapel Street, Glossop, SK13 8AT. There is limited on street parking and also a council pay and display about a minute's walk away. Normally this is 2pm, but if the time changes we will let you know.

On the second day, please meet at Surprise View Car Park to be found [here](#) on the A6187 half way between the Fox House Inn (S11 7TY) and the Millstone Inn (S32 1DA) at 09:30. Note we may move on from this location so don't pay for your parking until that decision has been made).

Food

As you please – but for day 2 you will need to bring good food for your lunch – make sure you pack sandwiches and snacks such as dried fruit and nuts (better than chocolate). 1.5 litres of fluid should be enough for drinking per person per day.

What to wear & Equipment to Bring

Work on the basis of expectation for getting wet, wind-blown, sun burned and bitten by insects, and you won't go far wrong! If you have any of your own climbing kit (shoes, harness and helmet etc) then you should bring this along. However we can provide all technical kit. You should bring:

- Waterproof jacket and trousers
- Loose clothing to climb in
- Trainers
- Insect repellent
- Sun cream
- Packed lunch
- Fluids to drink
- Camera (it's all about social media)
- Day sack

Rock shoes can be provided for you but they come in all shapes and sizes. It will probably be helpful if you bring two pairs of socks – one thick and one thin pair. Please could you also let us know the normal shoe sizes in advance.

Wet weather plan

It is bound to rain at some point in the year. If the day looks like it will be a washout – we will contact you a couple of nights before and let you know either not to come or to try to arrange dates for another day – or to arrange an alternative activity that suits you...

Public transport:

If you're not driving, let us know and we'll come and pick you up from your accommodation.

Take the train to Hope (in the Hope Valley, Derbyshire) and from there you can walk to Castleton (2 miles), get a taxi or take the 272 bus.

Taxis will need to be pre-booked – try these numbers:

Ryders Taxis - 07805 029226

SOS Taxis - 01433 650975

Paul's Hire - 07972 583586

Note – you must make arrangements to find Castleton in Derbyshire – there is more than one Castleton in the UK!

Accommodation

While accommodation is not included in the price we will happily help you find something comfortable and to the liking of your budget – from campsites and barns to youth hostels and B&B's.

Camping and Bunkhouse

Pindale Farm Outdoor Centre
Pindale Farm, Pindale Road, Hope,
Derbyshire, S33 6RN
Tel: 01433 620111

Four Seasons B&B
Spital House, How Lane, Hope Valley,
Castleton, Derbyshire, S33 8WJ
Tel: 01433 620 655

YHA

Castleton, Hope Valley,
Derbyshire S33 8WG
Phone: 0870 770 5758
castleton@yha.org.uk

Willow Croft
Pindale Road, Hope Valley, Castleton,
Buxton, Derbyshire, S33 8WU
Tel: 01433 620400

B&B

Causeway House
Back Street, Castleton, Hope Valley,
Derbyshire, S33 8WE
Tel: 01433 623291

Ye Olde Cheshire Cheese Inn
How Lane, Castleton, Hope Valley, S33
8WJ
Tel: 01433 620330

After the course

We are certain that by the end of these two days that you will have made progress and that you will have achieved something at an individual level that you will have thought impossible before. This is the start of a journey. If you're seeking new experiences following the course we have follow up days and weekends that you might consider joining us for in the future: [check them out here](#).

Questions

Email me at will@will4adventure.com as when any questions arise – or call me on 07791860163.