



Hampshire Scout Caving Club



Spring 2010 Newsletter



Andy Chapman in Tier Garten ice cave in Dachstein by Sally White

Website: www.scouts-hants.org.uk/hsc
Hampshire Scout Caving Club Newsletter produced by Sally White.
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HSCC Trips 2009

SRT practice at Sandleheath Scout Centre, Agen Allwedd, Alum Pot, Animal Den, Aveline's Hole, Bath Swallet, Bridge Cave, Bull Pot, Bull Pot OTW, County Pot, Crag Cave, Craig a Ffynnon, Crex Coulon, Cwm Dwr, Dan yr Ogof, Draenen, East Twin Swallet, Eastwater Cavern, Eldon Hole, Fairy Cave, Foel Fawr, Gavel Pot, GB, Giants Hole, Goatchurch Cavern, Goughs cave, Gouffre Gros Gadeau, Gouffre de la Baume des Cretes, Gouffre des Griffes, Gouffre des Faviere, Grotte ge Balerna, Grotte de la Champs Gillibot, Grotte des Planches, Heale Farm Cave, Hilliers, Hillocks, Home Close Hole, Honey mead, Hunters Hole, Hunters Lodge Sink, Hurnell Moss, JH, Jingling, King Pot, Knotlow, Lancaster Hole, Little Crapnell Swallet, Little Neath River Cave, Llygad Llŵchwr, Lost John Pot, Manchester Hole, Manor Farm, Marble Steps, Miss Graces Lane, Mitchelstown cave, New Goyden, Notts Pot, Notts II, OFD II, Otter Hole, Peak cavern, Pierre's Pot, Pwll Dyfn, Radford Cave, Rhino Rift, Rods Pot, Rumbling Hole, Sell Gill, Sidcot Swallet, Singing River Mine, Slaughter Stream (Big Sink & Wet Sink), Swildons Hole, Symonds Yat Caves, Through & Through cave, Thrupe Lane Swallet, Titan, Town Drain, Tynings Barrow Swallet, White Lady, Wigmore Swallet, Wretched Rabbit, Yordas cave...

HSCC Officials

Chairman	David Chadwick	Home Tel: 01425 654025 Mob: 07768 040088 The Roost, Abbotswell Rd, Frogham, Fordingbridge SP6 2JA David@theroost.Demon.co.uk
Administrator	Sue Chase	Home Tel: 02380 616056 Mob: 07817 636655 10, Drake Road, Bishopstoke, SO50 6EU
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Membership Secretary	Sue Watson	Home Tel: 01256 354510 Mob: 07766 523694

HSCC Programme 2010

Date	Time	Activity	Venue	Contact
6 Jan	20:00	SRT Practice	Sandleheath Scout Hut	Ros
30-31 Jan		Caving	MNRC	Phil
3 Feb	20:00	AGM	12th Eastleigh Scout Hut	Dave
28 Feb	07:30	Explorer Day	Westbound Rownams Services	Dave
3 Mar	20:00	Training	12th Eastleigh Scout Hut	Phil
20 Mar	10:00	Caving Day	Priddy Green	Andy
21 Mar	10:00	Caving Day	Priddy Green	Andy
7 Apr	19:30	Treasure Hunt	Tesco at Winnal	Richard
24 Apr	07:30	Explorer Day	Gosport	Dave
5 May	19:30	SRT Practice	Sandleheath Scout hut	Phil
15 May	10:00	Caving & Climbing Day	Priddy Green	Andy
16 May	10:00	Caving & Climbing Day	Priddy Green	Andy
29-31 May		Wales	Brecon Scout Hut	Dave
2 Jun	19:30	Cycling		
13 Jun	07:30	Explorer Day		Dave
4 July		Otter Hole	Forest of Dean	
7 July		BBQ	BBQ	
13-18 Aug		Caving	Yorkshire	Dave
8 Sept		Training	12th Eastleigh	Phil
18-29 Sept		Training	Mendip	Phil
6 Oct		First Aid		
30-31 Oct		Scout Days	Mendip	
3 Nov		Talk		
1 Dec		Quiz		

CAVE RELATED ISSUES AND NEWS

Swildons Cave – There has been a lot of movement in the entrance series and it could move again. It was closed in December and since has been reopened, but it is strongly advised not to take scouts there yet.

