

What's on your Mendip Hills Adventure Bucket-List? #mendipadventure

1. Take a shower in Swildon's Hole.
2. Soar over the gorge in a glider.
3. Ride the Lumps & Bumps trail in Rowberrow Forest.
4. Stand on the highest point at Beacon Batch.
5. Walk all the Mendip Way.
6. Pony-trek across Pen Hill.
7. Climb Coronation Street**.
8. Scramble around Landslip Quarry.
9. Fast-pack the Limestone Link.
10. Gorge walk up East Twin Brook.

There you go, 10 things you can do on your own (some will need years of practice and specialist kit and some you can do right now), there are also loads of adventures you can have by booking with one of the outdoor pursuit companies in the area. The geology and landscape have given us amazing opportunities for adventure which has also built an important part of our local economy. Protect our landscape and we're also protecting our community and heritage.

People started visiting the area for adventure from 1850 onwards when 'tourism' started thanks to the railways. A clear indication of this growing market was Gough's Cave in Cheddar Gorge opening as an attraction in 1890. Like today people always want to push the boundaries, from a gentle stroll through a show-cave more adventurous types wanted to go further and deeper. The Mendip Nature Research Committee was the earliest caving club on Mendip and one of the earliest in the country, founded in 1906.



Credit: C Binding

The heritage of caving on Mendip, or should that be under Mendip, is hugely deep and rich. The interest of caving spans age, gender, education and upbringing. From weekend warriors to lifelong academics the interest continues. New caves are being dug continuously (the [Mendip cave registry](#) has 2000 entries now) and skills are being handed on and developed, luckily for a young football team in Thailand where Mendip cave-divers played a vital part in their

rescue recently. This cultural heritage is directly linked to the geology and hydrology of the Mendip Hills, it's one of the Special Qualities, one of the reasons this area was designated an Area of Outstanding Natural Beauty.

People are adventurous, we want to go further, deeper, higher or faster. Walking is the most popular recreation type on Mendip. The [Mendip Way](#) is a great platform for people to explore their adventurous side; walk it in chunks, walk the west section or

the east, walk the whole lot and camp overnight or run all 50 miles in a day! The point is that the Mendip Hills are here for your adventure no matter what that is.

This heritage of adventure is passed on from generation to generation. Young people are taught resilience, determination and teamwork through adventure that hopefully will help their mental health and wellbeing for the rest of their lives. Groups of Duke of Edinburgh award students, staggering under enormous packs, are regularly found clustered around a map on a Mendip path junction debating where they are. These adventures are vital in young people's development along with family groups riding across Black Down, or seeing how brave they are in the entrance to Aveline's Hole. The next generation need adventure in their lives, the Mendip Hills are the perfect starting ground.



700,000 people approximately, live within 30 minutes drive of the area and we know that will grow. We're beginning a variety of research projects to try and understand exactly how many people visit the area. All we know at the moment is that the Mendip Hills Area of Outstanding Natural Beauty is a landscape enjoyed by many people for just as many different reasons. Let's protect them so future generations can have as much fun as us.

**Coronation Street is the highest climbing route in Cheddar Gorge at 370ft. First climbed in 1965 by Sir Chris Bonnington and filmed as a documentary for HTV and shown after the famous soap opera.

