



OUTDOOR INSTRUCTOR

Thank you for your interest in Active Adventures. We're really excited about the new approach to holiday sessions, and we hope that you and your family are able to take advantage of the programme to add a bit of variety to your holiday.

Having taken into account people's comments from last year, we've slightly adapted the programme this time around. We're sure that it can still be developed further over time, so would really appreciate your feedback and suggestions to help us keep it moving in a direction that is of interest and accessible to as many people as possible.

The Session

There will be a Rock Climbing session taking place at Trevor at 10-12noon on Thursday 28th July at a cost of £15 per person.

We must be prepared to adapt to the conditions on the day, but the session is expected to consist of:
Issue and fit safety equipment
A bit of bouldering to warm up
Look at belaying techniques
Climbing techniques and practice
If there's time and interest, we may set up an abseil for you to try as well!

The minimum age for the Rock Climbing is 10 years. However, if accompanied by a paying adult the minimum age is 6 years.

Please note that there is a limited number of places for the Rock Climbing session, so make sure that you book in advance. If you turn up on the day without booking a place, you may be disappointed.

If there is sufficient demand, we may arrange a second session during the afternoon.

Kit

All climbing equipment such as harnesses and helmets will be provided and are included in the price.

In terms of clothing, please wear things that are appropriate for the weather on the day and that you don't mind getting a bit dirty. Please wear long trousers and a long sleeved top to reduce the risk of grazing yourself on the rock.

Please wear shoes that can be secured to your feet and have reasonable grip. A pair of trainers is ideal.

If you're unsure what the weather is going to do on the day, it is better to come prepared with waterproofs and an extra jumper.

Be aware that on a sunny day there may be a lack of shade available. Therefore it is recommended that you give consideration to the need for sun cream, hats and glasses.

Location

The sessions will take place at Trevor Quarry, between Trevor and Llangollen.

Leave the A483 at the Ruabon exit onto the A539, heading towards Llangollen. You'll pass signs for the 'Bryn Howell Hotel' on the left. Soon after this, you'll come to the Sun Trevor pub. Turn sharp right immediately after the pub. Follow the narrow road up the hill, taking care as the road doubles back to the left. Continue along this road until you come to a T-junction, where you will need to turn sharp right. There is a large layby / free car park on the left after about 250m. We will meet in the car park.

It's a 5 minute walk from the car park, so please aim to arrive at the car park **10 minutes before** the session is due to start, so that we can issue kit and walk in together.

For those with access to Ordnance Survey maps or satellite navigation systems, the location of the car park is given by:

Grid Reference: SJ 271 219

Latitude & Longitude: 52 ° 58' 49" North, 3 ° 08' 37" West

Facilities

There are no facilities at the crag, so please arrive having been to the toilet.

Booking

If you would like to book a place on this session, please follow these straight forward steps:

- Read our Terms & Conditions which can be found through our website, or contact us for details.
- Complete the Booking Form with as much detail as you can.
- Send us the completed booking form, along with your payment.
Cheques should be made payable to 'Martin Digby'.

If you have any additional questions about this or other Active Adventure sessions, please feel free to give us a call or drop us an email. It's a busy time of year for us, so you may not get an immediate response, but we will get back to you as soon as we can.

We very much look forward to the possibility of you joining us for a session or two over the holiday but, in case you don't, we'd like to wish you a fantastic Summer. Make the most of it!