



Bridge Abseil

@Miller's Dale

Do you need an exciting charity challenge?
Would you like to stare a fear of heights phobia in the face in order to beat it?
Are you looking for a fun and exciting half day activity?

Our Abseil Adventure could be for you. Let our highly experienced and well trained instructors supervise you in this fantastic activity, all done in the beautiful Peak District Valley of Miller's Dale. We have a licence from the Peak District National Park to use this structurally checked discussed rail bridge. You'll go home buzzing with excitement and pride that you had a go at this hair raising task! This Adventure is suitable for all ages – We have an AALA Licence to take unaccompanied Under 18s on Activity.

This activity is best done as part of a group and will need a minimum of four people to run. For a quick quote email al@gritstoneadventures.co.uk This adventure will last around 2.5 hours

Location:

This event will take place at Miller's Dale Viaduct, near Miller's Dale Station café, Wormhill Road, Buxton SK17 8SN

Equipment:

All equipment is included in the price. You should wear sensible footwear to this activity and not boots.

What to bring:

Lots of warm clothes and waterproof clothes if you have them. Even if you are booking for summer, you need to bring warm clothes as the weather here can be changeable and we will be working higher up where it's colder. Bring food and a drink. Bring suncream.



What to expect from our instructors

Above all, our instructors are lifelong enthusiasts of their chosen discipline. Regardless of how focused you are about learning and improving, outdoor activities are ultimately about having fun and de-stressing from life. Our instructors are well aware of this and will deliver your sessions in a fun, engaging and relaxed way. Our instructors are the best in the business and are selected not only for their vast experience, but also for their calm, approachable manner and ability to relate well to people. You will not be shouted at, bossed around or made to feel small – you will be supported and encouraged all the way.

Transport:

We cannot offer transport and you will need to use your own transport. Unfortunately public transport in the Peak District National Park on all but the biggest few roads is almost non-existent, so you will need a car to get around.

Environmental

- Try to car share
- Don't drop litter
- Never make fires
- Close gates
- Keep dogs on leads at all times

All of our used and out of date equipment is given to a craft company who make the equipment into clothing, bag and accessories here <https://madebyscavenger.com/>

For more information please email al@gritstoneadventures.co.uk

