

QUEST ADVENTURES



*Adventure and Experiences
in the Great Outdoors*

**Outdoor Activities • Mountaineering • Coasteering • Hill Walking
Gorge Walking • Adventure Breaks • Multi-Activity Days • Watersports.**

Gorge Walking

Gorge Walking: Exhilarating, thrilling and breathtaking, a fantastic way to explore the Brecon Beacons National Park. Discover wonderful places well off the beaten track of South Wales!

Imagine scrambling up the side of a spectacular waterfall, navigating through deep clefts at the side of a beautiful mountain, climbing up raging torrents and then jumping into deep mountain pools, there's no better way of finding an adventure outdoors!

Gorge walking is our most popular outdoor activity and not surprisingly, it's exhilarating, fun and enthralling all in one. Exploring the mountains and waterfalls in South Wales is in itself amazing but immersing yourself in its environment, scrambling through the rocky terrain and swimming in the crystal clear pools is also breathtaking! In prime location from Cardiff and Swansea, South Wales this is one outdoor activity not to pass by!

Gorge walking

Start your adventure today! Jump into beautiful rock pools and waterfalls, scramble and slide down deep clefts and navigate along the gorges of the Brecon Beacons South Wales, take in the beautiful environment and landscapes, there is no better or more thrilling way to immerse yourself in the outdoors! A fantastic activity for hen, stag and corporate groups alike, particularly for those groups staying in Cardiff and Swansea. Additionally all groups will receive a digital photo album of your adventure at the Gorge!

Half day £40

Gorge walking and Gorge Games

In addition to experiencing the fantastic adventures of jumping, sliding, scrambling along the Gorges of South Wales, this activity also incorporates challenging and entertaining gorge games. The gorge games incorporate using the environment to challenge you mentally and physically while having fun and lots of laughs! Dependant on your group's needs it can be used as a team building exercise for corporate or can be a competition for hen and stag groups looking for fun and competition between the stag/hen and best man/maid of honour.

Full day £50

Get in or chill out



All our outdoor activities take place within the natural beauty of Wales' National Parks and stunning coastline. Now is the time to do some of those activities you have always wanted to try under the safety and guidance of experienced instructors.

Call us now :

Cardiff - 02920 303545

Porthcawl - 01656 783310

or Swansea - 0870 2424886

Raft Building

Our raft building activity is fun and challenging with something to entertain every individual within a group or team.

It can be used efficiently as a team building exercise, as a fun filled event for Stag and Hen groups, or can set the record straight on that all important question – Do you have what it takes to become a pirate and sail the high seas!

Set on the picturesque welsh coastline, groups are split into teams with the challenge of building a raft that will hold 4 members, using materials on the beach. The race is then on the build a sturdy raft, launch it and paddle around a designated course!

This will take great creativity and team work to build a sea worthy raft, which will need to intake as you paddle for the first place!

This exciting event is suitable for all ages, and group size looking for a great adventure on the seas of South Wales. It can be incorporated into team building exercises and corporate events, or used as a fun filled memorable challenge for hen and stags parties alike bringing a great twist to the usual celebrations. This event can also be integrated into outdoor educational programs for schools and youth groups, offering a qualification in Team Building, Leadership, communications among a few while also improving on their spacial awareness, logic and problem solving skills.

All equipment including wetsuits, buoyancy aids, helmets are provided and safety vessels patrol throughout the event!

Start your outdoor adventure today, and sail the high seas!

Book now!

Only £45 for your barrel of laughs with this fantastic raft building experience!

Group Discounts available



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Kayaking & Powerboating

Discover Cardiff in a new and exciting way!

Enjoy the sites and attraction of Cardiff Bay by sit on top kayak; explore the Millennium Centre and The National Assembly from a sea view! This exhilarating kayaking activity includes a comprehensive briefing on kayaking, paddling and conditions from our instructor, a guided tour around Cardiff Bay which includes a pit stop for individuals to enjoy a light lunch at one of Cardiff Bays numerous multi-culinary restaurants or to further explore the bay by foot, before resuming your paddle along this picturesque capital!