Cuckoo Cleeves – Now open again after CO₂ levels dropped. Caution still required.

Tynings Barrow Swallet – loose boulders in a small boulder choke about 60 metres from the entrance. Les Williams advised taking care when squeezing through the hole of the right on the right as the rocks below appear to be very loose and may fall out if disturbed

Gautries Hole – Approximately 170 metres of passage has been found by members of the Eldon Pothole Group in this Derbyshire cave and Sally White was the first female there.

Draenen – a second entrance has been opened but there is no permission to use this entrance and there is a lot of politics going on. The normal entrance is fine to use but do not use the new one.

Starless River - New mobile shop and also online. Sells a lot of equipment used internationally but not previously sold in the UK.

Heale Farm Cave – some of our members, Phil, Sue, Andy and Sue 2, fitted the gate for this cave in conjunction with other clubs.



MEMBERS NEWS

Congratulations to Gemma Jones who is engaged to Tom Nye. They are getting married in August.

Congratulations to Abby and Chris Carter who are now parents.

Our Caving Expedition That Unexpectedly Went a Bit Adrift

By Andy Watson

We were going to Ogof Craig-a-Ffynnon above the Clydach Gorge behind the now closed Rock & Fountain Pub. The weather was cloudy when we left our lodgings.

09:30 Left our digs. We gave our call out time to our friends (latest Estimated Time Out – ETO) of 18:00 with expected time back to lodgings at 19:00.

09:45 Weather check on Metcheck.com for South Wales was light rain clearing later.

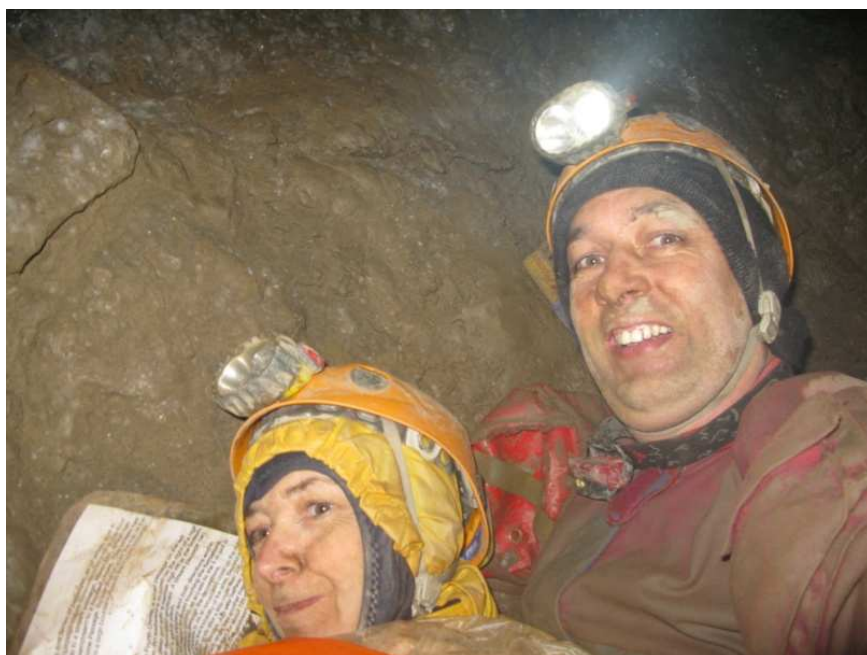
10:05 As we walked up to the entrance all the signs were good and dry, low water by the limekilns and a dry path up to the cave entrance, I commented on this.

10:30 Entered cave, filled out 'inside' log book with party names and areas to be visited with an ETO of 17:00.

11:00 Gascoline Alley 4-6" water flowing clear and bright. Pitch, a little water flowing as normal. Second Boulder Choke first bit was wet and drippy as usual. At the exit of Boulder Choke (2nd) I thought it was slightly wetter than usual but it just looked like the water had found a slightly different route.

11:45 Into Hurricane Highway from Hall of the Mountain Kings – no noticeable water flow, except in big chambers a slight dribble from the roof on the flowstone boss in the lake area up past the gower pools.

