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Gorge Walking

PRE – COURSE INFORMATION

The session will be run by Hawk Adventures and half day adventure will consist of Gorge Walking (also known as Canyoning). 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 at Dinas Rock Car Park.

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

We will supply all necessary specialist equipment for the activities including Helmets, Wetsuits & Buoyancy Aids.

You will need to bring:

Gorge Walking Clothes	<ul style="list-style-type: none"> Swimming costume (to wear under wetsuit) T-Shirt or vest (to wear under wetsuit) Wetsocks or thick socks Appropriate footwear (Please see notes below)
A complete change of clothes and a towel	
Packed lunch and water	
Medication (if required)	
Spare Contact Lenses (if 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.

Footwear Notes:

Gorgewalking 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

Craig Y Dinas (Dinas Rock) Car Park in Pontneddfechan
The Grid Reference is SN 912 078



A nearby Postcode would be the Village Hall at **SA11 5ND**

Dropped Pin: <https://maps.app.goo.gl/zSmkTv7pR41PZit7A>