



## SNOWDONIA SCRAMBLING WEEKEND

Are you ready for some of the best hands-on scrambling in the UK? Luckily, here in Eryri (Snowdonia) we have some of the most exciting and rewarding scrambles right on our doorstep! This may prove to be one of the most memorable weekends you can do in the UK mountains, over rocky, rough and truly unique terrain.

With so many amazing mountains in Eryri, we're spoilt for choice when it comes to scrambling - we've got everything from cool gullies to incredible airy ridges. You'll be tested and treated, on this classic weekend. Whilst this is an *introduction to scrambling* course, a good level of mountain walking fitness will certainly help you get the most from this weekend.

Over the course of the weekend our instructors will work with and support you to become self sufficient scramblers by the end of day 2. They'll share as much knowledge as they can on the following topics:

- guidebooks and route selection
- route finding
- movement on steep ground
- interpreting mountain weather
- emergency procedures
- kit and equipment
- And much more!

### YOUR ITINERARY

#### Friday

**1800+** Arrive at your self catering accommodation - Lon Dryll Outdoors  
**2000** Weekend briefing with your dedicated Instructors before the fun begins tomorrow!

#### Saturday

**0830** Depart accommodation  
**0900** Start the day's objective  
**1700** Return to vehicles/finish day on the hill and return to Lon Dryll  
**1730** Latest expected arrival back to Lon Dryll

#### Sunday

**0830** Depart accommodation  
**0900** Start the day's objective  
**1700** Return to vehicles/finish day on the hill - return to Lon Dryll  
**1730** Latest expected arrival back to Lon Dryll

#### Monday

Enjoy your breakfast before checking out of the accommodation for 10am and making your travels home.

### ROUTE CHOICE

To give you the best possible experience and ensure you learn as much as possible from the weekend, we can't make any promises on which specific scrambles we will complete - this will be dependent on the weather on the day, previous experience of the group and a number of other factors. The decisions will always be made with safety and your enjoyment at the forefront and discussed with you in the evening or morning brief.

## FOOD

Your accommodation is self catering, with a kitchen with everything you should need to prepare your meals for the weekend.

Try to eat a filling breakfast about 1 hour before your walk time each day, complex carbohydrates and proteins. You need to carry at least 2 litres of water, plus juice drinks for each day. Please bring plenty of food for each day and always pack a variety – both savoury and sweet that will sustain you during each day. Choose complex carbohydrates and whole foods, rather than overly sweet items. Foods like malt loaf, mixed fruit and nuts, cheese and ham, oat cakes, raw fruit bars, dark chocolate, filled wraps, mini pork pies or sausage rolls will last well on the hill and sustain you over several hours.

There are plenty of options to eat out in the area if you'd rather not cook your evening meal(s) but remember to fuel yourself wisely so you can make the most of the weekend on the mountains with your team and leaders.

## TRANSPORT

Transport to Lon Dryll is to be organised by yourselves. We do not provide any transport to/from our event meet point; however we will organise your transport to/from the mountains each day. This is a challenging weekend, hence the inclusion of Sunday night accommodation, please do not plan to drive for more than a very short journey to/from the event for your safety and the safety of other road-users.

## ACCOMMODATION

We will be staying at Lon Dryll Outdoors (LL55 3NF). Sleeping will be at the hostel, in male or female dorm style rooms. The hostel has toilets, hot individual showers, a large kitchen, dining area, sitting areas and well as games room and fire pit for relaxation and evening activities. In addition, the venue has free WiFi and good phone signal. All bedding is provided, you just need to bring a towel.

Private rooms are available for a supplementary fee, please get in touch for more information.

**Self-catered accommodation is included on Friday, Saturday and Sunday (3) nights.**

## HEALTH & FITNESS

To enjoy and succeed in this event you need to be in good physical condition and able to withstand sustained activity over the full weekend, including steep ascents and descents. We recommend you partake in active walking/running/ swimming/cycling at least 3 times a week to fully enjoy this mountain adventure. We will cover high-level terrain which is rocky and uneven underfoot and remember to include 'hills' in any training you do – Eryri/Snowdonia is not flat! You will benefit from a good range of mountain walking experience, including some experience on steep and exposed ground. Your muscles and heart need to be used to getting out of breath and working hard. A sense of humour to cope with any adverse weather conditions is also quite beneficial! Please fill out the booking form with any health and medical details and contact us to discuss any personal issues if needed.

## WEATHER

### BE PREPARED TO EXPERIENCE A VARIETY OF CONDITIONS

Regardless of the time of year, we may experience cloud, rain, wind, sun and even snow! The temperatures can be much cooler higher on the mountain tops, so having layers that you can add to and take off will work. Please ensure you have all the required equipment as specified in the Kit List, this is for your safe enjoyment of the mountain environment, and to protect you from unexpected weather conditions. Your well experienced and qualified Mountain Leader will carry all necessary group safety equipment. They will also be Emergency First Aid qualified. If the weather is too adverse, we may need to avoid certain peaks such as Crib Goch and Tryfan, this will be fully explained, should we need to consider this.

Please consider the worst-weather-scenario when preparing and packing – if you can, having 2 separate outfits and options, one for each day is best – this is so you can enjoy each day to the fullest and not have to start the day in potentially wet or sweaty clothes.



# KIT LIST

Make sure you pack according to this kit list. Layers are the key, allowing you to adjust your temperature more easily.

You may be refused participation if your kit is not adequate for the conditions.

Remember to pack for 2 full days of walking, plus your travel and down time in the evenings.

## EQUIPMENT

Item required	Got	Packed
Rucksack – at least 25 litres		
Rucksack liner (or bin bag) - to keep rain out!		
Trekking poles - highly recommended for a longer challenge like this and tired legs on the descents		
Suncream/sunglasses/sun hat		
Mobile phone in sealed plastic bag		
First Aid Kit - personal blister protection /Compeed, ibuprofen/painkillers, plasters		
Head torch (with spare batteries)		

## FOOD / DRINK

Item required	Got	Packed
2 x 1 litre reusable water bottles (minimum) - we recommend a 1.5-2L hydration pack and 1L bottle for challenges like this!		
Breakfast,packed lunch and diner for the duration of your trip		
Snacks / extra juice drinks		
Plastic bag to take your rubbish home		

### Kit for Accommodation & Travel

You'll be staying in shared, hostel dorm-room style accommodation so bear this in mind when packing. You'll need to bring everything you'll want and need for 3 nights/4 days away.

## CLOTHING (FOR WALKING)

Item required	Got	Packed
Base layer or T-shirt (not cotton) x2		
Walking trousers (not jeans) x2		
Fleece jacket or top x2		
Spare warm layer in rucksack		
Waterproof jacket		
Waterproof trousers (separate to your walking trousers)		
Warm hat (+ spare should one get wet)		
Warm gloves (+ spare pair)		

## FOOTWEAR

Item required	Got	Packed
Sturdy, comfy walking boots with ankle support		
Comfortable walking socks x2 + spare pair x2		
Footwear (+ Slippers) for the evenings		

## ADDITIONAL ITEMS

Item required	Got	Packed
Personal toiletries		
Quick dry towel for hostel		
Casual clothes for travel and evenings		