

Gwasanaeth
Awyr Agored



SILVER OPEN EXPEDITIONS
FURTHER INFORMATION



Before coming on an expedition with us you will need to fill in a booking form from the website and return it to us.

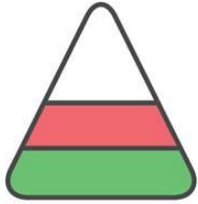
For Gold expeditions we have a choice of two bases and two expedition areas, our Outdoor Centre – Glan-Llyn, near Y Bala for expeditions in Snowdonia and our Residential Centre in Cardiff for expeditions in the Brecon Beacons. Please note on the booking form your preferred expedition area, we will endeavour to provide an expedition in your preferred area. We offer expeditions during the school holidays, see our website for the dates, and note your first and second choice of dates on the booking form.

The cost for Gold expeditions is £200 per head per expeditions, with a 20% discount if you book both expeditions with us before 31 May 2016. We can offer further discounts for groups.

The cost includes:

- transport to and from nearest mainline train station
- bed and breakfast and evening meal for first night
- training and supervision for the 4 days
- hire of expedition equipment
- camp fees

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Practice Expedition – location to be confirmed (Snowdonia, Brecon Beacons or Pembrokeshire)

Summary content of the 4 days

- Day 1 -** In residential location (Glan-Llyn, Cardiff or Llangrannog)
Arrive, Plan and Prepare Expedition, Sort Equipment, Pack Bags, Food Shopping
- Day 2 to 4 -** Expedition, one of our instructors will be walking with you for the first day to teach and develop your navigation. We will also be in camp on the first night to help and teach with tent pitching and safe use of stoves. After this the instructor will be remotely supervising you.
There will be a review session at the end of the expedition to give you advice to prepare you for the qualifying expedition.



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