

GB

Gold BSNOWDONIA EXPEDITION.GROUP PERSONNEL

- ✓ X 1. J. Hamilton (Leader)
 X 2. L. Norley (Second in Command)
 X 3. C. Bradford
 X 4. C. Jones
 X 5. M. Trinam
 6. ~~.....~~

ROUTE

<u>DATE</u>	<u>Map Ref.</u>	<u>Place</u>	<u>Distance</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
30/5/72	744573	M.S. at Dâl - Gann		1630	1635
"	735524	Dolwyddelal	3 1/2 ml	1900	1905
"	696513	(Campsite) Coed Mawr	3 ml	2030	0800
31/5/72	696477	Tal-y-Woenydd	3 3/4 ml	1025	1030
	637495	Hafodydd Brethlon 1:5 road	4 1/2 ml	1300	1305
	653540	Works	3 1/2 ml	1540	1545
	634546	(Campsite) Llyn Llydaw Resr.	1 1/2 ml	1635	0800
1/6/72	614548	Glaslyn	1 3/4 ml	0925	0930
	660552	Pen-y-Gwrd - Mt rescue hut	3 1/4 ml	1230	1235
	662588	Footpath below Tryfan	2 1/4 ml	1435	1440
	650603	Llyn Ogwen M.P. Post	1 1/2 ml	1610	1615
	632875	(Campsite) Hen Bar	5 1/2 ml	1925	0700
2/6/72	653690	Path below - Glyn.	1 3/4 ml	0750	0755
	723649	Llyn Elgwyn Resr.	7 ml	1405	1410
	744573	M.S. at Dâl Gann	7 ml	1655	-
			Total 49 1/4 ml		

PROPOSED STOPPING TIMES

<u>Map Ref.</u>	<u>Place</u>	<u>E.T.A.</u>	<u>E.T.D.</u>
	No STOP FOR LUNCH (COOKED MEAT MORNING + EVENING) SNACK AT MIDDAY.		

SNOWDONIA EXPEDITION

MENUS

BREAKFAST

LUNCH

DINNER

1st DAY

Dried fruit + choc
Biscs.
choc. Plain +
milk
orange drink

Soup
Curry + rice
Instant whip
Rivita, Margarine or
Butter

2nd DAY

Sausage + eggs
porridge Rivita
Tea coffee

Dried fruit
Biscs (choc)
chocolate (milk + plain)
orange drink.

Soup
Beef stew, Potatoes
cake, coffee or tea
Rivita

3rd DAY

Stawberry
porridge
Bacon, Baked
Beans
Rivita
Tea coffee

Dried fruit
Nuts, Raisins
choc. Plain + Milk
Orange drink

Soup
Frankfurters potatoes
Peas
Angel delight
Rivita, Tea & coffee

4th DAY

Bacon, Fried
Potatoes
porridge
Rivita.
Tea Coffee

Dried fruit
choc Biscs
Plain + Milk chocolate
orange Drink.

Soup
~~Soup~~ +
Steak + Kidney
pudding. Mixed Veg
Dried fruit + custard.

5th DAY