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It was a super interesting cavy experience for a first timer like me. I wasn't expecty this level of bouldery and climbing but definitely loved it. The narrow traverse was quite difficult for me and I almost got stuck. Thanks to Maté's help I managed to squeeze my self out. We kinda lost our way at some point (which was not the correct way) Rosa and I forced ourselves past a very narrow place, while Maté, Sophia and Vlad stayed behind. Rosa and I had to travel a circular route back to before the narrow part to meet the rest (we couldn't travel back through the original route because it was too narrow. But everything turned out fine! The climb down dolphin pot and the ladder thig were both super exciting. Took some pics & with my gopro and hopefully they are good!

Xilin

Mendip Swildon upper series

Xilin Fan Vlad Máté Tom

A wetter trip than I expected. We went in through the dry way and went out throught the wet way. The wet way is deserves its name, We were climbing inside an underground river. The climbs up the water fall was especially difficult for me and thanks to Tom's help I was able to get up the rock. Maybe because of the underground rivers, the rock formations in Swildons are much more diverse than that of eastwater. They are really pretty and I took lots of pictures. Luckily it wasn't too cold despite the wetness. Looking for wards to the next trip ☺

Xilin

East water –

Fantastic trip for me as a first-timer! Lots of thrill when we tried to figure a way through the traverse section. For me, getting stuck there was thoroughly challenging – but the help from Rosa and Haavard was able to get me forward.

Really enjoy the darkness beneath the surface and the re-boost after

coming back to the surface again: rewarding risk-taking and great experiences of teamwork and trust.

Xijia.

(103)

CHECC Yorkshire Dales Weekend 27-28 November 2022

☆ Sarah Vlad Chris Cezar Fiona Mabel Zeus Olaf Maté

This marks my very first caving trip and it has been nothing less than an adventure. Arriving at 7pm to the hut, we had buttered potatoes. With Chris' instruction, we set up tent on the North Wall in -3°C. Being the newest member, I was given the only bunk bed that the 10 of us had. Then, it came time for caving games, from table traversing (which I tried!) to SRT wrestling. Our very own Tom DJed with the finest Eurobeat until 3am.

The following morning, we headed into the snowscape. Our original routes were hard to drive up to and we headed to the Long Churn instead! True to its name, the cavern system famous for the Cheese Press had my tightest squeeze. On top of that, there were a waterfall for SRT, multiple circular paths with 3 exits. The bravest must have been us bringing an (my) iPhone 11 Pro in. Props to Fiona and Cezar for accompanying me, Rosa for guiding, Vlad for the gear and Sarah for making it happen!

Sincerely,

Zeus Cha.

Freezing cold!

Vlad

North Wales 21/01/22 - 23/01/22

Vlad Catanese, Fiona Zhang, Rosa Clements, Mabel, Krishnakanth, Raheema, Alexander, Harvey, Thomas Spriggs, Irene, Kelly, Clarissa

One person brought 2 left wellies from the hut and one person brought 2 right wellies. Luckily they were the same size...

Trip 1

Tom
Harvey
Mabel
Alexander
Irene
Raheema

Trip 2

Rosa
Vlad
Fiona
Kelly
Krish
Clarissa

We got lost finding the entrance and took an extra 2h. We were extremely slow with so many beginners. We struggled a lot to find the exit, and in the end cave rescue found us and got us out. A 12.5h fresher's trip. On the other hand, the cave was fun, and I really enjoyed the canoe.

Vlad



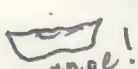
It was my first ever caving trip - until now I've only ever been in show caves before. It was incredibly beautiful with so many clear lakes of water - some were so deep yet you could still see right to the bottom. First there was a scramble with traverse lines which I found quite intimidating having never scrambled before. Next, an abseil which was straightforward followed by an abseil that had a diversion in it where you had to abseil a portion with the rope to the left of you and then reclip the diversion Karabiner which was more challenging.

After that, there were a series of interesting obstacles to cross caverns and lakes. First a Zipwire over a lake which was really fun, and then a wobbly ladder across a lake that was such an unbelievably bright blue in colour. Next a few more nerve-wracking traverses - one across a broken bridge, one around the walls of a cave, and lastly one across a single wire which really challenged our balance. At last, we arrived at our final abseil pitch in which we descended into a canoe! I'm very thankful for Vlad bailing water from the canoe as I abseiled (slowly) and we crossed a lake by pulling on ropes and steering with an oar to return to the dry ground. Next was a tough scramble (for me at least!) to the ascending pitch which required leg strength I was already running out of at that point. Many thanks to Krish and Fiona for helping me undo my chest jammer which had gotten stuck as my hand jammer got too close to the knot.