12:30 Through the Forth Boulder Choke with no noticeable water flow anywhere, looked at some formations in a side passage then rigged the short rift pitch down to the Promised Land and just visited the nearby Pagoda formations. My time check at Pagoda was 13:15. Back through 4th and 3rd Boulder Chokes and rigged rift pitch down to Blaen Elin stream way from near the Severn Tunnel crossroads. Water in stream was clear and not frothy, so no clue here regarding rain on the surface or potential flooding.



15:20 Out via Severn Tunnel and Hurricane Highway and out into Hall of the Mountain Kings where I noticed an unusually loud water noise from the back of the third boulder choke and I commented on this to the caving team. At the Second Boulder Choke there was more water as we crawled in, coming from the left and it was splashing on to us noticeably. On exiting this Boulder Choke at the short free climb down the water flow and splashes were noticeably wetter and a small flow was running from here over the 12m pitch which was only slightly wetter, particularly on the landing area two thirds of the way down just above the fixed ladder.

16:30 When we got back to the gravel bottom stream passage (Gascoline Alley) not far from the bottom of the pitch we discovered this stream way was sumped to the roof. The water was still rising when we got there and over the next 10 minutes or so it rose about another 2" to fully sump and it also completely covered the square tunnel entrance which goes towards Things to Come Passage, commonly referred to as the canal I think. We knew we were in for a long wait so we checked out two places to

sit it out and finally decided on the mud and rock bank just back round the corner between the square tunnel entrance and the wet flowstone wriggle up to the bottom of the 12m pitch. This was unlikely to get flooded out or washed out as it was well back from the main fast water flow and we could also just still see the square tunnel entrance and a rock ledge in the stream to monitor water levels. We pulled out our emergency kits and had some 10 snack bars, 2 woolly hats, two balaclavas, drinks, two survival bags, candles, lighters and lots of spare light capacity and a first aid kit, etc. We got into our survival bags (2 in each) and cuddled up for a long wait. All of our experience, cave training and first aid training was now very valuable.

17:30 Water still rising but the rise rate had probably slowed.

18:30 Water now steady and perhaps dropping slightly.

19:00 We were all a bit chilly but generally okay and rather worried about one member of our group, George's safety who had actually exited some 60 minutes in front of us, we estimated.

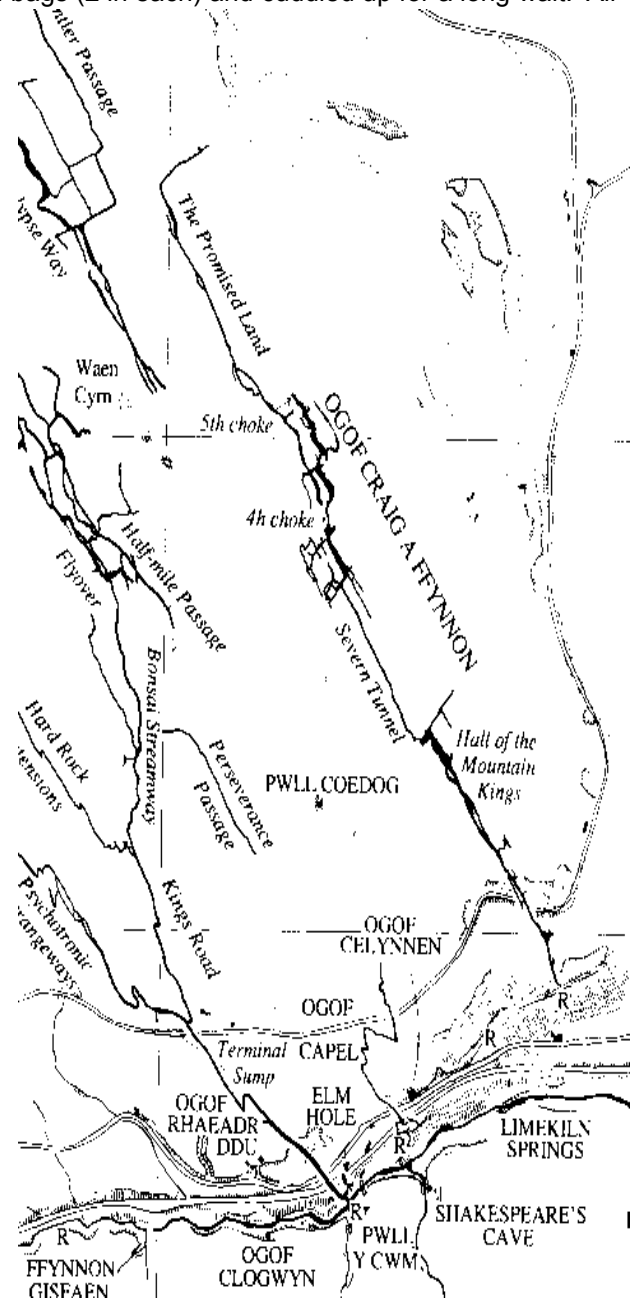
20:00 Water now going down slowly and slightly noticeable on the rock ledge we were watching in the stream and about 2" down in one corner of the square tunnel canal entrance.

