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North Wales Adrenaline Adventure 4th-7th May 2018

North Wales is home to some of the most extensive mines in Britain, and although they are now abandoned, some of the mines are still open to explorers. On this weekend you'll be able to spend a whole day exploring these historic sites with the added excitement of some awesome underground challenges - you'll be amazed at what lies beneath your feet!

You'll also have a full day to tackle Snowdon, with the option of two routes up to the summit. A lot of myth and legend surrounds the area – it was here that King Arthur reputedly fought and killed Rhitta, a fearsome giant who lived on Snowdon and wore a cape made of the beards of his enemies. The adventure doesn't end there – on the bank holiday Monday you'll get seriously wet scrambling up a rocky mountain stream against a gushing waterfall, with lots of physical challenges along the way. Then if you've still got energy left you might want to spend the afternoon speeding down the fastest zipline in the world at Penrhyn Quarry or jumping around in an underground cavern at Bounce Below.

EC adventures are informal, friendly and great fun! They're made up of singles, couples and small sets of friends with ages typically ranging from mid 20s to mid 40s but anyone over 18 years old and young at heart is welcome. Whether it's your first time exploring the outdoors or you're an adventure professional, EC adventures are a great way to meet like-minded people in a safe, welcoming and fun environment.

ITINERARY

You're welcome to arrive at the accommodation from 7pm on the Friday where your EC host will be there to meet you, show you around, and allocate you a bed. Then you'll have the evening to settle in and rest up before the start of a full-on, exciting weekend!

On Saturday you'll pack a small bag with your lunch, get picked up by the instructors in minibuses and drive to the mines (about 25 mins away). After parking up you'll walk to the mine entrance for about 20 mins up tracks or mountain paths. You'll spend the morning underground, which will be easy but with a few technical elements, such as abseiling and traverses with ropes, and there won't be any tight squeezes. After lunch you'll either carry on exploring a different route or visit another mine, getting in a full day exploring underground before heading back to our accommodation for a hearty dinner.

On Sunday you'll have another early start – over breakfast we will explain more about what to expect and decide who is going to take on Snowdon via Crib Goch and who will be going up the Pyg/Miner track. **Please note that to do Crib Goch you need to have a head for heights, be a confident scrambler and good fitness as it is a very challenging (but rewarding!) route.** There will be limited spaces in the Crib Goch group so we reserve the right to choose people to do this based on experience / confidence. If you have any doubts about the route we would ask that you go with the group going up the Pyg/Miner track. There is a chance as well that the weather will prevent us from going up Crib Goch but we will do our very best to take you. If not, we will find an alternative (but still fun) route!

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On Sunday after breakfast we will leave the hostel between 6-7am as it's about an hour's drive to the foot of Snowdon (we might decide to park in Nant Peris and get the bus up to Pen Y Pass instead). Around 8:30am we'll set off up Snowdon for a challenging but incredibly rewarding day. You'll split into your two groups, one tackling the ridge of Crib Goch and the other ascending up the Miner or Pyg Track to meet at the top of the mountain. You'll have another relaxing evening and a home-cooked meal once you get back to the accommodation.

On our last day of adventure together on Monday after breakfast you'll meet the instructors to take you to the start of an awesome morning gorge scrambling – be prepared to get wet! Working your way up a mountain stream with various waterfalls and pools you'll work with each other to conquer the waters! When you're done you'll get a hot shower and the chance to eat lunch before deciding whether you want to head home or take advantage of more adventure activities nearby...

FITNESS

It will be a full-on weekend for thrill-seekers, but as with all EC trips still welcoming to and suitable for beginners. No previous experience is required but to get the most out of the weekend you should have a head for adventure, a positive attitude and ideally confidence in water and with heights. We'll have to walk a little way uphill to access the mines, and there will be no tight squeezes but there will be a few technical challenges such as traverses and possibly abseils. All the activities are led by qualified and experienced instructors and are suitable for a wide range of ages and abilities, so you'll always have someone there to support you!