The fun doesn't stop there; this unforgettable activity is completed by an exhilarating powerboat experience around the bay. On this burst ride you will encounter speeds in excess of 85mph while whiz around the welsh coastline, while experiencing the stunts and feats that these fantastic RIBS are capable of!!

This fantastic water sport activity encompasses something for everyone allowing you to enjoy the waters of South Wales, and the outdoors of Cardiff in a memorable and thrilling way. This activity is very popular with Hen and Stag groups visiting Cardiff, searching for a Hen or Stag experience with a twist! While corporate groups use the activity in a flexible way – adding practical team building activities into their meetings at Cardiff!

All groups including hen and stag packages will receive a photo album commemorating their kayaking and powerboat activity along Cardiff Bay!

All equipment and safety gear is provided throughout both the kayaking and power boating activities along with experienced outdoor AALA licensed and surf life saving instructors whom will cater to your groups needs and physical abilities!

Prices from £45 per person

Group Discounts available



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Coasteering

Discover the Welsh coast in an exciting way and take the plunge into our crystal blue waters!

Explore the coastline of South Wales in this fun packed activity, navigate around the rocky paths of the cliffs, explore our historic coves, plunge into the sea. Discover the local wildlife in a new way, getting closer into their environment than you have been before!

This thrilling event is a huge hit with both Stag and Hen parties looking for a truly memorable experience, and works well with educational and corporate programmes.

Experience a new adventure with this adrenaline packed outdoor activity!

Basic Package

Enjoy coasteering with Quest Adventures, navigate around the coastline and rock sides of South Wales, leap into the sea and pools, and climb the rock face to rejoin your group. Your experienced outdoor activity instructor will guide you to all the prime locations with fantastic sea jumps, breath taking scenery and direct you to our local wildlife. All equipment and safety gear is provided for the activity along with experienced outdoor AALA licensed and surf life saving Instructors whom will cater to your groups needs and physical abilities.

Price £45

Premier Package: Coasteering & Boat

Experience the adventures of coasteering before exploring South Wales seas, beautiful beaches and shoreline further by boat. Your group will receive its very own chartered boat to supervise you from the sea as you navigate around the coastline and rock sides of South Wales, leap into the sea and pools, and climb the rock face to rejoin your group. The boat will provide in-water coverage as you take great leaps into the sea and climb to your next cliff side. On completing your exhilarating coasteering experience you will board your private vessel and enjoying a boat ride around the seas of South Wales. For this outdoor activity all equipment, safety gear and boat are provided along with competent and experienced staff that will supervise you both on-land and from water as you create a truly memorable experience.

Price £75

Group Discounts available



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Surfing

Experience the euphoria of catching and riding a wave today with Quest!

Situated in the heart of Porthcawl on South Wales' surfing coast, Quest surf Centre is in the prime place to catch a wave anytime of the year! Whether you want to become a pro surfer like Kelly Slater or just have fun we can cater for everyone from complete novices whom have never seen a board prior to the activity to individuals whom are looking to improve their technique!

Our surf activities are very popular with hen and stag groups and corporate groups alike, as it produces so many fantastic memories and giggles all round, watch your friends, family or colleagues slip and slide around the surfboard before conquering the wave, or worse still take a nose dive!

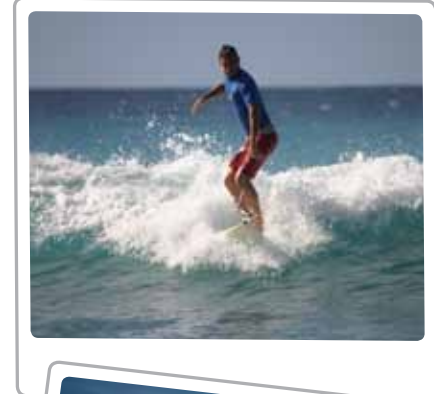
The activities include a full briefing by our experienced NARS lifeguard, surf instructors, full equipment and safety gear, and in-water supervision by our water sports and outdoor pursuit instructor.

