



## Coasteering Adventure

### What is coasteering?

This is an exciting way to 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.

### Who is it for?

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 those thrill seekers. In short there is no excuse for anybody to miss out.

### Are you sure it's not dangerous?

Coasteering is an exciting activity and with all outdoor activities there is an element of risk. However, as with all our activities, our instructors are very experienced and well qualified. They will provide you with a safe but highly enjoyable day out at venues chosen to get the best out of the weather conditions, your ability and your aims for the session.

### What do I wear?

We have a huge range of full wetsuits suitable for all shapes and sizes. Everybody wears buoyancy aids and helmets and these all meet current safety standards.

You will need to bring –

- Swimming togs
- A pair of old trainers to get wet - if you have them, wetsuit boots are ideal
- Towel
- Sun cream
- Lunch if you are with us all day
- A camera to capture the moment!

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

### Will I enjoy it?

Coasteering is our most popular activity. Action packed with climbing, jumping and swimming, it's a great team activity. We inevitably end up with a noisy session, lots of encouragement and cheering, playing in the waves and adrenalin filled adventure!

### Where do we go?

Our coasteering 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.



## Coasteering Adventure

### Meeting Times:

If you have booked a morning Coasteering session or an Ocean Adventure Day, we will meet you at 9.15am at Surf-Lines. If you have booked an afternoon session please aim to arrive for 1.15pm. By prior arrangement we can sometimes meet people over on Anglesey. If this is the case please add an hour onto our meeting times as we may have to meet other clients and travel over to meet you. Contact us ahead of time to pre-arrange a meeting place.

### 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 2miles 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](http://www.surf-lines.co.uk) for further information, or contact us for advice.