Yesterday's Cow Pot to Lancaster Hole
(Lizzie, ~~Rocky~~, Carlos, Todd (RRCPC))

Carlos, Rocky and I accompanied Todd of Red Rose as he rigged Cow Pot in preparation for the Easyish Open House 2026 (which we had entered a day early for, and were very glad to join one of the members on a rigging trip).
Todd had rigged Lancaster Hole just before, and we met him at Cow Pot. I found the entrance really quite beautiful, with the ~~daylight~~ daylight and trees visible up above, a nice reasonably-sized waterfall coming in.

The way on is an ~~the~~ inconspicuous way away from stream ~~Cow Pot~~ ~~Lancaster~~ ~~5 June 2026~~.
It is a crawl that goes on for a while before opening up at a pitch head.

This pitch, with some rebelays, leads down fall pot. We goes down the boulder choke after this into the stream way. We ~~first~~ first explored down stream to the terminal sump, and the up stream to the "washing machine". On the way back, we did a really fun slide in the water.
+ I have a very very strange + purple (for now) bruise

In the end, people got out of Lancaster, partly because Rocky doesn't like crawl.

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Wilf Taylor's Round Trip

We wanted a Sunday trip for Sunday. Maybe not making the best use of the prefrigging but Wilf Taylors seemed to fit the bill. Lots of other people thought the same so there was a queue at the Lancaster Hole entrance. That did give Frances time to get her kneepads which she'd forgot. I said hi to Billy from KCC who I met on Presidents Incite with my Dad. We had an entertaining time passing the tiny ladder. Rocky opined that there's no such thing as a nice crawl, but at least Montague West was not a very bad crawl. We went to see the sump. A bit Double Decker Pot I tried to demo classic abseiling but the non footloop rope had been removed. I tried with the footloop rope and fell on my face at the bottom. No-one else tried classic abseiling. We got to the streamway and visited the waterfall and the washing machine. Vlad jumped in the washing machine! The water levels had fallen a bit and the waterslides didn't work very well. I had a fun trip though!

NOTE: The bolt at the Lancaster Hole rebelay where we normally stand to supervise beginners has been removed! Luckily Rose did fine with just some advice from Vlad from the rebelay above. But think twice about first & SRT trips in Lancaster Hole from now on.

Summer Solstice!

Wales Weekend 19/06/26 - 21/06/26

Rosa Clements, Vlad Căbănea, Rocky Yu, Mariana Sonnbag, Roland Reylander, Summer Li, Frances Pope, Oliver Bubler, Viktor Verebelyi

Edward's Shortcut Round Trip

Tianye Xia = Exhausted for my first trip, as it's tiring than I thought. But it's also fun, as ups and downs are exciting. I probably need to exercise for a further trip. I need arm strength for a decent pass

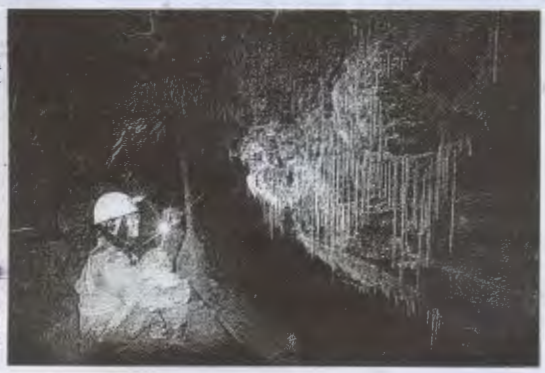


Roland's 1st trip

Frozen River, OFD

Big epic trip to skyhook

Oli B: Holy moly we saw some pretty cool things when trying to unlose ourselves, loads of fun in the end. All of my body parts are unhappy with my life choices, however, who cares when we saw the prettiest-pretties in all the land. Tons of stone and helactites and especially the crystal pools. Gadzooks they were awesome sauce.



