



PRIVATE GUIDING



## **EMBARK ON THE ADVENTURE OF A LIFETIME AND 'LIVE YOUR DREAM'**

Exciting, invigorating, enlightening and empowering. These are the words that will hopefully describe your feelings after attending a Private Guiding activity with Gateway Adventure. Whether you attend for one day or a full week, you will be sure to have an amazing and challenging time, however, you don't need to worry, as you will always have the company of one of our experienced instructors, sharing their knowledge and keeping a careful eye on your progress.

Gateway Adventure can deliver a wide variety of activities, whether they are Land or Water Based. These can range from Walking to Climbing, Kayaking to Raft Building or Archery to Bushcraft as well as many other associated outdoor skills. Whatever activity you choose to take part in you'll have chance to develop your personal skills and gain confidence in your abilities enabling you to venture out on your own, doing the activity of your choice, should you wish to do so.

Embark on that new adventure of a lifetime and discover the infinite joys and challenges of the great outdoors pursuing your new pastime.

So why don't you come and join us and do something that will enable you to

***"Live your dream".***

**"WITH MY MOUNTAIN LEADER SUMMER ASSESSMENT FAST APPROACHING, I JUST NEEDED A LITTLE MORE HELP WITH MY MICRO NAVIGATION. WORKING WITH THE GATEWAY ADVENTURE INSTRUCTOR REALLY HELPED ME AND I LEFT THE DAY FEELING MORE CONFIDENT" HELEN, PETERBOROUGH**



## THE GATEWAY ADVENTURE ETHOS

At Gateway Adventure we are passionate about the great outdoors and enthusiastically strive to convey this ethos to our clients. As well as the physical and mental health benefits and stimulus that adventurous activities provide, they also allow individual to develop confidence, useful life skills and an appetite for challenge.



### THE GATEWAY APPROACH

Gateway Adventure's aim is to ensure that all our clients develop their potential and have fun at the same time. Whatever activities we do, they are all tailored to the needs and the specific requirements of the individuals in attendance. Our highly experienced instructors have real skills ensuring that all of our clients achieve their own specific goals and enjoy doing so.

### Challenge by Choice

Gateway Adventure operates a 'Challenge by Choice' policy concerning clients on our activities. This means we will not compel any individual to take part in an activity they feel in any way uncomfortable undertaking. However, we often find that, after sympathetic instruction and encouragement, clients will more often eventually join in enthusiastically, adding another layer of confidence in their own ability.

### Comfort - Stretch - Panic

When a person feels 'comfortable' in doing an activity the learning is limited, but when the individual is 'stretched' their learning is substantially increased. However, when that individual feels 'panic' it is very difficult for the individual to learn, as "fight or flight" tends to take over and the survival instinct kicks in. We aim to 'stretch' all of our clients with appropriate activities.

Should you be unable to find exactly what you are looking for, please contact us and we will be more than happy to discuss your requirements and make your course a "tailored fit".



## SUMMER HILL & MOUNTAIN WALKING



**“WE HAVE ALWAYS BEEN AN ACTIVE FAMILY BUT LACKED THE CONFIDENCE TO VENTURE INTO THE MOUNTAINS. UNDER THE GUIDANCE OF OUR GATEWAY ADVENTURE INSTRUCTOR, WE HAD A FANTASTIC TIME!”**

**THE WRIGHT FAMILY, LICHFIELD**

### SUMMER HILL WALKING

For most people the breath-taking views of the British countryside are only seen on the front of postcards. If you class yourself as one of those people here's your chance to see that scenery for yourself.

This course is ideal if you are looking to take up a new hobby. Walking has proven to ward off heart disease, lower weight and blood pressure. It can also improve your mental health. So, if you fancy it, and want to learn the skills needed to explore some of the great British countryside why don't you come and join us!

During your course our highly knowledgeable instructors will be on hand to offer advice on how you can enjoy the hills under your own steam and hopefully you can pick up some of those basic Hill Walking Skills along the way.



### COURSE INFORMATION

#### **Introduction to Hill Walking**

(1 day) £80 pp (max 8 people)

**Previous experience** – None required

#### **Discover Hill Walking**

(2 days) £160 pp (max 8 people)

**Previous experience** – None required

#### **The Complete Hill Walker**

(5 days) £400 pp (max 8 people)

**Previous experience** – None required

### SUMMER MOUNTAIN WALKING



If you are a regular hill walker but lack the confidence to stray off the beaten track and venture out into more hostile terrain around the British countryside, then these courses are right up your alley...

These courses are ideal for the seasoned hillwalker who wants to develop the skills and techniques required to look after yourself, friends or family in the mountains.

Individuals can cover a wide range of topics dependant on previous experience as these courses are tailored to the skill levels of the individuals in attendance. Attendees can cover techniques such as navigation, route finding, hazard awareness, the emergency use of rope and where appropriate expedition wild camping.

### COURSE INFORMATION

#### **Introduction to Mountain Walking**

(1 day) £90 pp (max 8 people)

**Previous experience** – Summer hill walking

#### **Discover Mountain Walking**

(2 days) £180 pp (max 8 people)

**Previous experience** – Summer hill walking

#### **The Complete Mountain Walker**

(5 days) £450 pp (max 8 people)

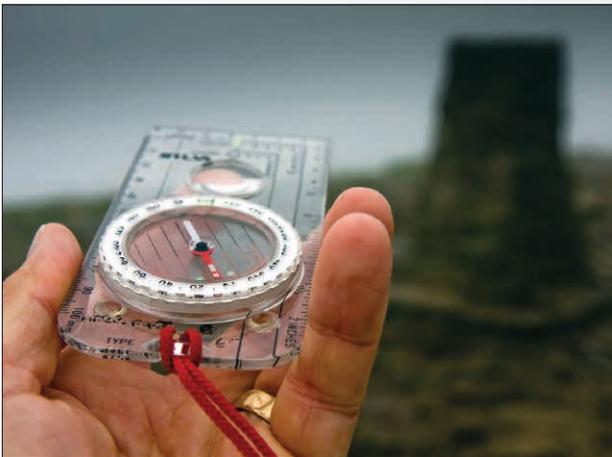
**Previous experience** – Summer hill walking  
(Includes a 2 day expedition with an overnight camp).

## NAVIGATION SKILLS

If you are new to hillwalking or you have some basic experience and just want to be able to navigate confidently, you may even just want to home in on those advanced navigation techniques enabling you to get yourself out of that tricky situation you may find yourself in. Especially, when that weather turns or you find yourself running out of daylight after that long day out on the hill.

If this is the case, why not let our friendly, highly experienced instructors develop your navigation skills whilst you take in some of that spectacular scenery that the British countryside has to offer.

Gateway Adventure will help you get the best out of your course! Whatever the level of your navigation these courses are ideal and will equip you with the skills needed to explore your countryside with confidence whether it be Hilly, Moorland or Mountainous.



### COURSE INFORMATION

#### Basic Navigation Skills

(1 day) £80 pp (max 8 people)

(2 days) £160 pp (max 8 people)

**Previous experience** – None required

#### Advanced Navigation Skills

(1 day) £90 pp (max 8 people)

(2 days) £180 pp (max 8 people)

**Previous experience** –

Able to navigate in good visibility

## NIGHT NAVIGATION



Night Navigation is a useful skill in which you should have at your disposal and kept in your "Tool Box" until it is needed. All mountaineers should be comfortable working in poor visibility! This skill, like many others, are lost if we don't keep on top of them with constant practice on a regular basis which prevents "skill fade".

Being able to navigate at night or in poor visibility is as just as important as other skills. Most people get caught out due to not knowing how to navigate in this situation.