21:00 The other two with us went round the corner to look at the sumped Gascoline Alley and there was now an air gap of 2" with still fast flowing water below.

21:25 We monitored the water and said we would look again at 22:00 to see if it was passable.

21:30 Gary from Cave Rescue Organisation come around the corner, much to everyone's relief as we were rather cold. He said more rain was expected, so if we were all mobile and unhurt, which we were, we could get though the 5-6" air gap now if we moved promptly. We needed no encouragement. Some 15 minutes later we were all back through the initial wet sumped parts of the stream passage and climbing down through the scaffold bars and fixed iron ladders with CRO cavers guidance, the water was still hammering down these and it had flooded to about 6-8 feet at the bottom a while earlier. The next part had also backed up to about 7 feet in depth and some of it had sumped earlier, but it was now back down to about 18 inches or so. It was this area that George had swum across earlier when he came back into see if we could actually get through this passage before exiting the cave again and calling Cave Rescue via 999 at about 17:15.

22:00 We were out of the cave to be met by more Cave Rescue Cavers, the Fire Brigade, some Ambulances, etc. A quick check over and tea and changed and we were whisked off to Abergavenny Hospital for a quick check over (temperature, blood pressure, blood sugar levels) before driving back to the digs for tea and off the bed at just past midnight.



Thank you to the West Brecon Cave Rescue Team from us all.

Our learning points were: Always be prepared, which we generally are and don't trust metcheck.com, apparently the weather from BBC Wales is better. In retrospect this reinforced how important many things are when you are doing a reasonably long trip underground; Survival bags, food, woolly hats / balaclavas, good communications etc.

Ogof Craig-a-Ffynnon Rescue

By Sue Chase

'Four trapped in flooded cave - Rescue services were called into action on the weekend after four people became trapped in a flooded cave for four and a half hours.' (South Wales Argus Monday 23rd November 2009)

It was not an enjoyable experience. After the initial shock of realising that we were trapped, there was no way out and the water was still rising, my next thought was "where was Ralph?" How far in front of us had he been? Had he got out before the water had come up? The awful thought that he may be trapped between the two sections of low passage was at the back of my mind. But there was nothing we could do at all. I felt very frightened and helpless. We could do nothing but lie in our bivvy bags and watch the water coming up and up. I was worried about Ralph, I was worried about how cold we would get (we were all wet through) and I was worried about how high the water would come up. Where we were laying was fairly dry and there was no obvious signs of past flooding there, but how could we be sure? I watched the water and slowly the rocks in the stream that the water had been flowing around became submerged and I had to pick another rock to watch. When all the rocks in the stream were under water I watched the bank on the far side and still the water came up.

The only comfort was the warmth of Philip's body, squashed in the bivvy bag beside me and Andy and Sue singing together, hymns and carols, caving songs and camp-fire songs, I didn't have the spirit to join in, but listening to them was a great help.

Then I realised that although I wasn't exactly warm, I wasn't getting any colder, and the uncontrollable shivering was more due to nerves than cold and the water didn't seem to be creeping up the mud bank like it had been. I didn't say anything at first because I wasn't sure and any way it might just have been a temporary respite.

