

# Mountain Journeys

Your adventure starts here...

## Jacks Rake scramble, Pavey Ark



**The final moves on Jack's Rake**

### **General**

Our aim will be Pavey Ark, this is an easy to reach scramble in the Langdale valley, near Ambleside.

Mountain scrambling offers the chance to move amongst rocky terrain without the need for full rock climbing equipment. This means we move quicker & cover more ground, improving our skills with each step. The situations are sometimes steep & the views always superb. It's a great adventure for all.

### **Course outline**

Before we head into the mountains, we will discuss equipment selection, weather and route choice.

The scrambling may also include a 'warm up' ascent on one of the many low-lying crags, before heading for the big one, Pavey Ark.

### **Kit list**

We will provide helmets, harnesses, ropes and all other safety equipment including 1<sup>st</sup> Aid kit and group shelter. For your own safety a helmet should be worn at all times whilst scrambling. You will need to bring your walking boots, as discussed, warm & waterproof clothing is also required, as it can sometimes feel chilly in the mountains hat & gloves are useful too.

Note: please ensure you bring any personal medication with you during all activities.

### **Fitness requirements**

As a guideline, I anticipate the days to be approximately 6 hours in duration.

### **Cost**

£ dependent on numbers in group, please ask.

### **Disclaimer**

This trip involves travel to mountainous areas where a short notice change of itinerary may be necessary. The details of the itinerary may well be altered to suit participants, the weather or for any other reason deemed necessary. Climbing and mountaineering are dangerous activities where serious injury or death may occur. Please be aware that although we take precautions to ensure your safety, there will always be an element of risk and uncertainty.

### **And finally....**

If you have any questions regarding the above, please don't hesitate to contact us via any of the methods below.

### **Contact details**

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