This night navigation training course is aimed to provide participants with the skill set and ability to tackle the darkness with confidence. This course is a fantastic bolt on to any of our Hill or Mountain Walking Courses.

### COURSE INFORMATION

#### Night Navigation

(3 - 4 hours) - £30 pp (max 6 people)

**Previous experience** – Basic map reading skills

(Night Navigation Courses are predominantly run during the winter months where it gets dark early)



## SUMMER MOUNTAINEERING



**“MY MATE AND I SPENT MY BIRTHDAY WEEKEND DOING A COUPLE OF THE CLASSIC GRADE 3 SCRAMBLES IN SNOWDONIA. THIS WAS THE BEST FEW DAYS I HAVE EVER SPENT IN THE MOUNTAINS. THANK YOU GATEWAY!”**

**BEN & IAN, NANTWICH**

For the experienced hillwalker, scrambling and mountaineering offers the obvious next step, bridging the gap between walking and climbing. Scrambling up a familiar summit visited via a route that is too steep and exposed for most people to even consider calls for the right mix of careful judgement, delicate rope-work and calm determination. Getting to the top brings its own unique rewards and is an experience most keen hill walkers revel in.

So why don't you join us and give it a try! We are sure you will enjoy learning how to do it for yourself alongside one of our highly experienced instructors.

### INTRODUCTION TO MOUNTAINEERING



Covering the more advanced skills needed when it comes to Mountaineering this course focuses on skills required, including multi day ventures, in what can sometimes be quite a challenging and hostile environment.

These courses are ideal if you are already an experienced hillwalker who would like to develop the techniques of navigation, route finding, wild camping, basic rope-work as well as hazard awareness that will enable you to look after yourself and your friends or your family in the mountains. This course can also include an overnight camp if required.

#### COURSE INFORMATION

##### **Introduction to Mountaineering**

(1 day) £110 pp (8 people max)

##### **Previous experience –**

Summer mountain walking

##### **Introduction to Mountaineering Progression**

(2 days) £220 pp (8 people max) -

Includes Overnight Wild Camp

##### **Previous experience –**

Summer mountain walking

## DISCOVER SCRAMBLING

As a summer hill walker you may often want to venture to the places which require a more specialised skill set than the ones you currently possess.

If you are interested in learning how to move safely across steep complicated rocky terrain, even with the use of a rope, then this is the ideal course for you. Learning about the possible hazards and how to spot them, you will be shown how to select, interoperate, as well as follow an appropriate route.

By the end of your course you will have the confidence to venture out with like-minded friends across some of Britain's classic ridges.



### COURSE INFORMATION

#### Introduction to Scrambling

(1 day) £120 pp (2 people max)

#### Previous experience –

Summer mountain walking

#### Scrambling Progression

(2 days) £240 pp (2 people max) -

Includes Overnight Wild Camp

**Previous experience** – Previous scrambling experience and a good level of fitness.



## ADVANCED SCRAMBLING



This is a great introduction to higher graded scrambling! You will be looking at the safe ascents of grade 2 and even 3 scrambles.

This course is ideal for those individuals who have already completed some of the classic grade 1 scrambles around the UK and are looking to move into more challenging and complicated terrain, as well as possibly having the chance to learn some of the rope-work skills required for the safe travel over more complicated grade 3 terrain.

### COURSE INFORMATION

#### Introduction to Advanced Scrambling

(1 day) £130 pp (2 people max)

#### Previous experience –

Some scrambling experience

#### Advanced Scrambling Progression

(2 days) £260 pp (2 people max)

**Previous experience** – Some scrambling experience and a good level of fitness.

#### The Complete Scrambler

(5 days) £600 pp (2 people max)

**Previous experience** – Some scrambling experience and a good level of fitness.



## WINTER WALKING



**“WE HAD AN AMAZING COUPLE OF DAYS VENTURING OUT INTO THE IN THE SNOW. OUR INSTRUCTOR WAS REALLY PROFESSIONAL AND TAUGHT US EVERYTHING WE NEEDED TO KNOW” PHIL & KATIE, HIGH WYCOMBE**

The rugged mountains of the United Kingdom offer a unique challenge when it comes to walking in winter conditions. The unstable weather patterns mixed with the variable temperatures we experience throw up some unique and unexpected challenges along with some surprisingly spectacular rewards. This has earned the mountains within the UK the reputation as being the perfect training ground for preparing mountaineers venturing out into the European Alps as well as the worlds greater ranges.

Whether you choose to learn to navigate confidently to your first winter summit, spend a night in a snow hole or weave your way up a gully and carefully cut your way up through a cornice, the one thing is that our highly qualified and experienced instructors will help you develop the skills, technique and confidence you'll need to gain the most out of the winter mountain environment. So why don't you come and join us and share a few memories that you'll never forget.

### INTRODUCTION TO WINTER WALKING

During the winter months when the hills and mountains are covered in snow and ice are at their most impressive. Venturing out in winter is the most logical step from summer mountain walking, and to feel confident venturing above the snow line you need to have specific winter skills. Over the course you will cover a wide range of skills from kit choice, navigation, route planning and how to effectively use crampons and an ice axe.



### COURSE INFORMATION

#### **Introduction to Winter Walking I**

(1 day) £90 pp (max 6 people)

#### **Previous experience**

Summer hill walking

#### **Introduction to Winter Walking II**

(2 days) £180 pp (max 6 people)

#### **Previous experience**

Summer hill walking

#### **Introduction to Winter Walking III**

(5 days) £450 pp (max 6 people)

#### **Previous experience**

Summer hill walking and a good level of fitness

## WINTER WALKING PROGRESSION

These action packed days cover the fundamental skills and techniques you need to make the most of your time in the winter environment. This course will build on the skills you already have. Our instructors will take you into more complicated / steeper terrain than you have probably used to and will teach you the skills need including snow pack evaluation, self-belaying, Ice Axe Arrest and the use of rope to descend and ascend steep slopes.



### COURSE INFORMATION

#### Winter Walking Progression I

(1 day) £100 pp (max 6 people)

#### Previous experience

Summer hill walking and a good level of fitness

#### Winter Walking Progression II

(2 days) £200 pp (max 6 people)

#### Previous experience

Summer hill walking and a good level of fitness  
(Dependant on the prevailing conditions, this course includes an overnight stay in a snow hole)

#### Complete Winter Walker

(5 days) £500 pp (max 6 people)

#### Previous experience

Summer hill walking and a good level of fitness  
(Dependant on the prevailing conditions, this course includes an overnight stay in a snow hole)

## WINTER MOUNTAINEERING



For anyone to take on the more challenging Peaks in the British mountains in winter requires a full array of mountaineering skills. This course aims to transform the dedicated hillwalker into a true "mountaineer". It combine's practical instruction immersed among many of the finest mountains around. As well as developing your winter skills on steeper snow and winter scrambling terrain you will cover route finding, winter navigation, avalanche awareness and emergency procedures, building snow shelters and the use of basic rope work on steep ground.

### COURSE INFORMATION

#### Introduction to Winter Mountaineering

(2 days) £220 (max 5 people)

#### Previous experience

Summer mountain walking experience and a good level of fitness

#### Winter Mountaineering Progression

(3 days) £330 (max 6 people)

#### Previous experience

Summer mountain walking experience and a good level of fitness

(Dependant on the prevailing conditions, this course includes an overnight stay in a snow hole)

#### Complete Winter Mountaineering

(5 days) £550 (max 6 people)

#### Previous experience

Summer mountain walking experience and a good level of fitness

(Dependant on the prevailing conditions, this course includes an overnight stay in a snow hole)



## INDOOR & OUTDOOR CLIMBING



**“ME AND MY MATE BOOKED ONTO A 2 DAY MULTI-PITCH CLIMBING COURSE UP IN SNOWDONIA AS WE’D ONLY CLIMBED SINGLE PITCH PRIOR TO THE WEEKEND. THE COURSE WAS REALLY WELL RUN AND OUR INSTRUCTOR WAS AMAZING! WE EVEN LED A FEW PITCHES!” LEE & NEIL, WORCESTER**

Rock Climbing’s special combination of mental and physical challenges make it a unique experience. Once you have tried it you’re hooked! The reward that come from combining concentration, agility, balance, strength and judgement are unequalled in any other sport. Nothing heightens the senses more than the combination of delight and relief that comes from reaching the top of a demanding route. Whatever standard you climb at, from a novice to expert, those feelings remain the same.