Where was all this water coming from? Had the weather forecast been wrong and it was raining outside? Or was this some strange delayed reaction from the rain the day before. How long might we be trapped here? How long had we been lying here already? We had got back to the sumped passage at 4-30. It was about 7-30 now. I kept trying to work out what was happening outside, when would the alarm have been raised? If Ralph had got out surely he would have realised there was a problem when we didn't appear at the car soon after him. What would he have done? If he had got out and raised the alarm people should be coming through to us by now, perhaps they couldn't get in, perhaps Ralph hadn't got out and the alarm hadn't been raised yet...

The water started to go down - definitely it was going down - not fast, but steadily. The rocks in the stream started to reappear. Andy and Sue ran out of songs and I think we all dozed off for a while, time was starting to lose meaning. When I looked again, the water was almost back to where it had been when we got trapped. Pip got out of the bivvy bag and went and had a look and reported that there was a small air gap in the canal again. We waited some more, then Pip and I both went to look. We waded through to the point where the passage had sumped and there was a two inch air gap. We reported back and decided to wait another hour and then we would try to make our way out. I watched the water, it was still going down. I was frightened that it might go up again, but it didn't. I was frightened at what we might find between the two ducks if Ralph had been trapped there, but then we heard voices...

Gary from cave rescue led us out, the ducks were no trouble. the fixed ladder was horrid, like a washing machine, noisy and blinding, but there were lots of helping hands and then we were out. So many people, bright lights, flashing lights and vehicles everywhere and my little car in the middle of it all and Ralph safe and well, who got a big cuddle and kisses, even though I was sopping wet. We answered many questions from many people, in between we managed to join our side of the story to Ralph's and eventually we were allowed to escape.

Lessons learned, NEVER underestimate the speed which a cave can flood and always take flood warnings seriously. Check more than one weather forecast before going anywhere damp and don't mock Andy's singing, you never know when you might be grateful for it.

New Caving Gear

By Sally White

In the last few of years a lot of new caving equipment has been made available. It started off with the creation of extremely powerful single LEDs leading to the Bisun, Scurion, Stenlight and Viper caving lights being built. The **Bisun** (www.bisun.co.uk) is well tested and good value for money. Although it is the oldest and least powerful of those mentioned, it is considerably more powerful than Speleotechnics headlites and Petzl Duos. It has an excellent spot beam that rivals the more powerful lights and a wide beam. These beams can be used independently on one of the versions.

The **Sten** (www.excellentstuff.co.uk) is small and light but the connection between the headset and battery is very fragile. The **Scurion** (www.scurion.ch) is bright, robust and with programmable settings for a tailored light, but it is heavy, cumbersome and expensive. The **Viper** (www.vipercave.com) is expensive and has had less testing so far. It has multiple power settings producing up to 825 lumens, but there isn't a low brightness setting for waiting around or at camps. There are electronics in the battery making replacements expensive (£169.95!).

In the UK, cavers have traditionally used Warmbac and Beaver undersuits. I found they didn't keep me warm as they were so baggy and ill fitting on me. I was introduced to Dennis Jump who makes made to measure **JumpSuits** (www.jumpsuits.randomstuff.org.uk) with a choice of fleece types. The undersuit is so good that I refuse to wear my old ones and JumpSuits has made me a second one!



Cartoon of the JumpSuits production line by Dennis Jump.

Tony Seddon has started up a new mobile shop called **Starless River** (www.starlessriver.com) and he tours round different caving areas at the weekends and sets up a marquee full of lots of brands used abroad but previously not sold in the UK. The range of SRT harnesses he sells by MTDE are particularly popular, but there are also male and female oversuits and undersuits and lots of other kit, all of which he will give you friendly advice on.



Photo of MTDE Amazonia harness taken from www.starlessriver.com

My First Expedition in Dachstein, Austria

By Sally White

To get to the Austrian alps, I drove a car, used a coach, flew on a plane, took a bus, caught a train, boarded a boat and then finally walked up some mountains. Eventually I reached my destination, the Weisberghaus perched in the Alps, high above the village of Halstatt. The expedition had already been going for 2 weeks so everything was already set up. The first few days I spend going on SRT trips to gain my fitness, although walking up the mountain to and from caves improved my fitness far more than the caves themselves.

