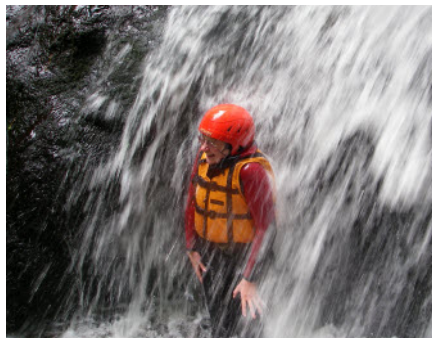


Newsletter

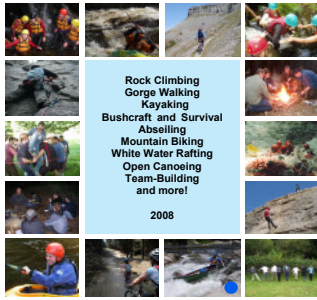
Christmas is nearly here!

With only a few weeks to go until Christmas it's time to make sure everything is ready! If you're stuck for ideas for an exciting and different gift why not purchase a ProAdventure Gift Voucher? Available for any amount from £44 upwards our vouchers are valid for 12 months and can be put towards any of our activities or courses. You can suggest an activity you think the lucky recipient would like to do, but if they'd rather do something else, that's not a problem!

Also, all of our usual activities and courses are available over the festive period, so if you're looking for something to do give us a call on 01978 861912 to see what we can organise for you - Rock Climbing, Gorge Walking, Mountain Biking or Kayaking perhaps?



We've also got some fantastic gifts available in our shop! For the budding bushman an axe from Gransfors Bruks could be the perfect gift - use our online [step-by-step axe chooser](#) to select the best one for you. A must for walkers or navigators is a [Satmap Active 10 sports GPS](#) - brand new to the market and the only GPS that allows you to navigate by trusted Ordnance Survey mapping. Also available - and a great stocking filler - is a Memory-Map CD-Rom of 150 of the [Best Walks in Britain](#), with detailed route plans, printable mapping and more! A fantastic stocking filler for the outdoorsy woman is a [SheWee](#) - "The portable urinating device for women" - allowing freedom to go on the go!



Rock Climbing
Gorge Walking
Kayaking
Bushcraft and Survival
Abseiling
Mountain Biking
White Water Rafting
Open Canoeing
Team-Building
and more!

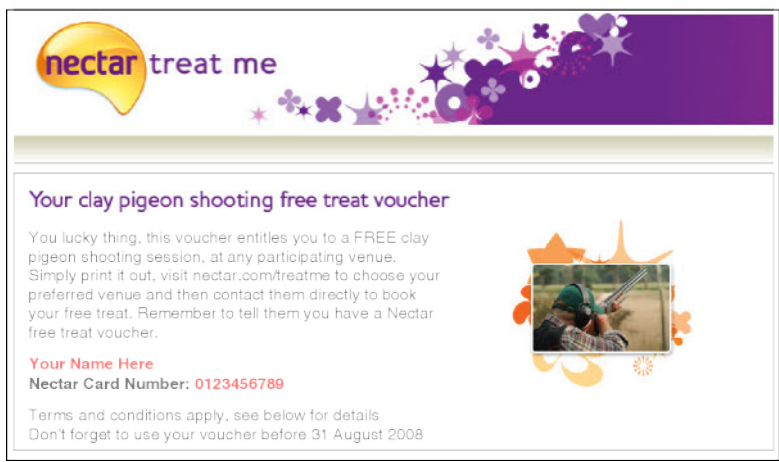
2008




2008 Brochure

Our new 2008 brochure will be mailed out to everyone on our database soon - if you would like a copy and we don't have your address please let us know by emailing sales@proadventure.co.uk. If we already have your details but you'd prefer not to receive a copy then please also email us to let us know. If you can't wait and want a sneak preview a preliminary version is currently available to [download](#) - this will be updated with the final version soon!

Nectar Vouchers - Free Clay Pigeon Shooting!



Nectar have recently been giving away loads of 'Free Treat' vouchers - if you've received one you can use it for a free session of Clay Pigeon Shooting with us! First of all check you've got a Clay Pigeon Shooting voucher (see left; if not give Nectar a ring and ask them to change it) then call us on 01978 861912 to book your free session. It's that easy!

 Got one of these? Give us a call to book your free Clay Pigeon Shooting session worth £55pp!

Special Offer - White Water Rafting!

We have a White Water Rafting Adrenaline Session available on Saturday 1st December at 2:00pm, at a fantastic rate of just £55pp (normally £68pp), or you can book 5 places for just £250! The Adrenaline Session takes place on grade 3 and 4 white water, and you'll need to paddle hard and hold on tight as you run rapids such as the Ski Slope and the Graveyard! Spaces are limited, so call us on 01978 861912 to book yours now!



Welsh Assembly 5x60 Project



We are proud to be working alongside local secondary school Ysgol Dinas Bran in the 5x60 project - a new Welsh Assembly Government and Sports Council for Wales mission to get schoolchildren participating in regular and frequent activity, ideally for 60 minutes at a time, 5 times a week.

Since early October we have been working with students from Dinas

Bran on after-school activities such as Rock Climbing, Abseiling and Mountain Biking - sessions which are proving to be popular with all age groups.

