

Introduction to SRT (3 days)

Single Rope Technique or SRT is the most efficient method of reaching the depths of our caves. This course is designed for 'cavers' who have experienced being underground in horizontal systems or possibly travelled vertically on ladder and life-line and wish to learn SRT methods. We will base the course in the Yorkshire Dales and we will visit caves such as Alum pot (see photo below).

The first day is spent under cover (a climbing wall or SRT platform) in a stress free environment looking at all the basic skills of SRT. Day 2 will be spent in a simple cave system putting the SRT skills into practise and on day 3 we will descend another system appropriate to the students' aims and abilities and ensure each caver is confident in these skills.

The staff to student ratio is high with a maximum of 1:4 on days 1 and 2 and 1:2 on day 3.

If you are unable to undertake all 3 days it would be possible to miss the last day. You would however miss out on a valuable day when the staff to student ratio is increased.

The cost for a two day course is £160

[Download the course documents here.](#)

[View a list of our pre-programmed caving course dates here.](#)

Cost £200 per person
(includes instruction and all technical equipment but not food and accommodation)