



Walkfree
Breakfree
"outdoor activities for all"

EASTER IN SNOWDONIA, WALES - MOUNTAINS, RIDGES, PEAKS & LAKES - simply stunning!

Thursday 17th April to Monday 21st April 2014

Enjoy a real, full blown FOUR night Easter Adventure in the heart of the Snowdonia mountains of North Wales. As they say pictures tell the real story and do check out the pictures from our last visit to this remarkable area <http://www.meetup.com/LondonEscapes/photos/16969782/> If your idea of fun involves fresh air, stunning views, lively company and you are inspired by the thought of a hill-walking adventure (lower level walks will also be available) then this Weekend Bank Holiday Escape may just be your kind of thing.



I well recall my first jaunt to explore the mountains and ridges of Snowdonia, the excitement of high walks, the scrambles and venturing onto the high and wild plateaus; and walking along stunning valleys and coastline.

Our Easter Bank holiday walking break can be enjoyed equally by the inexperienced or those seeking challenge and adventure. We are going to keep the weekend simple – maximise flexibility and our time on the hills in an area where the scenery never tires.

I have taken walking groups far and wide – to the remote peninsula of Knoydart, to the Cuillins of Skye, enjoyed the mighty An Teallach, and roamed across the massive Tatras & High Atlas but for many it was the mountains and ridges of Snowdonia that kick-started adventures to the far beyond.



This weekend is dedicated to assisting others to make the transition from rambling to high mountain walks and ridges... no fanfares.. no trumpets just a simple weekend during which encouragement will be the name of the game.

Join us whatever your level of experience and ability, and age or fitness should be no barrier, but to gain maximum enjoyment from the weekend, all members of the group need to be “walking” fit and you do need a level of commitment and of course a necessity to bring along your sense of humour.



This weekend is also ideal for those who joined me previous mountain escapes to southern Snowdonia and the Lake District as this trip will further improve your hill walking skills. For those on our last visit we have ample route choice!

SNOWDONIA - ITS RIDGES, PEAKS & LAKES - AN INTRODUCTION TO BE ENJOYED

THE DEAL: £205

COST £205 Plus Optional Minibus return service £30 per seat

Inclusive of:

4 X Nights Hostel Accommodation in shared rooms - we advise you to read hostel facilities description prior to booking.

4 X Continental Breakfasts Sat/Sun/Mon

3 X Packed Lunches (Fri, Sat, Sun)

3 X Evening Meals (with 2 in hostel and third either a bar meal or takeaway)

1 x snack meal (Friday night)

3 X days of Guided walks - option of high or low level or simply relax or sketch and simply do you own thing in this superb location **Plus** half a day tour/visits on the Monday

Does not include:

Food whilst travelling

On one night we will visit a local bar for bar meal (not included in cost)

Alcoholic or soft drinks - you need to bring your own supplies.

Personal Insurance

Note: On London Escape weekends to keep costs as low as possible we will share the chores but these will be well organised and we will make it part of the fun.

Your deposit and payments are protected to comply with the requirements of the Travel Package Regulations.



Travel

I know your escape time is precious and on bank holiday weekends I like to maximise your time away in beautiful locations and this weekend will offer you four nights and three full days of walking in Snowdonia and half a day to explore on Monday. The downside is that it is 230 miles from London probably 5/6 hours but it is worth it I can assure you.

We encourage green travel and seats are available on comfortable mini-coach/minibus and these will depart at 2pm or 6:00pm. At £30 return fare. Exact numbers on each departure will depend on demand but please do remember the 6pm departure will arrive very late! But four wonderful days lie ahead!

Quite simply, this escape offers you a fabulous escape to mountain scenery, a great range of walks and an opportunity for adventure should you wish.

