

# The Snowdonia Expedition (Wales)



The Snowdonia Expedition takes you on a journey through some of the most beautiful and remote parts of North Wales, all under the guidance of a highly qualified instructor. You will travel with other like-minded people, experiencing many activities, gaining mountaineering, teamwork and other life skills. This course is also a designated Duke of Edinburgh's Award course, and could qualify for the residential, final practice journey and qualifying venture of the Gold Expedition section [depending on what you have completed previously and if it fits within the awards guidelines].

## Sample Itinerary [Guideline Only]

### Day 1

Evening meal is provided on arrival, when we will welcome you to the centre, your instructor and your fellow group members. You will then be issued with the necessary kit and we will guide you through the most efficient way to pack your rucksack. It is now time to start your journey, after a short walk you will arrive at your first campsite, where you will gain firsthand experience in camp craft.

### Day 2-3

Leaving your campsite behind you will travel across Tarrens, as you head towards your base camp. During your journey you will be introduced to mountaineering skills, navigation, camp craft and canoeing [weather permitting].



### Day 4-6

The next 3 days will be spent in and around your base camp, as you tackle your first rock climb [using a single pitch crag], abseil and gorge walk. At base camp you will find that your confidence and ability as a group has grown immensely and you will want to tackle bigger mountains, multi-pitch climbs etc.

### Day 7-9

Your journey continues northwards, taking in many peaks on route, including the famous craggy mountain Cadair Idris. Again you will receive further training in navigation, camp craft, first aid and canoeing.

### Day 10-11

After such an action packed 9 days it is time to relax and reflect on your journey so far. This takes place in the form of a Solo.

### Day 12

Your journey continues as you head for base camp, where you will continue to develop your skills, in preparation for your final expedition.

### Day 13-16

Using the skills that you have acquired, you will spend a day rock-climbing, tackling many multi-pitch routes – this is sure to be a day you will not forget. Another day will be spent scrambling, allowing you to explore a more exciting route towards a distant peak. The third day involves a more challenging gorge walk. Your final day will be spent preparing for the ultimate challenge – your final expedition. You will spend time preparing routes, packing your rucksacks and deciding on what food to take. You will also find time for relaxation before your journey begins.

### Day 17-20

Your final expedition! You and your group will spend 4 days and 3 nights, using your newly acquired skills and teamwork to complete a successful unaccompanied journey through the Welsh Mountains.

### Day 21

On return to the centre your final day is spent in the centre. Time will be spent with your instructor on 1:1 reviews. You will also get a chance to sample some of Outward Bound's high challenge activities, followed by a barbecue in the evening.

### Day 22

Your course will finish after breakfast and there will be plenty of time for goodbyes.



### Why The Snowdonia Expedition?

The Snowdonia Expedition is a trekking and camping course, giving you the opportunity to discover some of the remotest areas of North Wales. The course is an adventurous challenge and is suitable for those looking for a fun, action packed expedition! Those completing the course will gain a great sense of achievement.

One of the special features of this course is the Outward Bound report, which is written by the instructor, participant and fellow group members. The report reflects on the participants' involvement and learning throughout the course. This report is ideal to show a prospective employer, university lecturer, etc. You will also receive the coveted Outward Bound badge, which is a symbol of the commitment and enthusiasm shown by those completing the Snowdonia Expedition. This course is also suitable for those wishing to complete various sections of The Duke of Edinburgh's Award.

### Is this course for you?

The Snowdonia Expedition is one of our most challenging courses. You should therefore be fit, motivated and enthusiastic. You should have a determined, yet flexible attitude, as this will help you through some of the more challenging times. The group is encouraged to make decisions, so a friendly and open approach is required, as you will have to work with others. Previous experience of hill walking, overnight camping, kayaking and carrying a fully packed 60-litre rucksack would be advantageous. Due to the length of the expedition, the size of rucksacks and nature of the terrain we do advise you to have a high level of fitness.

### Age Groups and Group Size

The Snowdonia Expedition is available for those between 16 and 24 years old. Groups will be of approximately 12 people.

### Clothing and Personal Items List

The centre provides all specialist equipment, including waterproofs and boots. [All damages and losses must be paid for, £10.00 deposit required]. You are welcome to bring your own kit and use it, providing it meets our safety requirements, especially your own boots and rucksack which will help with comfort on this long expedition.

### You will need to bring:

- At least 5 pairs of walking socks
- 2 base/thermal layers [long sleeved]
- 2 jumpers [fleece or wool]
- 2 pairs of trousers [not denim]
- Shorts and a t-shirt
- Personal toiletries - Please note that aerosols may not be brought to the centre
- Sunhat, sunglasses and sunscreen
- 1 pair of lightweight shoes/trainers
- Walking poles [optional]
- Hat and gloves
- Any medication that you require. Your group tutor is not allowed to give out any medications, so please bring your own.
- Insect repellent, midge net, antihistamine cream, blister kit

### Your Questions Answered

#### What is The Snowdonia Expedition really like?

Hard work, often carrying rucksacks that seem big on days that are long. The rewards, however are great: the sense of achievement, the chance to experience unspoilt scenery, companionship and compassion.

#### What weather can we expect?

Although The Snowdonia Expedition is a summer course, it is based predominantly in mountainous areas where weather can be unpredictable. At times a sense of humour will be required!



#### What is included in the price?

All food, accommodation [tents], insurance and equipment is provided. On walking expeditions food needs to be lightweight, nourishing and tasty. We have dehydrated rations for breakfast and dinner; breakfast may be porridge or packet beans on toast; dinner maybe a curry or pasta in sauce. Lunch is full of handy snacks, which you can nibble on throughout the day. We cater for vegetarians and all diets [please let us know if you require a special diet at least 2 weeks in advance].

#### Are there any toilets or showers?

No, this is a wild walking adventure! Although there will be opportunities for dips in streams.

#### Will I have to carry all the kit I bring with me?

There will be an opportunity to have some kit delivered to base camps en route.



**Will I be able to have a proper shower when I eventually return to the centre?**

Yes, and it is worth putting on a clean set of clothes before you return home!

**General Information**

We actively discourage smoking, those under 16 are not allowed to smoke. If you are over 16 and must smoke, your instructor will direct you to a designated smoking area. There is no smoking allowed on activities or on expedition. In addition consumption of alcohol during an Outward Bound course is banned at all centres.

**Arrival and Departure Times**

The course will start at 5.30pm on the first day of your course and will finish at 9.00am on the last day. Please call the Aberdovey centre to inform them of your arrival and departure times. You are recommended to book your transport as close to start and finish times as possible. Why not take advantage of our Coach Transfer Service, see our website for details.

**Further Information**

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