



## A Day Kayaking and Rock Climbing

### Who is it for?

A perfect day of adventure for everyone! Great for you and your mates, for the kids, or a fabulous experience for the whole family.

### Rock Climbing

Llanberis is the birthplace of rock climbing, so where better to take your first steps in the sport? With plenty of easy climbing crags on our doorstep, we're spoilt for choice. If you've never climbed before, a half day session is an ideal introduction – you'll make your first climbing moves, experience the thrill of abseiling and learn some essential safety skills. In the care of our instructors you'll soon impress your friends with your confident moves on the rock.

If you've done some climbing before, or climbed indoors, that's great too! There are plenty of more demanding lines on the crags for those who would like a challenge. As well as climbing, you will also learn how to belay each other. Belaying is looking after the 'other end' of the rope to keep the climber safe. We'll also introduce you to the basic equipment – harness, helmet, karabiner etc. – and teach you how to use it.

### Canoeing

Our Llanberis lakeshore base gives us easy access to the calm waters of Llyn Padarn, an ideal venue for your first paddle strokes. You can choose to get afloat in the more traditional Canadian canoe (stable, versatile boats for two, using a single bladed paddle), a kayak (single boat that you sit in), or a sit-on-top kayak. Some groups may even choose to take a mixture of all three. We will introduce you to the essential skills and you will find the basics are quickly learned and satisfying to use.

The bays and lagoons on Llyn Padarn are perfect to explore and there is plenty of time for journeys and/or games depending on what you and your group desire. The view of Snowdon from the middle of the lake is the best in the whole valley! Whether you opt for a tranquil journey or high energy fun, a dry session or a thoroughly wet experience, you are sure to have an unforgettable time.

You should bring the following items each day:

Thin layers to wear under your wetsuit/waterproofs – synthetic layers or thin fleeces are warmer than cotton when wet.

- An old pair of trainers or wetsuit boots to wear while afloat.
- Loose comfortable clothing and another pair of trainers for rock climbing, plus spare warm clothing to wear when off the water.
- A warm hat, peaked cap and sun cream – to cover all weather possibilities!
- Packed lunch and something to drink
- If you have a waterproof camera, bring it along to capture the moment!

### Timings:

We will meet each morning at 9.15am, at our Llanberis base – unless otherwise agreed.

We typically return to Llanberis at around 4.30pm at the end of each day.

### Fitness and Health:

There's no need to be super-fit – these activities are open to all ages and abilities. You should, however, have a reasonable basic level of fitness, and need to advise us of any medical conditions or injuries that might affect your ability to participate in the activity. We'll ask you to complete a health awareness form at the start of the course.

Our Adventure courses are open to anyone age 8 or over – if any of your party is under that age but still wish to join one of our courses, please contact us for further advice.

The Surf-Lines company has public and employers' liability insurance of £5 million. Your booking does not include personal travel or accident insurance – please contact your insurer for details of available cover.

### Accommodation:

We are a non-residential activity centre – our website provides details of accommodation options in the Llanberis area. Go to [www.surf-lines.co.uk](http://www.surf-lines.co.uk) for further information, or contact us for advice.