Price £35

Our Surf Centre is the first stop for all your surfing gear, surf board hire, wet suits, surfing tuition, training, instruction and advice on local surfing conditions, the best local surfing beaches and places to stay in Porthcawl.

Our fully trained watersports instructors are also expert in many other areas including Wakeboarding, Scuba Diving, kayaking, and power boating with instruction, training and technical advice given in all areas. We offer scheduled or bespoke training courses tailored to your specific needs and location.

We have a full range of equipment hire, sales and advice from our retail premises with a huge range of wetsuits, diving equipment, surf boards, kayaks, accessories and clothing.



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Castaway Days

Could you survive on a desert island?

Could you rise to the challenge of finding food, sourcing water, finding shelter, keeping warm in the outdoors, and building a sea worthy craft?

Our adventurous Castaway day is set in the picturesque scenery of South Wales coastline, it incorporates an in-land circuit and water based activities, giving you the best of both worlds.

This fun, high tempo circuit splits your group into 2 tribal teams and will have you competing against each other to win the title of ultimate Quest team! Race against the clock and each other as you complete exciting bush craft challenges which climaxes in thrilling water craft tasks.

Our Castaway activity has something for everyone challenging the mind and body the circuit requires you to work as a team, utilise each members skills and potentials!

This outdoor activity is a huge hit with Stag & Hen parties, and corporate groups alike, providing adventure with elements of fun, team bonding, physical and mental agility and team work. This event caters for all ages and tastes with something for the country bumpkin and water babies alike!

Full safety equipment will be provided throughout the activity with all groups receiving a digital photo album as a memento of their adventure!

Book now!

Book now for your island adventure!

Group Discounts available



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Rock climbing and abseiling

Quest Adventures offer you the chance to experience rock climbing first hand. We have two variations – indoor and outdoor.

We can teach you the basic equipment and techniques either in the comfort of our local indoor facility, the coastline cliffs of rest bay or the splendour of the Brecon mountains. Our instructors will guide you through the basics of getting safely set up together with rock climbing techniques.

As part of going up you've also got to come down, so abseiling is a necessity, we will teach you the fundamentals of how, once you've climbed to your summit, you can abseil back to the ground.

Experience rock climbing and abseiling

Quest Adventures will teach you the use of harness's and ropes required for your climbing activities. You will then be able to climb in an indoor sheltered facility up graded walls offering novice and experienced climber's excellent facilities. Or we will take you into the spectacular Brecon mountains to experience rock climbing in its natural environment. Obviously after scaling the peaks we will teach you how to proficiently abseil back down to earth.

Half day £50

Climbing and abseiling activity day

Quest Adventures will teach you the proficient and safe techniques of rock climbing and abseiling, but now we can move on to bigger better thing. Learn more about safety and rope work, about single pitch climbing on the mountain face and practice in different environments. By the end of the day in the mountains you will have the technical ability and proficiency to take your climbing to new heights as well as having a great day outdoors.

Full day £80

Group Discounts available



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Mountain Walking

Mountain walking and navigation

Here in South Wales we are blessed to have one of the most beautiful landscapes in the world. The pinnacle of this is in the Brecon Beacons National Park in areas such as Pen-y-Fan, which is the highest point in southern Britain and the Pontneath Vaughn waterfalls. Quest Adventures, are privileged to be situated within easy reach of such wonderful natural landscapes and offer you the chance to experience them with us.

Walking through the mountains, navigating the terrain, being guided by experts is an amazing experience. We can teach you how to navigate through this rugged and beautiful environment, learning about the mountain's and their flora and fauna, whilst keeping safe and on the right path.

