

## Physical activities and healthy living

### Caving and Rock Sports

Activity	Ages	When	Where	Accessibility	Contact
<p><b>Caving</b>                      Beginners caving session exploring the world under the Mendip Hills</p>	8+ years	Weekends and School Holidays	Burrington Combe	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:hello@mendip.co.uk">hello@mendip.co.uk</a>  <a href="http://www.mendip.co.uk">www.mendip.co.uk</a>
<p><b>Rock Climbing and Abseiling</b>                      Rock Sport activity sessions on real rockface for beginners. Run by fully qualified instructors</p>	8+ years	Weekends and School Holidays	Mendip Activity Centre Sandford Quarry	<input checked="" type="checkbox"/> Blind / visual impairment <input checked="" type="checkbox"/> Deaf / hard of hearing <input checked="" type="checkbox"/> Learning disability / difficulty <input checked="" type="checkbox"/> Mental health condition <input checked="" type="checkbox"/> Autistic spectrum disorder <input type="checkbox"/> Physical impairment <input type="checkbox"/> All of the above <input type="checkbox"/> None of the above	<a href="mailto:hello@mendip.co.uk">hello@mendip.co.uk</a>  <a href="http://www.mendip.co.uk">www.mendip.co.uk</a>