

Rock climbing and abseiling

Experience Climbing and Abseiling

Quest expeditions offer you the chance to experience rock climbing first hand. We have two variations – indoor and outdoor. We can teach you the basic equipment and techniques either in the comfort of our local indoor facility, the coastline cliffs of Rest Bay or the splendour of the Brecon Beacons. Our instructors will guide you through the basics of getting safely set up together with rock climbing techniques.

As part of going up you've also got to come down, so abseiling is a necessity, we will teach you the fundamentals of how, once you've climbed to your summit, you can abseil back to the ground.

Rock climbing and abseiling Experience

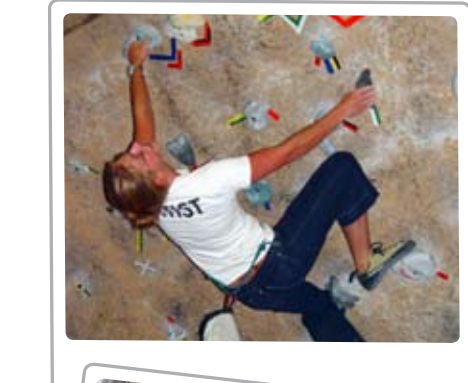
We will teach you the use of harness's and ropes required for your climbing adventure. You will then be able to climb in an indoor sheltered facility up graded walls offering novice and experienced climber's excellent facilities. Or we will take you into the spectacular Brecon Beacons to experience rock climbing in its natural environment. Obviously after scaling the peaks we will teach you how to proficiently abseil back down to earth

Half day £55

Climbing and abseiling activity day

Again we will teach you the proficient and safe techniques of rock climbing and abseiling, but now we can move on to bigger better thing. Learn more about safety and rope work, about single pitch climbing on the mountain face and practice in different environments. By the end of the day in the mountains you will have the technical ability and proficiency to take your climbing to new heights as well as having a great day out.

Full day £80



All our outdoor activities take place within the natural beauty of Wales' National Parks. Now is the time to do some of those activities you have always wanted to try under the safety and guidance of experienced instructors. Call us now for an experience to remember:

Cardiff - 02920 303545

Porthcawl - 01656 783310

or Swansea - 0870 2424886

QUEST EXPEDITIONS OUTDOOR ADVENTURES

Name of individual / organizer

Address:

 post code:

Age d.o.b. Contact no.

E-mail address.

Number attending activities :adults under 16s total

Activity's requested :

Preferred activity date 2nd date choice

Fees

The balance of your activity fee is due 6 weeks before the start of your activity. In the meantime, you should send your deposit (£25 p.p for 1&2 day activities, £50.00 p.p for all other activities) with this form.

The full fee for my activity is £

I am paying a deposit of £ for persons totalling £

If more than 6 weeks to start of activity.

Full activity fee of £ for persons totalling £

If less than 6 weeks to start of activity.

Cheques to be made payable to quest expeditions. Total £

We strongly recommend that you take out a personal insurance policy.

I agree to abide by the booking conditions. (terms and conditions on reverse)

Signed _____ date _____

Please could you also sign the reverse of thios booking form. Joining instructions and kit list sent on return of completed booking form. Thank you.

RETURN ADDRESS: Quest Expeditions (Head Office) 49 New Road, Porthcawl, South Wales CF36 5DH Great Britain

BOOKING TERMS AND CONDITIONS.

1. Fees.

To book your activity with quest expeditions telephone the office to check the current cost and availability. At this point a provisional booking will be held for 10 days.

Places on an activity can only be reserved in writing. Provisional bookings do not hold firm until the required deposits and completed booking form have been received.

All places must be reserved by quest expeditions receiving a completed booking form and a deposit of £25.00 for 1&2 day activity and £50.00 for all other activities.

The balance of the fee is payable 6 weeks prior to commencement of the activity. In the event that the balance is not paid by due date quest expeditions will have the discretion to treat the booking as cancelled by the client and re-sell the activity place.

The whole activity fee is required to reserve a place for any booking made within 6 weeks of the commencement of the activity.

2. Cancellation by client.

All cancellations must be in writing.

In the event of cancellations for reasons other than illness or injury (medical certificate required) the following charges apply: -

More than 6 weeks prior to activity commencement	loss of deposit only.
Between 6 to 4 weeks prior to activity commencement	50% of activity fee.
Between 4 to 2 weeks prior to activity commencement	75% of activity fee.
Less than 2 weeks prior to activity commencement	full payment.

3. Cancellation by Quest Expeditions.

Whilst every attempt is made to ensure that activities actually run, we reserve the right to vary or cancel any activity. If this should become necessary due to dangerous and / or unsuitable conditions. In the most unlikely event of cancellation by quest expeditions, monies will be refunded in full or an alternative activity date will be offered.

Quest expedition shall notify the clients of cancellation not less than five days prior to the commencement of the activity where numbers as a result of client (s) cancellation failed to reach a workable minimum for the commencement of the activity.

In the event of cancellation clients will be offered the choice of the following options:-

- Full refund of the activity fee paid;
- Another activity on a different date.

4. Safety.

All activity members must comply with safety regulations and instructions of quest expeditions staff.

Should an instructor find that an activity member/ s is being disruptive or jeopardizing the safety of others then that person / s will be asked to leave the activity.

Due to the nature of our activities we strongly recommend that you take out an insurance policy before you attend an activity.

Booking form conditions.

I have had brought to my attention the terms and conditions relating to this booking, in particular, those concerning cancellation.

I understand that bookings are accepted on the understanding that quest expeditions safety regulations are observed.

I accept that quest expeditions are not under any liability whatsoever in respect of loss or damage to personal property, not caused by the negligence or default of quest expeditions, its suppliers, its agents and employees whilst attending the activity.

I have had my attention drawn to the information about insurance cover in paragraph 4.2.

Signature _____

date _____