



Canyoning

This impressive activity involves various skills, which you will use to explore majestic waterfalls and hidden pools. Your adventure will involve abseiling, down climbing, sliding, jumping, swimming and descending zip lines.

This is an adrenaline filled activity: it is sure to get your heart pumping. Definitely providing you with an unforgettable, exuberant experience!



Mountain Rat Adventures specialises in canyoning and ghyll scrambling. We also provide walking, climbing and mountaineering adventure activities for individuals, groups and parties. We are based in Cumbria, but travel throughout the UK.

You will use the very best equipment from head to toe.

Mountain Rat Adventures

Don't just dream...Dare to do.

To book or for more information:

telephone: 07576373641

email: lee@mountainratadventures.co.uk

www.mountainratadventures.co.uk



Mountain Rat Adventures

Don't just dream...Dare to do.

07576373641



We provide extremely high quality canyoning and ghyll scrambling.

Ghyll Scrambling

This is an **exhilarating** activity, where you can explore impressive ghylls, through an **exciting** combination of climbs, jumps, slides, crawls and dives. There are many challenges to suit your level of ability and adventure.

Come rain or shine, this fun-filled activity is suitable for **all** and provides a **fantastic** experience.



Welcome to a watery world.

**Join us for a fantastic
adventure!**



Why would you choose us?

At Mountain Rat Adventures we are highly trained, international instructors. Your instructor will impart their vast knowledge and experience, ensuring your **safety**, whilst creating an **enjoyable, fun** and most memorable experience.

OUR priority is YOU.

We **passionately** believe in a holistic approach to canyoning, providing you with the **best equipment** and a personalised adventure.

Join us for a unique, memorable experience.

