

SNOWDONIA EXPEDITION.GROUP PERSONNEL

1. (Leader)
2. (Second in Command)
3. ANDREW DEBBER
4. ALAN CAMERON
5. STEPHEN BAKER.
6. STEPHEN FILMER.

ROUTE

<u>DATE</u>	<u>Map Ref.</u>	<u>Place</u>	<u>Distance</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
	807 528	MOSS HILL	—	—	0900
	798 539	QUILTY PANDY	1 $\frac{1}{4}$	1000	1005
	758 544	FRON GŌCH	4 $\frac{1}{2}$ .	1115	1145
	772 575	M.S.	7 $\frac{1}{2}$ .	1415	1420
	787 567	BETWS - Y - COED.	8 $\frac{3}{4}$	1505	0900
	778 593	BWLCH - YR - HAIARN.	11.	1045	1100
	781 632.	TRE FRIW	15	1330	—

PROPOSED STOPPING TIMES

<u>Map Ref.</u>	<u>Place</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
758 593	FRON GŌCH (FOR LUNCH)	1115	1145

SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

*[Diagonal scribbles]*

CHOCOLATE  
NUTS RAISINS.  
JELLY CUBES.  
WHOLEMEAL BISC.  
DEXTRISOL.  
OXO CUBE  
BARLEY WATER.

SOUP.  
CHOW MEIN.  
BEEF BURGERS.  
POTS.  
OXO/FLOUR. (GRAVY)  
INSTANT DIMP.  
CHOC/TEA/COFFEE  
RYVITA/JAM.

2nd DAY

CEREAL  
SAUSAGES.  
EGGS.  
BACON.

AS ABOVE

3rd DAY

RYVITA.  
COFFEE/TEA.

4th DAY

5th DAY