



## NORTH WALES-WET AND WILD ADVENTURE TRIP

*'I would highly recommend the weekend to anybody, we loved it.'*



A 2-day trip for the adventurous in the wilds of North Wales; visit amazing locations in Snowdonia and on the Atlantic Coast. Activities include; coastering, gorge scrambling and rock climbing.

### WHAT TO EXPECT

We run an informal trip where the emphasis is on you having a great time; we will introduce you to activities that you may not have done before and will adapt to your ability and experience; you will find the activities exhilarating, challenging and fun!! Bring a sense of adventure and you can't go wrong; we'll do the rest.

### COASTERING

An energising adrenalin filled activity that includes some rock scrambling, rock traversing, rock hopping, swimming and jumping. There is no pressure to do any high jumps or to do anything you do not feel comfortable with; we want you to enjoy the experience?

Our coastering trip will take you around the cliffs of North Wales; you are guaranteed a real buzz as you traverse around narrow ledges near the water's edge. Routes traverse around the foot of high cliffs and sea caves, allowing you to get up close and personal with all kinds of marine life. Ride the rise and fall of the swell and test your nerves on a series of jumps.

'The ultimate coastal adventure'

### GORGE SCRAMBLING

Gorge scrambling is an outstanding activity involving ascending the rocky terrain of a mountain stream, with slides, scrambles and plunge pools. There are water slides, squeezes and jumps that you can tackle along the way, its great fun.

The gorge is situated in Snowdonia and is a great activity for messing about in the river. You'll find yourself jumping waterfalls, traversing rock walls, jumping across boulders and rock climbing. Gorge walking is a fairly physical activity which is great fun.

## CLIMBING

Using the crags and mountain cliffs of Snowdonia or Anglesey (the exact location depends on the weather conditions) you will learn how to climb in a mountainous environment. The climbing involves roped ascents of climbs up to 100 foot in height whilst also learning to safely control the ropes; no experience is required, just a head for heights.

You can try graded climbs and for first time climbers technique is covered to ensure you can reach the top, you just need a head for heights. Mind you, you only need to climb as high as you feel comfortable.

## ACCOMMODATION

We use bunkhouse accommodation that is warm and comfortable; many are on working farms and not far from the pub (we try to ensure that we are within walking distance, there's nothing better than a cold drink at the end of a day's activities). The accommodation is normally shared in dormitory style with bunk beds, with separate toilets and showers. There is normally a lounge and dining area to chill out, relax and have a hot chocolate.

## CATERING / FOOD

We will provide you with some snacks on your arrival night, we will then provide a cooked breakfast on Saturday and Sunday morning and tea, coffee, squash and hot chocolate throughout the weekend.

If you have any dietary requirements please inform us as soon as possible; if we do not receive your requirements we cannot provide you with an alternative at short notice.

## EXAMPLE MENU

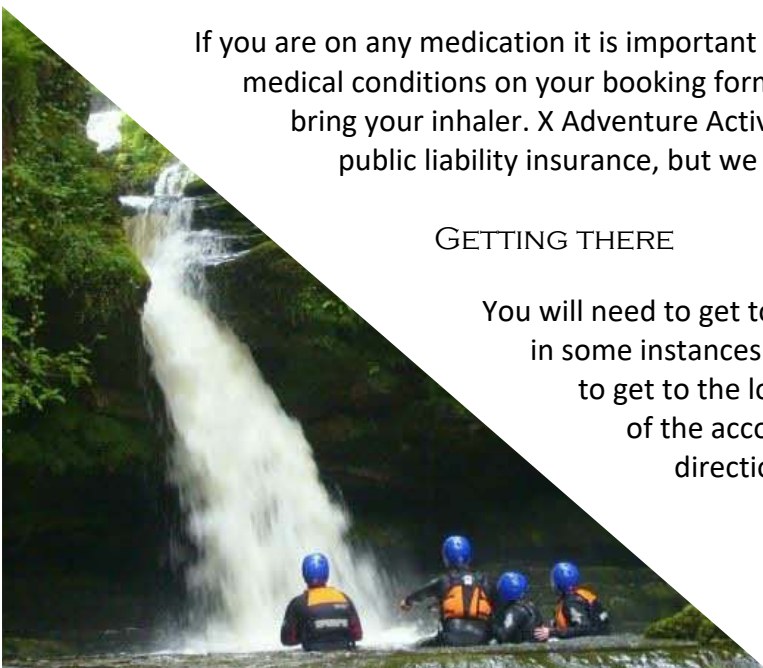
- Breakfast - full English (bacon, sausage, egg, tomatoes, mushrooms, hash browns, beans with toast, tea, coffee and juice)
- Coffee, tea, squash and hot chocolate are available throughout the weekend

## MEDICATION AND INSURANCE

If you are on any medication it is important you bring this with you and inform us of any medical conditions on your booking form. If you suffer from asthma it is important you bring your inhaler. X Adventure Activities has 10 million employers and 5 million public liability insurance, but we do not offer you personal insurance.