More detailed information is available below on itinerary, menus, safety responsibilities and items to bring and further information and pictures are also available on the links below:

<http://www.eryri-npa.gov.uk/home>

<http://www.visitsnowdonia.info/>

Pictures of

Snowdon http://www.google.co.uk/search?q=pictures+of+snowdon&hl=en&rlz=1C1GGGE_en-gbGB411GB411&prmd=imvns&tbm=isch&tbo=u&source=univ&sa=X&ei=tU2dUOKILcvL0AWo74CIDQ&ved=0CCAQsA...

Pictures of

Tryfan http://www.google.co.uk/search?q=pictures+of+snowdon&hl=en&rlz=1C1GGGE_en-gbGB411GB411&prmd=imvns&tbm=isch&tbo=u&source=univ&sa=X&ei=tU2dUOKILcvL0AWo74CIDQ&ved=0CCAQsA...

Do join our amazing Escape to the Snowdonia and get set to have fun mountain side.

Our Escape walks are dedicated to get you to places new for discovery and exploration, places that touch the senses with a great bunch of companions – do join us if you can.

Iain ML (Summer) MTA - Organiser

Any questions or queries please do not hesitate to contact me by email iain@walkfreebreakfree.co.uk or mobile 07889 165278.

As organiser my promise to you is that on each and every event we will honestly strive at all times to deliver a great community focused experience, to inspire and motivate and be here for you.



Outdoor activities for all"

Booking Information & Form – to be completed by all participants

Please return to: Iain Thomson

Walkfree Breakfree Ltd , 34 Sunnybank, Widmer End, High Wycombe, Bucks, HP15 6PA

or email to iain@walkfreebreakfree.co.uk

Dates :	EASTER IN SNOWDONIA, WALES - MOUNTAINS, RIDGES, PEAKS & LAKES - simply stunning! Thursday 17th April to Monday 21st April 2014
Event/trip Reference	Snowdonia
Name of person booking (group leader)	
E Mail address	
(group leader)	
Address	
Home Tel No	
Mobile No	
Emergency contact information to be used in the event of an emergency arising during the trip:	
Name	
contact number	

Names of others in group (if booking more than one person)

Name	Mobile Number	Emergency contact number

Travel: I wish to use the 2:00pm Minibus Service Yes/NO Prefer later option YES/NO (if possible)

Independent travel	My travel arrangements are detailed opposite.	
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Trip/event costs: Inclusive Package			
£205 shared room per person		No @£	£
£			
Minibus Travel Supplement £30		No @£30	
Please note Travel Insurance is not included in the costs			
<i>Included Free – Your Walkfree Breakfree Club Experience membership – your gateway to great value outdoor walks and activities</i>			NO CHARGE
<i>Total Payable</i>			
<i>DEPOSIT Required £50 per person with Booking Form</i>		TOTAL	£
<i>Balance payable by 8th March 2014</i>			
Payments: Payments protected under the Package Travel Regulations			
For all transactions please use the reference. WFBFSnow14 plus- your initials.			
Internet banking:		:	
Account No:10111075			
Sort Code:162129			
CREDIT / Debit CARD PAYMENT- via the secure site			
http://www.walkfreebreakfree.co.uk/payments			
Or via Cheque made payable to Walkfree Breakfree Ltd			

Vegetarian Food required:	Yes	No
Please indicate number of people requiring vegetarian food in group:		
Other Dietary Issues you may wish to bring to our attention:		

Health & Fitness

Note this is a walking holiday and we will at times be walking on a variety of footpaths with gradients. You therefore need to be walking fit but our walks will be suitable for those who walk regularly in the Chilterns – please consider fully prior to booking

Bookings are accepted on the understanding that all persons participating are normally in good health and physically equal to the minimum demands of the chosen trip. If this is in doubt the Booking Form must be accompanied by a doctor's certificate stating that it is entirely safe for you to go on the particular trip you have chosen. To assess your level of fitness in relation to the various walks we undertake, completing the quiz available on our website <http://www.walkfreebreakfree.co.uk/fitness-quiz> may be helpful and a useful reference point for your personal use.

