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Keine Stimmen

# Besuch einer Höhle



Der Besuch einer Höhle ist ein spannendes Abenteuer für Gross und Klein. Es können Naturwunder bestaunt werden, welche nur in einer Höhle zu finden sind.

## Visit a developed cave

There are various well-developed caves, which can also be visited by groups. These caves are suitable to marvel at the wonders of the mountain in a guided environment. Such a visit is good for beginners who just want to marvel at a cave.

## Visiting an undeveloped cave

In some places there are also caves which are not developed for tourism, but can still be visited and "explored". In this article, the visit of such a cave will be discussed in particular.

## Important Note

Visiting an undeveloped cave may sound tempting, but it can also be dangerous. It is imperative that certain safety precautions be followed (some are addressed below). Furthermore, a group should only enter such a cave with an experienced leader who also knows the cave.

It is assumed hereafter that the responsible leader, who organizes such a visit, already knows the cave and knows where the peculiarities of the corresponding cave lie.

## Before the visit

Before visiting the cave should be clarified whether the cave has changed since the last visit. It may well be that, for example, something has collapsed (often there are local organizations that explore the caves regularly). Also the weather of the last days plays a big role. If it has not rained, it is very likely that the cave will be reasonably dry. If it has rained a lot in the last few days, there will be a lot of water in the cave and some passages may be impassable

By the way, the best time to visit the cave is during the winter time, when the temperatures drop below 0° Celsius, as the water will then freeze and thus not get into the cave.

## During the visit

Before entering the cave, it is checked whether all participants have the required equipment with them. If someone does not have everything, or has the wrong material, he stays outside.

In the cave, the leader with the caving knowledge is first. He constantly makes sure that the path he is walking on is safe. At the back again goes a defined leader, who ensures that the group does not pull apart too tightly. Furthermore, no one should ever be alone on the road (if possible, at least in threes)

## After the visit

Often it is wet in the cave. It is therefore advisable to take spare clothes with you, which can be put on afterwards

## Materials

The following are some items that should be taken by the participants of such a visit:

- Torch (headlamp if possible)
- Spare batteries or spare flashlight
- Helmet (climbing helmet, skater helmet, bike helmet, ski helmet, construction site helmet. Must be easy to fix.)
- Very good footwear (hiking boots, trekking shoes)
- Clothes, which can get dirty / wet
- Gloves (optional, to keep your fingers warm, dry and clean, plus you're less likely to scratch the walls)
- Backpack with water and a small snack
- Dry clothes to change into (for after the cave visit)

Furthermore, it is advisable for the leader in charge to have a map of the cave with them, as well as an emergency first-aid kit.

## Safety considerations

The following are some safety considerations (not exhaustive):

- Before the visit: clarify if the cave has changed
- Before the visit: inform one person (who will not be coming into the cave with you) about the cave visit. The exact entry time and planned exit time must be communicated to this person. It is this

person's responsibility to inform the appropriate authorities should you fail to report back to them within the planned exit time window.
- Before the visit: clarify weather conditions of the last days, is a cave visit possible at all?
- During the visit: one person stays outside the cave. Should she notice any irregularities from the outside, she can organize help.
- During the visit: the equipment of the participants and leaders will be checked before entering the cave. Persons with incomplete or incorrect equipment will remain outside.
- During the visit: the leader in charge will go ahead. If the route becomes too dangerous, it will not proceed.
- During the visit: no one is out alone! If possible, at least three people are always on the road together.
- After the visit: it is checked that all participants and leaders are outside again.
- After the visit: inform the person in charge that the cave visit has been successfully completed.

By the way, such a visit without a professional guide should only be carried out if the responsible leader knows the cave well and there is no danger of getting lost in the cave. Otherwise, it is advisable to consult an expert (e.g. from a local organization).

Important: Leaders and participants who suffer from claustrophobia stay outside!

## Cave Activities

A cave is great for doing unique activities. Some ideas may include:

- Turn off all the lights and be very quiet.
- Prayer in the cave.
- If available, crawl through a narrow passageway.
- etc.

## Impressions





## Image credits

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