



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! Here are the details of your booking - please could you read them through and check they are what you were expecting.

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 booking form.

### Meeting point

Park in the main car park (EX35 6JH) next to Mother Meldrums Tea shop, parking can get busy and you will need to pay for parking. Walk down towards the roundabout on the path next to the road and then head uphill on the path to the main Castle Rock on the right. Meet at the end of the path where it meets the cliff. Keep back from the edge. **(15 mins walk from car park)**

Please take care on the path up Castle Rock, particularly if you have younger children with you as it is quite steep with drops to the side. At the top of Castle Rock, if you continue up the path past where we are climbing there are very steep drops down to the sea so please do not let younger siblings wander off on their own. We will obviously be responsible for your children once on the activity and they will be briefed appropriately, but unfortunately we cannot take responsibility for any adults and siblings watching.

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

- Wear trousers or shorts if it's hot, a T shirt, trainers with good grip and bring a waterproof jacket. If you have your own climbing gear then we are happy for you to use it once we have checked it. (But don't worry as we can provide everything you need)
- Bring a drink
- Bring any medication including asthma inhalers
- If it is hot put sun cream on before the session
- There is a toilet on the left hand side of the road just before you reach the car park.
- 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