



Location and Meeting Point

Participants should 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 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.

General Outline

Often, though not always, we start the day with some simple climbing activities and then in the afternoon drive south to walk up and over Park House Hill near Earl Sterndale. So expect some climbing and expect to do some hill walking. And just as on the original course expect to be incrementally and slowly moved out of your comfort zone!

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:

- Waterproofs
- 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...

Questions

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