## GETTING THERE

You will need to get to North Wales using your own transport and in some instances you will also need to use your own transport to get to the locations of the activities. The location of the accommodation is dependent on each trip and directions will be sent via email, with a post code.





## GETTING THERE

We can for an extra cost of £14.00 per person offer you transport from our base in Norfolk. You would be driven up with the staff in a VW Transporter Shuttle van. Please contact us if you would like to take advantage of this offer?

## DIRECTIONS TO NORTH WALES (Betws-y-Coed)

Driving from the South, head towards Birmingham, join the M6 but don't use the M6 toll road; take the M54 at junction 10 towards Telford / North Wales; continue onto the A5 towards North Wales, follow A5 all the way to Betws-y-Coed; the postcode or directions for the accommodation will be emailed.

## ITINERARY

### FRIDAY

19:00 - Arrival at the accommodation (the exact location will be sent by email; including directions). It is not essential to be there for 19:00; however this does allow us to meet and check paperwork and issue kit for the weekend; if you could let us know your anticipated arrival time.

### SATURDAY

08:00 - Breakfast, this will be cooked for you at the accommodation and will include a full English. Please let us know if you have any dietary requirements.

09:00 - Depart to Anglesey for the Coasteering and Rock Climbing (the order of the activities will depend on the tides and sea conditions). The journey takes about 40 minutes. Coasteering takes place at Porth Dafarch, Anglesey. There is a small toilet and changing area from where we start. The rock climbing takes place on Holyhead Mountain which is 5 minutes down the road from the coasteering. We will lunch at one of the venues.

17:30 - Return to the accommodation

### SUNDAY

08:30 - Breakfast, this will be cooked for you at the accommodation and will include a full English.

10:00 - Pack and depart from the accommodation and head towards the gorge scrambling. This is located in the Conwy Valley and is the Afon Ddu Gorge. There is parking but unfortunately no facilities.

15:00 - depart for home

## WHAT TO BRING?

All specialist equipment is provided for the activities; including wetsuits, buoyancy aids, helmets, harness, spray cags, wet socks.

For the wet activities you will need to bring; **Swim wear** for underneath the wetsuit and **board shorts** for wearing over the top of the wetsuit (this prevents wear on the wetsuits from rocks), **trainers** to wear in the water (*these will get wet*) and a **towel**. You are more than welcome to bring your own wetsuit if you would prefer.

For climbing you will need to bring **trainers** (*different to those worn for the wet activities*) or **Sturdy boots** to climb in, you will also need a **waterproof jacket and trousers** and appropriate clothing to the conditions (*it can be a little chilly waiting your turn on the ropes*). It is preferred not to use jeans during climbing, sports trousers are much better. You will also need to bring a **sleeping bag** and a **torch** for the bunkhouse and your own **personal clothing and kit**.

### KIT LIST

- Swim wear for the coasteering and gorge scrambling to wear under the wetsuit
- A surf rash vest can be useful to wear under the wetsuit to add as a thermal layer
- Board shorts to wear over the wetsuit on wet activities (can be the same for Both the coasteering and the gorge scrambling)
- Trainers for the wet activities (you will be given a pair of wet socks to wear in the trainers to keep your feet warm), these trainers will get wet.
- A towel for the wet activities (separate to a wash towel)
- Black bags to put wet clothes in at the end of the activity
- Trainers or study shoes for climbing (not the same as the water sports trainers)
- Waterproof jacket and trousers for climbing (in case of bad weather)
- Warm clothing to change into after a wet session and to wear for climbing
- Appropriate clothing for climbing (no jeans)
- Sleeping bag and pillow
- Clothing for the evenings
- Wash kit and towel
- Sun glasses and sun cream (lets hope so)
- Torch

If you are unsure of any of the personal kit required or have questions about the trip, please contact us on:

info@xadventureactivities.co.uk or 01603 893200

