



How Stean GORGE

EXPERIENCE THE THRILL OF NATURE



What to wear on activities?

Via Ferrata & Climbing Course

You will need comfortable clothing and footwear with a good tread – trainers or wellies will do!

It's possible you may get dirty as you clamber along the rocks so please only wear items that you don't mind getting a little dirty.

A waterproof coat and trousers may be necessary if the conditions are a little damp.

Gorge Scrambling & Bridge Abseil

A swimming suit or shorts to wear for underneath your the wet suit which is provided by How Stean.

You will also need footwear that you don't mind getting wet – trainers or walking boots are ideal, don't forget a towel for afterwards.

Rock Climbing, Bouldering & Abseiling

We recommend you wear comfortable clothing and trainers. A waterproof coat and trousers maybe useful if conditions are a little damp.

Caving

You will need comfortable warm clothing and some wellington boots.

How Stean will provide you with a caving over suit which will keep off the majority of any mud as you explore passageways underground.

Canoeing & Raft Building

Comfortable clothing and footwear, wellington boots are ideal. A waterproof coat and trousers will be usefull to keep off any splashes and it isn't unusual to get really wet.

A wetsuit and windproof cag will be provided for raft building when required.