



## WELCOME TO KERNOW COASTEERING, THE MAINLAND UK'S MOST WESTERLY OUTDOOR ACTIVITY PROVIDER

What is coasteering? Coasteering combines swimming, scrambling and cliff jumping, and there is no better place to try it than the stunning cliffs and coastline of the Land's End peninsula.

Who are Kernow Coasteering? We are qualified, experienced instructors who want to share our passion for outdoor activities on an extreme adventure you'll never forget. We'll give you a taste of 'life on the edge' while ensuring your safety at all times.

What do we offer? Tours are available to suit people of all ages and experience. A standard coasteering session is 2.5-3 hours long, and we have various locations we use, depending on the weather. Coasteering is perfect for family groups, friends, individuals, stag/hen parties, staff parties, corporate groups, schools, colleges and team building. Equipment is provided.

\*Minimum age for coasteering 9 years. All tours are subject to sea and weather conditions. In the event we have to cancel a tour, an alternative date or activity will be offered, or a full refund will be given.

## COASTEERING AT LAND'S END

This is the ultimate coasteering adventure: taking on the challenging cliffs of Land's End, the most westerly point in the mainland UK. Leave the crowds behind and confront the towering granite cliffs head on. The scenery under the cliffs at Land's End is beyond compare, with incredible rock formations, jaw-dropping caves, and stupendous arches. And, of course, no coasteering route would be complete without its fair share of tasty cliff jumps too. Make no mistake, this is our most adrenalin-filled adventure, and is for experienced, physically fit coasteerers only.

\*Please see our website for the full list of requirements.

## DISCOVER **ROCK CLIMBING** ON THE SEA CLIFFS OF CORNWALL WITH OUR EXPERIENCED INSTRUCTORS

West Cornwall has some truly spectacular rock climbing, drawing climbers from all over the World to climb the granite sea cliffs. Let Kernow Coasteering introduce you to this exciting sport, in stunning locations that will take your breath away before you even get off the ground!

What do we offer? we can tailor a rock climbing package to suit you. Whether you are a novice, have climbed indoors, or you have experience and are looking to improve.

\*The minimum age for climbing is 5 years. All tours are subject to weather conditions. In the event we have to cancel a session, an alternative date or activity will be offered, or a full refund will be given.

## **EXPERIENCE THE THRILL OF ADVENTURE SPORTS IN WEST CORNWALL**























