

SNOWDONIA EXPEDITION.

GROUP PERSONNEL

1. M. Ireland (Leader)
2. D. Smith (Second in Command)
3. S. Plumstead
4. D. Battenby
5. H. Glanville
- 6.

ROUTE BIR

<u>DATE</u>	<u>Map Ref.</u>	<u>Place</u>	<u>Distance</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
9/4/71	794611	GWYDYR UCHAF	0 miles		14.30
9/4/71	795595 789506		-		
9/4/71	787567	BETWS-Y-COED	3 1/2 miles	17.00	9.00
10/4/71	790544	GIANTS HEAD	-		
10/4/71	758544	FRON GŌCH	8 1/4 miles	12.00	12.30
10/4/71	789506	PENMACHNO	12 1/4 miles 13 miles	15.15	15.20
10/4/71	807528	MOSS HILL	15 miles	16.35	

PROPOSED STOPPING TIMES

<u>Map Ref.</u>	<u>Place</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
794611	Gwydyr uchaf		14.30
795595		16.30	15.35
792570	New Clogwyn Eyrall	16.35	16.40
787567	Betws - y-Coed	17.00	09.00
790544	Giant's Head	18.00	10.10
769545	(National Trust Boundary)		
758544	Fron Goch	11.10	11.15
776534	Cyflyng	12.00	12.30
777518	Gwydyr Forest	13.15	13.20
789506	Penmachno	14.20	14.25
807528	Moss Hill	15.15	15.20
		16.35	

SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

baked beans, eggs,
potatoes
bacon
Apple tree Fruit
tea

2nd DAY

porridge
tea
ryvita

Fish Fingers
potatoes
peas
Instant whip
Tea

Soup
Packet Meal
ryvita
cup of tea
S oranges

3rd DAY

Porridge
bacon +
scrambled eggs
Tea
Ryvita

Mint Cake
Ryvita + cheese
chocolate
drink
dried Fruit

vegetable soup
prepacked Meal
ryvita
apple tree fruit
tea

4th DAY

porridge,
Eggs,
bacon
ryvita
tea

stew
potatoes
vegetables
Instant whip
tea

Tomato Soup
ryvita
digestive biscuits

5th DAY