Andy C took me to Tier Garten to show me the ice formations. We climbed down a crack in the rocks and then in front of us was an ice slide! We slid down using a rope and appeared in a chamber with thick, flat and slippery ice covering the floor. It was like an underground ice rink. We cautiously crossed this and came to some stunning ice formations. They were more curved and graceful looking than calcite columns and sat there glistening. I had a look round at all the ice formations, mainly columns, stalagmites and sheets of ice transforming rocky floors into smooth surfaces.



My biggest trip there was down What Have You Got Pot. We abseiled down 750 metres to get there, split into lots of pitches varying in length from 10 to 100 metres. I realised there was over a kilometre of rope! Finally at the bottom of all the SRT pitches, we walked and slid along a large passage with thick sludgy mud floor. We arrived at the camp occupied by a small group of members from our expedition who were spending several days at the camp to explore further into the system. They had left us a note saying to make ourselves at home and they would be back soon, which they were.

Our aims of the trip were to find out if they had found enough potential to keep camp set up and visit it later in the year and if they needed anything brought down and to take some photos. After something to eat, we took photos at the camp and then some more in the big muddy passage leading back to all the pitches leading out. The lowest pitch was thick with mud and our jammers wouldn't work. We got out toothbrushes to try and clean the jammers but with limited success. It might have been one of the smallest pitches but it was the most tiring. The pitches got cleaner as we progressed up. I was happy to keep going and eating nuts and dried fruit for energy, but the others wanted rests, whereas I just found myself getting very cold when waiting about. Eventually, 20 hours later, I saw daylight. It felt fantastic to be outside again but very rewarding to have done the trip.



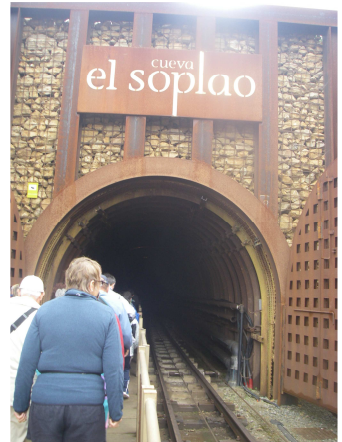
El Soplao

By Ros White

In June 2009 Liz and I went for a walking holiday in the Picos, a mountainous area of northern Spain. It is also a great caving area, (over 6,500 caves in Cantabria) some deep caves, including Sima del Trave, the fifth deepest in the world.

For the first few days the weather was fine and we did the classic walks in the mountains, Bulnes Gorge, Cares Gorge, Vegas del Toro, walks around Sotres etc. The day we changed location from Sotres to Potess the weather was overcast, dull and raining. Rather than set out on a high-level walk, we decided to visit a show cave. We had read about the cave at Soplao, so went off to find it. The location was originally an iron mine. Unfortunately you can't take photos in cave, so I have only a photo of the entrance. Other photos are from their web site.

The mining dates back to 1855 when they were mining calamine. Later the amount of mining increased and the mine enlarged. Minerals found in the cave include: Amber, Azabache, Aragonite, Calcite, calcite crystal, Dolomite, Sphalerite, Galena and Pyrites. The caves were found by chance as a result of mining works and when mining finished in the 1970s the speleological exploration began in earnest and revealed a huge and spectacular amount of crystal. The cave was named because of "soplaos" the natural caverns that were found during mining operations. The cave has more than 13,000m of natural galleries, (17 km with the mine workings). It was opened to public in 2004.



You enter a gallery of the abandoned mine to a gallery called "La Gorda", one of the largest of the cave with a height over 60ft and full of all kind of geological forms. Then to the gallery "Los Fantasmas" (The Ghosts) with huge white stalagmites and on to the most astounding section of the cave, with a low ceiling full of eccentric stalactites.

There are two types of helictites depending on their crystallographic composition: calcite and aragonite.

The calcite eccentrics usually have a vermicular shape, without sharp edges and white in colour due to the pureness of the calcium carbonate. These are not usually hollow, but they have a fine interior capillary which ensures that the calcite solution reaches the end. They grow very slowly.

