

The instructers are extremely kind and keep in mind of your abilities the whole time. they are also all qualified and trained to a certain level to keep everybody safe they are also experienced to a certain extent with all activitiies . Arete is located in North Wales and is known for its encridible history and nature reserves and is really a once in a life time opportunity to go there and I wish you get the chance to.



EQUIPTMENT AND SAFETY

Harnesses and boyency aids are double checked before activites if they are required, same with regular helmets and water sports helmets; helmets and harnesses are required for ziplining and climbing if it's a dangerous climb boyency aids and water sports helmets are required for swimming activities like: cannoing, rafting, swimming and for some beach trips if people are planning to go swimming, waterproofs are required for most activities and fleeces for some although it depends on the weather and the atmosphere of the activity


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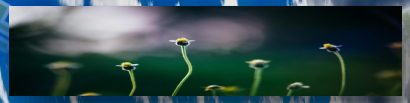
ARETE



Your business tag line here.

Outdoor centre

Food and meal



Food and meal consists of:

-Breakfast: in breakfast you can have, cereal toast hashbrowns and sausages or bacon.

-Lunch: in lunch you can have a sandwich with any filling.

-Dinner: dinner is a random, although it normally consists of either of these, chicken and chips, fish fingers, chicken curry and beans on toast.



weather

The weather can always vary but its normally these two:

-Slight rain with a possible breeze, sometimes the slipperiness of the rain on the floor can cause possible danger for climbing activities but it will be taken into mind.

-Sun with temperaters that could range from 6 degrees to 16 degrees with a slight breeze although the exact temperature varies based on seasons.

Thank you for reading



I hope you consider going whilst booking your next outing

