

# **FRESHWATER COASTEERING FAST FACTS**

## **WHAT IS IT?**

Freshwater Coasteering is wild swimming, traversing and jumping in Cornwall's most beautiful tourist attraction, Adrenalin Quarry - a dramatic flooded quarry enclosed on three sides by sheer cliffs.

## **WHERE IS IT?**

Adrenalin Quarry, Menheniot, Nr Liskeard, South East Cornwall PL14 3PJ. It's just off the A38, one of the main arteries into Cornwall and it's Sat Nav friendly, so it's really easy to get to and only a few miles from some of the best beaches in the UK.

## **PRICE LIST**

£30 per person, per session, including 2-3 hours in the water, on a cliff or somewhere in between.

## **OPENING TIMES**

### **EASTER TO END SEPT**

Open every day from 10am till 6pm.

Occasional special events in the summer, weather permitting.

### **OCT TO EASTER**

Coasteering isn't usually open during winter months.

# COASTEERING CHEAT SHEET

- Wild swimming in our freshwater lake
- Explore undiscovered corners of our wildlife haven
- Traverse sheer cliffs and take on a series of jumps that start timid but end insane. Sessions end on The Blob - a giant inflatable tube that catapults you up in the air then down into the lake
- Suitable for ages 10+. You must be able to swim 50 metres unaided
- Adrenalin Quarry is a stunning natural beauty spot. It's like walking onto the set of Jurassic Park – then being allowed to play in it.
- Very popular activity for Stag and Hen weekends – before the drinking starts, of course

## THE WHAT, WHERE, WHEN & HOW OF JUMPING OFF A CLIFF (WITHOUT ROPES)

### WHAT IS FRESHWATER COASTEERING?

Freshwater Coasteering at Cornwall's Adrenalin Quarry is a no-holds-barred adventure. Explore a rugged wildlife haven, traverse sheer cliffs, swim across the lake and learn how to 'tombstone' safely in a series of cliff jumps that start timid but end insane.

### HOW MUCH AND HOW LONG DO I GET?

£30 per person, per session. Includes all the kit, an experienced coasteering guide & 2-3 hours swimming, traversing & jumping.

### WHAT'S THE AGE LIMIT?

Minimum age limit, for safety reasons, is 10. No maximum age limit.

### ANY OTHER RESTRICTIONS?

You must be able to swim 50 metres comfortably and be in general good health.

### DOESN'T COASTEERING INVOLVE LOADS OF HANGING AROUND AND WAITING FOR THE RIGHT WEATHER?

Not at Adrenalin Quarry's sheltered inland lake and cliffs. We never close because of the weather so you're guaranteed a reliable adventure. Just turn up, get your gear on and you're ready - no long treks before you start.

### DO I HAVE TO DO THE HIGH JUMPS?

No. This is challenge by choice. You jump as high and as much as you feel happy with. We have a whole series of jumps that cover all abilities. There's no pressure from the instructors to do the big ones: the emphasis is always on fun.

### I WANT STAG/HEN PARTY ACTIVITIES IN CORNWALL. IS THIS ANY GOOD?

Are you kidding? We offer The UK's Highest Supervised Jump. Grown men turn to jelly when they face The Widowmaker - our highest jump (42ft). It's as scary as you want us to make it and guaranteed to sort the best men from the bridesmaids.

## **I DO ADVANCED COASTEERING. CAN YOU CHALLENGE ME?**

Definitely. Just take a look at the photos. [www.adrenalinquarry.co.uk/coasteering-in-cornwall.html](http://www.adrenalinquarry.co.uk/coasteering-in-cornwall.html)

## **I WANT TO GO TOMBSTONING IN CORNWALL. IS THIS THE PLACE?**

Absolutely. This is as scary as it gets. And the scenery's not bad either.

## **IS COASTEERING SAFE?**

Safety is top priority. You're always with experienced guides & every session is overseen by BCF/ SLSGB instructors. All adrenalin sports involve some element of risk, but we go out of our way to keep this to a minimum.

## **CAN I WEAR MY GLASSES?**

Wearing glasses is not recommended. We advise disposable contacts.

## **WHAT ABOUT WETSUITS ETC?**

We provide all the gear, including superwarm wetsuit and boots, buoyancy aid, harness and helmet. It's state-of-the-art stuff but feel free to wear your own wetsuit or boots if you prefer.

## **WHAT DO I NEED TO BRING WITH ME?**

A towel, swim gear and refreshments (it can be thirsty work).

## **HOW MANY CAN DO IT?**

Maximum 20 in a group. No minimum. We can hook up singles and small groups with other groups no problem.

## **ADDRESS**

Adrenalin Quarry Ltd  
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## **CONTACT**

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