

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

INFORMATION FOR CORPORATE EVENTS

info@gogc.co.uk

01633 896 123

07813 143 034



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?!

With so many things to think about when you're organising an event, we know how much pressure you're under to get it just right. Get Out – Go Country has a fantastic range of corporate outdoor and adventure activities at stunning locations. Whether you're organising the annual escape from the office, or need a team-building day with a more serious purpose, we're here to take the pressure off, with fun and inclusive activities.

From the enquiry stage through to the delivery of your event we're friendly and flexible, dedicated to making your event run smoothly. Just let us know the size of your group and the aim of your event 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 might even find the time to have a bit 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 team-building activities at **specially selected venues** with conference facilities and accommodation. 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 corporate events are available on a **half or full day basis** and include lunch and refreshments as standard. 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.

CONFERENCE FACILITIES

The **Cwm Hedd Lakeside Lodge** or **17th-Century Farmhouse** are suitable for smaller groups. Larger local venues and transport can be arranged upon request.



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