



## Spanish Caving trip

**Overview** This trip is designed to provide an underground adventure holiday in a quiet and beautiful part of Spain. Five days of caving will be provided in at least four different cave systems.

**Date & Cost** 15<sup>th</sup> – 19<sup>th</sup> April 2019, £650

**Venue** The caving area is the Ason Valley in Cantabria. This is approximately one hour's drive from Bilbao or Santander. Both of these are served by low cost airlines.

**Accommodation** The cost of accommodation is not included which leaves you free to pick the standard you desire. Steve will be happy to assist and advise if need be – please call.

**Content** Steve will provide five days of caving in some of Spain's most impressive and straightforward systems. In the main, the caving constituents underground walking in giant and spectacular spaces.

**Pre-requisites** Being comfortable in a cave environment is important, as is being reasonably fit. There will be some straightforward technical caving, such as moving along fixed cables and lines using tethers, though training will be provided to ensure everyone is operating safely.

**Equipment** You will need to bring clothing suitable for this trip plus appropriate caving equipment. A kit list will be issued on enrolment. Steve will provide all ropes and group technical gear.

**Transport** This is not included, which enables you to choose your mode of travel and to go early or stay afterwards if you wish. Steve can distribute contact details to facilitate sharing if you request.





**General** If you are interested in this exciting trip please contact Steve to discuss it further and gain any additional information you need – he'll be delighted to hear from you and will do his very best to help.

**Due to high staff/client ratios and the disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of all 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 travel and activity insurance – particularly as this trip is abroad. 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. Full terms and conditions are on Steve's website <https://www.stevebanksoutdoors.co.uk/booking.php>**



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