



Hawk

ADVENTURES

Tel: 01558 668878

info@hawkadventures.co.uk

www.hawkadventures.co.uk

Canyoning

PRE – COURSE INFORMATION

The session will be run by Hawk Adventures and will involve a range of activity elements as you make your way along the rivers of Pontneddfechan near Glynneath. The event will be organised to suit your preferences and the level of challenge can be agreed with your Instructor on the day. A map is attached showing the meeting place in the Car Park at Clun Gwyn.

Please car share as much as possible, as parking is limited in this area.

There are no toilets in this area, please visit the public toilets in Pontneddfechan before arrival

You will need to bring:

Canyoning Clothes	<ul style="list-style-type: none"> Your own wetsuit (if you have one, <u>we</u> will provide if you do not) Swimming costume (to wear under the wetsuit) T-Shirt or rash vest (to wear under wetsuit) Wetsocks or thick socks Appropriate Footwear (Please see notes below)
Change of Clothes and a Towel for the end of session Spare Contact Lenses Suncream Medication (as required)	

As you can see from the clothing list, the session will be a wet one, so make sure you bring plenty of spare, warm clothes to change into.

We hope that you will enjoy your activity, but if you have any worries, please do not hesitate to contact us directly. All activities are supervised by qualified and experienced instructors.

Footwear Notes:

Canyoning involves moving over terrain that can be wet & muddy. There can be steep slopes to walk up/down and rocks to climb over, combined with deep water swimming sections.

Whilst slips or trips may occur at any time and cannot be fully excluded we require that you wear appropriate footwear for the environment. These should have:

- good sole
- good tread
- secure fittings (e.g. laces)
- closed toe

We will refuse access to the activity without refund if your instructor deems you to have inappropriate footwear.

Examples of Appropriate Footwear	Examples of Inappropriate Footwear
	

Should you wish to hire canyoning boots, these are available at a cost of £5pp, and can be added to your booking in advance of your arrival. (The fee covers wear and tear as well as the cleaning and drying costs) **If you wish to hire boots please let us know 5 days prior to your activity date.**

Meeting Place for Canyoning

Comin Y Rhos Car Park near to Clun Gwyn Bunkhouse

A nearby Postcode would be SA11 5US (please note that postcodes are not hugely effective in this area!)

We recommend using this link to navigate to the site:

<https://maps.app.goo.gl/nzpQmCr7atETFEGE7>

