



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 High Ropes session taking place at the Adventure Rope Course on the grounds of the Albrighton Hall Hotel (just north of Shrewsbury) at 10-12noon on Tuesday 26th July at a cost of £20 per person.

We must be prepared to adapt to the conditions on the day, but the session is expected to consist of:

- Safety brief
- Issue and fit safety equipment
- Climbing Wall
- Leap of Faith
- Adventure Tunnels
- Parachute Simulator
- Giant Swing

We run a very strict 'challenge by choice' policy at the Adventure Rope Course, which means that everyone has a free choice whether or not to accept the challenges. Basically, no one is going to force you to do something you don't want to!

The minimum age for the High Ropes is 10 years. However, if accompanied by a paying adult the minimum age is 8 years.

Please note that there is a limited number of places for the High Ropes 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 safety 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.

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.

Location

The sessions will take place at the Adventure Rope Course, which is situated on the grounds of the Albrighton Hall Hotel.

The Albrighton Hall Hotel is in the village of Albrighton on the A528, 1 mile north of Shrewsbury. Turn into the hotel gates and immediately bear to the right. After 50 meters, turn left. As you follow the road, you will see the Adventure Rope Course on your right hand side after 100m. Continue to the free car park 100m further on and walk back.

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

Grid Reference: SJ 497 180

Latitude & Longitude: 52 ° 45' 28" North, 2 ° 44' 56" West

Facilities

There are toilets available in the hotel, which is a 2 minute walk from the Adventure Rope Course.

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!