

Coasteering

Celtic Quest Best visitor experience in Wales



What is coasteering?

Wriggle into a wetsuit, fasten up your adventure kit, listen to the safety briefing and you're ready to go. Your guides will lead you along a stunning stretch of the Pembrokeshire Coast National Park.

Along the way you'll find yourself scramble climbing, adventure swimming, rock hopping and of course not forgetting cliff jumping with heights up to 35ft.

Who can coasteer?

Minimum age is 8 years. You don't even need to be able to swim as your buoyancy aid will be close at hand. Small groups & individuals welcome.

How long does it last and when can I coasteer?

Our sessions start at 9.30am and 2pm daily, all year round and in all weather conditions. You'll be in the water for 2 - 2 ½ hours, meeting on location gives you more time to play in the sea!

What do I need to bring?

You'll need to bring swimwear, a towel, an old pair of trainers (to get wet) and a pair of old shorts. We will provide all adventure equipment including wetsuit, buoyancy aid, helmet, gloves, hoods and socks.

Can I bring my camera?

Yes, however your guide will carry a digital camera, capturing photos and videos as your adventure unfolds. They are available to purchase on the day.

Why Celtic Quest?

We are coasteering specialists, it's ALL we do and we love it! Your guide will tailor your adventure to suit the abilities and expectations of each adventurer. We meet at the beach, giving you more time to enjoy yourselves in the sea.

info: www.celticquest.co.uk tel: 013488 881530

bron: folder Coasteering van Celtic Quest

- 2p **12** Geef bij elke bewering over 'coasteering' aan of die juist of onjuist is volgens de folder van Celtic Quest.
Omcirkel 'juist' of 'onjuist' in je uitwerkbijlage.
- 1 Voordat je eraan begint, moet je eerst naar een instructie luisteren.
 - 2 Je kunt twee keer per dag meedoen aan een tour.
 - 3 Je moet een paar oude gymschoenen meenemen.
 - 4 Je kunt foto's kopen die je gids onderweg heeft gemaakt.
- 1p **13** Je wilt met je neefje van 10 jaar iets heel stoers gaan doen tijdens jullie vakantie in Wales. Hij kan niet zwemmen.
→ Uit welke zin blijkt dat hij mee mag doen aan 'coasteering'?
Schrijf die zin over in je uitwerkbijlage.