

# Mountain Journeys

Your adventure starts here...

## Lakeland Ghyll Scrambles



**A view from above the Ghyll looking towards Lake Windermere**

### **General**

The Lake District contains some of the most beautiful scenery in England. It has hundreds of fells which create a vast terrain of rugged mountains. Langdale is a real jewel amongst the Lakeland valleys, breathtakingly beautiful and surrounded by mountains.

We enter the ghyll and ascend boulders, waterfalls & rock steps as it carves a path through the mountainside towards Pavey Ark. Throughout this journey you will be afforded wonderful views that will take your breath away.

This trip offers a great introduction to the sport of Ghyll scrambling and is suitable for those with no previous experience or seasoned scramblers alike.

### **Itinerary**

Meet either in Ambleside or in the Langdale valley. We'll discuss the activity and ensure everyone has the correct clothing, food & water.

We'll then head into the Ghyll.

Enjoy loads of fun in the ghyll, lots of getting wet, boulder hopping, rock scrambling, plunge pools & roped climbing. We'll also find some time to sit and enjoy our surroundings

before heading back to the vehicles and dry clothes (changing facilities are available).

**Kit list**

Waterproof top & bottoms  
Walking boots / trainers  
Backpack (optional)  
Food & snacks  
Personal medication if applicable  
A full spare set of clothes (to change into later)  
Towel

**Mountain Journeys will provide all the necessary safety equipment for the day**

**Food**

Bring a packed lunch if you wish

**Fitness requirements**

A decent level of fitness is needed for this trip. The activity will be about 3 hours in duration. You need to feel comfortable walking & scrambling on steep, rocky terrain with a small day-sack for extended periods and during adverse weather conditions. We advise you to complete some training walks before you arrive. Time invested in training will undoubtedly add to the enjoyment of your trip.

**Disclaimer**

This dossier is intended for use with a Mountain Journeys trip only. It should not be used as a guidebook. 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.

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**The main waterfall in Stickle Ghyll**



**The upper falls of Stickle Ghyll**