

CAVING

A fantastic adventure below ground, nothing else comes close! Experience worlds below your feet as we navigate through the cave systems of South Wales and come back having faced a real challenge.

At Trewern we offer many activities. Of all activities we offer, this is the one we most recommend, because it is so rewarding for participants, and so few opportunities exist in other parts of the UK -especially Barking & Dagenham! It is a great mix of challenge and learning opportunity, with elements of geography,



geology, ecology, and chemistry to be explored.

Taking advantage of the caves in the Carboniferous Limestone to the south of the Brecon Beacons, this is an opportunity

to explore a

completely different environment, with an adventure that draws on skills used in many other outdoor activities. There are elements of climbing, gorge walking and problem solving in a typical caving day at Trewern with opportunities to develop leadership, teamwork and independence. As much as possible we encourage participants to take personal and collective responsibility while caving, often leading sections of the cave journey, or working together to support each other over a particular challenge.

Challenge is what makes an activity exciting, but the goal is that it should never be terrifying. Our aim is that at the end of the activity and for some time after, people feel proud of what they have done,

how they have handled the challenge and reflect positively on their time underground. After a day's caving participants often feel more resilient and are much more aware of the own strengths, as well as those of others. Some students have returned to us 50 years after their caving experience (not from being lost) and been able to still recount their adventures!

Health and Safety is clearly paramount. Everyone that comes caving with us carries their own light, as well as a protective oversuit, belt, helmet and suitable footwear, all provided by

the centre.
All



leaders

have gone through a rigorous training scheme before qualifying and regularly go caving for CPD, often in even more challenging systems. Our leaders even know the

caves we use like the backs of their hands: no map required!



Recommended as a full day activity with most groups.

What kit do we need for caving?

We provide:

- helmet
- head torch
- oversuit
- belt
- wellies

You need to bring:

- warm clothing (our leaders often wear a special fleecy onesie)
- spare clothing
- towel

