

Trip Information and Permission Form



Hiking and Biking in Wales: June 20 - June 22

We are running a trip to Wales for the Solstice weekend to do some hiking up the ridge to the summit of Cader Idris.



This is our first weekend of the year where we can get **everyone** in the group out and about together doing great activities in stunning scenery on what should be a long hot weekend.

We'll do a fabulous easy walk to the summit of one of the highest mountains in Wales, Cader Idris, with consistent stunning views from the ascending ridge across the Barmouth estuary and up to Mt Snowdon in northern Snowdonia.



Overnight we will camp at a farm campsite overlooking the coast and near to a small river with stepping stones that cross it where we can get in to

cool off after a hot day.



The next day we will go to the purpose built mountain biking courses at Coed-Y-Brenin forest where we will rent state of the art mountain bikes and helmets and enjoy most of the day there. There are courses to suit everyone's ability: blue routes for those that haven't done it before and some reds for those that reckon they are up for it.

We will finish the weekend with an ice cream or two in Barmouth, dip a toe in the sea and head back to Solihull thereafter.

The trip will take place the weekend of June 20th – 22nd.

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IMPORTANT NOTES FOR ALL PARTICIPANTS:

1) **The deadline for submission of forms to take part in the trip is Tuesday June 3rd 2014 – it will not be extended past this time and only the forms submitted will be counted.** If we have enough members to take part in the trip at that point we will run the trip. If not, we will cancel / postpone the trip. Therefore, please make sure to submit your forms by the deadline to 75 St Johns Close – not afterwards! You will need to submit:

- The intention to attend
- The permission / health form.
- Cheque to pay for trip

2) **Trip numbers are limited to the places available in the transport.** If you wish to attend it is better to get your forms in sooner rather than later as we will take the first people applying in case of over subscription.

Accommodation

We will be staying at Pant-y-Cae Campsite (<http://www.pantymcae.co.uk>). It's a basic site but it has all we need: showers, toilets, stunning views and not many people around!

Activities & Schedule:

The program for the trip is as follows:

Date	Activity / Event
Friday June 20 th	<ul style="list-style-type: none">• Meet at Knowle long stay car park at 5.30pm for departure to Wales. Trip duration: around 3 hours. (Please eat dinner beforehand)• We will stop off in Welshpool for a break and some Fish and Chips should anyone want some• Arrive at campsite and setup tents.• Snack• Bed
Saturday June 21 st	<ul style="list-style-type: none">• Breakfast and out to 2 activities for the day:<ul style="list-style-type: none">○ Climb the ridge leading to the summit of Cader○ Down to the Barmouth estuary for a quick coca cola at the George• Evening Dinner• Quick game of baseball• Bed
Sunday June 23 rd	<ul style="list-style-type: none">• Pack up all equipment to vehicles• Travel to Coed-Y-Brenin forest for a short day of mountain biking• Quick visit to Barmouth for ice cream and dip a couple of toes in the sea at Barmouth beach• Everyone into vehicles to return home to Knowle Long Stay Car Park for 6pm.

Personal Equipment:

Whilst the weather looks like being quite good there is every potential for the forecast to change and for us to get something altogether different. However, some sensible equipment will be all that is needed to enjoy the trip in comfort. If the weather is cool you won't be cold at all if you have the right equipment. A kit list is provided on the last page, but the important items are:

- Good warm sleeping bag. A reasonable sleeping bag will be in the region of £30 - £50. Oswald Bailey in Solihull do a Nitestar 250XC Sleeping Bag by Vango for £35 – if you mention Challenge Adventure Group (we are listed under “Scout Groups”) you will also qualify for a 10% discount. If you don't have a warm sleeping bag and mat we will be able to lend you one – please let us know as soon as possible.
- Sleeping mat. These come in all shapes and sizes but basically you need to keep your body off the floor and on the mat with a good foam support. Typical prices around £5 - £20.
- Waterproofs: the weather can still be pretty changeable at this time of year.

- Proper Walking boots are **essential**: you need to make sure you have boots, not cross trainers, shoes etc. You will need a good level of foot & ankle support. If you don't have them you can get them at Oswald Bailey. Look for a boot with a good leather upper, or a water resistant soft outer. Don't spend a fortune, but don't skimp either!! We will check the footwear of trip attendees the week before.

The kit list is supplied at the end.