ACCOMMODATION

We'll be spending our down time in the lovely YHA Rowen, a rural retreat in the pretty village of Rowen. It's a traditional Welsh hill farmhouse packed with character and has real fires so we can warm ourselves up in the evenings. As it sits on the side of a mountain it has great views over the Conwy Valley and across to Snowdonia – if the weather's good we can sit outside in the garden and enjoy the spring sunsets. The hostel sleeps 20 and has a well-equipped, modern kitchen with plenty of space to store any food you bring. All bedding is provided so you just need to bring a towel.

HOW TO GET HERE

Address: YHA Rowen, Rhiw Farm, Rowen, Conwy, LL32 8YW.

Please check a map before you travel as the postcode may only take you nearby. On Friday you can arrive from 7pm where your EC host will be waiting for you.



Driving directions (from Rowen Village): Go into Rowen village and past the TyGwyn pub on your right. Take the second road on the right by the brown hostel sign. Follow this steep road up the hill. The hostel is on the left at very end of the tarmac road before it turns into a track.

Parking: Access to the hostel is via a steep, single file road. It is surfaced with tarmac but there is no pavement or lighting. There is parking space for 4-6 cars onsite. The car park is surfaced with gravel and grass, and slopes gently towards the road. From the car park there is a gate into the garden and you can walk across the garden to the main entrance.

If you'd rather walk the last bit of the road up to the hostel you can park in the lay by at the base of the hill (~10 minute walk) or leave your car in Rowen village (~20 mins walk). The **free public car park** is signposted just past the flagpole, postcode LL32 8YA. This car park is owned and managed by Conwy County Borough Council but please note the council do not take responsibility for vehicles left there.

Public transport: The nearest rail station is Conwy which is 4.9 miles away. The nearest bus stop is 0.7 miles away and there is a very limited bus service which runs to this stop. The nearest coach station is at Llandudno Junction, 1.66 miles away. If you're coming by train we would recommend you arrange a taxi from the station to drop you off in Rowen village.

Lift Sharing: If you can offer or need a lift (or just want to say "hi" to people) then you can post on the event Facebook page here:

<https://www.facebook.com/events/148980682370388/>

KIT LIST

All technical equipment for the activities will be provided by your instructors but you will also need to bring extra bits as below.

Mine and cave exploration (full day)

- Small rucksack to carry your lunch and water bottle/flask
- A warm baselayer and extra midlayer / fleece for warmth
- Old waterproofs - they will get dirty!
- Wellington boots and thick socks
- Another set of clothes to change into afterwards

Gorge scrambling (half day)

- Old trainers with good grip (or wellies if you prefer) and thick socks
- Swimwear and a T-shirt for underneath your wetsuit
- Towel
- Another set of clothes to change into afterwards
- Plastic bag / bin bag for wet clothing

For the Snowdon day, our recommended kit list for hiking is available to download [HERE](#).

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WHAT'S INCLUDED

- 3 nights' accommodation at YHA Rowen in North Wales
- 1 full day caving and mine exploration with experienced and qualified instructors
- 1 full day guided walk up Snowdon with experience and qualified Mountain Leaders (group will split to do Crib Goch (8 max) or the Pyg/Miner's Track (12 max))
- Half-day gorge scrambling adventure with experienced and qualified instructors
- All technical and specialist equipment for the activities
- 2 x home-cooked dinners on Saturday and Sunday night
- 3 x breakfasts on Saturday, Sunday and Monday morning
- EC Host for the weekend

Please make sure you bring packed lunches for each day as there's no supermarkets nearby – you're welcome to store your food in the kitchen fridge.

Please note: on arrival you will be asked to sign a medical declaration form and provide us with next of kin/emergency contact details. If you have a medical condition or injury that we should be aware of please let us know in advance. Please contact us asap if there is anything you think may affect your participation.

If you have questions about the trip, please contact Alex (alex@explorersconnect.com).