The scheme is overseen by a dedicated project officer at the school, Anna Frost, who works alongside students, teaching staff, Denbighshire County Council and the local community to organise and develop the activity programme. Students are able to try as many activities as they like from a broad range - as well as the activities offered by ProAdventure they also have the opportunity to try archery, fencing, dance classes, roller-skating, basketball and football, to name but a few! Anna also encourages suggestions from the students for new activities to add to the programme, giving them the chance to branch out from the usual 'school' sports.

The project is also supported by North Wales Police Inspector Mike Hughes and Community Beat Manager PC Robin Stubbs, who - with other key members of his team - regularly assists on various activity sessions.

We look forward to working with everyone involved in such a promising project!

For more details of the 5X60 programme please visit www.sports-council-wales.org.uk .



Diary dates 2008:

Remember - we're constantly adding dates for all activities and courses, and all of our courses are available on any date, so if you don't see a date that suits you please call us!

Rock Climbing, Abseiling, Gorge Walking:

Rock Climbing & Abseiling Taster – p12

12th January	10th May	20th September
23rd January	11th June	4th October
19th February	21st June	11th November
23rd February	12th July	15th November
8th March	20th July	6th December
13th March	2nd August	15th December
26th April	18th August	

Discover Rock Climbing & Abseiling Day – p12

12th January	26th April	18th August
23rd January	10th May	20th September
19th February	11th June	4th October
23rd February	21st June	11th November
8th March	12th July	15th November
13th March	20th July	6th December
28th March	2nd August	15th December

Explore Rock Climbing & Abseiling – p12

12th-13th Jan	10th-11th May	20th-21st Sept
23rd-24th Feb	21st-22nd June	4th-5th October
8th-9th March	12th-13th July	15th-16th Nov
26th-27th April	2nd-3rd August	6th-7th Dec

Ultimate Rock Climbing Week - see website

21st-25th April	2nd-6th June	1st-5th Sept
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Gorge Walking Taster– Half day – p14

19th January	25th May	28th September
10th February	20th June	11th October
15th March	5th July	2nd November
5th April	18th July	13th December
3rd May	16th August	

Discover Gorge Walking – Full day – p14

22nd January	18th May	9th August
2nd February	7th June	17th August
21st February	10th June	9th September
1st March	23rd June	22nd September
12th March	9th July	12th October
12th April	19th July	14th October
22nd April	26th July	13th November
8th May	7th August	14th December

Explore Gorge Walking Extravaganza - p14

2nd-3rd February	7th-8th June	9th-10th August
1st-2nd March	19th-20th July	18th-19th Oct
12th-13th April	26th-27th July	

Survival and Bushcraft:

Discover Survival and Bushcraft - see website

23rd February	5th May	31st August
29th March	15th June	27th September
6th April	25th July	10th October

Explore Survival and Bushcraft - p15

14th-16th March	20th-22nd June	19th-21st Sept
18th-20th April	18th-20th July	17th-19th Oct
16th-18th May	22nd-24th Aug	14th-16th Nov

Ultimate Survival and Bushcraft - see website

26th-30th May	11th-15th August	
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Kayaking, Open Canoeing:

Kayaking Taster – p6

21st January	5th May	19th September
18th February	9th June	10th October
10th March	18th July	10th November
21st April	4th August	12th December

Discover White Water Kayaking Day – p6

24th January	17th May	16th August
20th February	7th June	11th September
11th March	8th July	11th October
24th April	21st July	12th November

Explore White Water Kayaking – p7

24th-25th Jan	7th-8th June	2nd-3rd August
20th-21st Feb	12th-13th June	16th-17th August
11th-12th March	28th-29th June	6th-7th Sept
24th-25th April	12th-13th July	21st-22nd Sept
7th-8th May	26th-27th July	11th-12th October

Ultimate Kayaking Week - p7 - see website

14th-18th April	16th-20th June	15th-19th Sept
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Open Canoeing Taster - p6

12th January	16th May	15th August
15th February	14th June	13th September
8th March	24th June	10th October
19th April	5th July	10th November
10th May	9th August	20th December

Discover White Water Open Canoeing Day - p6

26th January	5th April	9th August
17th February	22nd May	13th September
8th March	14th June	4th October
29th March	14th July	1st November

Explore White Water Open Canoeing - p7

26th-27th Jan	5th-6th June	9th-10th August
17th-18th Feb	14th-15th June	23rd-24th August
17th-18th March	28th-29th June	13th-14th Sept
26th-27th April	5th-6th July	27th-28th Sept
10th-11th May	14th-15th July	4th-5th October
22nd-23rd May	24th-25th July	18th-19th October

Ultimate Open Canoeing Week - p7 / see website

7th-11th April	9th-13th June	22nd-26th Sept
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Mountain Biking:

Mountain Biking Taster Half Day – p11

5th January	24th May	23rd September
9th February	26th June	25th October
27th March	3rd July	14th November
19th April	30th August	16th December

Discover Mountain Biking Day - p11

5th January	24th May	23rd September
9th February	26th June	25th October
27th March	3rd July	14th November
19th April	30th August	16th December

Explore Mountain Biking - p11

5th-6th January	24th-25th May	23rd-24th Sept
9th-10th February	28th-29th June	25th-26th October
27th-28th March	3rd-4th July	14th-15th Nov
19th-20th April	30th-31st August	16th-17th Dec

Ultimate Mountain Biking Week - see website

11th-15th Feb	18th-22nd August	
19th-23rd May	6th-10th October	