



Avon Mega Abseil Challenge

Meningitis UK Challenge Adventure

FAST FACTS			
Country:	England		
Registration Fee Min. Sponsorship*	amount TBC N/A	Duration:	1
Min Age:	16	Max Age:	na
Max Altitude:	85m	Total Ascent (approx.):	na
Total Distance (approx.):	na	Fitness Level:	★ ★ ★ ★ ★
Next Departure:	22/10/2011		

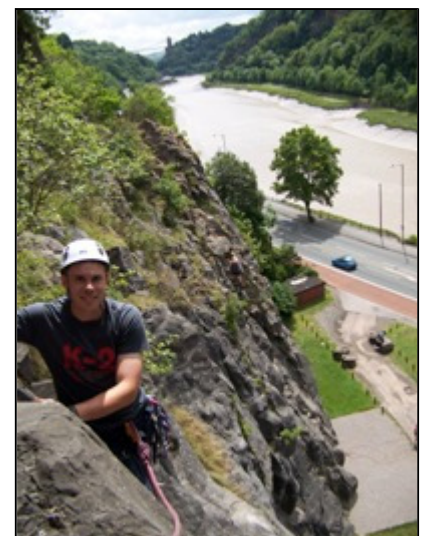


Meningitis UK

Meningitis UK is a national charity based in Bristol. Our vision is a vaccine to eradicate all forms of meningitis. Although successful vaccines exist to protect against some forms of meningitis, including Hib, Meningitis C and pneumococcal meningitis, there's still no vaccine for the deadly meningitis B strain – the most common form in this country. Every week six families have to face the sudden tragedy of losing a loved one to this devastating disease. Because it can kill in under four hours and the symptoms are notoriously difficult to spot, we believe a preventative vaccine is the only way to spare people this heartache. Our Search 4 a Vaccine Campaign aims to raise £7million to help fund cutting-edge research to help us achieve this goal and save thousands of lives in the future.

Get ready for one of the biggest steps of your life, and a big adrenaline rush! Stepping back out over the towering descent of the Avon Gorge - some 190 feet. This will be a challenge to remember, and to be proud of! We shall equip you properly, and make sure you are briefed and trained in how to safely make the descent to the bottom of the gorge.

Meeting mid morning in Avon Gorge, we shall conduct a thorough briefing, get you equipped and suited in your safety harness and helmet. We shall then conduct our initial 'training' abseil' at a slightly lower level - to give you the opportunity to get the hang of things. Then there will be time for a tea break, before we set off to the very top of the gorge, for the 'big one'! It's certainly a long way down from here - and the abseil will take you quite a while to complete - with time to soak in your vertical surroundings. Make sure someone has got the camera ready for this one. Down on the ground you're going to have quite a smile on your face, as the happy adrenaline feel takes over!



Itinerary

Meet at Avon Gorge and set-up equipment - 10:00

You will be briefed in the safety systems and techniques involved in abseiling, then we shall move on to our first challenge a 70 foot taster abseil. Here we shall test out the various techniques you will need to abseil, and you will taste the excitement of leaning back over a sheer vertical wall.

Lunch Break - approx. 30 minutes.

In the afternoon you will climb up to the top of the gorge (about a 15 minute walk uphill!) where we will set up for the monster 200ft abseil. This is going to be fun!
End of event - around 3pm - although this will depend upon numbers participating on the day.



Medical Issues

Please note, it is extremely important for this physical challenge that you are in good health. If you have any pre-existing medical conditions, please consider carefully whether you should be joining the challenge. Please ensure you fill in the booking form accurately and honestly, this is important. In the case of serious conditions (epilepsy, diabetes, heart conditions, recent illness or operations), please discuss the challenge with your GP. Please also ensure you notify us of any allergies or similar.

Failure to disclose medical conditions is a serious omission - that could have serious repercussions on any of our challenges.

Special Notes

In the case of larger groups, there can be a wait between the first and second abseil. We will try to complete the event as efficiently and smoothly as possible - but please be ready for a small wait between abseils.

Included In Trip

Fully qualified and first aid trained leader
Safety Equipment
Harnesses, Ropes, Helmets.

Excluded From Trip

Transport to and from event
Lunch and snacks

Equipment Required

Tracksuit Bottoms / Cotton Trousers
Fleece Jacket
Windproof Outer Jacket
Long Sleeved T-Shirt
Trainers / Walking Shoes or Walking Boots
Climbing Shoes
Personal Equipment (Harness/Belay Device/Helmet)
Camera
Waterproof Clothing in case of poor weather
Sunglasses
Suncream

Provided by Adventure Café

Helmets
Harness
Belay Device
Ropes
Guidebooks

Transport / Transfer

You will need to travel to Avon Gorge - there may be some possibility of liftsharing from the South West - please call for details. Avon Gorge is conveniently located a short taxi ride (or even a good walk!) from Bristol Temple Meads Station.

Safety Information

Your leader for the event is a qualified Rock Climbing and Abseiling Instructor. Adventure Café have risk assessed this event, and have taken industry best practice precautions to ensure that you are safe on this event. You will use 2 ropes - a main abseil rope and a safety back up rope. You will be securely anchored at the top of the abseil - to several strong anchor points providing full redundancy, to offer maximum safety and back up. All equipment is regularly inspected and is well within its recommended life span.

You should be reasonably happy with heights, or at least happy to be assisted and encouraged by our leaders. We are well used to assisting people in completion of this amazing challenge, and we will give you every opportunity to complete it.

Weather

This event can take place in the full range of weathers, and takes place outdoors - hence you need to be prepared for all possibilities! This event can be run from mid March through until end of October.

ADVENTURE DATES AVAILABLE		
START DATE	END DATE	DURATION
22/10/2011	22/10/2011	1

This challenge is organised by Adventure Cafe Ltd on behalf of Meningitis UK

***Payment System:**

To participate in this event you will need to make a registration fee payment to the charity (amount TBC).

This will secure your place on the challenge. You will then need to fundraise a further amount to allow you to participate in the event (amount TBC). Amounts should be made payable directly to the Charity. A significant proportion of your fundraising will be directed straight to the Charity and will assist in the good cause for which your charity works. Adventure Café will be operating this Adventure Challenge but is not responsible for collection of payments from participants. If you have any questions about this system of payment and participation, please call us to discuss further.



Please contact Adventure Café on 01460 249191 to arrange your own departure dates, exclusive trip, or your own corporate event. We shall be delighted to develop something specifically for you.

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Avon Mega Abseil Challenge Map

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