

COASTEERING ADVENTURE, MARSDEN ROCK



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COASTEERING

MARSDEN BAY

Coasteering is an exhilarating adventure sport that combines elements of rock climbing, cliff jumping and swimming along the coastline.

South shields offers a fantastic coasteering experience, combining adventure, natural beauty, and the chance to explore the dramatic coastal environment. This coastal area is a hidden gem for coasteering enthusiasts, providing an exciting way to interact with the North Sea and its stunning surroundings while under the guidance of experienced instructors.



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WHAT YOU NEED TO BRING

COASTEERING

We will provide all safety and protective equipment for your days activity, so you only need to bring the following with you to enjoy your day:

- A warm towel
- Changing robe (optional)
- An old pair of solid soled trainers (No crocs or flipflops or watershoes)
- Swimsuit for under your wetsuit
- Lunch or snacks for the day
- Old pair of shorts to put on top of your wetsuit
- Water bottle and or a flask with a hot drink
- A floating glasses strap for glasses wearers
- We recommend you leave your mobile phone off the water, but if you do wish to bring it we recommend a waterproof case



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WHAT YOU NEED TO KNOW

COASTEERING

Timings and Logistics:

- You will receive an email from the office team prior to your adventure to advise on meetings time etc
- Times can differ based on tide and weather conditions

The meeting location for your adventure is:

- Google Maps 
- What 3 words: ///potato.varieties.zeal



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