The key lies with seeking out and finding new challenges. Gateway Adventure are able to take you on the finest rock routes in Britain, climbing on an array of rock types that will allow you to get the best out of your trip/day.

Our instructors have a wealth of experience and love what they do. With their vast experience and knowledge are able to coach your climbing as well as give you handy tips along the way. This also means that we can be flexible adapting our location and content to suit both the weather pattern and your ability which ultimately means you get the most from your time with us.

### INDOOR CLIMBING

Indoor Climbing walls have become a great way to keep fit and healthy. Over the past 20 – 30 years with the emergence of indoor climbing walls in towns and cities offers more convenient access to the sport, without the travelling of huge distances to make your way to natural crags around the UK.



Gateway Adventure’s Climbing Instructors have a passion and actually love their sport. They will be on hand to guide you every step of the way, offering tips and suggestions on how you can improve your climbing technique. You will be able to see the results for yourself in no time at all!

So, whether you just want a Climbing Taster session, some Lead Climb Coaching or just Basic Bouldering you will be sure to have a fantastic time and achieve a great deal out of your session!

### COURSE INFORMATION

#### Indoor Climbing Session

(Half day) £40 pp (max 6 people)

(1 day) £80 pp (max 6 people)

#### Previous experience

All sessions are individually tailored to our client’s needs, abilities and aspirations.

## OUTDOOR SINGLE PITCH CLIMBING



After climbing up and “Topping out” at the top of a natural crag and the feeling you get after looking out taking in the exposure, as well as enjoying this natural, exhilarating and physical high is an extremely personal, rare and emotional experience.

Climbing is enjoyable at whatever skill level you may be at. You could be venturing out onto rock for the very first time or even trying to work out how you are going to get past that “crux move” that keeps eluding you.

These courses are ideal for climbers at any level and under the watchful eye of our qualified instructors, climbers can decide how far they want to push themselves. So what are you waiting for...



### COURSE INFORMATION

#### Outdoor Climbing

(Half day) £50 pp (max 8 people)

(1 day) £90 pp (max 8 people)

#### Introduction to Leading

(1 day) £120 pp (max 6 people)

(2 days) £200 pp (max 6 people)

#### Previous experience

All sessions are individually tailored to our client's needs, abilities and aspirations.

## MULTI-PITCH CLIMBING

These courses are designed for single pitch climbers who feel they are ready need to take that next step and want to move out onto longer, more mountainous multi-pitch routes or even sea-cliffs. Gateway Adventure keeps our courses flexible as possible and will always adapt programs to suit the experience level and ultimately the goals of our clients.

As always, your safety and wellbeing is our highest priority and we aim to get as much climbing done as possible. Hopefully getting onto and completing some amazing classic, longer routes the UK has to offer!



Our instructors have a wealth of climbing experience from all areas of the United Kingdom and will always select the best venues/routes depending on your abilities and of course, the prevailing weather conditions. So why don't you come and join us for some amazing adventures that will leave you wanting more!

### COURSE INFORMATION

#### Multi-Pitch Climbing Session

(1 day) £120 pp (max 2 people per Instructor)

(2 days) £240 pp (max 2 people per Instructor)

#### Lead Climb Coaching

(1 day) £140 pp (max 2 people per Instructor)

(2 days) £280 pp (max 2 people per Instructor)

#### Previous experience

Must have previous outdoor single pitch climbing / seconding experience. All sessions are individually tailored to our client's needs, abilities and aspirations



## RESCUE SKILLS FOR CLIMBERS



Do you or your climbing partner go climbing and find yourself finishing the day without having an epic?? Hopefully your day goes without any real dramas! However, should this not be the case, would you pose the required skills needed to safeguard your climbing partner or even someone else if they had an accident at the crag you were climbing?

This Rescue Skills course should be a must for all trad climbers and will give you and your climbing partner the confidence to know how to get out of that tricky situation should the worst happen. Most climbers are unaware of what to do in the event of an accident or even unable to spot a potential cause of accidents to climbers. This course develops the awareness and the understanding of the skills you hopefully never need but one day may have to use in "anger".

The course covers a wide variety of skills and techniques such as what to do if the weather turns forcing you to have to retreat from a multi-pitch climb. Our highly knowledgeable enthusiastic instructors will help to fill up your "tool Box" with a number of skills and "tricks of the trade" to help you avoid potential problems or to even prevent you from getting into a sticky situation in the first place...



### COURSE INFORMATION

#### Rescue Skills for Climbers

(2 days) £220 pp (max 8 people per Instructor)

## ICE CLIMBING

If you are a hardened rock climber and have only climbed in summer conditions, then Ice Climbing may be your next step. Especially if you don't mind the cold!

From revising your basic skills to learning more advanced ones for use on steeper ground you will make good progress during your course. You'll discover all the rope work and climbing skills you need in order to start your winter climbing career.



Climbers who already have Ice Climbing experience our instructors can develop your winter climbing experiences on longer and more challenging routes? Alternatively, you can take the opportunity to improve your technique further with our expert coaches. Gateway Adventure's instructors will be happy sharing their wealth of experience and knowledge of the sport on topics such as route choice, snowpack evaluation ensuring you get the best out of your course.

### COURSE INFORMATION

#### Discover Winter Climbing

(1 day) £160 pp (max 2 people per Instructor)

(2 days) £320 pp (max 2 people per Instructor)

#### Previous experience

Summer Climbing experience with a good level of fitness.

#### Winter Climbing Progression

(1 day) £180 pp (max 2 people per Instructor)

(2 days) £360 pp (max 2 people per Instructor)

#### Previous experience

Winter snow and Ice climbing.

## ORIENTEERING



**“WE HAD AN AWESOME DAY LEARNING ALL ABOUT ORIENTEERING IN THE WYRE FOREST. OUR INSTRUCTOR WAS GOOD AT EXPLAINING HOW TO USE A MAP EFFECTIVELY. WHO WOULD HAVE THOUGHT THERE WAS MORE TO ORIENTEERING THAN JUST FINDING FLAGS” PAUL & SUE, NORTHAMPTON**

Orienteering is an enjoyable, exciting and challenging sport which exercises your body and mind. The aim is to navigate around a sequence of control points marked on a detailed map, choosing the best route to take in order to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and you can progress at your own pace.

Orienteering can take place almost anywhere from remote forest and countryside to urban parks, school playgrounds and even classrooms. The more challenging orienteering takes place in areas that include demanding terrain and few footpaths.

### DISCOVER ORIENTEERING

Starting orienteering is really easy! All you need is enthusiasm and a sense of adventure. It's a great sport for all, runners, joggers and walkers alike, wishing to improve their navigation skills, or for anyone who loves to be the great outdoors.

This course is aimed at beginners, who possibly have never read a map before, covering all the basic navigation and orienteering skills needed to give you the confidence to join a club or to start attending orienteering events.

Our coaches love what they do and are able to use a wide range of techniques to cater for an individual's learning style. This ensures that all of our clients will get the most out of their course. Don't take our word for it, come and see for yourself..