Guided mountain walking

Experience trekking through the Brecon Beacons or Snowdonia with your expert guide who will give advice on walking and trekking techniques and explain the beautiful surroundings and their history, myths and legends. Amazing scenery plus expert advise on navigation and safety.

£50 half day

£80 full day

Navigation

Being in the mountains is a wonderful experience but also requires a deeper understanding of the natural environment. Learning to navigate is essential to all walkers, trekkers and mountain users alike.

We have a vast amount of experience and expertise in teaching people basic and advanced navigation which includes, map reading, compass work, weather forecasting, terrain observation and bush craft.

£50 half day

£80 full day

Group Discounts available



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Hen and Stag Groups

Looking for a fantastic adventure before the big day?

Something memorable to tell the grandchildren, then you've come to the right place.

Quest Adventures pride ourselves in providing fun and excitement on land and in the water. Come join us in our playground in the Brecon Beacons National Park and along South Wales picturesque coastlines.

We can take the stress away from organising such a historic event, leaving you, your friends and family to relax. We have activities to suit all abilities and preferences; whether you want to throw yourselves down mountain gorges, navigate along waterfalls, or try your hand at surfing or kayaking in the refreshing Welsh waters we have the resources and experience to give you an unforgettable time.

If you choose to make your stag or hen party an overnight affair then we can organise a complete package, consisting of overnight accommodations and entertainment for the evening whether you wish to sample the local taverns and restaurants or experience the renowned nightlife of Swansea or Cardiff.

Don't miss out on an adventure into the wilderness, immersing yourself in breath taking scenery, call us today to discuss your ideas and let us add an adventurous twist that your party will always remember!

"Truly amazing time, on a high for the rest of the weekend, already talking about coming back, an amazing experience that we will never forget"

Alison Roberts, Buckinghamshire



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Corporate Groups

At Quest Adventures we understand the importance of strong team moral, effective communication and productive team work. Our series of activities utilises your groups strengths, motivating them to complete the challenges we set.

Fun is always at the forefront of our outings whether you choose to immerse your team in the surroundings of the Brecon Beacons or along South Wales picturesque coastline, the environments are perfect settings to allow your team to relax and connect on a more personal level, away from the stresses of work.

Our highly qualified Instructors effectively create problem solving situation that requires the group to trust each other, working together forming positive attitudes. By the end of the session the group should achieve a greater self confidence not only within themselves but also each other which will translate back into the workplace generating a higher productivity.

Additionally our picture album of your day will be a continual reminder of the goals your team achieved while with us.

Alternatively our activities can be used as a positive reinforcement, rewarding your team in a very memorable and exciting way, something that they will remember for years to come and feel valued to have been chosen for such an event.

If you wish to make your event an overnight stay we can organise accommodation based on your teams budget and needs!



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Multi activity days

Can't make your mind up on which activity to choose? Then our multi activity days are perfect for you. We can cater for one day to one week for all your group or individual needs.

After selecting which activities you're most interested in experiencing contact us to discuss a personal package for your group. Multi Activity days are based on 2 activities per day, and overnight stays are dependent on the activities you choose and your personal needs, you can immerse yourself in nature and camp under the stars, or take comfort in a cottage bed room.

Multi-activity day - option 1

Select from two of the following: Gorge walking, rock climbing, abseiling, mountain walking, and orienteering. A complete fun day in the mountains.

Multi – activity day – option 2

Select from 2 of the following: Surfing, Kayaking, scuba diving, power boating, coastering, raft building – get wet and wild with these options.

Multi – activity days – option 3

Let's go exploring! On this 2 day package, trek through the mountains, navigate along the waterfalls, scramble along the gorges. This action packed 2 day adventure takes you into the wilderness with breath taking scenery and action packed adventure.

Multi – activity days – option 4

The ultimate mountain adventure. Navigate through the stunning Brecon beacon mountains, climb to new heights to reach new summits. We will take you right into the mountains learning bush craft and how to be at one with this beautiful environment. This is a real adventurers dream!

