

Safety

We take your safety seriously, and all of our adventurous activities are led by fully trained, qualified staff, and our Dartmoor walks are led by qualified experienced walking group leaders, who have led many successful walks for us. Local walks are led by experienced walkers, who bring a wealth of knowledge built up over years of walking and living in the area.

We provide guidelines on fitness level and recommended equipment for each activity, to ensure you come prepared to our events.



I want to join!

Simply visit www.ascsouthwest.co.uk for further information, and follow our simple joining process.

Alternatively, call **01548 580494**.



*If you don't give it a go,
you'll never know!*

www.ascsouthwest.co.uk
enquiries@ascsouthwest.co.uk
Tel: 01548 580494



Come and join in!

**Local, social, active and fun
Events in Devon to suit everyone!**

www.ascsouthwest.co.uk

ASC is an activity club for people who are active and enjoy the great outdoors.

We're a sociable, friendly club, and whatever we do, we have a lot of fun, whether it's a coastal ramble, a hike on Dartmoor, kayaking up the Dart or exploring caves.

You may feel like engaging in more outdoor activities, having more adventures, or even pushing your comfort zone and trying something new, and with ASC you can enjoy exciting activities with a like-minded group of people, which is a great support and confidence booster.

We believe adventures don't have to stop when you grow up.



Event location

Our events are scattered across South Devon, encompassing the South Hams, Dartmoor and beyond, from coast paths to cross-country walks, from moors to rivers, from beaches to caves.

Who's it for?

We welcome individuals, couples and families, and our extensive calendar offers events to suit everyone.

As well as our many activities aimed at "grown ups", we also include family events in our calendar, as many youngsters are mini adventurers, and we want to include them in the many fun and challenging activities that we offer.

Just visiting?

Visitors to the area are very welcome to join our activities. Why not get away from the usual tourist haunts and add another dimension to your holiday by joining our walks and outdoor events, whilst exploring an area of outstanding natural beauty with confidence. Plus you get to meet local people and get the inside knowledge for the best places to go!



What we like to do

View our events calendar to see what's coming up at www.ascsouthwest.co.uk/events

As well as regular walks, other activities throughout the year may include:

- **Cycling**
- **Climbing**
- **Horse Riding**
- **Camping**
- **Water Sports**
- **Coasteering**
- **Caving**
- **Beach days**
- **Windsurfing**
- **Coastal Treks**
- **Night Hikes**
- **Sailing**
- **Body Boarding**
- **Archery**
- **Abseiling**
- **Mountain biking**
- **Gorge walking**
- **Bushcraft**
- **Kayaking**
- **Kayak surfing**
- **Paddle boarding**
- **High Ropes Course**