Remember we are undertaking physical activity which at times may be in remote locations where assistance may not be readily available or in certain circumstances medical conditions may pose additional risk to activities being undertaken.

If you or a member of your party have medical conditions you wish to be brought to the attention of voluntary leaders please indicate here and include relevant details in confidence with the booking form.

Please sign booking form below confirming you agree to accept and on behalf of all members of your party accept to comply with conditions of membership and fully understand the meaning of “a participating adult” – (further information below) and understand that you participate on walks and activities at your own risk and Walkfree Breakfree Ltd accept no responsibility or liability. You accept our terms and conditions published on our website and below <http://www.walkfreebreakfree.co.uk/booking-conditions> on behalf of all members of the group (a published copy can be made available on request).

Signature of person booking

I fully understand and accept membership on the above conditions:

MEMBERSHIP is on the understanding you and everyone in your party agrees participation is on the basis of “a participating adult” which is clearly defined in the British Mountaineering Council Participation Statement and on your acceptance of our terms and conditions. The BMC Participation Statement say that: *The BMC recognises that climbing and mountaineering (which in our context includes walks, hill walking and other outdoor activities) are activities with a danger of personal injury or death. Participants in these activities should be aware of and accept these risks and be responsible for their own actions.*

To make your participation as simple and easy as possible you should fully understand your relationship with Walkfree Breakfree Ltd. During Club experience weekends and trips we are happy to offer information and opinions on walks and other activities and we will always endeavour to give accurate information and opinions, but we do not take any responsibility for them and if acted upon by you it is at your own risk.

You understand our walking and activity leaders may not be qualified mountain guides and you join them at your own risk and your own free will to participate in club experience activities with like minded people.

During Club Experience trips you may be asked to drive (or accept a lift from) someone who is not in your booking party, to and from an excursion and you accept that Walkfree Breakfree Ltd will not accept any liability in the event of a road accident and that you enter into such an arrangement with another driver/passenger by mutual consent.

RSVP now and remember if a minibus seat is required to mention when you RSVP. A £50 deposit will be payable on booking either by internet banking or credit card. Your deposit and payments are protected to comply with the requirements of the Travel Package Regulations.

Internet Banking: Account Number 10111075 Sort Code 162129

or via card Secure payment site

<http://www.walkfreebreakfree.co.uk/payments>

Do remember for both payment options to use transaction reference
LESNOW PLUS your initials or name



Our Destination: Snowdonia the soul of Wales.

Snowdonia is one of the most ancient and hauntingly beautiful areas in Europe. Called Eryri (the place of eagles) in Welsh, Snowdonia welcomes visitors to a breathtaking natural environment, with Snowdonia National Park at its heart and much more. People have lived, worked and thrived in this unique Celtic principality for more than 5000 years. Their legacy is a land which will fascinate the visitor with its rich opportunities for adventure, activity and discovery.

The Snowdonia National Park is much more than the highest mountain in England and Wales. Mainly mountainous, it encompasses a large area of beautiful and often spectacular wild landscapes. Located in North Wales, the National Park offers a tremendous variety of walks with many challenging mountain routes. Snowdonia is a complex area of mountains in the northern half of Wales, the highlight is the Snowdon massif itself rising to the airy summit of Yr Wyddfa (Snowdon) at 3559ft (1085m.) - the highest point in England and Wales.

The park can be split into relatively straight forward individual mountain ranges which are loosely listed below:

The Carneddau - the largest area of high land in England and Wales. With seven summits over 3,000 feet the area cannot fail to attract walkers. Much of the eastern area is quite rounded in form but as you traverse westwards to the A5 main road the terrain becomes increasingly more rocky. One highlight is the section from Pen yr Ole Wen to Carnedd Llewellyn where dramatic rock scenery provides excellent views over the neighbouring Glyders and the Menai Straits with the Isle of Anglesey beyond.

The Glyders - a small area but packed with interest. With no less than five summits reaching the magic 3,000 feet this is another excellent walking area.