The aragonite eccentrics have an identical chemical composition to the calcite eccentrics but crystallize in a different way and usually have a much more geometric appearance. The simplest is that of "plume-like" or "rosette-like" extremely thin crystals, similar with lengths that can range from a few millimetres to more than ten centimetres. They are usually found on the floor, walls or on any type of concretion that is already formed, even on the bare rock. It grows simultaneously with the calcite eccentrics in the cave.

Another feature of the cave is the range of colours, from the pure white calcium carbonate, to deep blacks of manganese oxide and different shades of reddish brown iron oxides.



I would love to go back and be able to just look around in peace, but we had an enthusiastic Spanish Guide, who gabbed at an incredible speed such that even the native Spanish could not keep up. We were taken round without opportunity to linger and admire – just gaze awestruck before being urged on to the next bit. The guided tour of 1,500 meters took only an hour. Having said that it is so amazing it is well worth a visit. Not just worth a visit, not to be missed if you are in the area.

More photos at: www.elsoplao.es/ENG/venta.htm The English version

www.espeleoastur.as/articulos/cavemagmapage/Picos.html About caving in the Picos

Ogof Draenen

By Bryn Philips

There is only one way to describe the entrance series to Ogof Draenen, yet another simply named Welsh cave, wet, wetter, wettest. Straight away the five of us had to crawl through a puddle on hands and knees. Next the snug passage tuned into a lovely stream which again was a flat out crawl along and downhill to a fairly tight waterfall straight down. As I was leading I waited. Just after this section in a small chamber, the passage split up. Until now all of the passage had been dug and the amount of scaffolding in the initial section was adequate proof of this. After this section there was a fairly awkward squeeze which went back under the initial passage. After this was another crawl which led to Cairn Junction, this large chamber marks the end of the entrance series.

From this chamber David asked me to find a route on to 'Tea Junction' I chose the shortest route which happened to go through 'Wonderbra' passage which connects a muddy square cut passage to the main normal route to Tea Junction through a small hole in the wall. We followed this large passage along to Tea Junction which again was fairly large. The ceiling was at least 10 meters above my head and at least another 20 meters from wall to wall.

All of this time after Wonderbra we had been walking to or near a stream, there were some fairly pretty formations in the mud, however they were on a par with the amount of pretties in Eastwater back in Mendip. After another stroll along the stream we climbed up to the left and entered Gilwern passage. This passage had two noticeable features apart from its incredible straightness (because it is fault controlled). The first of these was the passages size. Again it was very large so much so that my light was lost before it reached the ceiling. The second feature was the incredible pretties. Two of these in particular stand out the first of these is the sparkly crystals in the walls; these reflected our light back at us much better than the dull rock and so really stood out. The second was a particular formation. "St Giles Shirt" was incredible, the white calcite flowed down off of the wall and collected in a pool on the otherwise muddy floor. It was truly incredible to see and worth a visit to anyone who hasn't seen it already.

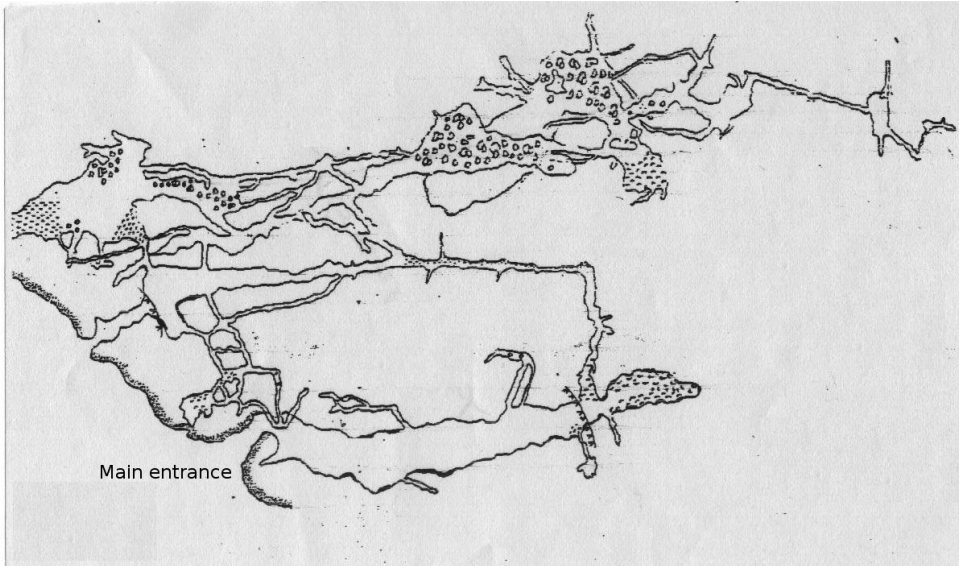
After a relatively simple walk to the end of the passage David told me to try and fit down a hole. It was covered in a particularly nasty grippy mud which made any progress tricky. Lucky then that it just got smaller and smaller until after about 7 feet it closed down completely. David failed to mention this to me before I entered. After a slow reverse out we trundled back down Gilwern passage to Cairn Junction.