Please contact us to discuss your groups personal requirements and desired activity combination, we tailor these activities to suit your groups needs and budgets!



All our outdoor activities take place within the natural beauty of Wales' National Parks. Now is the time to do some of those activities you have always wanted to try under the safety and guidance of experienced instructors. Call us now for an experience to remember:

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QUEST ADVENTURES OUTDOOR ADVENTURES

Name of individual / organizer

Address:

post code:

Age d.o.b. Contact no.

E-mail address.

Number attending activities :adults under 16s total

Activity's requested :

Preferred activity date 2nd date choice

Fees

The balance of your activity fee is due 6 weeks before the start of your activity. In the meantime, you should send your deposit (£10 per person) with this form.

The full fee for my activity is £

I am paying a deposit of £ for persons totalling £

If more than 6 weeks to start of activity.

Full activity fee of £ for persons totalling £

If less than 6 weeks to start of activity.

Cheques to be made payable to Quest Adventures. Total £

We strongly recommend that you take out a personal insurance policy.

I agree to abide by the booking conditions. (terms and conditions on reverse)

Signed _____ date _____

Please could you also sign the reverse of this booking form. Joining instructions and kit list sent on return of completed booking form. Thank you.

RETURN ADDRESS: Quest Adventures (Head Office) 49 New Road, Porthcawl, South Wales CF36 5DH Great Britain



BOOKING TERMS AND CONDITIONS.

1. Fees.

To book your activity with Quest Adventures telephone the office to check the current cost and availability. At this point a provisional booking will be held for 10 days.

Places on an activity can only be reserved in writing. Provisional bookings do not hold firm until the required deposits and completed booking form have been received.

All places must be reserved by quest expeditions receiving a completed booking form and a deposit of £10.00 for all activities.

The balance of the fee is payable 2 weeks prior to commencement of the activity. In the event that the balance is not paid by due date quest expeditions will have the discretion to treat the booking as cancelled by the client and re-sell the activity place.

The whole activity fee is required to reserve a place for any booking made within 2 weeks of the commencement of the activity.

2. Cancellation by client.

All cancellations must be in writing.

In the event of cancellations for reasons other than illness or injury (medical certificate required) the following charges apply: -

More than 6 weeks prior to activity commencement	loss of deposit only.
Between 6 to 4 weeks prior to activity commencement	50% of activity fee.
Between 4 to 2 weeks prior to activity commencement	75% of activity fee.
Less than 2 weeks prior to activity commencement	full payment.

3. Cancellation by Quest Adventures.

Whilst every attempt is made to ensure that activities actually run, we reserve the right to vary or cancel any activity. If this should become necessary due to dangerous and / or unsuitable conditions. In the most unlikely event of cancellation by quest expeditions, monies will be refunded in full or an alternative activity date will be offered.

Quest Adventures shall notify the clients of cancellation not less than five days prior to the commencement of the activity where numbers as a result of client (s) cancellation failed to reach a workable minimum for the commencement of the activity.

In the event of cancellation clients will be offered the choice of the following options:-

Full refund of the activity fee paid; Another activity on a different date.

4. Safety.

All activity members must comply with safety regulations and instructions of Quest Adventures staff. Should an instructor find that an activity member/ s is being disruptive or jeopardizing the safety of others then that person / s will be asked to leave the activity.

Due to the nature of our activities we strongly recommend that you take out an insurance policy before you attend an activity.

Booking form conditions.

I have had brought to my attention the terms and conditions relating to this booking, in particular, those concerning cancellation.

I understand that bookings are accepted on the understanding that Quest Adventures safety regulations are observed.

I accept that Quest Adventures are not under any liability whatsoever in respect of loss or damage to personal property, not caused by the negligence or default of Quest Adventures, its suppliers, its agents and employees whilst attending the activity.

I have had my attention drawn to the information about insurance cover in paragraph 4.2.

Signature _____

date _____