### COURSE INFORMATION

#### Orienteering

(Half day) £50 pp (max 12 people)

(1 day) £100 pp (max 12 people)

#### Previous experience

None Required.

### COMPLETE ORIENTEERING

If you wish to improve your orienteering skills, this is definitely the course for you. Our experienced coaches will tailor the course delivery to meet your specific requirements.

They will teach you all the "tricks of the trade" as well as guiding your decision making process, thus, giving you the confidence to possibly compete in your local Leagues. Who knows, you may even win a medal or two!

### COURSE INFORMATION

#### Complete Orienteering

(Half day) £50 pp (max 12 people)

(1 day) £100 pp (max 12 people)

#### Previous experience

Previous Orienteering Experience.



## MOUNTAIN BIKING



**MY TEENAGED SON AND MYSELF HAD A FANTASTIC DAY OUT RIDING AROUND CANNOCK CHASE. JAMES, OUR GATEWAY ADVENTURE INSTRUCTOR WAS GREAT! HE MANAGED TO PUSH US BOTH TO OUR LIMITS AND SUBTLY GUIDED US ON HOW TO IMPROVE OUR TECHNIQUE. THANK YOU JAMES FOR A GREAT DAY!"**

**THE CLARKE FAMILY, RUGELEY**

Here in the United Kingdom we have lots of finest Mountain Bike routes that will rival ones found on the continent. We have the world class Single Track routes such as the Marin Trail in the Gwydyr Forest Snowdonia, the Great Glen Trail in the Scottish Highlands to the Lakeland Loop in the beautiful Lake District.

Gateway Adventure are committed to make sure that our clients enjoy the mountains in a safe responsible way, allowing them to have even more fun. That is why we are able to offer a variety of recreational courses. Whether you want to improve your skills or simply ride in good company we are able to deliver what you want.

As part of our Mountain Bike Private Guiding Courses you may wish to bring your own bike. Therefore, if you wish to bring your own bike along with helmet & cycling equipment. Please ensure that your bike is safe, roadworthy and well maintained. If it isn't, it is likely that you may be unable to take part in the activity.

### DISCOVER MOUNTAIN BIKING

If you have ever had a mountain-bike but never really used it. Ridden on the road but found the off-road trails a little scary, don't worry you are not alone. Lots of people lack the confidence to ride off-road.

Attending this course will improve your balance and develop your riding technique leaving you eager to get out and explore the trails with your friends. Starting with gentle terrain your Gateway Adventure instructor will help you progress at your own pace allowing you move onto more difficult trails. You will be amazed at progress in a short space of time.



### COURSE INFORMATION

#### Introduction to Mountain Biking

(1 day) £90 pp (max 5 people)

(2 days) £180 pp (max 5 people)

#### Previous experience

Capable of riding for 4 - 5 hours a day.

## MOUNTAIN BIKE SKILLS

This course focuses on the technically correct way to perform the core skills required to become a more competent and confident rider. These skills are the perfect foundation for less experienced riders and often a reason for more experienced riders to go "back to basics" in order to improve their riding beyond a plateau.

Over these two days you'll look closely at balance, weight transfer and learn to lift your front or back wheel manually or power assisted to avoid obstacles.



## COURSE INFORMATION

### Mountain Bike Skills

(1 day) £100 pp (max 5 people)

(2 days) £200 pp (max 5 people)

### Previous experience

Confident on Blue & Red graded trails.

## MOUNTAIN BIKE DOWNHILL SKILLS



Get a lift up and ride down on a couple of days spent enjoying the best bits of mountain biking – the downhills. We'll provide a vehicle to ferry you up to the top of the hills, minimising your uphill peddling. You'll be able to enjoy close technique coaching from our experienced instructors as you get loads of downhill practice. Then, every time you reach the bottom of the route our vehicle will be waiting to speed you back up to the top for another go.

## MOUNTAIN BIKING PROGRESSION



Do you want to get more out of your mountain bike? Let our instructors improve your riding skills and build your confidence. Find out all about attack position, better breaking, slick gear changing, cornering, weight shift for both up-hills and down-hills, line choices and front and rear wheel lifts. This course will take you along a mixture of natural and man-made trails that appear around the UK, giving you a varied experience helping you to develop your all round skills. This course is an ideal choice for anyone who is reasonably fit but lacks the confidence riding on rocky, steep or unpredictable terrain.

## COURSE INFORMATION

### Mountain Bike Progression

(1 day) £110 pp (max 5 people)

(2 days) £220 pp (max 5 people)

### Previous experience

Completed a few rides and capable of riding for 4 - 5 hours

## COURSE INFORMATION

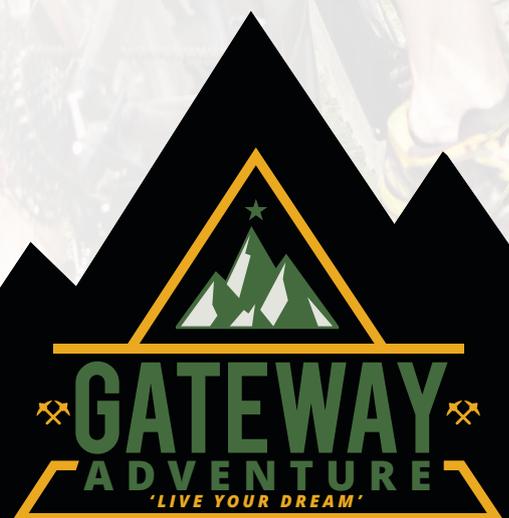
### Mountain Bike Downhill Skills

(1 day) £120 pp (max 5 people)

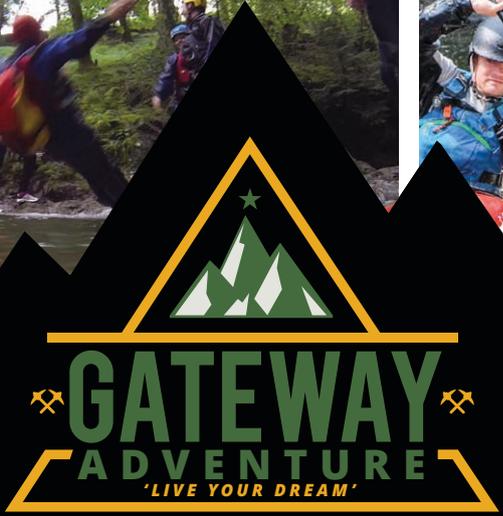
(2 days) £240 pp (max 5 people)

### Previous experience

Red Trail Centre Rider







## CAVING



**“THE GROUP HAD A FANTASTIC TIME LEARNING ABOUT THIS UNIQUE ENVIRONMENT! I WAS SURPRISED TO WITNESS THE GROUP’S TEAMWORK AS THEY SUPPORTED EACH OTHER AT VARIOUS STAGES OF THE JOURNEY. THANKS OLLIE!” STEVE, ROCHESTER**

If you have ever thought of travelling back in time, caving offers the ideal opportunity to transport yourself 300 million years in the past. The first time you go caving can be quite daunting! However, taking your first steps into an underground caving system and learning about how it was formed to discovering spectacular rock formations carved out by running water. Even touching exposed fossils of long ago extinct creatures or observing evidence of mining dating back centuries can be a really rewarding and educational experience.

Whether you fancy a gentle introduction to caving, or would like a more challenging adventure, our experienced Instructors will put you at ease and will ensure you get the most out of your trip. Caving is the perfect all year-round activity as the temperature underground remain a constant 8 Degrees Centigrade whatever the weather decides to do outside. So, what are you waiting for? Come and join us!

### DISCOVER CAVING

The United Kingdom has numerous caving venues to explore as well as mine exploration. This course is ideal for anyone who has never caved before and wishes to give it a go. It is great for individuals or small groups wanting to discover what caving is really like without committing themselves to a full day underground.