Instead of going straight back to the entrance series we went for a little explore further up the passage. The large passage continued to "Pinnacle" which was somewhat unimpressive but worth going to look at as it was only a small spear of rock around five or six feet in length. On the way back we passed the old entrance pitch which is around 20 meters which to me looked far more interesting than the way we came in. However as I'm only around 12 and can't look after myself swinging on string, it was back out the way we came. Which meant getting rather moist; again. There was a considerable amount more water in the entrance series but it didn't cause any real problems unlike what happened to one of the other HSCC groups that day.

It was a nice 3 and a half hour trip with no particularly challenging aspects just a fairly large amount of water which you have to crawl through in the entrance series. I want to say a big thank you to Ros and David who took me to Wales, again. They still haven't learnt not to invite me on these things.

How Well Do You Know Goatchurch?

Match up where these photos were taken on the survey. Answers will appear in the next edition of the newsletter.



Tooth Cave – A strange type cavity that probably needs filling!

By Andy & Susie Watson

During November Sue and Andy Watson were off to Devon again to visit Andy's mum and went to visit to Tooth Cave whose cave survey is in the old Devon Caves book. This cave this is a very unstable cave in chalk and is mostly created along a fault line along the beach to the west of picturesque Beer village in South Devon. You can only get the cave at low tide and the tide is only some 6 feet away from high cliffs so it would be very easy to be cut off on this part of the coastline if you spent more than 30 minutes in the cave, which would be hard to do unless you got stuck.

The floor of the cave is made of large beach pebble shingle and a walk, then a crawl in for some 50 feet, leads you to a narrow area where several fishing boat buoys, that have been washed into the cave and are wedged into floor level cavities on either side. There are essentially two avens that you can climb up into which are joined by a narrow fairly unstable rift. The second aven (furthest in) is some 8 feet above the shingle floor and rises to 35 feet or more with various dolomitic type stones embedded in the chalk on the sides, the width of this aven was about 6 feet. The first aven (nearest the sea) is a simple climb of about 10 feet and it leads to a slightly wider and more roomy rift chamber with some small phreatic tubes which exit the cliff some 40 feet distant at a higher level, this area has a high, 40 feet+, but largely unstable roof with some high parts leading out through the cliff. For the brave there was a wriggle that enabled a climb through a rough section to exit down above the entrance route by some 15 feet, neither of us were brave enough. We went out the way we came in after getting changed and before the tide came in, it was lapping at our heels rather.

Online Sources of Information

HSCC website: www.scouts-hants.org.uk/hsc

UK Caving Forum for caving news, updates and chat: ukcaving.com/board/index.php

Caving Uk (in association with Descent magazine): www.caving.uk.com/Resources/Pages/frame.html

CSCC website with updates: csc.org.uk/wiki/doku.php

Mendip Caves Map: www.ukcaves.co.uk/map-mendip

Free caving techniques book by Al Warild: cavediggers.com/vertical

Caving Shops

Cave Climb – Cheddar, Mendip – www.caveclimb.com

Hitch n Hike – Bamford, Derbyshire - www.hitchnhike.co.uk

Inglesport – Ingleton, Yorkshire - www.inglesport.co.uk

Bernies – Ingleton, Yorkshire - www.berniescafe.co.uk

Starless River – mobile shop - www.starlessriver.com

Excellent Stuff – www.excellentstuff.co.uk

Jumpsuits – www.jumpsuits.randomstuff.org.uk or email Dennis at denthecaver@yahoo.co.uk