Tryfan is one of the great mountains of Wales with excellent scrambling. The rem detail. Glyder Fawr and Glyder Fach are wonderful rocky tops strategically positioned between the Carneddau and the Snowdon main high peaks, Y Garn and Elidir Fawr are contrasting mountains each with its own character. For those short of time a short stroll from Ogwen Cottage to the shores of Llyn Idwal will provide a perfect introduction to this range.

Snowdon - Yr Wyddfa is bound to attract the crowds but it is not the only peak in the range. Crib Goch with its knife-edge ridge is one of the great places to be but only if you can stand the exposure. Elsewhere Yr Aran, little visited and quiet, stands as a lonely sentinel offering great views over Moel Hebog with the village of Beddgelert below and an excellent perspective of the south face of Snowdon. To the north Moel Eilio and Moel Cynghorion provide excellent walking with fewer people making the effort to walk their paths.

Moel Hebog - The Nantlle Ridge is the highlight of this range. Taking in six summits over 2,000 feet the ridge runs south west from near the village of Rhydd Ddu with the highest point reached at Craig Cwm Silyn (2408 ft). Somewhat overshadowed by the delights of the Nantlle ridge, the highest peak of the

range is Moel Hebog (2565 ft), which is a popular summit offering good views across northern Snowdonia.

The Moelwyns - Moel Siabod stands in a solitary position with wide ranging views to the Glyders, the Carneddau and Snowdon. It is the highest member of the group at a very respectable 2860 feet. Other notable peaks include Moelwyn Mawr and Cnicht with its unusual pointed outline when viewed from the valley at Croesor. Allt-fawr, Moel Druman and Ysgafell Wen are also worth a visit. Relatively un-walked they offer a fine view across to Snowdon. Sadly some of the this area has been blighted by slate working especially around Blaenau Ffestiniog. However slate working in some parts of the range has added extra interest to the area.

Our Accommodation: LLedr House Hostel



We will be staying at Lledr House, Pont-y-Pant, Dolwyddelan, North Wales which is situated only four miles from Betws-y-Coed and perfectly situated for exploring the mountain areas of North Wales. The hostel offers comfortable accommodation and is fully equipped with the facilities required for an outward-bound group.

Lledr House is situated in its own woodlands in the beautiful Lledr valley juts outside the picturesque village of Dolwyddelan, Full details on the accommodation including descriptions are available on the www.lledrhouse.co.uk web link and I would encourage you to read this prior to booking.

Bed linen is provided but please do remember, **towel, suitable outdoor clothing, sturdy footwear**, (please remember that even in the summer weather conditions can be cold and wet!), and flasks if hot drinks on walks are required. We do have a small equipment store should you wish to borrow any items.



Walking Routes

As mentioned above this Snowdonia weekend is dedicated to assisting others to make the transition from rambling to high mountain walks and ridges. I have therefore not listed walks as our options are almost unlimited.

And will include one of the routes up Snowdon the highest mountain in Wales and possibly for some a scramble on Tryfan.

Suffice to say whether you opt for a high level or low walk they will be some of the more iconic and outstanding in the National Park but our actual choice will be geared to the demands of the group and as always the weather.

Please remember on our London Escape trips walking is never compulsory, encouraged of course but if you feel like doing your own thing, sketching, relaxing and not even putting on a pair of boots that is OK with us.

We will have a chat each night to discuss the next day's walks and you will be able to opt into the walk of your choice. The walk routes themselves will be influenced as always by the weather – and you will need to be equipped with sturdy boots and outdoor clothing suitable for the weather conditions.

One of the walks will always be suitable for the less experienced or new walkers, but you do need to be walking fit and happy to walk at least 5/6 miles prior to the trip.

The importance of good boots and waterproof clothing has to be stressed. We do have a small equipment store if you need to borrow any waterproof clothing or boots, just let me know and I will try to help.