Leaders:

The leaders on this trip are as follows:

Leader	A little about them, in case you didn't already know
Simon Thomas Likes: Curry, Muse concerts, Yachting & Water Skiing. Dislikes: Fishing, Birmingham City, Westlife & Queues Age: about 12 ½	Simon has been planning and running trips for youth groups for 15 years and ran over 40 trips during his time as a scout leader. Simon has extensive mountain experience, has just completed his Basic Expedition Leader award and completed his Gold D Of E whilst still just 15. He's a very smart fella! Having worked in the U.S. for 16 years, Simon is also a waterfront activities director at a kids summer camp in Maine, USA.
Ian Carlington Likes: Rugby and Westlife Dislikes: Not much, he's very agreeable. Age: 27	Ian is an outdoors fanatic: having designed and tested the latest range of heavy duty walking boots on offer from Merrell, there aren't many places or experiences Ian hasn't had. Something you didn't know about Ian: Snowdonia National Park Authority has renamed the ridge to the summit of Cader Idris "Carlingtons Way" following his renowned walks up and down there.
Ruth Billingham Likes: Simon and making his dinner Dislikes: nothing at all! Age: 63	Ruth is our safeguarding person and looks forward to weekends away with CAG as often as possible having done two ski trips with CAG. Something you didn't know about Ruth: she's a world champion Gin and tonic maker.

Home Contact Details:

During the trip the home contact, in case of emergency, will be Nick Maundrell. His details are as follows:

Home tel: 015654 776536
Mobile Tel: 07785 928772
Email: nick@challengeadventure.org

These details should only be used in case of emergency. Nick will also update you if a later return than planned is anticipated.

Trip Cost

The trip will cost £90.

We will stop for fish and chips on the way to Wales and will get ice cream and sticks of rock in Barmouth - £10 - £15 will be more than sufficient. If you need us to keep this safe for you we will put it in an envelope and hold on to it for you.

ACTION ITEMS:

Deposit

In order to apply for a place on this trip we require a deposit of £30 to be returned with your trip forms (below) by **Tuesday June 3rd 2014 at the latest**. Cheques should be made payable to "Challenge Adventure Group" and returned with your form.

Balance

The balance payment of £60 will be required by June 10th – you can of course pay the whole fee at time of application.

Application & Fee

We are limited in the numbers we can transport and get in boats down the river. If you want to go don't delay in returning your forms.

To apply to go on the trip please return your form AND trip fee / deposit to:

Simon Thomas
75 St Johns Close
Knowle
Solihull
West Midlands
B93 0NN

If you apply to go on the trip but are unsuccessful because we are full we will of course refund your fee / deposit.

Please return your form to the address above by Tuesday June 3rd 2014. If you can't return your forms by that time please email simon@challengeadventure.org to notify him of your intention to camp. A deposit will be required in this case. There is **NO** online payment for this event – cheques only please.

Intention to Attend

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Parent / Guardian name:

Name of CAG member intending to take part in the trip:

I understand the cost of the trip will be £90

I understand the trip will run from the dates of June 20th – 22nd 2014. I enclose the trip deposit or full fee (non-refundable in the case of acceptance on the trip) payable to "Challenge Adventure Group".

I understand the deadline for application and payment of a deposit or the full fee will be **Tuesday June 3rd 2014**.

I understand the balance payment of £60 is required by Friday June 10th. If I don't complete the payment by that date I understand my son's place may be offered to another CAG member.

By signing this form I confirm that the above named CAG member will take part in the trip and I will be liable for the full cost of the trip, unless otherwise notified by the leader in charge, in the event that my son will not be able to take part for whatever reason.

Signed:

Date:

Equipment Rental

I would like to borrow a sleeping bag and sleeping mat:

Yes

No

I understand the sleeping bags need to be aired and the mats to be wiped clean before returning them. I undertake to return the equipment in its original condition and will make good any requirements for repair or replacement for whatever reason whilst in my possession.

I understand the equipment is rented out on a first come first serve basis.

Permission / Health Form



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To be signed by a parent / guardian. Please complete legibly in black ink.

Please return this form signed and dated by **Tuesday June 3rd 2014** to Simon Thomas at: **75 St Johns Close, Knowle, Solihull, B93 0NN** or to a CAG meeting.

The trip will take place at:

Pant Y Cae, Arthog, Dolgellau, LL39 1L

The trip will take place on June 20th – 22nd 2014.