Gateway Adventure's experienced Instructors provide our clients with a friendly unpressured introduction to caving where there are options to opt out of certain challenges should you wish to.

So why don't you come and see for yourself what it is really like down there. You'll be amazed at the type of environment that is right beneath your feet!

### COURSE INFORMATION

#### Discover Caving I

(Half day) £80 pp (max 12 people)

(1 day) £100 pp (max 12 people)

(2 days) £200 pp (max 12 people)

#### Previous experience

None required



## INTRODUCTION TO CAVING

Come and get a taste of caving with Gateway Adventure! Our Introduction To Caving trips are just the perfect way to push individuals slightly out of your comfort zone, as well as encouraging a group to work together in order to get around the cave system in a safe and controlled manor.

These trips take you a little deeper underground than our Discover Caving trips but are done in a relaxed and easy explore for anyone who is ready to start to crawl through tunnels or attempt a squeeze or two. As a team, you may even get the chance to venture into an area of the cave on your own, eventually meeting back up with your instructor at the end of the selected challenge.

Our highly experienced instructors will put you at ease and look after you every step of the way! So, if you don't mind getting a little wet and muddy, why don't you come and join us for a trip you will never forget? Who knows, you may even learn a little something about how and why the caves were formed.



### COURSE INFORMATION

#### Introduction to Caving I

(1 day) £100 (max 12 people)

(2 days) £200 (max 12 people)

#### Previous experience

Some caving experience



## COMPLETE CAVER

This course is ideal for anyone who has already got a few caving trips under their belt. On these sessions we tend to take clients to less busy and more extensive cave systems. The course can involve ascents and descents of up to 18m, abseiling and ascending ropes in order to exit the caves. You may end up climbing up caving ladders which are a much more technical proposition. Ideally, we should have observed you on a Level 1 caving session first.



### COURSE INFORMATION

#### Complete Caver

(1 day) £120 (max 12 people)

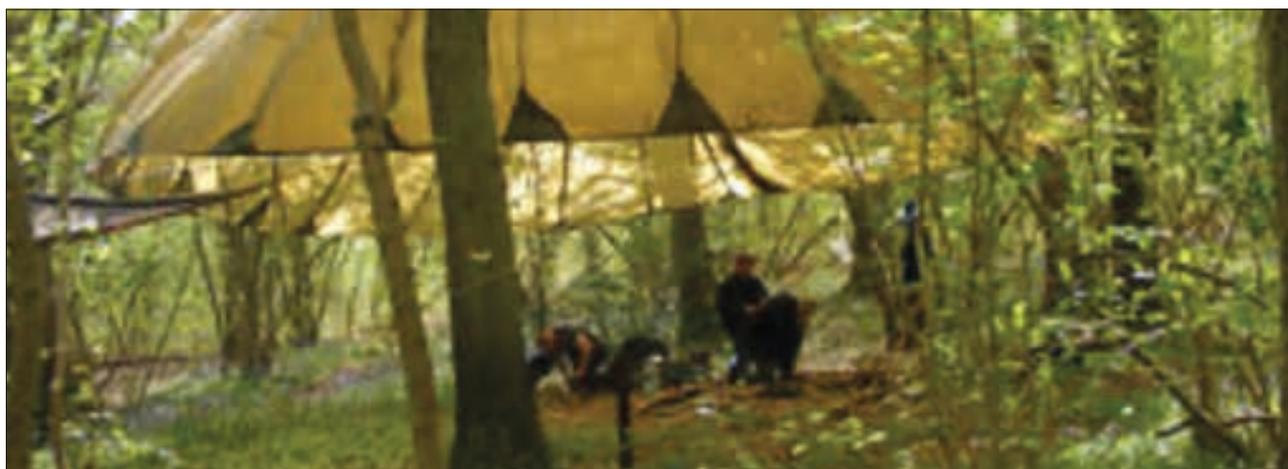
(2 days) £240 (max 12 people)

#### Previous experience

Competent Level 1 Caver with a good level of fitness



## BUSH CRAFT



**“I HAD A FANTASTIC TIME LEARNING NEW SKILLS. THE INSTRUCTOR REALLY KNEW HIS STUFF AND I ENJOYED SLEEPING OUT IN THE SHELTER I ACTUALLY BUILT MYSELF. SURPRISINGLY, I STAYED DRY! THANKS GARY FOR A GREAT WEEKEND” GRAHAM, LONDON**

Bush Craft courses include a lot of what are usually classed as “survival skills”, but Gateway Adventure staff don’t consider themselves survival instructors. Our aim is to give our clients a deeper understanding and appreciation of the natural world through practising both ancient and modern bush craft techniques. This is not aimed at simply survival, but so that we can actually learn to live in the remote wilderness areas in relative comfort for a reasonable amount of time. Revisiting these long-lost skills and thus improving our mental and physical wellbeing is a fundamental aspect of our courses, resulting from spending quality time rebuilding our connection with the natural world.

Imbedded into all our courses is the “Leave No Trace” philosophy, which guides those of us who enjoy the outdoors to consider the short and long term impacts of our activities. This protects wildlife and habitats that we are venturing into, as well as looking out for ways that we can reduce our footprint and contribute to the sustainability of fragile ecosystems despite our visits.

Bush Craft is a way we can reconnect with our inner hunter-gatherer instincts, escaping from the “rat-race” of daily life and using our personal skills to reignite our senses to notice and deepen our understanding of the natural world around us. Bush Craft is a perfect conduit to reconnect with “mother nature”, as it rekindles a subconscious part of our psyche that still exists within our brains, even today. Practising bush craft requires individuals to be aware of their surroundings and consider their impact on the wider landscape. So should you wish to get back to nature come and join us for a well-earned natural detox.

### DISCOVER BUSH CRAFT

If you would describe yourself as a novice, then this course is ideal for you. Our highly knowledgeable instructors will introduce you to the essential skills of bush craft, teaching you how to prioritise your resources.

We will guide you through the process of identifying exactly what you need in order to live comfortably off the land for a sustained period of time. You will be given practical hands-on experience on; how to build an emergency shelter using only natural materials around you, collect and purify water and make it safe to drink, prepare your own wild food including foraging for wild plants and how they can be utilised, and taught several different means of creating a fire, including site selection, material selection and the ignition sources, while out in the woods.



### COURSE INFORMATION

#### Discover Bushcraft

(1 day) £90 pp (max 12 people)

#### Previous experience

None required

## COMPLETE BUSH CRAFT

This course offers the same as the Discover Bush Craft Course but with more time spent, allowing you to practice the skills that have been demonstrated and learnt.

It also has the added bonus of being able to test out the shelter you built along with the chance to practice your night navigation and cooking your evening meal & breakfast on an open fire, whilst storytelling of past adventures.

## COURSE INFORMATION

### Complete Bush Craft:

(2 days) - £160 pp (max 12 people)

### Previous experience

A good idea of the basics but would like to increase your knowledge



## BUSH CRAFT MASTERCLASS WORKSHOPS

These masterclass workshops are ideal should you wish to hone in on those techniques and skills you haven't quite yet mastered!

