

Arrampica bring the world of Nordic Walking to the Lake District.

For years 'walking with poles' has been used as a more energy efficient and stable way of ascending/descending mountains. 'Nordic Walking' differs in that the technique uses the upper body as well as core muscles to increase the volume of muscle used: thereby burning more calories, whilst maintaining the stability advantages that walking with poles offers.



VIA FERRATA

Protected mountain climbing using anchored cables, rungs, steps, bridges & ladders, no experience needed

NORDIC WALKING

Walking Style using core and upper body conditioning techniques suitable for all

info@arrampica.com

To book visit www.arrampica.com

Arrampica bring the world of 'Italian Style' Via Ferrata Adventure to the Lake District.

Our heart is in the Italian Dolomite Alps of Northern Italy where for many years we have taken customers on Via Ferrata, hut to hut trekking and classic big rock climbing routes. Now, we're in the Lake District offering guided ascents of the superb Ferrate at Honister Pass and the Lakeland Climbing Centre.

08450 947 923



Nordic Walking

Guided Lake District Walks using core and upper body conditioning techniques suitable for all

Our Classic Walks are Taster Sessions

Join our 2 hour Classic Walks to master Nordic Walking Technique to increase the volume of muscle you use and consequently burn more calories. These walks will normally start from Kendal or Staveley. Please book in advance at www.arrampica.com.

Lakeland Valleys

If you like Nordic Walking then Arrampica can take you into the heart of the Lake District National Park for a 3 hour Lakeland Valleys Walk. These walks normally start from the Old Dungeon Ghyll Hotel (not the new one) in Langdale or Ambleside.

Bespoke Guided Walks

Hire a Nordic Walking Guide to explore your chosen area of Cumbria for a day or multiple days. Our favourite areas include Langdale, Kentmere, Patterdale, Glenridding, Keswick and Honister. We can even take you back to our original home in the Italian Dolomites on a high mountain hut-to-hut trip.

Nordic Walks

(poles are included, but any lost tips/breakages are to be paid for)

Classic 2 hrs

Adult (16 yrs+) £15.00
Child (6-15 yrs) £7.50

Lakeland Valleys 3 hrs

Adult (16 yrs+) £18.00
Child (6-15 yrs) £9.00

Bespoke Guided Walks Cumbria

Adult rate @ £150.00/day
Couple rate @ £200.00/day

Group rate up to 8 individuals @ £400.00/day

Bespoke Guided Walks Dolomites

Adult rate @ £190.00/day
Couple rate @ £220.00/day

Group rate up to 8 individuals @ £400.00/day

Rates for Italy are excluding all up-lifts, travel, food and accommodation, you must also pay these costs for your Arrampica Nordic Walking Instructor.

Via Ferrata

The hire of all safety equipment is included. Honister Via Ferrata minimum height is 1.3m

Classic

Adult (16 yrs+) £37.50
Accompanied Child (10-15 yrs) £29.50
Family (2 Adults & 2 Children) £134

Xtreme

Adult (16 yrs+) £45.00
Accompanied Child (10-15 yrs) £37.50
Family (2 Adults & 2 Children) £165.00

Climb The Mine

Adult (16 yrs+) £34.50
Accompanied Child (10-15 yrs) £24.50
Family (2 Adults & 2 Children) £118.00

Via Ferrata 'Endurance'

Adult (16 yrs+) £79.50
Accompanied Child (10-15 yrs) £62.00
Family (2 Adults & 2 Children) £283

Skyline Indoor Aerial Adventure

Aged 11 and over £20
Exclusive Group Rate up to 6 individuals £100

The Launch

Aged 8 and over £13

Via Ferrata

'Italian Style' adventure in the Lake District

Via Ferrata 'Classic'

The original Award Winning product suitable for most ages' and abilities. It follows the original Miners route to the top of the Mountain, and is not as demanding as the Via Ferrata Xtreme. The whole route takes approximately 2.5 - 3 hours.



Via Ferrata 'Xtreme'

Another award winning attraction that is more in keeping with what you would find in the Dolomite Alps. It is a more challenging and possibly scary undertaking than the Classic.

The whole route takes approximately 2.5 to 3.5 hours.



Via Ferrata 'Endurance'

Explore inside the mountain with 'Climb the Mine' then ascend the mountain with Via Ferrata 'Classic' or Via Ferrata 'Xtreme'. The 'Endurance' is a truly demanding, strenuous and exhilarating day that takes approximately 3 to 6 hours.

'Climb the Mine'

A unique Via Ferrata experience with an incredible WOW factor. The climb is along bridges, ladders and rungs within the very mountain itself and apart from the optional first section, which is harder than the 'Xtreme', this is a less demanding route. To explore the mine takes approximately 2 - 3 hours.

'Skyline Indoor Aerial Adventure'

The first indoor Via Ferrata in Europe takes you through the "Squeeze Press" tunnel, up the "Lofty Ladders" through the "Sky View Window", swings across the walls on the "King Swing" and for the ultimate thrill-seekers finale: "SkyJump Xtreme" a rapid 20 metre descent with 6 metres of free fall (optional). Children under 16 years must be accompanied. Duration is approximately 60 - 90 minutes.

The Launch follows the first part of the course and is perfect for younger ones aged 8 years and over. Children under 11 years must be accompanied. Duration is approximately 45 - 60 minutes.



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