



# Hawk

ADVENTURES

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## Caving Half Day

### ***PRE – COURSE INFORMATION***

The session will be run by Hawk Adventures at one of the South Wales Caves near Ystradfellte, Glynneath. The event will be organised to suit your preferences and the level of challenge can be agreed with the Instructor on the day. A map is attached showing the meeting place at the Cwm Porth Car Park.

Please be aware that there is a £7 car parking fee for the Caving site.

**We will supply:** Helmets, Lamps, Belts, Oversuits.

**You will need to bring:**

Caving Clothes	<ul style="list-style-type: none"><li>• Two layers for upper body, i.e. t-shirt and jumper or fleece</li><li>• Old trousers, leggings or tracksuit bottoms (Not Jeans or shorts)</li><li>• Wellington Boots</li><li>• Thick Socks</li></ul>
Change of Clothes and a Towel for the end of session	
Packed Lunch and Water Spare Contact Lenses (if required) Any relevant Medication	

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

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

Please could you complete the Medical/Consent form by following the link provided in your booking email.

## Meeting Place for Caving

Cwm Porth Car Park, Ystradfellte  
The Grid Reference is SN 928 125

The Postcode is **CF44 9JF**

Dropped Pin: <https://maps.app.goo.gl/oeYUAZDKoW3GnpVAA>

