



## **Pax Hill Abseiling**

- **Group size**

We are currently running groups of a maximum of 25 people and a minimum of 12. If you have more than 25 people, we can run multiple sessions, one after each other.

- **Session time**

We recommend to allow two hours for a group of 25 participants. This will consist of a 15 minute safety briefing, harnessing and an hour and 45 minutes of abseiling. Depending on age and ability of participants, eight participants should get 3 to 5 goes in this amount of time.

- **Clothing**

We ask that all participants were covered in shoes, sneakers or hiking boots preferred, no sandals or thongs. No short shorts or mid-drift T-shirts.

Abseiling is a challenge by choice activity, which means that we give all participants the opportunity to abseil but do not force anyone. If you have a participant with special needs, please let Pax Hill know prior to the activity, so we can make arrangements for all participants of all capabilities.