

Lake District mountain adventures

Icicle has over 20 years of experience offering guided mountain adventures! Book a qualified instructor for a half or full day mountain activity. Booking with Icicle, you are tapping into our local contacts and knowledge, to design something that extra bit special, and just as unique as you are.

Activities & instructor maximum ratios	Half Day	Full Day
Guided Walks & Wainwright peaks (1:8 max) Navigation Skills Training (1:8 max) Intro Fell Running c.10km (1:8 max)	£100	£150
Fell Running >15km (1:6 max) Beginner (unroped) scrambling (1:2 max)	£120	£180
Abseiling experience (1:2 max) Roped scrambling (1:2 max) Rock climbing (1:2 max) Fell Running >25km e.g. BGR leg (1:4)	£140	£220
Winter skills / Winter climbing (1:2 max)	£160	£240

n.b. Our prices are in total, for private groups booking together. The prices are for guiding and group safety equipment. Half days are up to 3hrs max, generally in the 9am - Midday slot, or 1 - 4pm slot. Evening slots can also be arranged, dependent on the activity, and normally operate 6pm - 9pm. Full days are typically from 9am - 5pm. We can adapt the sessions to fit your other commitments or travel plans, e.g. trains.

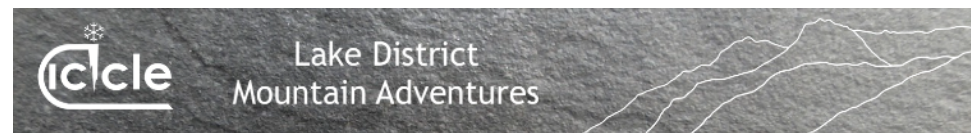
Join others on scheduled weekends

If you prefer to share the experiences with others, we also offer scheduled dates on a wide variety of weekends. Details; <http://www.icicle-mountaineering.ltd.uk/coursesUK.html>

Trail & Fell Running weekend £99, Link Dates; 1-2 May, 22-23 May, 26-27 June	Beginner Scrambling £149, Link Dates; 29-30 May, 26-27 June, 10-11 July
Ultra Trail Skills weekend £149, Link Dates; 29 - 30 May, 3 - 4 Jul 2021	Rock Climbs & Scrambles £220, Link Dates; 5-6 June, 26-27 June, 10-11 July
Lake District Wild Camping £199, Link Dates; 21 - 22 May, 19 - 20 June 2021	Mountain Training weekend £99, Link Dates; 5 - 6 Jun, 3 - 4 July 2021
Bob Graham long weekend £849, Link Dates; 29 - 31 May (Bank Holiday) 2021	Navigation Skills weekend £149, Link Dates; 22-23 May, 12-13 June, 10-11 July

n.b. Inclusions and exclusions as detailed on website. Extra dates can be run on demand for any weekend trip, for three or more people booking together.

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Design your own bespoke micro adventures

If you only have a couple of hours to spare, try one of our micro adventures.

- **Dawn patrol** - Catch the sun rise in the mountains. Watch the dawn from a mountain summit. 2hrs, £80 (1-4 per).
- **Fell Running taster** - Ideal if you have never run off road before. Start on good trails, and easier fells. 2hrs, £80 (1-4 per).
- **Secret caves** - Discover natural or man made caves, led by a local guide. Take a torch! 2hrs, £80 (1-4 per).
- **Glacial history** - Led by a glaciologist who will explain some of the ice age features and history. 2hrs, £80 (1-4 per).
- **Waterfalls** - The Lake District has many tumbling mountain waterfalls and plunge pools. 2hrs, £80 (1-4 per).
- **Night navigation** - Gain confidence to head into the fells in the dark, learning key night nav skills. 2hrs, £80 (1-4 per).
- **Dark skies** - Cumbria is blessed with minimal light pollution in the fells, ideal for stargazing walks. 2hrs, £80 (1-4 per).
- **Sunset fell running** - Meet at dusk, and watch the sun set as you head for the summit of a fell. 2hrs, £80 (1-4 per).
- **Cumbrian heritage** - Local history walk, with local guide. Look at mining, farming, and Roman heritage. 2hrs, £80 (1-4 per).
- **Scrambling taster** - To introduce first timers or families to easy scrambling on the local fells. 2hrs, £80 (1-4 per).

Gift vouchers - <https://shop.icicle-mountaineering.ltd.uk>

For the hard to buy for person, buy a gift voucher online from only £20. We can also post you a card presentation pack for the lucky recipient of the voucher.

Corporate groups & training

For larger groups we can organise any of the activities or adventures in this leaflet, with a greater corporate or team building focus. All larger groups have more instructors and a safety team, as required. Sessions can run from a few hours to multi-day.

- **Leadership development** - Scenarios to help teams operate more effectively, using different command / management structures. We can adapt these sessions to be either mountain or indoor based.
- **Inspirational speakers** - Our team has a portfolio of presentations on subjects ranging from climbing expeditions to ultra endurance events, mountain rescue, and risk management in the mountains.



Follow our socials at; Facebook [@IcicleMountaineering](#), Instagram [@IcicleMountaineering](#), Twitter [@IcicleUK](#)
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