

PLEASE READ CAREFULLY.

Plan your route carefully using the information given above. It is advisable to have your route checked by your Instructor before continuing: when he has approved your route you may start planning your E.T.A.'s. Do not forget to allow time for writing your log when planning the times, and set your speed by the slowest member of the group. When your E.T.A.'s have been passed as acceptable by your Instructor you should fill in the pre-expedition logs which he will give you.

You must not leave a check point until told to do so by aⁿ assessor, or until ..10.. minutes after your E.T.A., whichever is the sooner. If you have been issued with orange marker cards, then you should complete one and leave it in a prominent position if you must leave a check point without being checked. Should you not find an assessor, then please check that you are in the right place.

TRAINING EXPEDITIONS.

Always take a mug and a spoon with you for your hot drink.

You will/will not be expected to carry a full pack with you.

You will be expected to spend the night under canvas. You will be picked up at about 8.30 a.m. on the Sunday morning: please be up and ready by then.

ACTUAL EXPEDITION.

It may be necessary to shift your times for one day forwards or backwards by a small amount to ease our transport problem. If such a change is made the group leader will be informed 7 days before the expedition. Where transport is required to the start of the expedition you will be told what time to be ready: any delay will be counted heavily against the group, and will also delay other groups.

The group leader will be responsible for making a list of the emergency rations and first aid supplies carried by each member of the group, and this list must be given to an assessor before the start of the expedition. Emergency rations are to be used only in an emergency, and may be checked by an assessor at any time on your expedition.

Groups found purchasing food or other equipment whilst on expedition, or accepting them as gifts, are liable to be failed. Good Groups may, however, buy fresh farm produce (milk and eggs) from farms en-route. Groups found travelling by unauthorised means or on unauthorised routes, or in any way showing a lack of consideration for others' land, property or privacy are liable to be punished.

The Camp-Site at Betws-y-Coed (787567) is found by proceeding Westwards from the car park by the bridge over the river for about 400 yards, then bear left down a track through a wood to a field by the river. There is a charge for the site, and payment should be made at the farm on the left further along the road before entering the site.

At all other sites, camp as near to the site reference as you can, and get permission to camp if necessary. At least one member of the group should wait at the check point to guide the assessors to the site. The site will be checked after you have left it.

Provided you have planned properly you should have little problem with your expedition. You will be given a telephone number to contact if you do run into difficulty or get very late, but phone Mountain Rescue first in case of a real emergency.

The best of luck to you all on your expedition. Remember that you are all ambassadors for the B.B. while you are out, so do not let us down. As always, the standard for a pass will be your very best effort.

C. Marshall.

(Expedition Organiser).