We are leaving from Knowle Car Park (behind the library) on June 20th at 6.00pm and will return at 6pm on June 22nd.

The cost of the trip is £90.

No responsibility for the personal equipment / clothing and effects can be accepted by the camp organisers and Challenge Adventure Group does not provide automatic insurance cover in respect to such items.

I give permission for

Does he have any special needs? Please continue overleaf if necessary.

to attend the River Wye Trip on June 20th – 22nd 2014.

Has he been in contact with any infectious diseases within the last three weeks:

Yes

No

Date of last tetanus immunisation: _____ / _____ / _____

Medicines currently being taken:

Does he have any conditions that may prevent him / her from taking part in the programmed activities?

Yes

No

If so, please provide details below. Please continue overleaf if necessary.

Name and address of own doctor:

Does he have any allergies to food, medicines or other? Please provide details.

Date of birth: _____ / _____ / _____

Does he have any special dietary needs? Please provide details.

During the event I can be contacted in an emergency at:

Address: _____

Telephone number: _____

Mobile Number: _____

I understand that the Leader reserves the right to send any participants home if necessary. If it becomes necessary for my child to receive medical treatment and I cannot be contacted by telephone or any other means to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the leader in charge of the trip to sign any document required by the hospital authorities.

Signed: _____

Date: _____

Note: The medical profession takes the view that the parent's consent to medical treatment cannot be delegated. This view is explicit in the Children Act 1989. Thus medical consent forms have no legal status and a doctor/nurse insisting on the consent of a parent to a particular treatment has the right to do so.

Personal Equipment / Kit List



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You will need the following:

- Plenty of thin layers
- A hat (preferably fleece)
- Gloves - possibly
- Waterproofs
- A set of clothes to travel each way in (can be the same)
- Suitable clothing for activities.

The following list is a minimum that you must bring.

You must have **WATERPROOFS**. That doesn't mean 'showerproof', but WATERPROOF. For safety reasons, if we consider the waterproofs or other clothing is not up to the required standard for the weather that we encounter, we will purchase suitable replacements and pass on any costs.

If you need to get equipment, some suggestions for you:

- Go to Oswald Bailey in Solihull – they will give you 10% discount if you mention you are with Challenge Adventure Group (ask them to put it down as a scout discount if they look confused).
- If you need to buy boots: don't spend a fortune! You will be able to get a very reasonably priced set of boots that are sturdy and not too padded. The spongy cheap padded boots will rub so don't buy these either. Get leather uppers if possible, they will be more waterproof and last longer.

Kit List



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Required!!

- Tea towel
- Clean clothes to travel in
- Lightweight Trousers / shorts x 2 (scout activity trousers are ideal)
- Underwear x 3
- Socks x 3
- T shirts x 3
- Sweatshirt or fleece (preferable) x 2
- Warm Jacket
- Hat & gloves
- Day Backpack – essential!!!
- Torch & Spare Batteries
- Water bottle
- Swim shorts
- Hat to keep sun off – we will be out ALL day in the sun potentially on the Saturday
- Spare plastic bags for dirty / wet clothes
- Toiletries & Towel
- Personal First Aid Kit
- Walking boots & walking boot socks
- Wicking undershirt??
- Waterproof Jacket
- Waterproof Trousers
- Sleeping Bag – no pillow!
- Sleeping Mat

For eating:

- A plastic bowl
- A 'spork' (spoon & fork in one)
- Plastic Cup

Optional

- Thermal underclothing: top and bottom
- Cards
- Camera
- Sunglasses

Do NOT bring:

- A knife of any kind – you won't need it
- Mobile Phone – there's no reception in Wales
- Ipad or other music player if you don't want to damage it – it will be your responsibility.
- PSP / Game Boy Advance, etc ditto.

Spending money:

£10 - £15 will be more than enough. If you would like your money to be held safe by us we will put it in an envelope for withdrawal whenever required.

Please note:

Cotton clothing will pick up moisture very quickly and won't dry in the conditions we will be in. Please make sure that you don't bring cotton clothing if you can.

Naming Items:

Please make sure all of your items are suitably marked or named so that you can reclaim them. We always have items of clothing left over that probably amount to over £100. If they are named we will be able to get them back to you.

Call Simon on 07808 481688 if you have any questions.