



A Day of Coasteering and Sit-on-Top Kayaking

Ocean Adventure is one of our most popular adventure days. Our guides/instructors get you close to the coastline, exploring the cliffs, caves and inlets that you thought were out of reach. We spend a half-day exploring a wild corner of the west coast of Anglesey by sit-on-top kayak and a half-day coasteering a hidden, dramatic stretch of cliffs.

Sit-on-top kayaking

The sit-on-top kayak is a fantastic boat for novices and more experienced paddlers. Stable and easy to paddle, we will soon have you feeling like a pro as you explore the rocks and enjoy the surf on the first half of this adventure day.

During your kayaking session we will introduce you to basic paddling techniques, ensure that you are comfortable in your boat and then according to the weather and tidal conditions explore the coastline, make use of the surf or shelter in the calm conditions of the bay. There is plenty of scope with these versatile kayaks, which ensures your day is as relaxed or as challenging as you want to make it. Our experienced and qualified instructors can organise the day to meet your aims.

Coasteering

We explore a piece of coastline- a rocky headland or a short stretch of cliffs - making a journey from one bay to another. We follow the foot of the cliffs, close to the water's edge, climbing some sections, scrambling over rocky obstacles, gullies and boulders. We often jump in to swim past harder sections or to simply enjoy being in the water. There's also the option to explore sea caves and experience the thrill of cliff jumping.

Coasteering is a fantastic activity for all ages and abilities. We can tailor the activity to be accessible for all or as exciting as possible within a safe framework. Coasteering is great for a mixed ability group as there are always alternatives for those less confident and new challenges for thrill seekers. In short, there is no excuse for anybody to miss out!

Coasteering is an exciting activity, led by our experienced and well qualified guides/instructors. They will give you a safe, highly enjoyable day out exploring the coastline. We choose our venues depending on the weather conditions, group ability and aims of the session.

What do I wear?

We have a range of full wetsuits suitable for all shapes and sizes. Everybody also wears a buoyancy aid and helmet. For Ocean Adventure Days please bring:

- Swimming togs
- A pair of old trainers to get wet, or wetsuit boots if you have them
- Towel
- Sun cream
- Lunch
- A camera to capture the moment!

Don't worry if you can't find any suitable footwear; we have a large range of shoes under £10.00 available in our shop.



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Where do we go?

Our Ocean Adventure venues are in the Trearddur Bay area on the west coast of Anglesey. Generally we'll all meet at Surf-lines in Llanberis, but if you have arranged to meet us over at the venue then please refer to the additional information for the island meeting points.

Meeting Times

If you have booked an Ocean Adventure Day, we will meet you at 9.15am at Surf-Lines.

Meeting you on Anglesey:

Porth Dafarch - Follow the A55 dual carriageway all the way to Holyhead. At the roundabout at the end of the road take the first exit to the left (it feels like you are coming back on yourself). Then take the first right at the Farmers Arms pub and follow the road for approximately 2 miles until you come to a T-junction. Porth Dafarch is straight in front of you and there is plenty of parking if you turn left.

Trearddur Bay- Follow the directions for Porth Dafarch, turn left at the T-junction and then follow the road keeping the sea on your right. As you approach the village there is a large gothic-style house on the right (think Scooby Doo!) just past the house is a large car and boat trailer park on the left. This is where we will meet you. If you find yourself by the Trearddur Bay hotel you have gone too far!

Fitness and Health:

No experience is necessary for any of our Adventure Days and 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 Ocean Adventure days are open to anyone aged 10 or over – if any of your party is under that age but you still wish to book this course with us, please contact us for further advice.

Insurance:

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 for further information, or contact us for advice.