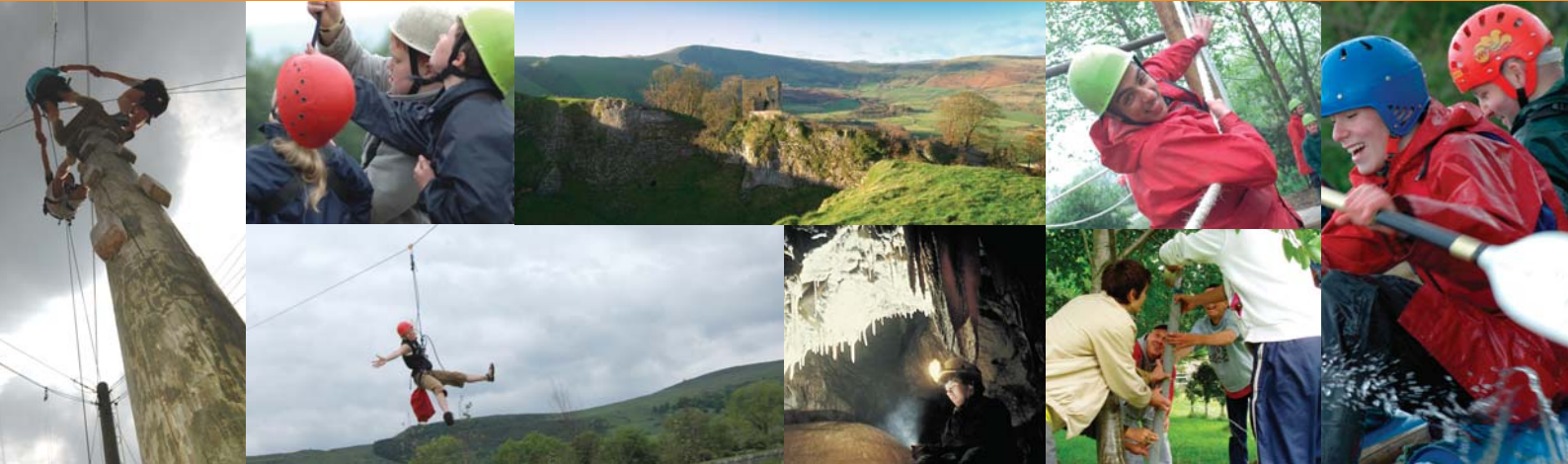


5 great reasons to visit the Hollowford Centre



The Peak District, Britain's first National Park, was established in April 1951. The area's special qualities are well known to the people who live in the towns and cities that surround the National Park but for visitors from further away, whether from Britain or abroad, the magic of the Peak District is just waiting to be discovered.

1 Rock Climbing in Burbage Valley. Classic Peakland gritstone climbing set in one of the Peak Districts' most dramatic moorland locations. 'Top out' and savour your success with views that go on for miles. *(Suitable for both the beginner and those wanting a more advanced challenge).*

2 Caving down Giants Hole. The deepest cave system in England and a classic introductory trip in to the underground world. The upper chambers are accessible to beginners, with a number of more testing options for the adventurous at heart. The lower system provides a sporting day out for those with a little more experience. *(Caving is particularly good for encouraging support and working together as a team).*

3 Abseiling in Millersdale. Take the plunge with an exciting 70-foot free hanging abseil over the river Wye. The easy access ensures that groups of limited mobility can enjoy this dramatic, personally challenging and memorable activity. *(As a disused industrial venue this is an environmentally sustainable activity).*

4 Hollowford High Ropes Course. Situated beneath the 'Shivering Mountain' of Mam Tor the course has been designed with a mix of personal and team challenge elements. *(An activity that is well suited to building teams and increasing an individual's self-confidence).*

5 Ridge Walk. Connecting Mam Tor, Hollins Cross & Lose Hill. Enjoy this as a circular walk taking in 'The Great Ridge', the village of Castleton and the summit of Mam Tor. With breathtaking views over Edale to Kinder Scout.

Your Outdoor Provider Checklist

- AALA (Adventurous Activities Licensing Authority) Licence - a legal requirement if any member of the group is under 18
- Insurance
- Qualified AND suitably experienced instructors
- Quality equipment & transport
- A wide range of activities offered.


hollowfordcentre
A PERFECT PLACE FOR YOUR PERSONAL DEVELOPMENT



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High Ropes Course • Zip Wire • Archery • Caving • Climbing • Canoeing • Hill walking • Team Building