

An informal walking weekend for

- Guiders who would like to enjoy a walking weekend in the Brecon Beacons, walking in small groups.
- Guiders seeking walking logbook experience in Open country.

This is primarily a social walking weekend with participants walking as equals. While there will be experienced walkers present it may not be possible to guarantee that groups are led by those holding walking qualifications.

We shall be staying in Llanddeusant Youth Hostel, a former inn which retains many of its original features and offers a warm welcome with an open fire in the lounge. Overlooking the magical Sawdde Valley, it provides superb access to the western area of the Brecon Beacons.

Catering

Due to the nature of the kitchen facilities soup and a roll will be provided on Friday night and a simple communal evening meal will be provided on Saturday night only. Help preparing, cooking and clearing away would be appreciated.

You will need to bring your own food for breakfast (Saturday & Sunday) as well as food for lunch (Saturday & Sunday) and any snacks you may require while out on the hills.

Cost:

£30 + your own food for breakfasts & lunches + your own transport to Llanddeusant

Application form: attached. Please return to:

Barry Dackombe
Bedfordshire Walking Adviser
32 Ashburnham Road
Amphill
Beds, MK45 2RH

no later than 30 April 2010

with full payment (non-returnable), cheques made payable to 'Girlguiding Anglia'. Please also advise your County Walking Adviser for their information and to liaise with transport with others from your area.

For those who are able to apply for LEA grants, please apply through your usual County channels before the event. Certificates of attendance will be provided for all participants.

If you require any further information about this event, please contact Barry Dackombe on 01525 402085 or guidewalking@o2.co.uk

**Please note: places will be allocated strictly on a
“first come, first served basis”!**



Llanddeusant, Brecon Beacons

WALKING WEEKEND

9TH - 11TH July, 2010

APPLICATION FORM (please use reverse or additional sheet if more space required)

Name: (Ms / Mrs / Miss/ Mr)

Preferred first name

Address (inc. postcode):

Tel No:

Mobile No (if bringing with you).....

e-mail address

Guiding County:

Position in Guiding:

Walking qualification held/working towards (if appropriate).....

Do you hold a First Aid Qualification? If so Date

Age if under 18

Walking speed: SLOW (2km/hour) / MEDIUM (3km/hour) / FAST (4/5km/hour)

Please tick walking preferences: (we will do our best to accommodate everyone's needs)

- Informal social walking
- Walk in small group at Level 2
- Other (please specify):

Please detail any specific requests

Medical conditions: (for privacy you may attach a separate note if preferred)

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.....

Dietary requirements:

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.....

Expected arrival time: Do you require soup on Friday YES/NO

Emergency contact(s) (full name, relationship to you, and telephone No):

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.....
.....

Signature: Date.....



Girlguiding
Anglia
girls in the lead

Informal Walking Weekend

Llanddeusant Youth Hostel
9th - 11th July, 2010

Venue: Llanddeusant Youth Hostel, The Old Red Lion, Llanddeusant, Carmarthenshire, SA19 9UL

Grid reference 776245 on Explorer map OL 12.

"A break in this rural retreat will restore your spirits. Set in the least developed area of the Brecon Beacons, the hostel overlooks the magical Sawdde Valley and is a great location for families and individuals alike. Trails lead up to the legendary Llyn y Fan glacial lake and the heights of the Carmarthen Fans. Circular walks will take you to an Iron Age fort, Roman camps and standing stones. The hostel, a former inn built in 1789, retains many of its original features and offers a warm welcome with an open fire in the lounge. The Black Mountain Red Kite feeding station is a mile away." (source: YHA Guide Book)

Directions:

Llwyn y Celyn is situated on the A470, between Brecon and Merthyr Tydfil.

From the M4 leave at junction 32, and take the A470/A40 towards Brecon and Llandovery. At Trecastle, turn left at Castle Coaching Inn. After 9 miles turn left opposite the Cross Inn, then it is only 1 mile to the hostel (which is on the right)

From M5, take M50 to Ross on Wye. Then take the M40 to Brecon and follow directions as above.

Alternatively there are numerous cross country routes, as long as you head for Brecon and then follow the final directions given above.

Catering:

We will provide soup and a roll for the Friday night, and a simple communal meal on Saturday night. Help preparing, cooking and clearing away would be appreciated as all participants will be out walking during the day. You will however need to bring your own food for both breakfasts and both lunches (Saturday & Sunday).

Brecon Beacons Walking Weekend - Kit List

Walking clothes:

Walking boots and walking socks
Walking trousers/ breeches (not jeans or cotton)
Thermal / wicking underwear - avoid cotton t-shirts
Fleece/woollen jumper (remember the layering system)
Spare sweater / fleece
Waterproof jacket and trousers (showerproof is not sufficient if it rains for any length of time)
Hat, gloves, scarf - it can get cold even in June
Sun hat, sunglasses & sun cream

Walking Equipment:

Rucksack (lined) 30-40 litre - it needs to be large enough to carry your food, spare clothes, waterproofs etc. Line with waterproof bags or dry sacs
Maps Outdoor Leisure-1:25,000 - Explorer map OL12. (OL13 and Landranger 160 1:50,000 map optional)
Waterproof map case, compass & whistle
Emergency survival/bivvy bag
Water bottle or hydration system
Emergency rations
Small torch (head torch if possible), spare battery and bulb
First Aid kit, and personal medicines that may be required in case of emergency eg. epipen
Completed Health Form - Girlguiding G/H form

Optional equipment:

Gaiters (if possible)
Flask - if you want a hot mid-day drink
Snacks - bring your own particular favourites for a mid-walk energy boost
Walking poles (if desired)
Emergency shelter if you have one.
Camera, binoculars.
Mobile phone and lead to recharge - they may not always get a signal
Lunch box/plastic bags for sandwiches

Evening/night requirements:

Night clothes,
Alarm clock if required
Wash kit and towel
Guide activity wear for indoors - spare clothes
Training shoes/light indoor shoes
Personal medical requirements

Food for breakfast / walking snacks / lunches

Walking logbook, Walking Scheme booklet (if held), pens and paper.

Sense of humour and ability to enjoy a good days walking
Permission form if under 18.