At this point, things started to go awry - earlier (when both teams were at the zipwire) we realised that we were not going to make our call out time of 9pm so Tom, Alexander, and Mabel went ahead as a separate team to reach the hut before call out. The guide of the cave also went with them so the rest of the team in the cave now had to navigate out without a guide. We managed to make our way to the turntable before losing our way. Rosa, Krish, and Fiona explored many routes only to be met with dead ends - the rest of us huddled together and tried to stay warm, awake, and in good spirits. By the 18 hour mark, cave rescue finally arrived - bringing with them snacks and hot juice which was very needed! They led us out to the Khazyd adit in an hour and we emerged from the cave at 06:30 in the faintest daylight.

Overall, an amazing experience with such wonderful team mates < I owe everyone so much gratitude for helping me through! Hopefully, I shall go caving again soon 😊

- Clarissa

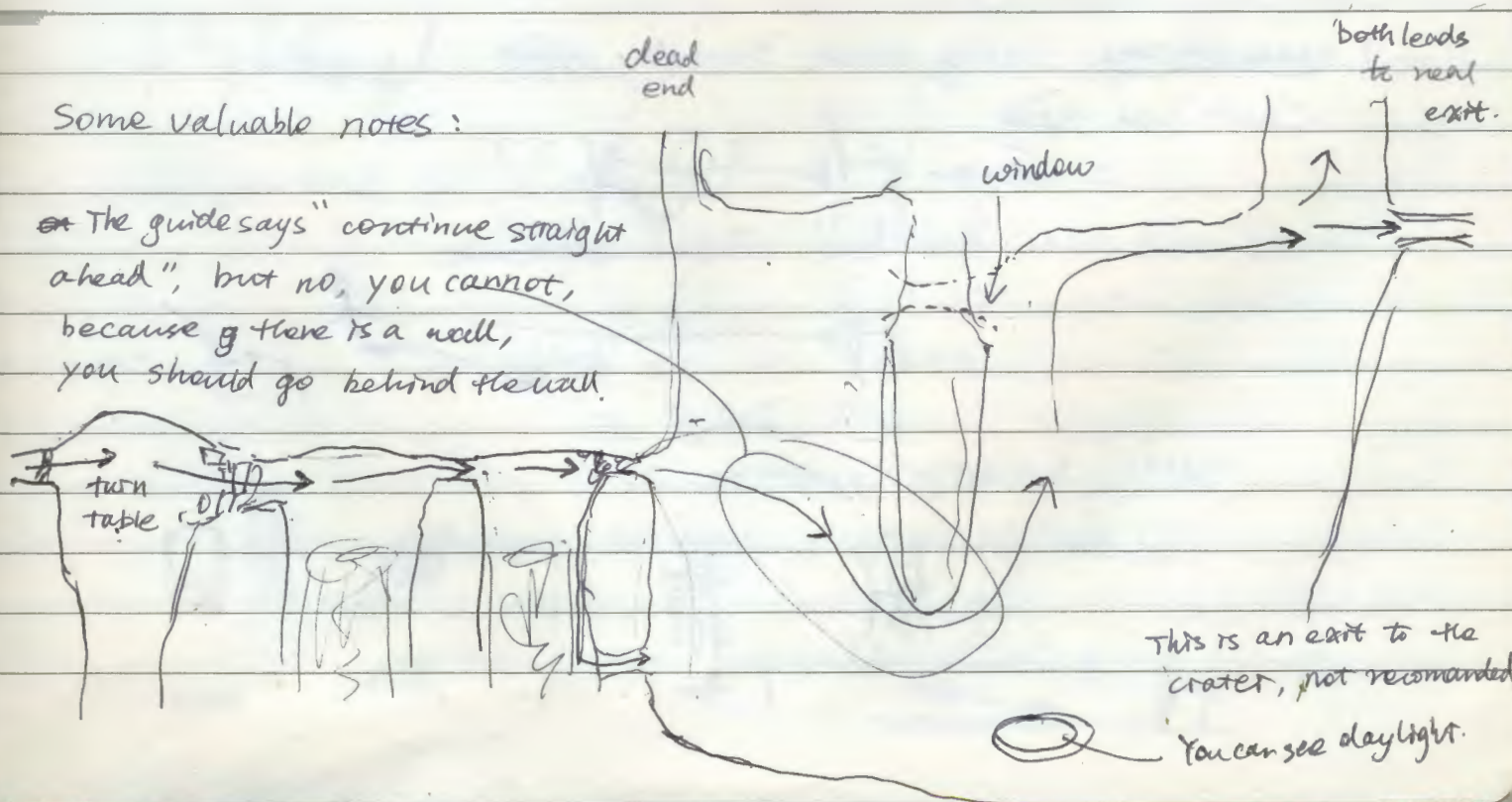


First ever caving experience - honestly didn't know what to expect. Turned out to be my scariest yet coolest experience. Couldn't quite believe some of the abseils + obstacles we had to do - honestly found them super stressful + challenging but so glad to say 'I've done them now'! Cheers to my team mates / leaders for really showing me the ropes! Was in awe of the whole mining cave - such an incredible creation - and it was so fascinating seeing the remains of train tracks + turn tables, honestly intrigued to research its history