



# Anyone Can - Ingleton Caving and Climbing meeting point

Ingleton is our primary meeting spot for caving and climbing activities - we use it because it is close to the venues we use and has good phone signal to stay in touch with you. We will drive on from here to the cave once we have made contact - there is a free short term parking section next to the disabled toilet.

We look forward to meeting you there. Below you should find all of the essential information you need to successfully find us and have a great day. Please don't hesitate to contact us if you have any further questions.

## Finding Ingleton

Ingleton is 22 miles from Junction 36 of the M6 on the A65. Initially signposted (at Junction 36) for Kirkby Lonsdale.

## Finding Us

We will be loitering in the vicinity of the short stay carpark looking outdoorsy and smiling

Park at the Community Centre car park

Postcode: LA6 3HG

W3W: ///discusses.elevates.argue

OSGR:SD 694 730

## Parking

The car park in Ingleton is a pay and display car park. There are great cafes etc if you want to turn up early and grab a bite etc.

You do not need to pay and display to stay the short time that we should be there to meet for caving - make sure you use the correct short stay spaces to the left of the community centre.

If you are going climbing: pay for all day unless we have planned to move on when booking.

## Facilities

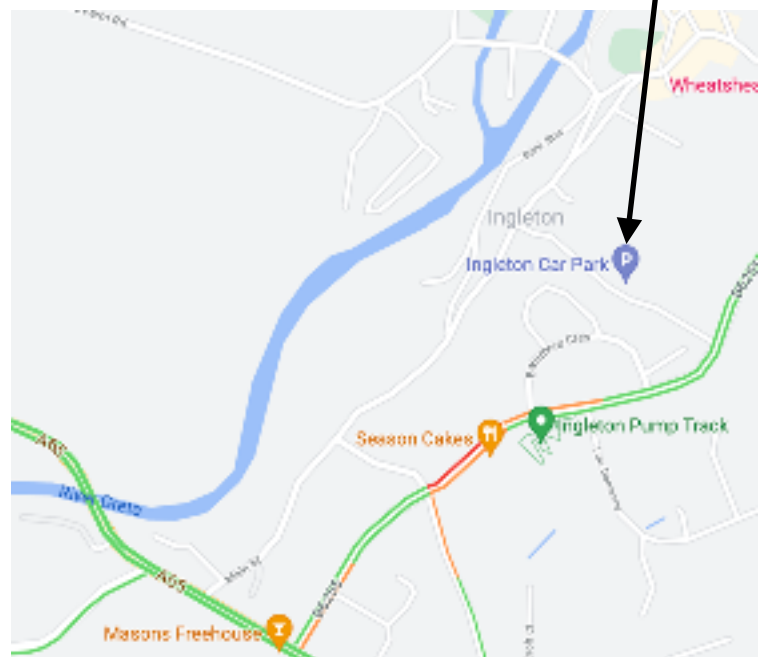
**Cafe** - At Inglesport

**Small supermarket** - Co-op in Ingleton

**Toilets** - At the community centre car park (including an accessible toilet - RADAR)

## If you are running late

We can only wait for you for 30 minutes after that we will have to leave and at that point will be out of signal for most of the day. Call us on 07452 944808 as soon as you can.



# Ingleton Caving and Climbing



## What to Bring for Climbing

We will be exposed to the weather for much of the day, please bring;

**Shoes that grip well and protect your toes** - we caution against wearing crocs, sandals or canvas shoes for walking to the crag

**Waterproof tops and bottoms** - we can lend you some but please tell us before hand

**A jumper** - it can get chilly when exposed at the top

**Change for parking**

**Sun protection** - hat, sunglasses and suncream

**A water bottle**

## What to Bring for Caving

We will be exposed to the weather for much of the day, please bring:

**A complete head to toe change of clothes** - Arrive in the clothes you are happy with getting wet and dirty

**Shoes that grip well and protect your toes** - we cannot take you caving if you only have crocs, sandals, canvas shoes or other shoes which could result in harm. Even better contact us to bring a pair of wellies in your size (sometimes wellies don't fit though so still bring some suitable shoes if you can)

**Waterproof tops and bottoms** - we can lend you some but please tell us before hand - we will bring a suit for you to wear underground but you'll not want to be wearing this all the time

**A jumper** - it can get chilly

**Change for parking**

**Sun protection** - hat, sunglasses and suncream

**A water bottle**

## Final Checklist

**Have you read the participation statement?** You should have had this at time of booking. If not, let us know on the day - you will need to sign it

**Have you discussed with us of any additional needs we need to plan for?** Our equipment lives offsite so we need to know what to bring

**Dietary and Medical needs** - Have you completed the participant information form? If not, speak to us and we will link you to it