

Booking Info: Directions and more

Directions to our Activity Sites

Here are the directions to all our activities. Please scroll down until you find the activity you have booked. If you are in doubt, please call or text 07845 204040 or email: bookings@lizardadventure.co.uk

Coasteering / Climbing in Lizard village (TR12 7NN):

From Helston follow the signs to 'The Lizard'. When you enter the village take the first right and find a parking space on 'the green'. It's just a 2-minute walk from here to the kit store. Walk straight down the road (past a fish and chip shop on your left). When this road bends to the left you need to go straight on (past Henry's campsite on the right) onto a farm track. The kit store is in the farm courtyard on your right-hand side (opposite Haelarcher Farm B&B). You will change here and then drive your car to the coasteering site.

Kayaking on the Lizard: either Mullion Cove OR Cadgwith Cove – we will text or email you to confirm which site the day before your activity.

Kayaking at Mullion Cove (TR12 7EU):

From Helston follow the signs to 'The Lizard'. Follow this road for approx. 10 minutes. Take the right-hand turn sign-posted 'Mullion' (opposite a big Lizard Point Holiday Park). Go through the one-way system following signs for Mullion Cove (not Poldhu), go out of the village, past Mullion Meadows (Chocolate Factory) and down the hill. There is no parking in the harbour, so park in one of the 2 car parks at the bottom of the hill (before the road forks off up to Mullion Cove Hotel). It's a 5-minute walk from there. Remember to take your swimwear, towel and shoes with you; there is a safe place to store items when you are on the water. Your guide will meet you outside the boathouse which is on the right-hand side of the harbour.

Kayaking at Cadgwith Cove (TR12 7JZ):

From Helston follow the signs to 'The Lizard'. Follow this road for approx. 15 minutes. Take the left turn sign posted 'Cadgwith' (past Little Trethvas camp site on right). Follow this narrow road for a few mins, around a sharp left-hand bend until you see a set of large stone pillars on the right. Turn right down this road and continue until Cadgwith Car Park on the left. Find a parking space, buy a ticket and then follow the signs from the end of the car park to the footpath down to the village (about 5 min walk). Remember to take your swimwear, towel and shoes with you. There is a safe place to store items when you are on the water. Wait for your guide outside the Cadgwith Pilot Gig Club, next to the Watch House shop and opposite the main slipway and beach.

Paddle Boarding on the Lizard from Cadgwith Cove: see above

Activities in Hayle (2 hours): Kayaking OR Paddle Boarding (TR27 4BL):

Follow the A30 to Hayle, Loggans Moor roundabout. Turn onto the B3301 and follow this road through the town for about a mile. Turn right opposite 'Central Garage' over the bridge and past the Swimming Pool, onto the North Quay. Follow this road and turn left just before the Chi Gallos (Marine Renewables Business Park) on the right. Continue along the track to Harvey's Towans Car Park and then walk back along the track to the kit store and office which are opposite Chi Gallos offices, near the slipway and Hayle Canoe Club. Postcode: TR27 4BL

Remember to take your swimwear, towel and shoes with you. There is a safe place to store items when you are on the water.

NOTE: Start times of the activities in Hayle are organised around high water so they change each day. You will be contacted by phone or email should there be any changes to your start time.

Wetsuit size?

Please look at the wetsuit size chart at the end of this document. Your guide will help you to work out the correct fit for you, but it will help us if you know what size to try.

What to Bring?

All safety equipment is provided for your activity. However, you do need to bring personal items in the following list.

Coasteering: swimwear, old trainers to wear in the water, a towel and shorts to wear over the wetsuit (we have spare shorts) and swimming goggles (optional).

Kayaking / Paddle Boarding: swimwear, a towel, shoes to wear in the water (old trainers or beach shoes, **not** flip flops or crocs). You can bring your own wetsuit if you have one.

Bring goggles with you just in case conditions are good to go for a swim/see the bottom - for all activities except climbing!

Climbing: warm, comfortable clothing (stretchy leggings are good) and climbing shoes or trainers.

Spectators: At all sites there are things to do nearby (e.g. café, shop) for people that are not taking part in the activity. At some sites they can watch you enjoying the adventure.

Weather?

We keep a close eye on the forecast, which is only reliable for about 3 days from now. Rain does not stop our activities, however if the conditions are unsafe then we will contact you to rearrange the session. Often, we can change the location or time of your activity to another day. Please check our Terms & Conditions on our website for further info about cancellations.

Hayle Hire

See the directions above for activities in Hayle. You will need to bring shoes to wear in the water, swimwear and a towel. Please arrive 10 minutes before the time of your booking to complete the paperwork.

Courses

Due to the wide range of courses that we offer, there is not enough space here for all the details. You will be contacted by email with further information after your booking. If you have any specific questions, please contact courses@lizardadventure.co.uk

Questions

We take great pride in our good quality customer service. If you have any questions (there's no such thing as a stupid question!) or feedback, please contact us on 07845 204040 or email bookings@lizardadventure.co.uk

| ADULT WETSUIT | | CLASSIC FIT | |
|---------------|----------------------------|--------------|--------------|
| SIZE | Height | Chest | Waist |
| S | 5'4" - 5'6" 162-167cm | 34" 86cm | 28" 71cm |
| MS | 5'6" - 5'8" 167- 172cm | 36" 91cm | 30" 76cm |
| M | 5'8" - 5'10" 172- 177cm | 38" 97cm | 32" 81cm |
| MT | 5'10- 6'0" 177- 182cm | 38" 97cm | 32" 81cm |
| ML | 5'10"- 6'0" 177- 182cm | 40" 101cm | 34" 86cm |
| LS | 5'8"-5'10" 172- 177cm | 42" 107cm | 36" 91cm |
| L | 6'0"-6'2" 182- 187cm | 42" 107cm | 36" 91cm |
| XL | 6'2"- 6'4" 187- 193cm | 44" 112cm | 38" 97cm |
| 2XL | 6'2"- 6'4" 187- 193cm | 46" 117cm | 40" 103cm |
| 3XL | 6'3"- 6'4" 189- 195cm | 48" 120cm | 42" 107cm |

| JUNIOR WETSUIT | | CLASSIC FIT | |
|----------------|-------------------------------|--------------------------|--------------------------|
| SIZE | Height | Chest | Waist |
| XS | 3' 4" - 3'8" 102 - 112cm | 21" - 23" 53.5 - 58cm | 20" - 22" 50 - 55cm |
| S | 3' 8" - 4'0" 112 - 121cm | 23" - 25" 62 - 67cm | 20" - 22" 50 - 55cm |
| MS | 4' 0" - 4'4" 121 - 132cm | 24" - 26" 62 - 67cm | 21" - 23" 53 - 58cm |
| M | 4' 4" - 4'7" 132 - 140cm | 26" - 28" 66 - 71cm | 22" - 24" 55 - 61cm |
| L | 4' 8" - 4'11" 141 - 149cm | 28" - 30" 71 - 76cm | 24" - 26" 61 - 66cm |
| XL | 4' 11" - 5' 1" 150 - 155cm | 29" - 32" 75 - 81cm | 25" - 27" 63 - 68cm |
| 2XL | 5' 1" - 5' 4" 155 - 163cm | 31" - 33" 79 - 84cm | 26.5" - 28" 68 - 73cm |
| 3XL | 5' 4" - 5' 7" 163 - 170cm | 33" - 35" 84 - 89cm | 27" - 29" 71 - 76cm |