Summer's first trip

Frozen River, OFD

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Oli:
Kate (HSI)
Luke (HSI)
Viktor

Moment captured by George (HSI)



Sunny solstice (ish) evening walk

Mariana S.G: Had an awesome trip to OFDI on Sunday. A good shot of adrenaline at the bolt traverse (panic?) :) Then a nice splashy exit into a scorcher of a day outside. Lovely!
Someone remind me never to get eaten by an elephant!



← Meeting at the Raudekant. Rocky, Mariana, Vlad, Frances, Rosa, Roland, Sleeping: Oli



is the best, 5 stars, really reccomend!

Thanks for introducing me to caving, a surprising experience fun, exhausting, scary and great fun.

Roland:

I don't regret the spontaneous midnight at EWMDWR, but would rather make another roll at Roly Poly.

See you again soon!
Roland

Inventory 2026 5th Sep

Wellies.

size.	number (pairs)
3	1 (also 2 right foot)
4	II
5	IIII
6	II (also 3 right foot).
7	II
8	IIII IIII
9	IIII I
10	II
11	IIII I

SRT

note: pullies are in the emergency box.

Spare cowstails	IIII III (cowstails with no crab III)
spare chest harness	IIII
pully jammer	I
chest jammer	II
foot jammer	I
hand jammer	II
breaking crabs	
central maillon.	
pully	IIII II
full SRT.	7
SRT missing a stop :	I

helmet

good. III

good helm with bad light IIII

bad helm with good light.

Ladders.

10m. IIII III

7m III 7.5m II

5m. I

3m I

ropes:

age 2016 — now:

0–10m:	IIII
10–20m:	IIII II
20–30m:	IIII
30–40m.	IIII III
40–50m.	II
50–60m: (include 60)	III
60–70m	IIII
70–80m.	

age older than 2016

0–10m:	IIII
10–20m:	IIII IIII II
20–30m:	III
30–40m:	IIII
40–50m:	IIII
50–60m:	II
60–70:	I
70–80m:	
80–90:	IIII

# of maillons: 51. (10 chains of 5).

Snap gates: 17

screw gates: 20

Steel crab: 10

2 bad crabs: 2

~~86~~

oversuits	undersuits
S 6	
M 14	
L 6	
XL 5	
XXL 4.	
broken 3	
Total 38	

helmet.

with fenix light: ~~++++~~ ||
fenix batteries (work): ~~+++~~ ||
with petzel (4 batteries): ~~+++~~ |
with petzel (2 batteries): |||

} 16 helmets.

faulty helm: ~~+++ +++~~

Sleeping bags: || eleven.

Peak District 18/09/26 - 20/09/26

Rosa Clements, Tom Spriggs, Frances Pope, Viktor Verebelyi, Fiona Zhang, Rocky Yu, Mabe Soos, Luke and Kate from ~~Heighington~~ Shaft Inspectors

Titan to JH exchange.

The day started with some faffiness, we arrived at Rowber Farm to discover that Fiona had forgot her helmet and Kate had forgot her wellies. Luckily Frances had some spare kit and we managed to sort ourselves out. Luke is very tall and rigged Titan efficiently (well, with a little rerigging at the event horizon...). We niggled through the boulder choke and down a climb, then went on a detour in the streamway (not the main streamway). Cow arse worms was gloopy but passable. We found Leviathan rigged and considered whether we could leave a message for the other team. Tom volunteered to prussik out first and he'd barely started when the other team appeared, looking very clean compared to us. We explained that they would be experiencing the delights of cow arse worms very soon. On the way out we had some trouble passing bags forward and got bunched up a lot. Some issues when Kate dropped a deviation in the workshop and was too short to put it back. With my braking krab we made it OK. I struggled with a climb in the Cartgate and Frances helped me with my tacklesack. Luke did a lot of bag carrying even though he was derigging. Both teams got about 10 minutes before callout. We ate midnight bolognaise (delicious) and were too knackered for Sunday caving. The exchange was a success! Great trip.

