

**Get Out
Go Country!**
www.gogc.co.uk

INFORMATION FOR ADULT GROUPS

info@gogc.co.uk

01633 896 123

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Activity categories covered by AALA include climbing, trekking and watersports

info@gogc.co.uk . 01633 896123 . 07813 143034

GO WET? GO DRY? GO HIGH? CAN'T DECIDE?!

Whether it's a Stag or Hen night, a birthday celebration or just something completely different, an adventure away day with Get Out – Go Country will have all your friends talking for a very long time! Our days are action-packed, fun and tailored to you – just get in touch and we can work out the best option for your needs!

From the enquiry stage through to the delivery of your adventure, we're friendly and flexible, dedicated to making your day run smoothly. Just let us know the size of your group and any ideas or preferences and we'll get back to you quickly with advice on which activities would best suit your group. Let us do the hard work for you and you'll be guaranteed to find the time to have plenty of fun yourself!

LOCATION

Our main location is **Cwm Hedd Lakes** set in 200 acres of beautiful countryside, but less than five minutes from **J28 of the M4**. With so little travelling time you could be with us in next to no time.

APPROXIMATE TRAVEL TIMES BY ROAD

Newport – 10 mins, **Cardiff** – 25 mins, **Swansea** – 1 hr,
Bristol – 40 mins, **Swindon** – 1 hr 25 mins,
Central London – 2 hrs 35 mins, **Birmingham** – 2 hrs.

ACTIVITIES AVAILABLE AT CWM HEDD

Take to our **7-acre lake** for improvised rafting, canoeing and kayaking. Problem-solving, archery, orienteering or scenario-based woodland survival skills are great options for those who prefer to stay on **dry land**. Remember that 'dry' is relative – though we don't charge extra for mud if it's raining and you don't have to go far to find a **wood-burning stove** to warm you up!

OFF-SITE LOCATIONS

We also offer other activities at **pecially selected venues**. If you hanker after **more rugged locations or alternative activities** how about rock climbing & abseiling from the spectacular limestone cliffs of Symonds Yat to the cliffs that soar above the beaches of the Gower; gorge walking in the breathtaking **Sychryd gorge** at Glynneath, or hill walking in the **Brecon Beacons**?

INSTRUCTORS

All activities are led by **qualified, experienced and friendly** instructors. As part of their National Governing Body qualifications, our instructors are **certified first-aiders**.

HEALTH & SAFETY

Health & Safety advice for participants, including advice on appropriate clothing, is **included with your booking information** as well as a copy of our form for medical declarations and emergency contact details.

LICENSING & ACCREDITATION

Watersports, climbing and trekking are **licensed by AALA** (the Adventure Activity Licensing Authority) and **Get Out Go Country** is a member of the Institute of Outdoor Learning (IOL).

INSURANCE

Get Out Go Country insurance is held with **Jardine Lloyd Thompson**, specialist insurers, policy number CGLBO61000/910.

RISK ASSESSMENT

Risk assessments for all activities are automatically **provided on enquiry**. If you need any other documentation, we are more than happy to provide it for you.

PACKAGE OPTIONS

Our adventure days are available on a **half or full day basis** and can include lunch and refreshments if you need them. If you're looking for more than one day of adventure in the great outdoors we have links to a great range of trusted **local accommodation** providers to suit all group sizes and budgets.



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