now. I'm so glad Rosa allowed 'complete beginners' to come on this trip, (tho it did slow us all down) because I've honestly had such an out-of-ordinary weekend + can't wait to go back to tell family / friends all the stories! Also was so lovely meeting new people + also (over) hearing Harvey's caving stories whilst lost in the cave - ended up leaving at ~6am ö since we couldn't find the exit! What an adventure - still can't believe it all happened but am so grateful to have had the chance to cave such technical obstacles on my first trip. Would love to come back for a more relaxing trip in the summer + to experience the whole caving ~~com~~ team-spirit once again. Overall, definitely a trip to remember ü

Raheema 23/1/22

Some valuable notes:

~~Or~~ The guide says "continue straight ahead", but no, you cannot, because there is a wall, you should go behind the wall.



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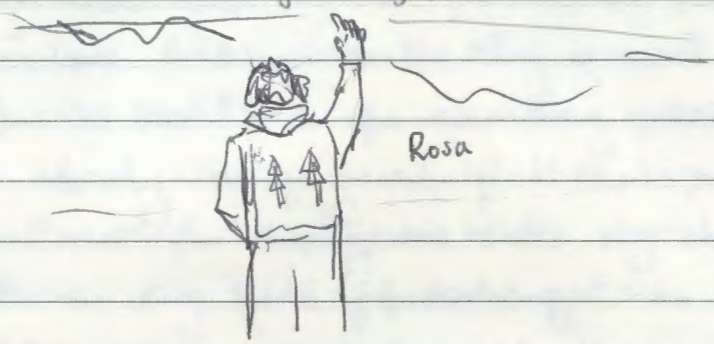
South Wales - 4.02.2022 - 6.02.2022

Vlad Catanea, Steve Roberts, Yigishi, Benoît Casseau
Máté Sáón, Ştefan Manolache, Arthur Roberts, Vlad Toncoman
Fiona Zhang, Ştefan Enescu, Rosa clements.

Saw a bat today! (my first time) — Vic

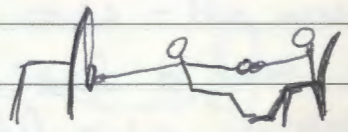


like this adj

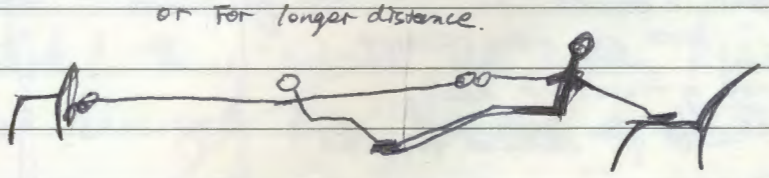


sleeping bats, shrimps, crawly bits
and wet wellies
not bad for the 1st time
of caving, quite sexy really
— Stefan M.

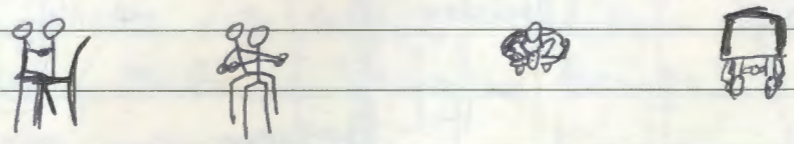
~~Chair ensling~~ Caving game Saturday night :
' Chair and sling
2. reach out.



or For longer distance.



