

Dorset-Adventures.co.uk

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JOINING INSTRUCTIONS FOR COASTEERING

Please meet your instructor at Dancing Ledge car park. Timings will be emailed- Please allow plenty of time to arrive.

**Durnford Drove
Langton Matravers
SWANAGE
BH19 3HG.**

The car park is at the end of the gravel track- NOT LANGTON HOUSE

Map link-

[http://www.streetmap.co.uk/map.srf?](http://www.streetmap.co.uk/map.srf?x=399778&y=78632&z=0&sv=BH19+3HG&st=2&pc=BH19+3HG&mapp=map.srf&searchp=id)

[x=399778&y=78632&z=0&sv=BH19+3HG&st=2&pc=BH19+3HG&mapp=map.srf&searchp=id](http://www.streetmap.co.uk/map.srf?x=399778&y=78632&z=0&sv=BH19+3HG&st=2&pc=BH19+3HG&mapp=map.srf&searchp=id)
[s.srf](http://www.streetmap.co.uk/map.srf?x=399778&y=78632&z=0&sv=BH19+3HG&st=2&pc=BH19+3HG&mapp=map.srf&searchp=id)

The nearest toilets are in Langton Matravers towards Swanage, please allow enough time to visit these before your allocated time.

After an introduction to your session and some form filling, you will be required to walk down to the sea cliffs and back to gain access to the coasteering area. This will take about total 25 minutes.

Each member of your group will need to bring the following-

Old trainers that you are happy to get wet while you coasteering

Towel - to dry off and change in the CAR PARK.

Long shorts to protect the wetsuits

Water

Sun cream/ sun hat

Warm **clothing**

If anyone does not have trainers they WON'T be allowed in the water.

Please make sure you bring the remaining payment.

We will provide all the required safety equipment- Helmets, Winter Wet suits, safety equipment and Buoyancy aids etc for you to have a great afternoon at Swanage.

If you need any other information then please contact us.