### Fire & Friction Masterclass £80 pp



### Water Purification Masterclass £80 pp



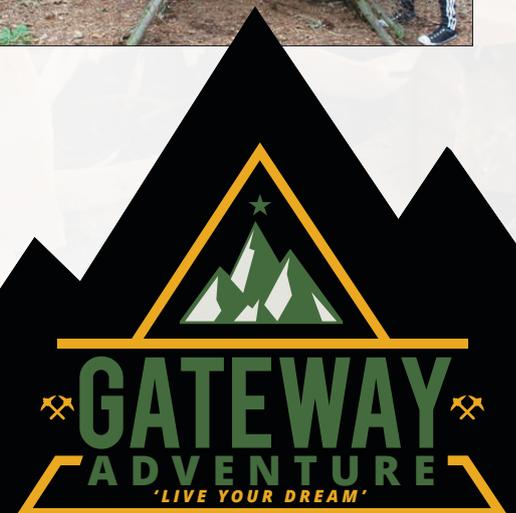
### Cordage Masterclass £80 pp



### Shelter Building Masterclass £80 pp



### Foraging Masterclass £80 pp



## ARCHERY



**“WE HIRED AN INSTRUCTOR AND ARCHERY EQUIPMENT FOR MY HUSBAND’S 40TH BIRTHDAY PARTY FROM GATEWAY ADVENTURE. OUR INSTRUCTOR WAS REALLY PATIENT WITH US AND WE ALL HAD A GREAT TIME. THANK YOU” THE BURNS FAMILY, REDDITCH**

This sport found its roots back in medieval times and since then Archery has seen a dramatic surge in interest since the blockbuster movie release of “The Hunger Games” which burst onto our screens with, Katniss Everdeen, who used the bow and arrow as her weapon of choice.

There’s absolutely no denying that archery is a cool sport. Whether you’re a fantasy series fanatic or a history buff, young or old, archery appeals to people of all ages. The bow and arrow has been one of the most popular weapons for tens of thousands of years.

### DISCOVER ARCHERY

Should you decide to attend one of our Discover Archery courses you will find the experience fun, exciting and rewarding. Open to people of all ages and abilities, it’s ideal for improving your hand and eye coordination. Whatever your reason for your interest in the sport, you will not be disappointed with the way our instructors are able to improve your shooting in a short space of time.

These sessions are a great way to try out this ancient sport in a safe environment and have great fun at the same time. Everyone will get plenty of “one to one” coaching in order to improve their technique and you will be doing lots of shooting. Once everyone has been given their equipment, a safety brief and demonstration is given to all archers. Then once you have had plenty of practice we will have a few competitions, then if time permits we will finish off the session with a series of games.

So, if you think of yourself as the next budding “Robin Hood” or “William Tell”, what are you waiting for? Come and join us...



### COURSE INFORMATION

#### Discover Archery Session:

(2 hour session) £25 pp (max 12 people)

(1 day) £100 pp (max 12 people)

#### Previous experience

None required

#### Archery Instructor Hire:

(Half day) £120 pp (max 12 people)

#### Archery Instructor Hire:

(Full day) £180 pp (max 12 people)

#### Equipment Hire:

(Half or full day ) £80 pp

(2 Bosses, 6 Bows & Ancillary equipment)

## TEAM BUILDING



**“GATEWAY ADVENTURE RAN A TEAM BUILDING DAY FOR MY DAUGHTER AND HER FRIENDS FOR HER 11TH BIRTHDAY PARTY. THE GROUP TOOK PART IN A NUMBER OF ACTIVITIES INCLUDING SOME HIGH ROPED ELEMENTS. THEY ALL HAD A FANTASTIC TIME AND CAN’T WAIT TO COME BACK FOR HER BROTHER’S BIRTHDAY”**  
**HIGGS FAMILY, DUDLEY**

Team building relates to activities undertaken by groups of people in order to increase and improve team motivation, cooperation and morale. Most people use terms such as “team building” and “teamwork” interchangeably, however, they are actually two distinct concepts. Team building places an emphasis on the formation of a group, teamwork emphasizes the functions within the groups.

Team building activities are designed to increase cohesiveness and cooperation. Many people do not entirely understand how spending time “playing team games” can help improve productivity or even develop an individual’s interpersonal skills. The outcome is, dependant on how an organisation uses team building activities, within their relevant sector, to determine how individual’s attitudes are shaped.

### TEAM BUILDING

The team building activities that Gateway Adventure uses are designed for specific age ranges. Whatever the participants age range, you can be sure that the team building tasks will engage and challenge the individuals without them feeling overwhelmed.

Depending on prevailing weather conditions some of the tasks can be run indoors, including a number of paper tasks.

People are not born leaders. Individuals can learn leadership and Gateway Adventure has experienced instructors who are able to pinpoint specific areas for development. The participants are advised how they can develop their leadership, personal and interpersonal skills though plenary discussion.



If you are an organisation who is looking to develop your staff or members, or just want to have some fun on a hen or stag event, just give us a call.

### COURSE INFORMATION

#### Team Building

(Half day) £50 pp (max 12 people)

(1 day) £100 pp (max 12 people)

#### Previous experience

None Required

#### Team Task Hire

(Per day) £30 per task



## KAYAKING



**“ME AND MY MATE HAD A CRACKING DAY PLAYING IN THE RAPIDS AT LLANGOLLEN. OUR INSTRUCTOR WAS REALLY PATIENT WITH ME AS I WAS TRYING TO MASTER BREAKING IN AND OUT OF EDDIES. HIGHLY RECOMMEND THESE GUYS!” CHRIS, BIRMINGHAM**

The first kayaks were primarily used for hunting and transport. The word kayak actually means ‘man’s or ‘hunter’s boat’. These tribes would use kayak to hunt for seals and walrus on rivers and coastal regions of the arctic.

Eventually, in the middle of the 19th century, word of the kayak reached Europe and before long people were using the kayak for recreation and sport. Kayaking eventually became an Olympic sport when it featured at the 1936 Berlin Olympics for the first time.

With its popularity increasing more people started to take up the sport. Here in the United Kingdom we have some of the finest waterways mother nature has to offer. From fast flowing rivers to still picturesque lakes and even to the rolling surf around the British rugged coastline you will be sure to get the best out of your courses with Gateway Adventure. All of our Instructors have a passion and enthusiastic approach with a love for the sport that makes them want to share their skills and knowledge for future generations.

### DISCOVER KAYAKING

This course will give you a great introduction to Kayaking. During the course you will learn everything from what clothing to wear and what equipment to use and the basic rescue skills needed to safeguard yourself and your paddling friends.

Throughout this course you will do a lot of paddling and, by the end, you will have all the foundation skills in order to confidently progress in your new found hobby. Our instructors are looking forward to sharing their knowledge and some great memories with you.



### COURSE INFORMATION

#### Discover Kayaking

(1 day) £100 pp (max 8 people)

#### Previous experience

None required

### KAYAKING PROGRESSION



This course will give you a thorough grounding in more advanced kayaking. You will be introduced to all of your equipment and the basic skills as well as the chance to develop your confidence on variety of water environments. You will have ample opportunity absorb information given to you by our experienced instructors, who will keep a watchful eye on your progress.

Over these two days you will be able to consolidate your skills and you will leave the course confident in your abilities.

### COURSE INFORMATION

#### Kayaking Progression

(2 days) £180 pp (max 8 people)

#### Previous experience

None required

## DISCOVER WHITE WATER KAYAKING

This course will predominantly take place on Grade II and easy Grade III water and is ideal for kayakers who have decided to specialise in white water or for white water paddlers looking to build their confidence and control by refining their white-water techniques.

Our aim would be to refine your existing paddling skills and to coach you in more advanced techniques like breaking in and out, ferry gliding, surfing standing waves and small stoppers. Giving you hints and tips on how to read the river, rescuing and rolling will be a fundamental part of the course.

Our highly experienced and enthusiastic instructors really enjoy what they do and will be on hand guide you every step of the way. So what are you waiting for? Let's go for a little paddle!



