

9th – 13th April 2020

Hillwalking

Snowdonia Experience (Age 14+)

An introduction to the mountains of North Wales. Spend the weekend hill walking in Snowdonia under the supervision of our experienced instructors. Climb Snowdon the highest mountain in England & Wales. And still find time to sample the local ice cream shops! This course is based at the hostel.



Classic Walks (Age 16+)

Complete some well-known ridges and peaks of the Snowdonia mountain ranges. Three separate days of mountain walking with an experienced instructor. This course is based at the hostel.

Expeditions (For groups of 2, Age 15+)

For those with some experience who want to do special training to increase their mountain skills. This will involve back packing in self-contained parties of two, plus an Instructor, with a wild camp in the mountains away from the main site for one or two nights. (If you want to do a 2 night expedition, you must have previously completed a 1 night expedition.)

Climbing

General Rockclimbing (Age 14+)

Rockclimbing will be weather dependent so you will either be doing one day walking/scrambling and two days climbing or two days of walking/scrambling and one day climbing so ensure that you bring walking gear as well. Scrambling will involve exposure throughout the day so please be aware that you would be out all day with little protection from the elements. During the course we will also run through the principles of moving together, roped scrambling up to Mod grade climbing and preparation for alpine style routes. Please detail any experience on your application form. You can also work towards your climbing award, please provide your instructor with the syllabus if you wish to do this. This course is based at the hostel.



NB. You will almost certainly walk in to your climbs and, on occasion, may be taken on a mountain walk. Always have your walking gear with you, as well as your climbing gear.

Hillwalking or Climbing Assessment

Hillwalking or Climbing Assessment for Scout Permits can be arranged on this weekend. Please contact the coordinator directly to discuss. pwdin.page@btopenworld.com



9th – 13th April 2020

What's it going to cost?

Price is **£80** per person, which includes:

- Your choice of walking or climbing course led by ESMAT instructors (from the list on the page 1 of this letter)
- Use of Equipment (for climbing courses)
- Indoor accommodation with heated showers
- Breakfast, evening meals and hot drinks (cutlery and crockery provided)

What do I need?

- Walking gear
- Sleeping bag
- Packed lunches for four days and food for Thursday evening if required

Where are we staying?

We are staying at Felin Bach Centre, Caernarfon, North Wales (near Snowdon). (Map ref SH504622, postcode LL55 2SL).

Please note that the indoor accommodation is allocated on a first come, first served basis.

How to get there

Please try to arrange your own transport by sharing cars and minibuses and let us know if you have any spare places. If you are having problems getting transport, we will try to help. There is limited parking, so fewer vehicles the better.

You should arrive Thursday evening (9th April).

The event starts after breakfast on Friday morning and finishes on Monday morning (13th April)

How to Book

Please note:

- Under 18 year olds are to be accompanied by a named adult leader who is to be responsible for them when NOT out on the hills.
- Course members and their Leaders are responsible for the journeys to and from the courses.
- ESMAT cannot arrange transport for individuals or groups.
- Please arrive at the Centre on Thursday evening (9th April) as the courses start Friday AM.
- Anyone requiring assessment for an activity permit can attend this course.
- A confirmation letter will be issued to applicants upon receipt of fully completed forms and payment.

One application form per person (either Hill Walking or Rock Climbing) should be sent to:

Pauline Page, 4 Looe Road, Felixstowe, Suffolk, IP11 9QB.

[To arrive no later than **13th March 2020**]

Queries can be sent to pwdin.page@btopenworld.com or phone on **07720 890780**

