



## **READ THIS**

Ensure you arrive on time. If you are running late it is important that you call us on 01352 810458 or 07950 103872 to let us know otherwise we will leave you behind.

Start times are:

MORNING SESSION – 10 am  
AFTERNOON SESSION 2pm

A session will normally take a maximum of 3 hours and will vary on the overall ability of the group. We will endeavour to ensure that each client gets at least two abseils. This can increase with a competent group.

THIS EQUIPMENT WILL BE YOUR RESPONSIBILITY TO LOOK AFTER  
AND RETURNED TO US AT THE END OF THE SESSION

If you have any doubts, then please call us first.

We apologise but the access to the gorge is unsuitable for prams or wheelchairs.

**PLEASE REMOVE ALL HAND JEWELRY INCLUDING WATCHES  
AND ENSURE THAT LONG HAIR IS TIED BACK**

What you need to bring:

- Clothing that you don't mind getting dirty or wet. No loose or baggy garments please.
- Boots or trainers. No wellingtons, high heels etc
- Waterproof jacket if it looks like rain.
- Camera with film. Charged batteries if camcorder etc.

### GROUP LEADERS

Please ensure that EVERY member of your group arrives on time, and has read this information.

**ANY PARTICIPANT SUSPECTED OF BEING UNDER  
THE INFLUENCE OF ALCOHOL OR DRUGS WILL NOT  
BE ALLOWED TO PARTAKE IN THE ACTIVITY  
NO REFUND  
NO REBOOKING**