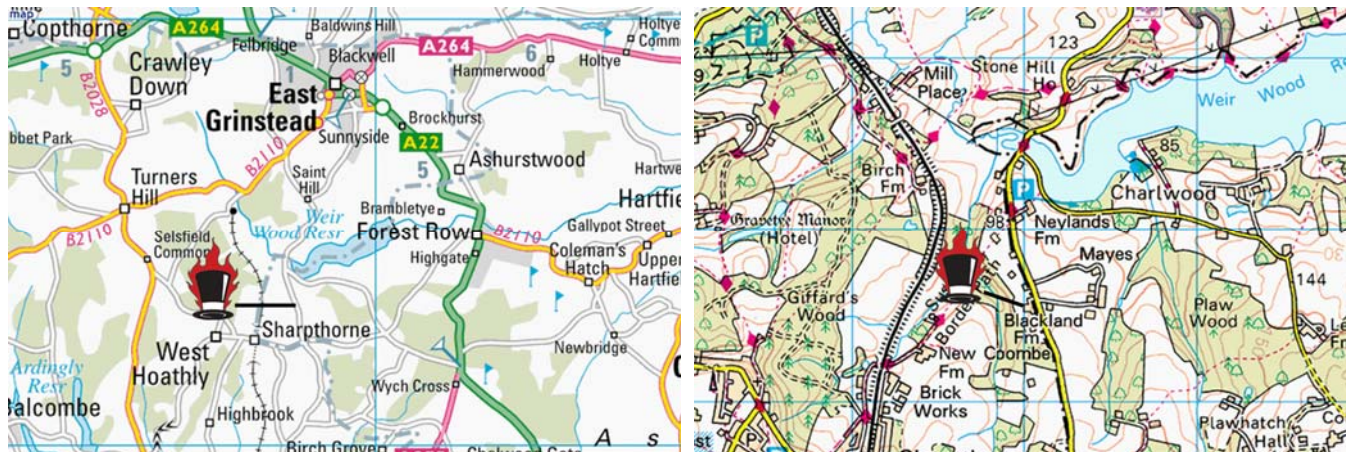




ABSEILING EXPERIENCE



Meeting place

By the abseil tower in the main car park (just past reception on the right). Please arrive 15 minutes early.

Directions

Blackland Farm, Grinstead Lane, East Grinstead, Sussex, **RH19 4HP**.

The abseiling tower is on a Girl Guides Centre, **please be careful of children when driving on site**. During the summer the car park can become very busy and alternative parking is available on the grass field first left after the car park.

Public Transport

The nearest train station is in East Grinstead (approximately 4 miles North), from there you will need to take a taxi.

From M25 - Exit at junction six. Follow A22 for East Grinstead for 12 miles. At Felbridge, go straight on at the first traffic lights. Turn Right at the next traffic lights into Imberhorne Lane. At the end of the road, go over the cross-roads. At the T-junction, turn Right. From the bottom of a steep hill, Blackland Farm is half a mile on the Right.

From M23 - Exit at junction ten. Follow A264 for East Grinstead to A22 traffic lights and turn Right. Turn Right again at the next traffic lights into Imberhorne Lane. At the end of the road, go over the cross-roads. At the T-junction, turn Right. From the bottom of a steep hill, Blackland Farm is half a mile up on the Right.

Late / Lost

Please call **01273 358 359**, listen to the options and select the one to be diverted to your instructor. Please note that instructors can't pick up answer machine messages, so if you don't get through to them please try again (they may be running a course).

The Weather

The weather will not affect this activity, so please ensure that you are prepared.



Kit List

Administration

- Payment / voucher
- Medical form

Clothing

- Comfortable clothing, suitable for the time of year*
- Trainers
- Waterproof jacket and trousers
- Extra jumper
- Warm hat / sun hat
- Warm gloves (not for abseiling in)

Food

- You may want to bring a small snack with you.

Accessories

- Camera
- Sun screen
- Sun glasses

Medication

- Tablets, Inhaler etc.

The above list is just a guide and appropriate clothing for the time of year should be worn.

*Clothing should comprise of several layers to trap the warmth. Please do not wear denim as it restricts movement.