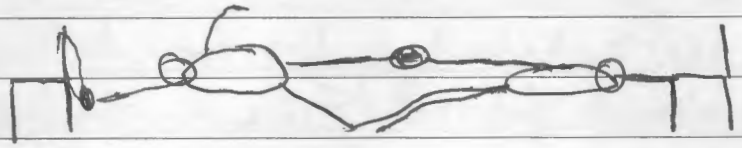
rules: 1. starting position.



side front above. below.

Record chain end sling:

- 9.[redacted] book rotations (long side) Vlad + Vlad



- 9.75 lbs [redacted] + Stefan

Side technique

100 lbs — " —

" — —

10.5 lbs Fiona + Vlad T.

11 and an edge Fiona + Vlad T.

Tightened sling

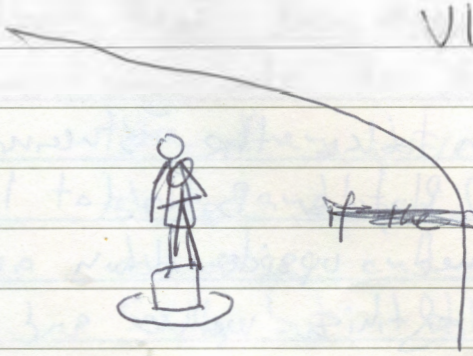
the new dream team ☺

Winners: Vlad C. + Vic

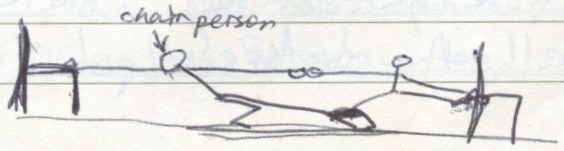
9.75 logbook rotations

Vlad T. + Fiona

9.75 lbs



~~If the~~ For tightened sling, do this:



Saturday:

We splitted into two teams: 1. Steve, Vlad C., Yiqi Shi, Benoit, Stefan and Arthur; 2. Rosa, Fiona, Mate, Stefan and Vlad T. The second team, led by Fiona with some help from Rosa, started from OFD 1 and, on the way to the step, Mate crawled through a small shortcut. From the step we continued up the stream and at some point we exit the stream and found a small ladder. At that point we deviated by continuing going further than where the ladder was. At the end of that passage we squeezed through a boulder choke at the end of which we found a nice diving spot. Going back we took the ladder up and continued climbing there. On our second chocolate brake — near the end of the ascent, we turned our lights off for a couple minutes. At the volly polly we stopped and took pictures: 1st of the second, left the camera, second of the third and left the camera and so on. The elephant asshole was really fun and there Fiona started questioning whether she is fit to explain how to slide there - she did a great job, it was probably just me not being impetient to give it a try. After that we took a wrong right turn and squeezed through a tall and very narrow passage until Fiona was said it's getting too narrow even for her. We turned back and found the correct way. Slided both face first and feet first for a while. We then got back at the junction where we came from. Then took the stream down and swam through Pluto's Bath (at least Vlad and Mate). Mate turned upside down and all the water poured out of his wellies and suit

throug the neck opening and wellies. We also had a traverse (with cable) at some point - I forgot about it. For the first caving experience, me and Mate were really happy with how much we've done!

Back at the hut we had dinner and then saw the Kent University cave club playing chair and sling. Because of the Oxford complex - always to prove we're the best, we started playing a game against them: Vlad + Vlad, Ștefan + Ștefan and Vic + Fiona. We started easy and at some point they left for supper. Of course we moved the chair a full meter back and started "researching" and "experimenting" different tehniques. The best team by far - unbiased writing here, was Vlad T. + Fiona which was also the most innovative team. We managed to do a full 11 loghook rotations - about 3.4 meters. When the Kent Uni people came back, they seemed quite afraid to compete against us. We made new teams by order of height - tallest with shortest and so on. Again I was with Fiona, Vlad C. with Vic, Ștefan with Mate and Ștefan with a Kent guy. Me and Fiona showed off for the first couple of rounds but unfortunately lost in the penultimate game. Vlad + Vic won the competition followed by two Kent Uni guys. Me and Fiona then tryed a new theniquee and easily got the crab out at the ~~highest~~ furthest distance - could probably have done about 30 cm further with that tehnique.

completely biased writeup!

We then played a bunch of other games like the sling and pan (Vlad + Vlad winners against Vic + Fiona), human traverse and cereal box. This was probaby on ~~Saturday~~ Sunday but it still goes into the Saturday log.

Vlad 2nd