JH to Titan

The way down JH was great fun as we've not recently done a trip there. I was at the front rigging my way down. The rigging of the bitch pitch, just as before, created some contention. I ended up rigging some deviations as rebelays as it made much more sense. Everyone agreed with me on that. However, using 2 crabs as a deviation was controversial. The in-situ long deviation at the top of

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~~Wales 0th week 09/10/26 - 11/10/26~~

~~Rosa Clements, Viktor Verebelyi, Rocky Yu, Hannah Dold~~
~~James Young, Theo Adams, Isaac Markovitz, [illegible]~~

Leviathan was in a pretty sorry state, so I had to improvise and ~~a~~ make a long enough sling, in hopes that it'd be Luke de-rigging, as the bolt was quite a reach. ~~[illegible]~~ By the tea rooms, as I was hanging off the ledge, I thought it was ~~[illegible]~~ the perfect place for a picture. I could see all the other guys, perfectly spaced out, making their way down Leviathan. So I reached for my camera. As I did that I hit the quick release button on the mount, sending it flying straight down the 30m drop beneath me. The rest of the trip down to the connection was pretty quick and uneventful. When we got there the other team was nowhere to be seen, so we dropped our kit and ~~went on a gi~~ went to have a look at a couple of sumps. When we got back we got welcomed by a team completely covered in mud. This was a big suprise as we were still completely clean. ~~I thing~~ That suprise quickly wore off as ~~we started off~~ we left for Titan. This being the first trip after summer I could pretty quickly tell ~~a~~ all of us ~~[illegible]~~ were well out of shape. ~~Ti~~ The connection was just a lot of muddy crawling. Once we finally got to Titan the mood ~~[illegible]~~ quickly brightened. Honestly, what an amazing place. Standing at the bottom of such a ~~[illegible]~~ shaft ~~[illegible]~~ really humbles you.

~~Climbing up~~

Wales 6th week 09/10/26 ~ 11/10/26

Daren Cilau - Viktor, Rosa, Rocky, James Young, Hannah Dodd.
(10/10/2026)

Rocky: Initially I was on the underground camping team, but Fiona forgot to pack gas for cooking. I figured that not being able to have pasta and porridge for dinner and breakfast is too much for me, but the other three ~~of~~ decided to proceed and starve.

Thus, I joined this bounce trip. For a caver known for disliking crawls, me, this is quite a commitment. Viktor got into the cave and I followed him. The infamous entrance series crawl hits us immediately with flat-out crawls, side-way squeezes, awkward twists, and many (maybe most) of which are in water. The amount of "Fuck" coming from the front gave a clear indication of how miserable this is, and I stopped counting after 100.

After ~~passing~~ through 8 boxes (where cavers can receive communication from outside), the crawl ends in a ~~not~~ passage that we felt gigantic. The rest of caving in this trip is rather trivial, where we signed in the logbook at the Big Chamber Nowhere Near the Entrance, and decided to return the same way.

The crawl on the way back took less time for Viktor and me, as we were not waiting. But it also felt more tiring. When we finally popped out, we concluded that we'll 100% choose the other entrance to the cave next time.

We took a break at box 9 and saw a bat flying around.

James and Hannah found a kitten! It spent the night in the bunkroom annexe, then they went round the village finding a home for it on Sunday, with success! 

Dan-yr-Ogof: Rosa, Viktor, Rocky.
(11/10/2026).

Rocky: This is my first time in Dan Yr Ogof, but I borrowed a wetsuit hearing its wet reputation. After the show cave, we immediately got wet, and a lake was welcoming us after climbing over a gate. The Lake (I believe Lake 2) was deep on the day, reaching my neck even when I stood by the wall.

After the fun swim, we did mostly dry caving, climbing and walking mostly before we reached "Long Crawl". My knee still ached from yesterday, but we still chose the Long Crawl, because the alternative was "Longer Crawl". The crawl felt Ok, after Daren Calm. Then we arrived at the ladder connecting to the lower series.

The passages after that is large and decorated starting with crystal pools and meters-long straws, we walked down the Crowed Canyon to reach the Monk Chamber. Then a short walk lead to the Green Canal, where we swam with rubber rings and float aids.

The swim was super fun, but it also marked our return, as we didn't have time to complete the round trip.

Overall, superb trip after yesterday. I also found the club wetsuit that fits me well.