



Activity Descriptions (Water based)

Gorge walk:

Fed up with the British weather? Why not make the most of it and get wet on purpose! This activity involves the opposite to a ghyll scramble; here we descend a streambed, via a series of short rock steps. Descent is by climbing down or sliding / jumping into deep pools of gushing water! Again we can guarantee that you will get wet and have an incredibly fun experience.

Ghyll Scramble:

Ghyll scrambling is an invigorating and challenging activity involving working your way up a streambed containing a tumbling mountain river. On the adventurous sections a rope is used to avoid any injuries, managed by our enthusiastic instructors. Fighting your way through the water you will traverse along rock faces, hop across boulders, climb up small rock steps without a rope and scramble up waterfalls with the aid of a rope.

Coasteering:

Love the thrill of climbing and the excitement of getting wet! Here we use the South Shields area of the North East coast. This provides an excellent venue for us to climb a short distance above the sea, traversing (moving sideways), and initially trying to stay as dry as possible. Then we move up the coast and continue in the same manner but here we also crawl between the arches trying to avoid the next wave! Finishing with a final crawl through a short tunnel and a jump into the tropical North Sea! All jumps are avoidable and you can participate in as much or as little as you wish. This is an exciting adventure in a stunning location. Possible BBQ on the beach, weather permitting.

What you need to bring for all water based activities:

- Packed Lunch inc enough fluid for the activity, Burgers / sausages for the BBQ
- Swimming costume / trunks to go under the wetsuit
- T shirt to wear under the wetsuit
- Trainers - you can get wet
- Shorts / tracksuit bottoms to go over the wetsuit, protects the wetsuit on the slides etc.
- Towel & complete change of clothes inc footwear to change into after the activity
- Black bin liner – for all your wet gear
- Happy smiley face - essential



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