**Gorge Walking at Hell Gill**

Meeting location:

The Moorcock Inn
Garsdale Head
Sedbergh
Cumbria
LA10 5PU

From this location, there is a five-minute drive to the gorge, please park in the pub car park.

Start time: (See booking confirmation) Meeting at the Moorcock Inn

Brief outline: Meet at the layby just after the bridge, get kitted up with all the safety equipment (please note at this venue there are NO facilities) and then then the alfresco adventure begins.

Thanks for booking your gorge walking session with Alfresco Adventures. We are looking forward to you one of the finest ghylls in the north of England. Gorge walking is an extremely fun and exciting activity which should leave you feeling a great sense of achievement. You will voyage down the gorge overcoming various challenges and obstacles including jumps, team work, and personal challenges. The activities are suitable for all abilities. Slip and slide your way down the gorge with one of our experienced instructors and enjoy the beautiful limestone walls which guide you through the gorge.

Alfresco Adventures operate by “challenge by choice” which means that you control the level at which participate. We recommend everyone gives each challenge a try and we will accommodate everybody’s comfort zones.

Please make sure you fill in the personal information forms and bring them with you on the day and please see our recommended kit list.

Regards

Alfresco Adventures