Itinerary

Thursday 17th April

Depart **2pm or 6:15pm** If travelling by minibus we depart from High Wycombe (pick up points to be agreed and confirmed with participants)

8:30pm/11:30pm Approximate arrival at Lledr House – snack meal in the Lodge

Friday 18th April

8.15am Breakfast

9.30am approx Depart for walks with packed lunch

5pm Return to Lledr house tea/cakes

8:00pm Dinner

Saturday 19th April

8:15am Breakfast & packed lunch

9.30am approx Depart for walks with packed lunch

5pm Return to Lledr house tea/cakes

8:00pm Bar meal or takeaway in hostel

Sunday 20th April

8:15am Breakfast & packed lunch

9.30am approx Depart for walks with packed lunch

5pm Return to Lledr house tea/cakes

8:00pm Dinner

Monday 21st April

8:15am Breakfast & packed lunch

10:00am Depart for tour/strolls

2:30 pm Depart Snowdonia area

8.00pm Return to High Wycombe/Chorleywood area

Please note all times are advisory only and as you are aware can be influenced by weather, traffic conditions and other eventualities!

MENUS

Breakfast Menu

Porridge, home-made muesli and a selection of cereals

Orange/Apple Juice & Boiled eggs

Toast with jam/marmalade/butter

Tea/Coffee

Packed Lunch (Friday, Saturday, Sunday)

1 x Sandwich

1 x Chocolate Biscuit

1 x Bag of crisps

1 x fruit

Afternoon: Biscuits and cakes on our return from walks & visits

Tea & coffee available

for your flasks

Menus

Thursday 17th April

Simple snack meal Pizza/Chips on arrival

Friday 18th April - 2 Course evening meal in Hostel.

Saturday 19th April - Pub meal or perhaps takeaway meal in hostel

Sunday 20th April - 3 course celebration end of trip dinner in the hostel.

Vegetarian options will be available - and please just let me know if you have other requirements and I will do my utmost to assist.

Note:

Please feel free to bring along wine, beer or soft drinks to accompany the meals - the pub is many miles away!

Menu may be subject to change and vegetarians including vegans can be catered for but do let me know any special dietary requirements in advance.

Please remember to bring along a towel, suitable outdoor clothing, sturdy footwear, (please remember that weather conditions can be bitterly cold and wet even in our summer!), and flasks if hot drinks on walks are required.



Safety Responsibilities

Walks with a leader will be available but I would ask you to carefully note that participation is on the basis of the BMC statement below and that you are personally responsible for your own safety and have a duty of care to all others in the group as you participate on the basis of a "responsible adult".

Neither voluntary leaders nor Walkfree Breakfree Ltd (supporting this event) have liability in the event of an incident or accident.

A general, informal description of the walk will be given, and if possible this will be related to the Ramblers Association descriptors but it is your own personal responsibility to make the decision to join a particular group taking in account your own physical fitness, medical conditions and general well being. No liability can be accepted.

For those of you who have not yet been on one of our Escape weekends and perhaps are a little wary I can assure you we encourage and welcome new members to achieve that little bit more in respect of walking (pace will be adjusted to suit). Please, take this opportunity to join us, and remember if you have any concerns or general questions please do not hesitate to contact me. I am available on 07889165278 or email me jain@walkfreebreakfree.co.uk

Walk: can be enjoyed by anyone who is walking fit or reasonably active. Our aim is to encourage participation and to be active surrounded by amazing scenery.

Weather: We are blessed in the UK with four seasons - wonderful but it is a shame at least two of them can be on the same day! Do check the weather forecast and come prepared with clothing suitable for the day - if you need any advice do not hesitate to contact me.

What to Bring:

Towel

Boots suitable for walking on country & mountain paths (remember they might get wet and muddy)

Waterproof jacket/trousers & warm clothing

Small rucksack for drinks/snacks, camera (suntan cream - yes it might be sunny)

Money for refreshments

Your lovely sense of fun, humour and companionship

Photo credits: Kael from her first ever mountain walk.

