

Life is a daring adventure...
...or nothing at all

Adventure Activities



Abseil & Gorge Adventure

How Stean is a hidden limestone Gorge in the heart of Nidderdale.

A metal bridge built by a military team in the 1970s spans the 67ft drop and is the point where we will enter the gorge.

The abseil from the bridge is not for the fainthearted. You control your descent via an abseil rope, with the use of a figure 8 descender. We ensure your safety with a safety rope controlled by one of our highly experienced and qualified instructors.

On entering the gorge you pass the weathered limestone walls of the gorge, landing in one of the shallower spots!

Once the group is down, the adventure continues as you explore the gorge, first by walking upstream through pools, clambering over short falls and exploring caves.

On the return to the exit point you will have the chance to slide down parts of the gorge and swim through the deepest section.

What to Wear

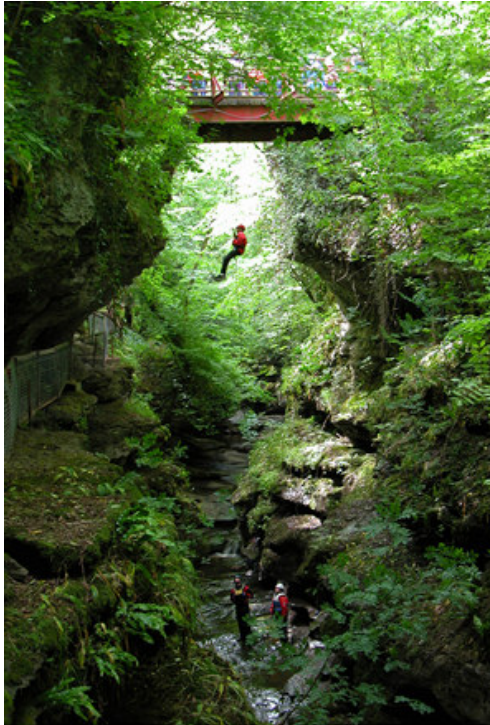
We will provide wetsuits, splash tops buoyancy aids and helmets. We advise that all participants wear long sleeves and long trousers, even in Summer. The rock can be unforgiving, and knocks and grazes are not uncommon.

A fleece and a warm hat are recommended.

Trainers or walking boots are ideal footwear. Wellington boots are NOT acceptable.

Please note that you WILL get wet.

You will need to bring a complete change of clothing, including footwear.



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Did you know?

Licensing

Rock Steady Adventure is licensed by the Adventure Activities Licensing Authority (AALA), in accordance with the Adventure Activity Licensing Regulations 2004, to provide Adventure Activities to Under 18s, under the following headings: Watersports, Caving, Climbing, Trekking. Our licence Number is: L5897. The AALA can be contacted on: 029 2075 5715, or by visiting www.aala.org.uk

Experience & Commitment

Rock Steady has been designing and delivering Adventure Residential since 1997, and has a commitment to quality, safety and fun that has lead to many schools and organisations choosing us year after year.

Who We Are

Rock Steady Adventure is a trading name of Rock Steady Adventure Limited. Rock Steady Adventure Ltd. is a small company, committed to delivering excellent quality and a great deal of fun!. We deliver high quality adventure activity and youth development programmes across the UK. We also design and deliver exciting and innovative training programmes for Managers and their Teams and a range of development programmes for Young People, focussing on group work, life skills and confidence building.

Further information about Rock Steady can be found at:

Our Adventure Site www.rocksteadyadventure.co.uk

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