

The Avon Gorge Abseil Challenge

Information pack

Saturday 24 July 2010

Take one of the biggest steps of your life – an adrenalin pumping 200ft abseil over the Avon Gorge! This will be a challenge to remember, and to be proud of! We shall equip you properly, and make sure you are briefed and trained in how to safely make the descent to the bottom of the gorge.

No previous abseil experience is necessary – just a thrill seeking attitude and willingness to enjoy a fun, adrenalin-pumping day out!



Itinerary

Arrive at the Avon Gorge at 10am for a thorough briefing to get you equipped and suited in your safety harness and helmet.

We shall then conduct our initial 'training' abseil' at a slightly lower level - to help you learn the ropes! Then there will be time for a lunch break, before we set off to the very top of the gorge (a 15 min uphill walk), for the 'big one' – a 200ft abseil! It's certainly a long way down from here - and the abseil will take you quite a while to complete - with time to soak in your vertical surroundings. Make sure someone has the camera ready down below!

Back on the ground by approx. 3pm and celebrations all round!

Registration fee: £34 per person (minimum age 16)

Fundraising target: £100. All money raised is a direct contribution to ActionAid's priority work around the work helping poor people find a way out of poverty. £100 raised by each participant will go a long way to supporting these projects, but if you feel you can raise more we would be happy to support you – every penny makes a vital difference.

Fundraising support

On registration you will receive a fundraising pack from ActionAid, and dedicated fundraising support to help you reach and maybe even exceed your target. We offer free advice, resources and access to our online fundraising site www.myactionaid.org.uk which allows you to set up your own profile and event page to spread the word and raise sponsorship quickly and easily online.

Location

Avon Gorge is conveniently located a short taxi ride (or even a good walk!) from Bristol Temple Meads Station.

Medical Issues

You should be happy with an exposure to heights for this challenge. Whilst of course you will be roped up and safe, you may still feel exposed at times - and for anyone with a fear of heights, this will be a difficult event to deal with.

Included In Trip

Fully qualified and first aid trained leader, safety equipment, harnesses, ropes, helmets

Excluded From Trip

Transport to and from the event
Lunch and snacks

What to wear / bring

Tracksuit Bottoms / Cotton Trousers
Fleece Jacket
Windproof Outer Jacket
Long Sleeved T-Shirt
Trainers / Walking Shoes or Walking Boots
Climbing Shoes
Personal Equipment (Harness/Belay Device/Helmet) – note, these are optional – all safety equipment will be provided.
Camera
Waterproof Clothing in case of poor weather
Sunglasses
Suncream
Sandwiches / snacks for the break
Plenty of water – this will be thirsty work!

Provided by Adventure Cafe

Helmets, harness, belay device, ropes, guidebooks

Transport / Transfer

You will need to travel to Avon Gorge – there may be some possibility of liftsharing from the South West – please call Adventure Café for details.



Safety Information

Your leader for the event is a qualified Rock Climbing and Abseiling Instructor. Adventure Café have risk assessed this event, and have taken industry best practice precautions to ensure that you are safe on this event. You will use 2 ropes - a main abseil rope and a safety back up rope. You will be securely anchored at the top of the abseil - to several strong anchor points providing full redundancy, to offer maximum safety and back up. All equipment is regularly inspected and is well within its recommended life span.

Weather

Be prepared for the full spectrum of weathers. We should be prepared for both cold, wet, and hot conditions! So pack sun protection, rain gear, and warm clothes!

For any trip enquiries please contact Adventure Café on:

T – 01460 249 191

E - info@adventure-cafe.com

Main Lopen Business Park, Mill Lane, Lopen, Somerset, TA13 5JS

For any fundraising or charity queries please contact ActionAid on:

T – 020 7561 7571

E – events@actionaid.org

Hamlyn House, Macdonald Road, London N19 5PG

Or visit our website www.actionaid.org