

# steve banks outdoors

## Lakeland Scrambling

### With Steve Banks

#### **Overview:**

These scrambling days seek to cater for those of you who would like your ascent of the beautiful Lakeland peaks to be even more stimulating and adventurous. Jack's Rake, Pinnacle Ridge, Sharp Edge and the Helvellyn ridges are but some of the excitement available under our watchful eye.

You can choose to book onto one of our fixed dates or call to arrange personalised provision.

**Venue:** We will use local Lakeland scrambles for these days out though the exact choice will depend on clients' needs and conditions on the day. We will aim to return by **6pm**.

**Content:** These scrambles are suitable for anyone of reasonable mountain fitness who is comfortable being led in an exposed mountain environment. After an initial assessment of client experience and needs, we will travel to an appropriate venue for the day's activity. This may consist of a guided day out or a day of coaching to enable independence – we will seek to work to everyone's needs as far as possible.

**Equipment:** You must bring the following:

- Clothing suitable for outdoor activity and spare warm top (no jeans or T shirts)
- Waterproof jacket and trousers
- Sturdy mountain walking boots
- Hat and gloves
- Small rucksack
- Packed lunch and drink
- Sun protection for skin and eyes

Any group or technical equipment will be provided as necessary

If you have any questions about this or any other provision Steve will be pleased to assist you.

**Due to high staff/client ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled you are strongly advised to take out appropriate insurance. Steve Banks is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by Steve a full refund will be given.**