



## Climbing at Polly's Gully Baggy Point, Croyde

Hello!

Thank you for booking on to one of our adventures. We really hope that your child has a fantastic time and will make sure that we do everything we possibly can to ensure that they have an adventure to remember!

There will be a consent form to fill out on the day, but if there are any medical issues that you think we need to know beforehand, then please just let us know on the online booking form.

### Meeting point

Walk out from the National Trust carpark at Baggy Point (EX33 1PA) towards the Point, go past Baggy Lodge, through the gate posts and just past the wall on the left there is a small path on the left through the grass, follow this to a bench on the grass. If you come to a house you've gone too far! (5 min walk from car park)

It is quite tricky to watch the session as we abseil down into the bottom of the gully. You will be able to see us from the path near Baggy Surf Lodge, but if you choose to watch around Polly's Gully, please be aware there are cliff edges and steep paths so take care, particularly if you have younger children with you. We will obviously be responsible for your children on the activity and they will be briefed appropriately, but we cannot take responsibility for any adults and siblings watching.

### Here's a few tips to make sure you enjoy your session!

- Wear loose fitting trousers, a T shirt, a jumper, trainers with good grip and bring a waterproof jacket.
- Bring any medication including asthma inhalers
- If it is hot put sun cream on before the session
- There is a toilet in the car park (Baggy Point)
- Lastly and most importantly, come ready for a challenge with a smile on your face 😊

Get ready for a Great Adventure and see you there!

Jo and Mike