### COURSE INFORMATION

#### Discover White Water Kayaking

(1 day) £100 pp (max 8 people)

(2 days) £200 pp (max 8 people)

#### Previous experience

Competent flat water paddler with the ability to manoeuvre your craft with ease and perform a confident capsized with a spray deck on

## WHITE WATER KAYAKING PROGRESSION



This course, which operates on Grade II and Grade III water, is designed for kayakers who already have some white-water experience but lack the confidence to move onto intermediate water. Whether you have limited experience on moving water, had a previous knock in your confidence on a previous trip, or you have just simply not been in a boat for some time this is the course for you.

Initially, you will spend some time consolidating the skills you already have before developing your balance and moving on to more advanced techniques. You will also enjoy a more in-depth insight into reading the river, rescue and further developing your roll.

This course should help you become a more comfortable and relaxed on the water helping you to enjoy your paddling more than you ever thought possible.

### COURSE INFORMATION

#### White Water Kayaking Progression

(1 day) £110 pp (max 8 people)

(2 days) £220 pp (max 8 people)

#### Previous experience

Some white water paddling experience and able to perform a flat water roll



## CANOEING



**“I’VE ALWAYS WANTED TO LEARN A NEW SKILL AND HAVE ALWAYS WANTED TO TRY MY HAND AT CANOEING. OUR INSTRUCTOR WAS RALLY PATIENT WITH ME WHEN IT CAME TO MASTERING THOSE MORE TECHNICAL STROKES” JAMES, CHESTER**

Since humans began to live together in groups, the canoe has been an integral part of life for many civilizations. Canoes have spanned from 10,000 year old dugouts carved from trees with animal bone, to the highest tech contemporary canoes made of fibres infused together with high temperature epoxy resin.

Canoeing is a largely tranquil sport mixed with modern equipment and techniques and has a massively diverse appeal. Should you wish to move silently across a lake or estuary, enjoying close contact with mother nature, or bounce down some white water trying to fuel that adrenaline rush when you get to the bottom of some awesome rapids, you’ll have a fantastic time.

The open canoe is surprisingly versatile too. Once you have mastered your craft you’ll be able to enjoy the opportunities it provides including tranquil wilderness travel, family adventures, multi-day expeditions and even heart wrenching white water excitement.

### DISCOVER CANOEING

On this basic introduction to the canoe, you will be able to learn foundation canoe handling skills as part of a tandem crew along with the principles required to paddle the craft safely as part of a supervised group.



### COURSE INFORMATION

#### Discover Canoeing

(1 day) £100 pp (max 8 people)

#### Previous experience

None required

### CANOEING PROGRESSION

This introductory course will give you the basics of handling an open canoe. You will have the chance to develop your boat handling skills both solo as part of a tandem crew. Over the two days you will be able to consolidate your new-found skills whilst you journey on a local canal, river or lake.



### COURSE INFORMATION

#### Canoeing Progression

(2 days) £180 pp (max 8 people)

#### Previous experience

None required

## DISCOVER WHITE WATER CANOEING

This course is aimed at capable flat water paddlers, whether they are solo or tandem, who would like to develop their white water boat handling skills. Under the watchful eye of our experienced instructors you'll cover the strategies of confidently running white water safely.



### COURSE INFORMATION

#### Discover White Water Canoeing

(1 day) £120 pp (max 8 people)

#### Previous experience

Confident flat water paddler with the ability to manoeuvre the craft with ease

## WHITE WATER CANOEING PROGRESSION



This course aims to develop and refine your solo white water canoe skills. During the course your instructor will develop your technique, helping you to become a more intuitive, balanced paddler. Edging, Trimming, breaking in and out, stroke selection and transition. You name it, we'll cover it during this course.

### COURSE INFORMATION

#### White Water Canoeing Progression

(2 days) £240 pp (max 4 people)

#### Previous experience

Confident flat water paddler with the ability to manoeuvre the craft with ease

## CANOE EXPEDITIONS



If you really want to get away from the hustle and bustle of daily life for a few of days, then why don't you come and join us on one of our canoe expeditions. Under the watchful guidance of our highly experienced instructors, who will be on hand to guide you every step of the way, we will ensure that you and your friends will have something to reminisce about long after the equipment is packed away.

During these expeditions you will have the chance build the skills and confidence needed to venture out with other like-minded friends in the future. Or, should you wish to, you are always welcome to just pick up the phone and book onto another one of our exciting trips.

During the expedition members will cover all the elements related to canoe journeying as well as wild overnight camping skills whilst you travel through the spectacular British countryside. As you observe those magnificent views from a unique perspective, our expeditions will allow individuals to get involved in the planning and organisation. During the course of the expedition you will cover, paddling skills, safety and rescue, navigation, camp craft, cookery, portaging, poling, lining and incident management.

### COURSE INFORMATION

#### Canoe Expedition

(2 days) £200 pp (max 8 people)

(Multi-day) £90 pp pd (max 8 people)

#### Previous experience

None required

***We offers bespoke expeditions to suit all needs and skill levels. Please contact us to discuss your requirements.***



## RAFT BUILDING



**“GATEWAY ADVENTURE RAN A COUPLE OF BRILLIANT RAFT BUILDING SESSIONS AS PART OF OUR STAFF TRAINING WEEKEND. IT IS OBVIOUS THAT THEIR INSTRUCTORS ARE PASSIONATE ABOUT WHAT THEY DO. THANKS GUYS!” DAVE, BEDWORTH SCOUTS**

Raft Building is the ideal activity to aid in the facilitation and learning the fundamentals of teamwork, leadership, planning and problem solving. Raft building activities can bring people from different backgrounds together to accomplish a common goal and fosters the spirit of tolerance and understanding. Individuals must find a way to co-operate and work together instead of having their own individual agendas / prejudices. Because if they don't, team members can end up getting a little wet...

Raft Building is the perfect activity for people of all ages and abilities! The activity is really popular with our clients and the consequences of the inexperience of knot tying is often talked about for a long time after the event has finished.

As well as being great fun it's a fantastic way to learn new skills and also a brilliant way to promote teamwork. The popularity of this activity has arisen and is a huge success with Corporate Team Building, Birthday as well as Stag and Hen parties.

Our highly experienced instructors will give you some tips during the session, providing you and your team with just enough barrels, logs and ropes to build your raft. So, as a team you will need to plan carefully and work together in order to stay dry! Once you've discussed and decided on your plan of action the building can start.

Once completed, you'll then be expected to board your newly built raft and make your way around a designated course. You may even be asked to performing some team challenges whilst on your raft hoping your team stays out of the water.

Gateway Adventure will provide all the necessary raft building equipment and safety kit for you and



your team to take part and enjoy your day. All of our sessions are delivered by fully qualified instructors who know a thing or two about raft building, team building and water safety, so from the start to a hopefully dry finish, you're in good hands. What are you waiting for?

### **COURSE INFORMATION**

#### **Raft Building**

(Half day) £50 pp (max 12 people)

#### **Previous experience**

None required

## GORGE WALKING



**“I REALLY ENJOYED MY BIRTHDAY PARTY! A FEW OF MY FRIENDS FROM UNIVERSITY WENT GORGE WALKING IN THE LAKE DISTRICT. I HAD A GREAT TIME CLIMBING UP THE WATERFALLS AND JUMPING INTO PLUNGE POOLS.”**

**CHARLOTTE, TAMWORTH**

Gorge Walking is an activity that incorporates adventure, exploration and teamwork! Individuals work together to overcome natural challenges within the gorge. Whilst exploring the beautiful and natural rock formations left behind by thousands of years of erosion carved out by the running water; participants have the option to take on various challenges along the way as their team ascends or descends the watercourse.

No gorge is the same! Gateway Adventure highly experienced instructors have a passion and love what they do. They have wealth of experience and the skills required to guide clients of varying abilities through the venues we use. However, whatever your ability and fitness level you are bound to have an exciting and challenging time.

