

MOUNTAIN RESCUE IN THE LAKE DISTRICT

Lake District Search and Mountain Rescue Association (LDSAMRA)



12 teams

**450 trained,
unpaid volunteers**

**24 hours a day,
365 days a year service**

**Funded entirely by
voluntary contributions**

**If you need the services of a
Lake District Mountain Rescue Team:
DIAL 999**

- **ASK FOR CUMBRIA POLICE WHO WILL NOTIFY MOUNTAIN RESCUE**
- **STAY BY THE PHONE OR WHERE THERE IS A MOBILE SIGNAL**



www.ldsamra.org.uk

Cockermouth MRT • Coniston MRT • Cumbria Ore Mines Rescue Unit (COMRU)
Duddon & Furness MRT • Kendal MRT • Keswick MRT • Kirkby Stephen MRT
Langdale/Ambleside MRT • Patterdale MRT • Penrith MRT • Wasdale MRT • SARDA Lakes

Registered Charity Number: 506349

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