

**wet, wild,  
fun on the rocks**



**rock  
hopping**



**CELTIC QUEST**  
**COASTEERING**

**01348 881530**

[www.celticquest.co.uk](http://www.celticquest.co.uk)

### "Great Day Out -

We took our family out with Celtic Quest in October, after my son was nagging to go coasteering. After getting ready and going through the required briefing, we set out for the best 3 hours we have had for ages. My 16 year old son and my 12 year old daughter really enjoyed the day and want to go again soon. During the 3 hours we worked our way up in height but never feeling pushed and finished at the quarry with a 10-12m jump. They also provided a series of photos and videos of our trip out, for a very reasonable price, Fantastic, Highly recommended." - Trip Advisor

### "A truly memorable day! -

This was our first experience of coasteering, so we were a little apprehensive. However, we need not have worried, Cleo and her team soon put us at our ease. Their attention to the safety and wellbeing of the visitor is second to none. Their professional expertise combines with their obvious enthusiasm for coasteering, ensuring that we had a fantastic day. I thought that the 'toilet flush and washing machine' were simple mundane domestic appliances, that was before we went coasteering!"

- Trip Advisor

Watch the  
VIDEO



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RECOGNITION FOR EXCELLENT  
CUSTOMER SERVICE  
Celtic Quest Coasteering 2013/2018

**Come Coasteering at**  
**Red Bull Cliff Diving**  
**location - Blue Lagoon,**  
**Abereiddy**

Telephone

**01348 881530**

(Office hours are 9am to 9pm daily)

Mobile

**07816 161985**

[info@celticquest.co.uk](mailto:info@celticquest.co.uk)

[www.celticquest.co.uk](http://www.celticquest.co.uk)



**Best visitor  
experience  
in Wales 2013**



National Tourism Awards Wales



## What is Coasteering?

Wriggle into a wetsuit, Fasten up your adventure kit, listen to the safety briefing and you're ready to go. Your Guides will lead you along a stunning stretch of the Pembrokeshire Coast National Park.

Along the way you'll find yourself scramble climbing, adventure swimming, rock hopping and of course not forgetting cliff jumping with heights up to 35ft.



## sea level traversing

## Who can Coasteer?

Minimum age is 8 years. You don't even need to be able to swim as your buoyancy aid will keep you afloat and your Guide will be close at hand. Small groups & individuals welcome.

## How long does it last and when can I Coasteer?

Our sessions start at 9.30am and 2pm daily, all year round and in all weather conditions. You'll be in the water for 2 - 2 ½ hours, meeting on location gives you more time to play in the sea!



## cliff jumping

## What do I need to bring?

You'll need to bring swimwear, a towel, an old pair of trainers (to get wet) and a pair of old shorts. We will provide all adventure equipment including wetsuit, buoyancy aid, helmet, gloves, hoods and socks.

## Can I bring my camera?

Yes, however your Guide will carry a digital camera, capturing photos and videos as your adventure unfolds. This footage is available to purchase on the day.



## explore caves

## Why Celtic Quest?

We are Coasteering specialists, it's ALL we do and we love it!

Your Guide will tailor your adventure to suit the abilities and expectations of each adventurer, adrenaline seekers and non-swimmers alike.

We meet you at the beach, giving you more time to enjoy yourselves in the sea.



## toilet flushing

## Award Winning Coasteering



National Tourism Awards for Wales 2013

**WINNER**

**Best Visitor Experience**



South Wales Chamber of Commerce  
The Ultimate Business Network

Welsh Company of the Year 2012



Best Water-Based  
Experience