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Wild West Cliff Camping 1-2 July

Spend a wild summer's night sleeping against a vertical cliff face, suspended in mid-air, high above the swirling sea – this is not for the faint-hearted! As with rock climbing and abseiling, although cliff camping may seem dangerous, it is a very safe activity. Our instructors will set everything up and stay with us within arms' reach the whole time to make sure we are safe, happy and comfortable.

Overnight we'll be sleeping on portaledges, also known as...portable ledges! These were invented to provide climbers with something flat to sleep on while they're climbing multi-day, vertical routes up big walls. Imagine a hammock large enough to accommodate a few people made of super strong textiles - they're surprisingly comfortable and relaxing, allowing you to sleep in places you wouldn't otherwise expect to be able to!

We'll be on the Anglesey coast in northwest Wales, which frequently provides much warmer and drier conditions than anywhere else. If the weather does turn, the portaledges have windproof and waterproof covers so it will be just like being in a tent - you'll stay warm and dry all night. We'll head down in time to catch a (hopefully!) glorious western sunset. At the cliff edge there'll be a mental challenge to get our heads around – getting attached to a rope and abseiling a short distance down the cliff to the portledge. The abseil may seem a bit scary at first, but once we're down we'll quickly become accustomed to the feel of the portledge and realise how safe it is. As we get comfortable and watch the sun go down we'll enjoy a hearty hot meal, and while the stars come out we'll wrap our hands round a mug of hot chocolate or have a small sip of something stronger if we fancy. (If we need to go to the toilet during the night it won't be a problem - the instructors will help us easily go up and back down!) In the morning, we'll leave our cosy sleeping bags for some hot coffee and bacon sandwiches, with a chance to stretch and admire the beautiful morning views around us before heading back up to solid ground.

No previous climbing experience is needed, though a good head for heights is obviously an advantage. We'll provide all the technical kit – all you need to bring is some warm clothes and a sleeping bag, a camera for those cliffside selfies and a big appetite for adventure!

If you've never come on an EC Adventure before, they're informal, friendly and great fun. We generally have singles, couples and small sets of friends coming along, from complete beginners to adventure professionals - what we all share is a love for adventure. Ages tend to range between mid 20s and mid 40s but anyone over 18 years old and young at heart is welcome!

WEEKEND ITINERARY

SATURDAY

Please arrive at 16:30 at St Gwenfaen's Church on the Rhoscolyn Estate.

Address: St Gwenfaen's Church, 9 Bro Celyn Llynfaes, Tyn Lon, Rhoscolyn, Holyhead, LL65 2NQ

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Driving directions: *(Please note that your sat nav may not recognise the postcode above so please consult a map beforehand)* From the North Wales Expressway/A55, at junction 3 take the A5 exit to Y Fali Valley. At the roundabout, take the 4th exit onto Holyhead Rd/A5, followed by a second roundabout where you take the 1st exit and stay on Holyhead Rd/A5 for about half a mile. When you reach the edge of Valley town turn left onto the B4545 (which turns into Station Road) and continue for about 1.5 miles. You will pass Valley train station on your right, you'll go straight over the roundabout and then over a river via Four Mile Bridge. Soon after you cross the bridge you will see a tiny church at your right, turn immediately left onto Ffordd Caradoc and then carry on straight onto Maes Llety. After about 2 miles as the road bends sharply round to the right you'll see the church appear on the corner on your left.



Public transport: The nearest major train station is Holyhead, served by CrossCountry, Arriva and Virgin trains. Outside the station you can take the 23 bus towards Rhoscolyn and get off at Bryn Mor (approximately 20 minutes) with a short walk to the church. Please note that on Saturdays this service only operates every 2 hours, and the last bus on Saturday departs from Holyhead station at 14:54. You will need to organize a taxi to take you back to Holyhead on Sunday as there are no public bus services. We would advise saving some taxi numbers in your phone just in case. You can also plan your own journey using <http://www.traveline.cymru>.

Our leader will meet us outside the church at 16:30 and have a quick briefing before heading over to the campsite, where we'll aim to have the portaledge set up and abseil down to catch
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the sunset. We'll then enjoy an evening meal together as we watch the sun go down. After dinner we can have some hot chocolate to keep us warm as the evening proceeds and we settle down for a cliffside sleep!

SUNDAY

We'll (hopefully!) wake up to a beautiful sunrise and enjoy breakfast and coffee on the ledge before packing up and getting back on solid ground for around 10:00. After that you'll have the rest of the day to explore the Rhoscolyn estate or head back home.

Getting here: Many people lift share - if you can offer or need a lift please email alex@explorersconnect.com. Closer to the time if you are still struggling then if you let us know where you will be coming from and we will give out your details to others in the group by email. We find this works really well people are often able to find someone to share a lift with, especially coming from Bristol/SW or London/SE.

ACCOMMODATION

You'll be camping overnight on a portaledge with noises from the sea and nature all around you. It's awesome, but if you're very sensitive to noise we would advise you bring earplugs! There are lots of local B&Bs and holiday cottages if you fancied staying for a few extra nights.

FOOD

Dinner will be provided on Saturday night and breakfast on Sunday morning. No other food will be provided.

Dinner usually consists of:
Fresh beef and red wine ravioli and tomato sauce.
Cheese, crackers and a small bottle of port.

Breakfast is usually a bacon sandwich, muffins, fruit, tea and coffee.

Please let us know ASAP if you have any dietary requirements.

WHAT TO BRING

All specialist equipment for cliff camping will be provided but please bring the following (at a minimum you must have the essentials otherwise you may not be able to take part):

ESSENTIAL

Warm sleeping bag
Good head-torch with working batteries
Waterproof bivibag (if you have one)
Toothbrush and an absolute minimum of toiletries
Warm outdoor wear which is comfortable to climb in – at all times of year e.g. walking trousers (not jeans), a warm inner layer, jumper, fleeces which are comfortable to climb in
Warm hat, gloves
Waterproof jacket and trousers
Trainers or walking boots/shoes

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Day rucksack (approx. 40-50 Litres)
Small personal first aid kit
Sunscreen
1 litre of water
Snacks (energy bars, jerky etc)

NON-ESSENTIAL

Rock boots
Chalk bag
Climbing harness
Helmet
Belay device
Climbing rack

Remember, as an EC CLUB member you get discounts off kit and more with loads of outdoor brands both in-store and online - log in to the discounts section on the membership page with the CLUB password to get the codes you need.

PLEASE NOTE: you MUST fill in this electronic form prior to the weekend:

<http://bit.ly/2pguhAk>

This form is ESSENTIAL because you need to provide next of kin/emergency contact details and medical conditions or injuries that could affect your participation. Please also contact alex@explorersconnect.com ASAP if you are not sure how to complete this form.

PAYMENT SCHEDULE

Price includes:

- One night cliff camping with all technical equipment and accompanied by an experienced instructor at all times
- A hot dinner in the evening and breakfast the next morning

If you booked your place by paying a £75 pp deposit for this trip then unless otherwise arranged the remaining balance for this trip is £110 due on 20 May.

Paying your balance:

You should have received an email from our booking system with the subject:
Booking confirmed - 'Explorers Connect' Saturday 1 July 2017 16:30

This email will contain a link which you can simply click to pay your balance. You will automatically be taken to a page with the correct details on for your booking where you can pay online. If you have any problems email alex@explorersconnect.com. **Please note if we have had neither payment nor contact from you regarding payment by the 1 June then we will assume you are not coming in which case you will lose your place and your deposit.**

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