### **GORGE WALKING (FULL DAY / HALF DAY)**

Gorge Walking is a really fun and adventurous activity which takes place in a unique environment. With the gorge being formed by a fast flowing stream cutting a deep channel through the hillside, gorges often contain spectacular waterfalls and rapids that are great fun to negotiate.

The activity is so much more than just simply walking up a gorge! You will be sliding, climbing, scrambling, crawling, jumping and swimming as you make your way through the gorge as well as attempting little challenges along the way. It is Ideal for friends, family and youth groups alike.

Our experienced instructors will guide your group and where needed will offer you tips and advice on how best to overcome challenges you may encounter. So there's no need to worry, you will always be in safe hands!

### **COURSE INFORMATION**

#### **Gorge Walking**

(Half day) £50 pp (max 8 people)

(1 day) £90 pp (max 8 people)

#### **Previous experience**

None required



# TERMS & CONDITIONS

## 1. Course Fees

1.1 Course places must be reserved by completing an online booking form and 50% of the course cost as deposit (or 100% if booking within 8 weeks of the start date).

1.2 The balance of the course fee is payable 8 weeks prior to the course commencement date.

1.3 In the event that the course fee is not paid in full 8 weeks prior to the course commencement date we reserve the right to treat the booking as cancelled by the client and re-sell the course place.

1.4 All brochure prices are inclusive of V.A.T.

## 2. Cancellation by Client

2.1 All cancellations must be made in writing.

2.2 Once notified of the cancellation in writing, Gateway Adventure will try to resell the course place(s).

2.3 - In the event that Gateway Adventure is able to re-sell the course place prior to the commencement date of the course, the client will receive a full refund less 20% of the course cost to cover administration fees.

2.4 Refunds will only be made after the commencement date of the course.

2.5 In the event that Gateway Adventure is unable to re-sell the course place prior to the course commencement date the client will be charged the following cancellation fees:

- Your deposit (50% of the course fee) if the cancellation is made over 8 weeks before the start date of the course unless we can resell the place (see point 2.3).
- The full course fee if the cancellation is made less than 8 weeks before the course start date unless we can resell the place (see point 2.3).

To cover this eventuality we recommend an insurance policy that includes cancellation or curtailment of your trip or holiday (see FAQ page for information on suitable insurance companies).

## 3. Cancellation by Gateway Adventure

3.1 Although every attempt is made to ensure that courses run as scheduled, in the event that Gateway Adventure needing to cancel a course due to unsuitable conditions or other unforeseen circumstances we will notify the client as soon as possible.

3.2 Gateway Adventure will notify clients not less than five days prior to a course start date if a course needs to be cancelled because a workable minimum number of participants have not been reached.

3.3 Cancellation by Gateway Adventure does not affect a client's right to a refund of travel costs that may have been incurred prior to the cancellation except in the circumstances set out in clauses 3.1 and 3.2.

3.4 In the event of cancellation by Gateway Adventure clients will be offered the following options:

- Full refund of the course fee paid or
- Another course on different dates.

## RISKS AND DANGERS

Whilst we maintain high professional standards of client care and safety, you must realise and understand that climbing, mountaineering and other mountain related activities all take place in hazardous terrain. The risks involved can be minimised but never entirely eliminated. We therefore draw your attention to the relevant governing body participation statements:

### British Mountaineering Council's (BMC) Participation Statement

"Hill walking and mountaineering are activities with a danger of personal injury or death.

Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement"

### British Canoe Union's (BCU) Participation Statement

"Canoeing and Kayaking can be a fun way to experience nature, helping you to stay fit and healthy and is always a great way to spend time with friends and family. It can also be a dangerous activity if appropriate safety guidelines are overlooked. A good way to ensure your safety and get the most out of your paddling is to learn to canoe with a club or centre. British Canoeing promotes a series of skill courses called Star Awards which can be accessed at a canoe club or centre"

### British Caving Association's (BCA) Participation Statement

"The BCA recognises that cave and mine exploration are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions and involvement"

When booking on any of our courses you must understand and do so accepting the relevant participation statement covering the activity being undertaken.

## USEFUL INFORMATION

### 1. How do I book onto one of your courses?

You can book a place on a course by filling out the Online Booking Form which can be found on the Gateway Adventure website. If you are unsure which course is the right one for you then it's always a good idea to email or phone us to have a chat first. Once you are happy you can securely pay via Credit/Debit Card and follow the link from the "Book Now" button in the relevant section.

### 2. What do courses include?

- All courses include instruction/coaching and relevant safety equipment.
- Free Tea/Coffee or selected hot drinks for the duration of your course.
- In Course Transport dependant on type of activity being undertaken.
- If a course is residential will be then Breakfast and Lunch will be provided. However, where possible we venture out to the local pub for a meal, which is **not** included in the booking fee. On Non Residential courses clients are advised to provide their own. Each course will have its own course joining instructions highlighting what is included/excluded.

### 3. If I have a goal or a specific objective I wish to achieve during a course, could this be accommodated?

We regularly get asked this question! Should you have a specific objective, please contact us to discuss your requirements as we will be happy to tailor the itinerary to facilitate your needs.

### 4. What are the typical Course timings?

On non-residential courses we will meet at a convenient location on the first morning of the course. A typical day will start at 9:00 am and finish around 17:00 pm. Full Joining Instructions will be provided after your Booking Confirmation. For residential courses, accommodation will be provided the night before with a meeting at 9:00 am at a pre designated location.

### 5. What equipment is provided and do I have to pay to use it?

We supply all the technical equipment you'll need for training courses completely free of charge (some providers charge for equipment use but we have never, and will never, add hidden costs onto the price of your course). For climbing courses this includes helmets, harnesses, climbing hardware and ropes. We also have a limited range of climbing shoes that are you are welcome to use if we have your size (although for introductory climbing courses training shoes work fine).

For navigation courses we can supply maps and compasses and for winter courses we again provide all the technical equipment including ice axes and crampons (the only extra cost in winter is if you choose to hire boots as this service is provided externally). Details on all these different items are

available on the relevant kit list for your course which you can find on the relevant course page or you can check out our kit lists here.

### 6. Why is the instructor to client ration important?

Individuals will always benefit when we work in smaller group sizes relevant to the activity that is being undertaken, as more quality time can be spent on the instructing and ensuring clients can digest the information they receive. It also allows the client to ask questions as well as allowing us to explain and demonstrate relevant skills and techniques during the course.

### 7. Do I need my own insurance?

Gateway Adventure has its own Professional indemnity Insurance as well as having Adventure Activity Licencing Service (AALS) to cover the activities we deliver. Living in the UK we are privileged free access to Mountain / Cave Rescue as well as the National Health Service. However, you may consider it prudent to have your own personal accident and cancellation insurance.

### 8. What arrangements are made with regard to transport during courses?

Clients are to make their own transport arrangements to and from Private Guiding venues. However, it is possible that we can organise car sharing for courses attendees to reduce the fuel costs and environmental impact. During the course we will often take it in turns car sharing to activity venues. We are more than happy to assist clients who wish to arrive to a course via public transport.

### 9. Do you cater for under 18's?

Yes, under 18's are welcome to come along as Gateway Adventure does poses an AALS Licence as we deliver activities to school groups. However, on Private Guiding Activities we do recommend that all under 18 are accompanied by a Parent/Legal Guardian. This is because Teachers usually act as "Loco Parentis". venues. We are more than happy to assist clients who wish to arrive to a course via public transport.

### 10. Will you give my personal details to other organisations?

Information supplied by our clients remains completely confidential and will **never** be passed on to third parties! Please see the Gateway Adventure Privacy Policy for further clarification.



